

# SUN SENIOR NEWS

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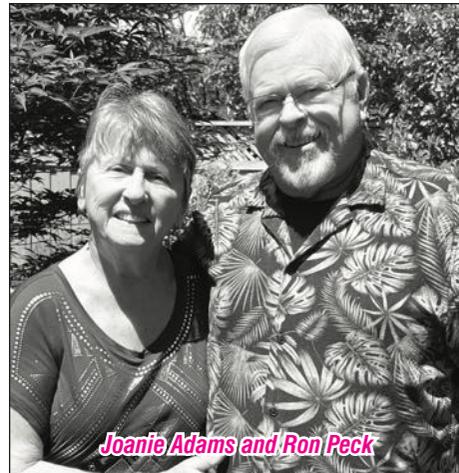
## Joanie Adams and Ron Peck — *Opposites Attracting*

BY JENNIFER MARTIN

He is a left-brained, analytical, electrical engineer. She is a right-brained creative artist and singer, who enjoys acting in plays. He is an only child of German descent whose father was a World War II veteran and whose mother was a stay-at-home mom after the war. She is from a fun-loving Italian family which includes six siblings. You've all heard of the saying, "Opposites attract." Well, Joanie Adams and Ron Peck are the epitome of that old adage.

Ron is a California native, born in 1942, and lived his younger years in Mt. Shasta, Yuba City, and Sacramento. He graduated from Sacramento High School in 1960, then went to the University of Nevada in Reno, obtaining a degree in Electrical Engineering in 1964. Employment in his chosen field was scarce at the time, so he got a job at a nuclear test site in Las Vegas and hated every minute of living in Las Vegas.

After getting a Master's degree in



Joanie Adams and Ron Peck

Electrical Engineering at the University of Arizona in Tucson, Ron worked at the university as a research engineer in atmospheric electricity. "I love lightning," he says. From 1965 to 1977, funded by grants from the National Science Foundation, Ron worked on various projects which included

measuring the electric field and conductivity in thunderstorms and later particulates in the atmosphere. When one of his office mates offered him some summer work in Antarctica, he jumped at the chance.

Ron spent two summers at the South Pole researching atmospheric radiation and one year there as the Station Manager. The station, called the Amundsen- Scott South Pole Station, was a research facility 11,000 feet above sea level. The summer temperature was 40 degrees below zero with the coldest temperature measuring at 112 below zero. The year Ron wintered over, there were only 18 people stationed there. Getting acclimated to the thin air and extreme cold was time-intensive, especially when each person had to wear about 65 pounds of clothing just to go outside.

Like any close-knit group on a faraway  
*(cont' on page 35)*

## LH Foundation — *Dog Days of Summer*

BY DENISE BOWDEN

It is our pleasure to announce that the lucky winner of the beautiful handmade quilt donated by the Needle Arts Group for the Big Day of Giving is Christine Uebele. Our congratulations to Christine and many thanks for your ongoing support.

Nothing says summer like the Fourth of July with picnics, parties and get-togethers with friends and family. It seems like many of the unique holidays in July are food related with days to celebrate hot dogs, ice cream, french fries and mac and cheese to name just a few.

At our July Bingo we will be highlighting one of our newest grantees. Silver Wishes is an organization that takes nominations for the granting of a special wish for a senior in the Lincoln community.

Wishes may be something simple such as helping a senior overcome a challenge or helping them to regain their independence. Things we take for granted may mean a tremendous amount to someone in need.

A wish may be bringing a family together that has been separated. Or joy may come in the form of granting the opportunity to experience a bucket list item. Representatives of Silver Wishes will be at the July Bingo. Contact them at [www.Silverwishes.org](http://www.Silverwishes.org) if you have someone to nominate.

*(cont' on page 29)*

## Celebrate National Swimming Pool Day on July 11

BY MILLIE HUBBARD & ROSEMARY TANFANI

Sun City Lincoln Hills will be making a splash on Friday, July 11, in celebration of National Swimming Pool Day. Hosted by the WellFit Department, the event will take place at the Orchard Creek outdoor pools from 11:00 a.m. to 1:00 p.m., and promises fun, fitness, and relaxation for all participants.

The Water Volleyball Club will kick off the activities at 11:00 a.m. with a lighthearted demonstration, and two nets using lightweight balls. Attendees will see how the sport combines physical back friendly activity, with social connection and lots of laughter.

At 11:30 a.m., a WellFit instructor will lead a low-impact aqua class appropriate for all fitness levels.

At 12:00 p.m., the Swimmers and Water Walkers Club will demonstrate water walking techniques, swim strokes, and the use of



SCLH swimmers and water walkers getting ready for July 11.

snorkels and aquatic accessories.

To close the celebration, participants are invited to experience a Floating Sound Bath with gentle music beginning at 12:30 p.m.; a unique opportunity to relax and restore in the water.

The event includes a drawing with prizes, from Dick's Sporting Goods, a WellFit gift basket, and a Swim Outlet gift card basket.

Participation is \$5, which includes access to all water activities and a drawing ticket.

*(cont' on page 39)*



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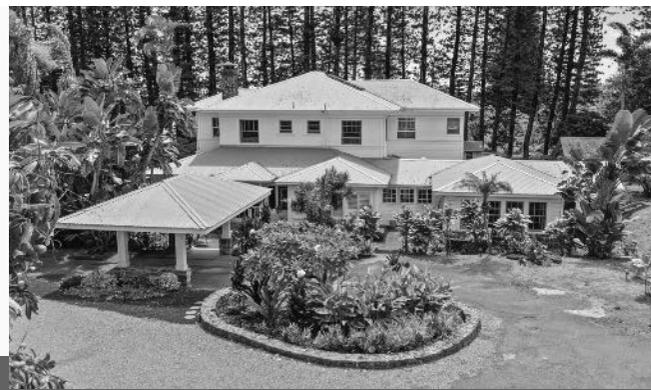
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**CIRCULATION:** The Sun Senior News - Lincoln Hills is mailed free to 7,000 homes in the Sun City - Lincoln Hills community. The delivery is targeted for the first week of each month.

**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](http://www.SunSeniorNews.com)

Back issues are available to download there as well.  
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# Resident Performing Arts: Calling All Techies!

BY CAT BAI

Is your brain wired for technology? Do you dabble in graphic arts? Do you enjoy working on short term projects with a team of creative people? If you just answered yes, and have at least a moderate level of technical skill, you are the person we are trying to reach!

in this community for my skills. I joined the Players Club to learn how to create sound effects. To my surprise, this group of actors, directors and techies felt like family. I had zero theater experience and no "hands on" technical skills, but I was born a Geek, with a creative



Techies working a recent resident performance

The SCLH Performing Arts Consortium (PAC) NEEDS YOU! We are looking for new technical crew members to help fortify our technical team as we support resident performing arts productions. Sound effects, stage lighting, sound board design/operators and graphic arts designers are in demand. You do NOT need experience in these fields. If you have the ability to work with software and have the time available to learn and participate in some of our PAC productions, please reach out!

side. After learning how to program sound files into the "Show Cue System" software, I quickly adapted to working rehearsals and performances. I also learned graphic art design for creating posters and programs. I am currently learning lighting design using "Magic Q" software!

When I moved to SCLH three years ago, I was adrift, seeking new adventures and a focus for my volunteer time. As a retired sign language interpreter, there wasn't a match

However, we still need more techies! If you are interested in learning more about opportunities to join in on the fun, please email PAC at [kiambote@gmail.com](mailto:kiambote@gmail.com). Give us your name, a contact phone or email, plus a very brief summary of your tech experience, and we'll reply!

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## Players Club

BY SUE VILLARREAL

In June, the Players performed Agatha Christie's "And Then There Were None" to sold-out audiences, frightening and exciting them while they tried to uncover "who dunnit." The cast consisted of six veteran Lincoln Hills actors and five who have been performing with the Players Club for two years or less. One actor, Bob Tatum made his stage debut in the role of "Narracott." He remarked, "At 80 years old I stepped out of my comfort zone

to try something new, and discovered that not only could I do it, but I liked it!"

July finds 15 Players members preparing for their roles in the August "Festival of Short Plays," where big stories come in small packages! This lively showcase, directed by Cathy Shanley, features a diverse collection of tiny theatrical gems—each around 15 minutes in length. Congratulations to: Joe Bolin, Vickie Butler, Jane Carhart, Deni Cooperrider, Corrine Ehlers, Paul Gardner, John Griggs, Cindy Griswold, Joe Nichols, Karen Pinomaki, Mary Beth Quallick, Joanie Schuller, Rudy

Schneider, Kathy Shaddox, Barbara Swerdlow, Karen Tricomio-Wallace, and Mary Whittaker. The 5 "mini plays" will be presented August 2-3 in Kilaga Springs Presentation Hall at 2:00. Admission is free.

Finally, as August approaches, auditions for the fall production of the comedy "Moon Over Buffalo," written by Ken Ludwig and directed by Julie Africa, will take place August 13-15. This hilarious farce focuses on the lives of George and Charlotte Hays, former Broadway and film stars who are a bit past their prime. They struggle to keep their personal drama off the stage, while putting themselves back on it. The show opens in early November. Join the fun. Your next role awaits!

Interested in discovering what the Players club is all about? Come to our next meeting, Monday, July 14, 4:00 PM, in Presentation Hall.

...

## Music Group

BY BRIAN JEWELL

The June 2025 Music Group meeting was held on June 2nd (the first Monday of the month) in Sierra Room at Kilaga Springs.

The first part of the gathering was for the group sing-and-play. 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. The list of sing-and-play songs is posted before every meeting on the Music Group website. 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 July MG meeting is already posted.

The second half of the June 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.

The sing-and-play usually begins at

(cont' on page 5)



And Then There Were None Cast.



David and Julie performing a duet at the June Music Group open mic session.



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### Music Group

(cont' from page 4)

about 2:15 at each meeting. 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 in Fine Arts room at Orchard Creek.

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.

There are also different guitar classes offered each month. Consult the Compass for additional information.

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

• • •

### Vaudeville

BY STEVE EVANS

A Change Is Coming... And It's Gonna Be Spectacular!

This summer, get ready for something bold, fresh, and entirely new - Vaudeville Reimagined is coming to Sun

City Lincoln Hills! We're bringing new life to a beloved tradition, with a show that stirs both memories and imaginations, infused with rhythm, laughter, and vibrant variety.

Change is one of life's guarantees - and this year's Vaudeville Variety Show is embracing it with open arms.

Expect surprises, new formats, and unforgettable moments delivered with high energy and heartfelt spirit.

Whether you're a longtime fan or brand new to the experience, this reimagined version is guaranteed to delight.

Mark your calendars and stay tuned for ticket announcements - seats will go fast!

Orchard Creek Ballroom - Sun City Lincoln Hills

Three Shows Only - Get Your Tickets Early!

- Thursday, August 28 at 7:00 PM (Opening Night & Only Evening Show)

- Saturday, August 30 at 2:00 PM (Matinee)

- Sunday, August 31 at 2:00 PM (Matinee)

Come be part of something special. Vaudeville Reimagined - where tradition meets transformation!

• • •

### Ballroom

BY ERNIE MICHELI

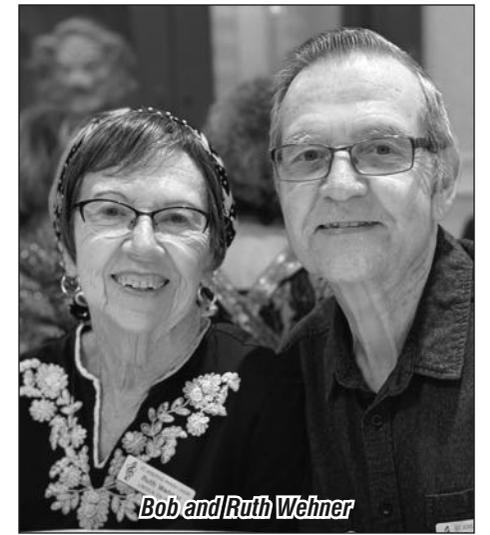
In July, dance instruction will focus on the nightclub two-step. Nightclub two-step is a social dance that emerged in the mid-1960s as a means for individuals to engage in ballads. This dance is characterized by its slow tempo, making it ideal for nightclub, party, or wedding settings.

As the summer season unfolds, the sun shines brightly, and the energy of the season permeates every aspect of life. As a dancer, you may be inclined to take a break and embrace the leisurely days of the season. However, before you stow your dance shoes, it is important that you consider the opportunities that await you during the summer months.

A compelling reason to continue dancing during the summer is to preserve your hard-earned skills and technique. Dance demands consistent practice and dedication to maintain proficiency. By participating in summer dance classes, you will maintain muscle engagement and sharp muscle memory. Resist from letting all your dedicated training go to waste—embrace the summer and keep your skills sharp!

While it is beneficial to grant your mind and body a break, complete suspension of training can have detrimental effects. Instead of taking an extended hiatus, we invite you to join us this summer for scheduled instruction in the nightclub two-step (July), and East Coast swing (August).

Annual membership dues are available to



all residents and sponsored guests at a nominal fee of \$10. Lessons are offered in the Kilaga Springs Lodge Multipurpose rooms each Tuesday: 2:00 p.m. to 3:00 p.m. for beginners, 4:00 p.m. to 5:00 p.m. for experienced dancers, and an open dance session from 3:00 p.m. to 4:00.

For further information, please contact Rob Ryerson at 916-408-4752. The Ballroom Dance Club website is accessible at [selhbdc.com](http://selhbdc.com)

• • •

(more Club News cont' on page 7)



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### Country Couples

BY DTIM TATUM

Summer is tons of fun for our Club! Starting the fun was our picnic in May at the Pavilion where we enjoyed picnic food and fun playing balloon toss and corn hole games. Thanks to Rich & Donna Pick – the fun couple and Club members since 2017. According to Rich: “We joined and met a great group of other newbies. We would go to classes and stayed after to socialize for an hour or so and that’s why the others called us the patio group!”



*Rich and Donna Pick having fun at the picnic.*

Prior to becoming the Club Social Director after the COVID lockdown hiatus, Rich had served on the board for two years as the Public Relations Director. On this decision, Rich kindly added his comments:

“This club is full of energetic people who like to socialize at dance events as well as our other adventures. So, we started going out for dinners, then getting together at the picnics and also taking our dances to go on the cruises.” Indeed, our fun cruises! In fact, the current one organized by Jim & Deborah Christie is right now for some of us who happily dancing on the cruise to Alaska!

So, why not joining us for summer fun this year? For more information and membership, please contact Dtim Tatum at 279-966-8551 or visit our website at [www.sclhcc.com](http://www.sclhcc.com)

• • •

### Line Dance Club

BY ANNETTE PORRECO

Well after only one year we have surpassed 100 members, and we are thrilled. We continue to provide many dance opportunities for our members. We have scheduled a Dance Lab for July 5th in the California Room at Kilaga. It will begin at 1:00 and end at 4:00 PM. This club event is for members only and it’s free. We will not be providing anything other than a fun filled three hours of dancing. So bring some water, snacks, and your dance shoes. Additionally, the association has scheduled another Line Dance Night. It will be on July 16th in the OC Ballroom. The doors open at 6:00 PM and the dance continues until 9:00 PM. The cost is \$8 for residents and \$11 for nonresidents. This dance is very popular so get your ticket early. You do not need to be a Line Dance Club member to come and enjoy three hours of dancing. The turnout for Line Dance Night has been so good that we expect that another will be scheduled for September. We are hoping to schedule many more dance opportunities during the upcoming months and hope that even more dancers will come and enjoy line dancing!

• • •

### Sun City Squares

BY KRIS KNUTSON

I can’t help but notice how square dancing is moving and changing in the 21st Century, moving to modern pattern dancing.

I believe our club is moving in this



*SC Square Dancing at Roseville Mavericks dance.*

direction too, it’s all good. It’s world wide, the music has changed, square dancers dress more casually, there’s a wider range of dancers, from 5-95 along with a younger age of callers. Callers are adding new formations, 6 couples, hexagons, rectangles, progressive squares and kaleidoscope. For me it’s all good. This brings more people to the square dance party.

Lincoln Hills Sun City Squares welcomes all square dancers. We meet Monday afternoon 1:00-3:00 for Mainstream and Plus Level.

Tuesdays 3:00-5:00 PM for Advanced class. Round dancing Thursday 1:00-3:00 PM. AI dancing is at Kilaga Springs-1167 Sun City Blvd, Lincoln.

For more information about LH Sun City Squares visit [sclhsquares.weebly.com](http://sclhsquares.weebly.com)

• • •

### Ceramic Arts Group

BY JIM CARNATHAN

May’s Art in the Alcove sale was very successful this year as many of our CAG members sold a variety of great ceramic art pieces displayed at the Orchard Creek Lodge.

Again, this year the Ceramic Arts Group members are being asked to participate in the 22nd Annual Empty Bowls event for the River City Food Bank’s fundraiser taking place at the Sacramento Zoo on Thursday September 11, 2025, from 6-9PM. If you would like to hand make and donate one or more food safe bowls for the fundraiser, a shelf in the studio will be available to collect the bowls. Every bowl makes a difference so please donate to the very special cause if you can.

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](mailto:sherwoodartz@gmail.com) for more information.

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

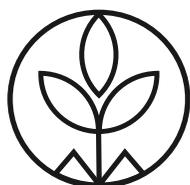
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*(more Club News cont’ on page 9)*

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## Needle Arts

BY ALICYN GOUGHNOUR

The Needle Arts group will be on hiatus for July and August and will resume monthly meetings in September. All regularly scheduled break out groups will meet as planned. Check our website site at SCLHNA for details.

Happy Summertime and keep those hands busy and creative.

• • •

## Mixed Media

BY JILL SHORT

Come to our July 16 meeting where Jenny, our club member, will lead us in an art project. She will show us how to cut our papers into “fish scale” shapes and collage them into fun art pieces.

Club members join us for an inspiring one-day Art Retreat on August 30th, from 9:00 AM to 4:00 PM in the Placer Room at Kilaga Springs Lodge. This immersive day of art and expression invites artists of all skill levels to explore, create, and connect in a welcoming studio environment. Whether you are a painter, slow stitcher, or mixed-media enthusiast, the open studio format offers the perfect setting to work on your projects alongside fellow creatives. Bring your own supplies, pack a lunch, and prepare to be inspired. Club members must sign up to attend. A sign-up sheet will be provided at club meetings. We have room for 16 members.

The Mixed Media Club Business Meeting will take place in September (more information will be announced). This important annual gathering includes club elections, a shared lunch, and a guided tour of select members’ art studios. It is a wonderful opportunity to get involved, vote on leadership, and celebrate the creative spaces that make our community vibrant.

The July challenge prompt is to use a greeting card in your art. The August challenge is to look at your clothing or accessories and find a pattern that you like and recreate it in your art. Remember there are no rules, you are the artist.

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

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## Painters’ Club

BY TAMSEN ARMSTRONG

Our July 15th meeting will feature Western artist Pat Stoddard Aragon who will show us how she paints those amazing Longhorn cows.



Artist Christopher Olsen

Congratulations to the winners of our May “Sail” Challenge with much appreciation to everyone who participated and voted. Advanced Plus: 1st place Christopher Olsen; 2nd place Bober (Bob Green). Advanced: 1st Place Susie Crawford; 2nd Place Mia Mills; 3rd Place Alice Horst. Intermediate: 1st Place Genevieve Aherns; 2nd Place Jeff Anstrom; 3rd Place Sandy Rea. Beginner: 1st Place Catherine Payne; 2nd Place Kathy Engelsen.

Our next challenge is “Barn” for our August meeting. Plenty of those around Lincoln!

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.

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## Paper Arts Club

BY LINDA LUCCHETTI

In August, we’ll conduct Demo Day, when members demonstrate and share their techniques, tools, and card folds with others. This has always been a club favorite, so check it out.

Back by popular demand, the Home Craft Room tour is scheduled for October 17. It was such a success last year, we’re doing it again. You’ll visit the “rooms where it happens” of



Paper Arts Club meeting in June.

several members and gain ideas for arranging your own crafty corners. More info to come. Thanks to Jackie Carlson and Charlotte Knutson for organizing this event.

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

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## Photography

BY DIANE MARGETTS

We are delighted to welcome our new President, Vern Rogers, to the club. Vern’s father was an avid photographer and they had a darkroom in their house when Vern was in high school. After graduating, Vern fell out of photography, but picked up smartphone photography 15 years ago. In addition to his iPhone, he now also shoots with a full frame mirrorless camera.

Equally important is a warm thank you to our outgoing President, Ron Nabity. Ron has done an outstanding job as President over the past several years. He has brought fresh ideas and challenged us to be the best photographers we can be. I think we all can agree that we are better off having had Ron in our Club as our President. Ongoing board members include Truman Holtzclaw, Vice President-Presentations, Diane Margetts, Vice President-Communications, Phil Harmon, Treasurer and Nancy Whitaker, Secretary.

At the June 11 General Meeting, Ron Nabity gave a presentation on capturing action and sports photographs. Ron has over 50 years of experience with photographing amateur and professional sports. His presentation vividly

described the challenges of sports and action photography demonstrated the techniques, equipment, and strategies to overcome those challenges. He will also shared how these lessons apply to other every-day scenarios.

In July, we welcome Jeff and Wendy who are nature photographers and wildlife conservationists. They use their images to promote awareness and respect for all things wild, wishing for their photographs to remind people of the importance of connecting with wildlife on an emotional level. They have spent thousands of hours observing and photographing animals-always waiting to capture that perfect light! Their goal is to educate people to be respectful while observing or photographing wildlife. Looking forward to seeing you there!

• • •

## Woodcarvers Club

BY LIONEL RAINMAN

Carving is a craft of inspiration and talking to other carvers. Becoming a member of a carving club will bring you many advantages, the most important of which will be the sharing of knowledge. You will be able to talk with other carvers who can help guide you in the purchase of tools, wood or solving carving problems. Additionally, there could be discussion on the finishing of a carving be it paint, stain, or wax. The Woodcarvers Club would be happy to assist you in your carving endeavors. Besides helpful and knowledgeable members, the club has an extensive library of carving books and magazines, tools and wood for purchase, and an environment for getting steps to becoming a wood carver. Our door is always open where

(cont’ on page 11)

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# Neighborhood Watch

BY TERESA TANIN

The Neighborhood Watch Volunteer Training Session, held June 13, in the Orchard Creek Fine Arts Room, was a great success. (Next session is slated for September 19). Many volunteers, veteran and new, attended to learn more about Neighborhood Watch, its scope of work throughout the community and how neighbors knowing neighbors is key to a safer neighborhood. Our city has recently been designated the fourth safest city in California, by the SafeWise Safest Cities 2025 report. Moving from seventh to fourth in just one year can be attributable to the close cooperation between the Lincoln Police Department and our residents. This improved designation is a result of the hard working Neighborhood Watch resident volunteers and the Lincoln Police Department. This cooperation is best observed during the many community safety events and during the annual National Night Out (NNO). This annual event, always the first Tuesday in October, is a chance to meet our first responders and to participate in a Q & A session. This is also a great time for residents to give thanks to the Lincoln Police officers, the Fire Department personnel, and several Placer County Health services. To “kickoff” the NNO, a special potluck event is planned for August 23, 6:00 PM to 8:00 PM, Kilaga Springs Lodge. Residents will learn the best way to celebrate our first responders and how to best participate in the communitywide NNO activities. Email [nnocoordinator@schwatch.org](mailto:nnocoordinator@schwatch.org) for more information. Check the website [schwatch.org](http://schwatch.org) for upcoming details. Consider volunteering for Neighborhood Watch to work with our local police and fire. Perhaps our city designation will move to be number one!

If you missed the June 19 Traffic



Safety Presentation, you're in luck. The Lincoln Police Department presented a special event in coordination with Neighborhood Watch and the Lincoln Hills Community Forum. This Traffic Safety Presentation concentrated on driving safely in our community.

Linda Minor, Neighborhood Watch Executive Director and Lincoln Police Sergeant Jesse McCauley, presided over the well-attended presentation. The Lincoln Police Traffic Officer, Brett Schneider, and the Deputy District Attorney DUI Prosecutor, Sam Phelan, both shared surprising statistics regarding traffic safety issues. Ideas were then offered on how to drive safe under numerous situations, including how medications can affect driving ability. Lincoln Police and Placer PROTECT personnel, Cassidy Paganucci, and Megan Sponholz, offered additional driving and health safety tips as well. To view the video of this event, please logon to the Neighborhood Watch website: [schwatch.org](http://schwatch.org) or the SCLH resident's website. Attending in person is always recommended so look for the next event to be announced. Don't miss the chance to participate in the Q & A session. Ask questions and receive direct answers. As part of the Neighborhood Watch mission statement, safety events are offered to help keep Lincoln Hill's residents informed. Informed residents are always safer. Visit the NW website [schwatch.org](http://schwatch.org) for more safety information and direct links to several local services. View the June 19 Traffic Safety Presentation video. Learn more about how to remain independent—and safe. Neighborhood Watch thanks the Lincoln Hills Foundation for their continued support to help keep our seniors safe. Thank you.

## Poets Wanted... Enter Now! 21st Annual Voices of Lincoln Poetry Contest On Its Final Month

BY ALAN LOWE

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

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

Everyone is encouraged to enter the contest. Poets do not have to live in Lincoln to be eligible. There is no entry fee.

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

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

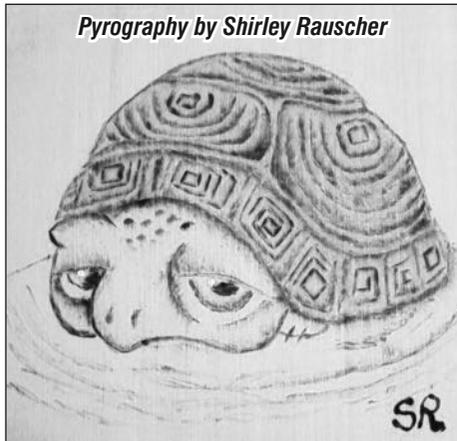
Poems should be written in English. They should be typewritten and not centered. Please use the Arial font 12-point. The title should be listed at the top of the poem and the category should be included at the top right corner of the poem page. The name of the poet should not be included on the poem. Entry Forms must be received no later than Wednesday, July 16, 2025. Early submissions are appreciated. If you have questions, please contact Alan Lowe, Contest Coordinator, at [slolowe@icloud.com](mailto:slolowe@icloud.com).

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

### Woodcarvers Club

(cont' from page 9)

you can see carvings in process or finished projects. We also use Pyrography to burn a design on a wood surface or accentuate areas of a wood carving.



Pyrography by Shirley Rauscher

We meet every Wednesday from 1:00 to 4:00PM in the Sierra Room at Kilaga. Come check us out. We also have tools to try before you buy.

Contact: Lionel Rainman (916-253-9534)

### Stamp Club

BY TIM MILES

We meet at the Sun City Roseville Lodge (7050 Del Webb Blvd) twice a month on Tues evenings at 6:30 pm. We are one of the oldest clubs in NoCal and we have a varied

comprehensive meeting. We feature door prizes, giveaways, mystery boxes, members swapping items w/ each other, guest speakers and whatever you desire.

Our scheduled meeting dates are July 8 and July 22, Aug 12 and 26, and Sep 9 and 23.

We always have a complete set of current stamp catalogs at the meetings plus access to all things philatelic (Albums, stamps, protectors, loose pages, etc) We also have registered dealers usually present also if there is anything really scarce that you would need.

Al Capparelli (916-771-8288) is anticipating another set of "open garage" sessions in July on July 17 and 18. There will be notification at the meetings and thru our Club Secretary Lee Coen (leejcoen@gmail.com). Make sure Lee has your email address and he'll send out the announcement on the open houses and any other pertinent club news.

Summer months cause a paucity of hobby shows due to vacation time. However, there is the Reno Stamp and Cover Show on July 26-27 at the Reno National Bowling Stadium, if you want to take the ride.

We always mention the fact that, from time to time, we are contacted by folks who were left a stamp collection from within the family. Feel free to attend any of our meetings and we'll be happy to let you know what the current value of the collection is worth.

Have a Happy Fourth of July and enjoy our hobby.

### SCLH Genealogy Club

BY NANCY SWITZER

Fun fact test: What do all these words have in common:

le Glace, die Eiscreme, O Gelado, O Sorvete, Is Krim, Lody, Glas, el Helado,? If you guessed ice cream, you are correct! Bonus question, with suggestions in no particular order, what country are these names from? A. Norway, B. France, C. Poland, D. Spain/Mexico, E. Germany, F. European Portuguese, G. Sweden, H. Brazilian Portuguese.

More fun facts: Did you know it takes 12 pounds of milk to make a gallon of ice cream? The top three countries that consume the most ice cream are USA, Australia, and Norway. The majority of Americans – about 90% have ice cream in their freezers.

Are you hungry for a sweet cold treat yet? Well, on July 18th from 11:15-12:30 PM, in the Placer Room (KS) we will be having our annual Members Only Ice Cream Social! We will have ice cream and assorted toppings. Please RSVP to Rita Perada at (510) 710-5704 or ritaperada@gmail.com so we can make sure we have enough for everyone!

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.

If you got this far, yay! Answers: a. is krim, b. le glace. c. Lody, d. El Helado, e. die Eiscreme, f. O gelado, g. glas, h. Brazilian Portuguese (disclaimer—info was not documented, so blame Google!)

### Lavender Friends

BY JOAN LACKTIS

Our June All-members Mixer is always a highlight of our year and this year was no exception. About 70 Lavender Friends dined on barbecued beef, chicken and veggies while we caught up with friends, played games and enjoyed entertainment provided by the energetic ukulele players, the Strummin' Sistas, which included one of our own talented members. Great prizes were the icing on the cake.

Later in the month, we played mini-golf at Sunsplash in Roseville — a perfect evening activity for the warmer weather.

This month we will be attending to club business at our bi-annual meeting on July 26 in Presentation Hall. Members, be sure to mark your calendars and plan to attend so you can be part of our decision-making process. We always go out for some social time after the meeting, which makes the meeting more fun.

Lavender Friends is a club for LGBTQ residents and their supporters, who we call allies. Check out our website at lavenderfriends.com

(more Club News cont' on page 13)

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## Singles

BY KATHY SHADDOX

We begin on Tuesday, July 1st at 4:00 in the OC computer for our Activities Meeting. Come and join us. You may have some new ideas for a future activity for a group to enjoy. Just volunteer your thoughts/ideas. You never know.

Be sure to fly your flag on July 4th, Independence Day. Singles will be celebrating the day with family and/or friends at BBQ's, Parades and/or Fireworks. Enjoy!

Our July Birthday Celebration will be held on Sunday, July 6th at 4:00 pm in the Kilaga Café. And yes, we will have a bar! If you are a member and born in July, come and get a free cocktail on your club! Be sure to check in with our new hostess, Lucy Martin.

On Wednesday, July 9th at 5:30 pm in the OC Ballroom we will have our Monthly Business Meeting. Following our meeting we will be playing "Two Truths and One Lie." See if you can bluff the members at your table while they try to guess which one of the 3 things you tell them is really a lie.

Like going out for breakfast? On July 12th at 9:00 am we have our 2nd Saturday Breakfast in the Sports Bar. No reservations needed, just show up! Order off the menu whatever you wish and sit and eat and chat with other seniors. You will be greeted by our host Dennis Reid.

On Wednesday, July 23rd at 5:30 pm we meet in the OC Ballroom to get ready for our Social event. Something new we are trying for

the first time. It is a "Poker Run" game. You will be given a list a places to go looking for envelopes with playing cards. After you find them all, you make a poker hand.

We end up this month on Saturday, July 26th for our group Potters Baseball Game. Gates open at 5:00 pm, game starts at 6:15 pm with free parking. For \$30 you get into the special area next to their dugout, all the hamburgers, hot dogs, chips, soda, water and desert you can eat before the 5th inning starts. If you haven't paid yet, hurry up before we are sold out. Contact Kathy Shaddox who is spearheading this event. 650-796-9648.

Singles play bocce on Wednesdays at 10:00 am and they golf on Tuesdays. If you are Single and want to join, please contact our membership chair, Donna Hartigan 916-408-1405.

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## Shalom Social Group

BY JUDY GANULIN

The Shalom Social Group is doing very well! Our membership is growing, with lots of interesting activities coming up. We continue to volunteer at Feeding the Foothills. We are considering other volunteer activities as well. Our Men's Club brunch attendees heard a presentation by two members of the Placer County Grand Jury. At our breakfast meeting last month Noelle Filice-Smith, Co-Convener of Placer County CARA, spoke. Her topic was "Will California Seniors be Left Behind in Health Care? Who is Empowering Us?" CARA is California's largest grassroots

non-profit, non-partisan senior advocacy organization. Ms. Fiiiice-Smith shared how they are working to affect the well-being of California's older adults through legislative advocacy and education. Our Trivia Night will be July 23, and on August 27 we'll reprise last year's very successful Pizza and Bingo. For membership information please contact Margie Gulko, 916-543-5303, or Deanne Iliff, 530-518-3704.

• • •

## Food Adventures Club

BY GINGER IKUNO

Are you a passionate foodie eager to explore the diverse flavors and expand your culinary horizons? Look no further than the Food Adventures Club. In June we welcomed summer with a spectacular Alfresco Party at Stonehouse. Then a few fantastic afternoon sorie at several Home and Wine Appetizer Parties. Oh, and what an afternoon of fun we all had at our catered Luau in our own Sport Pavillion. We had a fun new Spametizer contest congratulations to Diane Ferrari and Julia Bass for winning first place. There was a DJ for dancing and a special hula performance for our entertainment.

July kicked off with our quarterly general meeting, known as the GOAT meeting. We learned about all things goat, from soap making to the benefits of goat milk.

Beyond just eating, the club fosters a sense of community among those who share a love for good food and great company.

Whether you're a seasoned gourmand or



*Mahalo to Kelly Gomes for her 2 beautiful hula dances, and she was joined by many fellow Food Adventure dancers.*

simply looking to try something new, the Food Adventures Club provides a delicious way to connect, discover and share our common love of good company and good food. Join us and share our love for fun, food and friends. For membership, please contact Debbie Clawson at debdeb54@yahoo.com

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*(more Club News cont' on page 15)*



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### LH Italian Club

BY LINDA LUCCHETTI

Rounding out this summer's events will be the following: Murder Mystery and Dinner – "The Son is Done" (August 17, OC Ballroom) and Wine, You Say? (September 21, Timbers Ballroom).



For details about these and upcoming events and activities, check email announcements, flyers, updated information, and our website at [www.lhitalianclub.org](http://www.lhitalianclub.org). For membership information contact Sandi Graham at 916-826-5711.

• • •

### Democratic Club

BY JUDY GANULIN

The Lincoln Democratic Club continues to grow! We added 21 new members in May. While most of our members are from Lincoln Hills, our efforts to expand our membership base to other parts of Lincoln are paying off. Several of us volunteered at the Placer County Fair last month. We also continue to volunteer at Feeding the Foothills Food Bank. The June 14 Army 250th Anniversary Parade co-opted by President Trump's birthday sparked great interest in protesting that day. We plan interesting programs and events later this year. For more information about our club, please see our website, [democraticclubLincolnCA.org](http://democraticclubLincolnCA.org)

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### 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](mailto: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.

• • •

### Travel Group

BY LINDA BEVINS & JOANNE SCHUMACHER

Wow! It is July and only five months till the holidays! Time to meet up with your friends and neighbors to plan where to go in 2026!

Our next Travel Group meeting will be on Wednesday, August 27 in the Willow Room of the Lincoln Public Library. There will be one session at 1:00 pm.

RSVP to [travelgroup1h@gmail.com](mailto:travelgroup1h@gmail.com) with your name, phone number, and the number of people in your group. The show is free!

Our favorite Collette guy - Jay Fehan - will be there to present some of his favorite destinations. Is it time for that special trip on your bucket list to Africa or Australia/New Zealand? These trips make memories for a lifetime. Have you ever ridden an elephant? Or seen the fabulous Victoria Falls? Or visited the tropical Barrier Reef with incredible colorful fish. See glaciers up close and personal as you cruise Milford Sound.

Perhaps you prefer to stay in the US - be sure to check out Utah's Mighty Five parks, including two days on the Rocky Mountaineer Train. And for those who like New York City - and one hotel stay - a 7-day trip to explore the city; includes 2 Broadway shows!

Whatever your choice is - see you at the August 27th show!

These tours & more can be found on our website: [www.lincolnhillstravelgroup.com](http://www.lincolnhillstravelgroup.com). All trips include airfare and rides to/from the airport. You can sign up on our website with

a secure link directly to Collette.

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

Lincoln Hills Travel Group Leaders — Joanne Schumacher 415-999-1242 [jkschumacher1@gmail.com](mailto:jkschumacher1@gmail.com), Louise Kuret Auerbach 916-408-0554 [louisekuret@att.net](mailto:louisekuret@att.net), Lyle Auerbach 916-847-6544 [lea925@att.net](mailto:lea925@att.net), Linda Bevins 916-666-7627 [djbevins17@gmail.com](mailto:djbevins17@gmail.com),

Lisa Viviano 916-798-7462 [lisav4747@gmail.com](mailto:lisav4747@gmail.com)

• • •

### Republican Club

BY SUE DUMAS

Happy 4th of July! Many of our members will participate in Lincoln's July 4th Parade. It is always fun and if you are interested in joining us, check our website for info!

June was a busy month; weddings, graduations, kids out of school, and - our Speaker Meeting! June's Guest Speaker was Shanti Landon. She spoke about Placer County and, Shanti was given an opportunity to cover her participation in what was going on in response to the many concerns regarding suit against TGI. Including TGI's lack of disclosure to the city or residents, regarding the 103 bed Lincoln facility for addicts and homeless. Coffee and cookies served across the hall.

Coming up is our Ice Cream Social! Join

(cont' on page 17)

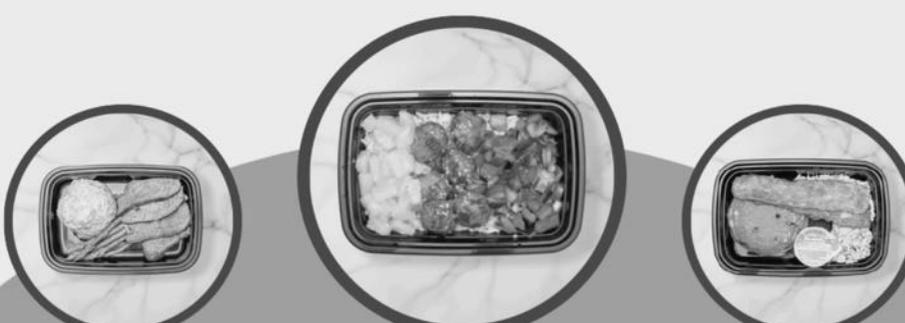
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## Republican Club

(cont' from page 15)

us for dessert and a fun-filled evening with political bingo! Prizes for winning tickets and yummy Ice Cream Sundaes and treats!

Wednesday, July 16, doors open at 6:00 PM, Placer and California Rooms at KS. Ice Cream Social & Bingo! Cost per person: \$10 Members, \$15 Guests and Non-Members. RSVP and checks payable to Republican Club SCLH. Mail to Joan Kippert, 577 Northfield Lane, Lincoln, CA 95648.

Note: Deadline to RSVP is July 11.

Mark your calendars:

August 20 – Speaker night KS PH 6:00 PM - TBD

September 30 – Lifestyle Expo – OC Ballroom 10 AM to 1:00 PM: A time for everyone to explore other clubs within SCLH.

We continue to attract new members every month and want to continue to do so. Please invite your friends and family to join us. We also have Associate memberships for people outside Sun City, but still in Lincoln. See our website for details and applications. \$15 per year, per person.

\*Please bear with us as we continue to grow and make changes to our staff and our program, for your enjoyment, and information gathering.

www.RepublicanClubSCLH.org

• • •

## Veterans Group

BY STEVE WITMER

Lincoln Hills residents and guests had a sparkling spring morning to enjoy the Veterans Group's annual Memorial Day program on May 26 in the Orchard Creek Amphitheater. A sharp color guard from the Whitney High



More than 200 residents and guests enjoyed the Veterans Group's May 26 Memorial Day ceremony. (Photo by Rick Maness)

School Air Force Junior ROTC detachment posted the colors. Air Force veterans Chris Martinez and Shirley Schultz performed the national anthem and led the pledge of allegiance. Army Chaplain (LTC) Des Nelson offered the invocation. Patriotic music by the Sunny Singers preceded the keynote address by Lincoln Mayor Holly Andreatta. The program concluded with a two-bell ceremony honoring Lincoln Hills veterans who recently passed away and the playing of Taps.

Veterans Group Director Phillip Cameron will discuss his part in the Secret War in Laos as the featured speaker at the July 17 general membership meeting at 1:00 p.m. in the Kilaga Springs Presentation Hall. Phil served in the Air Force from 1963 to 1991. In December 1971,

he was selected for Project 404, Palace Dog, to support the Royal Lao Air Force. He served at Pakse in southern Laos until May of 1972, advising on maintaining T-28 aircraft. Palace Dog was a U.S. Air Force covert operation to support the Laotian government. Project 404 was a program that supplied support personnel for T-28 air operations in-country.

Plan now to attend the Vets Group's popular ice cream social on August 14. We will be returning to Leatherby's Family Creamery, 610 Twelve Bridges Drive, after a very successful event there last year. The event begins at 12:30 p.m. and attendees will order from the menu. Lois Gilbert is graciously coordinating the event again this year. To RSVP, email Lois with the number of people in your party at Grandma-Lolo@sbcglobal.net

## Hearing Support Group

BY JOANNE MITCHELL

For our June meeting we had a luncheon at Meridians. The discussion was active and we got some good suggestions for topics to

cover in future meetings. We will not meet in July, and for our August meeting we will have a discussion on cochlear implants and hearing aids.

• • •

## Low Vision Support Group

BY STU SINGER

The Low Vision Support Group has been helping residents of Sun City for more than twenty years. But what exactly is Low Vision? According to the National Institutes of Health Low Vision is "a vision problem that makes it hard to do everyday activities. It can't be fixed with glasses, contact lenses, or other standard treatments like medicine or surgery." That is an appropriately broad definition which fits our membership. In terms of visual acuity this group is very diverse. Some drive on highways like I-80; others cannot drive at all. Many possess "restricted" licenses which allow them to drive within Sun City either in a car or golf cart. There are those who struggle to recognize people's faces while others cannot easily discern certain colors.

Low vision can be caused by many different eye diseases. It can also be the result of negative interactions with some medications. But regardless of the cause, the mission of the SCLH LV Support Group is to provide potential solutions to our members each month.

For example, at our July 1 meeting at 2 pm in the Fine Arts room at Orchard Creek

(cont' on page 19)

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	\$800,000	\$20,000	\$12,000	\$8,000
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## Low Vision Support Group

(cont' from page 17)

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

Whether you have low vision, have a loved one with it or simply want to learn more about it, please feel free to attend any of our meetings which are held on the first Tuesday of each month. Also, if you would like to receive our monthly newsletter, please contact Stu Singer at [stuartsinger3@gmail.com](mailto:stuartsinger3@gmail.com).

## 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 June meeting featured Ken Tune, a

Rocklin attorney. He spoke on trusts and three different ways to avoid expensive probate. We learned a lot of very useful information.

There will not be any regular meetings in July. We use this month as a special thank you to our caregivers. Therefore, we are hosting a high tea to honor them. It will be on Saturday, July 19 in the Placer Room in Kilaga so look for your invitation in your email. This is somewhat different from prior years. We will not be serving lunch, but we will have tea and finger foods. Also, we encourage you to wear a hat that can be decorated anyway you want. There will be extra hats and decorations available if you would like to participate. Of course, hats are not required but having fun is. All members are welcome to come even if you do not want to bring a caregiver this time. Please note that the RSVP is by July 5.

Our regular meetings will resume in August.

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!"

• • •



## Multiple Sclerosis Group

BY JERI DI FIORE

A Zoom Meeting on the "unmentionables" ended the 10 months of activities of our Multiple Group from September 2024 to June 2025.

In-person meetings will resume on the third Tuesday of September.

What a year we had with winning first place fundraising at the MS Folsom Walk... out of 49 Teams!

Folsom was one of two Walks, the other on a beautiful SCLH trail: then to Sports Plaza for a picnic lunch!

From September 2024, we had two Speakers, one Holiday party, two Walk planning meetings, one Zoom, and the remainder General meetings.

The above was accomplished by Walk Captain Join Deutsch, Creative Genius Paula Marchand, Computer expert Corene Bennett, and volunteers, Claudine and Jeff Foge, Mike Marchand, Sue Armstrong, Bonnie Smedberg, Klara Kleman, Shalom Group Members, and You, the Trailmixers!

Thanks for the financial support of Donna Judah (Coldwell Banker Real Estate), Hank Rhoads (American Senior Reverse Mortgage), and Devin Arp (Sun Run Solar).

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

During the summer, educational Zoom information will be sent from the MS Achievement Center.

We look forward to your sharing summer

experiences at the September Meeting!

For questions or to chat, contact me, Jeri Di Fiore 530-401-2135.

• • •

## Writers' Group

BY RAY BIRGE

Ready for summer? Well, it's here! July is traditionally the hottest month of the year in the Northern Hemisphere. But it's also full of fun facts that make great fodder for writing short stories and fun memoirs.

Fun facts about July —

- Most notably, is the signing of the Declaration of Independence on July 4, 1776, and 193-years later, Neil Armstrong's first step on the moon's surface on July 20, 1969.

- The popular song, 'Yankee Doodle Dandy,' was written by British Army Officers to make fun of the backwoods Americans.

- In July 1776, America was comprised of approximately 2.5 million people. 250-years later in 2025, the estimate is 347.27 million.

- In 1938, July 4th was finally declared a Federal Holiday.

- Each July 4th, Americans consume over 150 million hot dogs and spend over one billion dollars on fireworks.

- On July 31st, look for the Black Moon, which only occurs about every 29-months.

Looking for fun topics to write about? Try these!

- First summer job

(cont' on page 23)



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<b>11 Day ALASKA From SFO! PRINCESS</b>				
<b>Ruby Princess ~ 3080 Passengers</b>	Aug. 11, Sep. 13 -2025	\$1,349	\$1,799	\$2,649
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<b>11 Day MEXICO From SFO! PRINCESS</b>				
<b>Ruby Princess ~ 3080 Passengers</b>	Sep. 24, Oct. 19, Nov. 15 -2025	\$999	\$1,249	\$1,499
Sail round trip from San Francisco, California to Manzanillo, Mexico; Puerto Vallarta, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California.				
<b>*LINCOLN SHUTTLE TO SHIP AVAILABLE!</b>				
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<b>Island Princess ~ 2000 Passengers</b>	Nov. 21, Dec.7- 2025	\$1,650	\$1,900	\$2,450
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<b>32 Day SOUTH PACIFIC ISLANDS AND HAWAII From LAX! - PRINCESS</b>				
<b>Sapphire Princess ~ 2670 Passengers</b>	October 15-2025	\$2,799	\$3,699	\$6,099
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.				
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<b>Sun Princess ~ 4300 Passengers</b>	October 21-2025	\$3,001	\$3,601	\$4,131
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.				
<b>14 Day CIRCLE CARIBBEAN HOLIDAY- PRINCESS</b>				
<b>Coral Princess ~ 2000 Passengers</b>	December 8-2025	\$1,479	\$1,629	\$1,639
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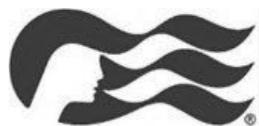
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<b>7 Day RICHES OF THE MEKONG Cruise</b> <b>AmaWaterways Longship ~ 124 Passengers</b> Package includes round trip Sacramento airfare, Airport Meet-And-Greet with transfers, WIFI, an included excursion at each port. 3 nights hotel accommodations in Cairo, 7-day AmaWaterways River Cruise in standard balcony accommodations, Sail from Siem Reap, Cambodia; Angkor Ban, Camobodia; Oudong, Cambodia; Phnom Penh, Cambodia; Tan Chau, Vietnam; Xeo Quyt, Vietnam; Sa Dec, Vietnam; My Tho, Vietnam; to Ho Chi Minh City, Vietnam. Ask about upgraded stateroom and airfare!	<b>August - December 2025</b> <b>*INCLUDES ROUND TRIP SACRAMENTO AIRFARE!</b>	<b>\$3,589</b>
<b>15 Day BRITISH ISLES EXPLORER</b> <b>Viking Ocean Ship ~ 998 Passengers</b> 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. 15-day Viking River Cruise in balcony accommodations. Sail from Bergen, Norway; Shetland Islands, Scotland; Aberdeen, Scotland; Edinburgh, Scotland; Orkney Islands, Scotland; The Highlands, Scotland; Belfast, Ireland; Liverpool, England; Holyhead, Wales; Dublin, Ireland; Sailing the English Channel; Dover, England; to London, England.	<b>August - September 2025</b> <b>*INCLUDES ROUND TRIP SACRAMENTO AIRFARE!</b>	<b>\$10,398</b>
<b>8 Day MISSISSIPPI Cruise</b> <b>Viking Mississippi- 386 Passengers</b> 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.	<b>November- December 2025</b> <b>*INCLUDES ROUND TRIP SACRAMENTO AIRFARE!</b>	<b>\$4,399</b>
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## Writers' Group

(cont' from page 19)

- First exciting summer camp or vacation
- Making a new friend, maybe for life
- Learning to swim

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

We meet on the 2nd and 4th Monday each month from 5 to 7 pm in the Computer Room (OC). Hopefully, we'll see you there. Happy 2025 from the SCLH Writers' Group.

Any questions call Ray Birge 909-965-3558 or raybirge@aol.com

• • •

## Apple User Group

BY NINA MAZZO

Apple's annual developer conference was recently held, and here are some operating system highlights we can expect in the fall. Apple is changing how it names its operating systems, with the version number now matching the year of release.

For example, macOS 26Tahoe, iPhone will be iOS 26, iPadOS 26 and watch will be watchOS 26. Our tech and program committee will be reviewing these updates and sharing the latest features on all platforms with our members.

On a different note, we won't have a meeting on Thursday, July 3rd. The general meeting will be on Tuesday, July 8th, with Ask the Tech at 6:30 PM and the program at 7:00 PM. There will also be a seminar on Monday, July 28th, with Ask the Tech at 10:15 AM and the program at 10:30 AM. Both meetings will be held in the Presentation Hall. (KS) You can find all the details on our club website.

Apple User Group website: www.LHAUG.org

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

• • •

## RV Group

BY MARY CARBREY

In May we gathered in Humboldt County, California to watch the Grand Champion Kinetic Sculpture Races. These human-powered contraptions race from the town of Arcata, over land, sand dunes, and the ocean to historic Ferndale. Oh, what fun! We also stayed home long enough to "get groovy" at our Spring Fling Flower Power Party. Hey! Remember that what happens at the Spring Fling stays at the Spring Fling! Future 2025 trips include exploring Minden and Genova in Nevada, Lake Siskiyou, Pismo Beach, Mission Bay, and the Vineyards RV Resort in Vacaville.



Grand Champion Kinetic Sculpture Races in Humboldt County, California.

See our website at www.lhrvg.com for more details and join us on the second Thursday of the month held at Kellogg Springs, 4:30 PM in the Placer room. For general information, contact our club president, Jake Baker at 916-838-5253, or jrbaker525311@gmail.com. For membership contact Cindy Aymar at 707-494-8185, or cjaimar@att.net

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## Rods & Relics

BY ELNA RAGAN

On Saturday, June 7, the Rods & Relics Car Club hosted the very successful 19th Annual Downtown Lincoln Car Show! An estimated 6,000 people walked the shaded Downtown streets taking in a wide array of 500 pre-1979 vehicles: Customs, Hot Rods, Rat Rods, and Air-Cooled were all on display.

A Pancake Breakfast started the day hosted by Boy Scout Troop #160. There were over 50 Vendors offering food and products. There was a DJ and live music! The Chamber of Commerce had a large Raffle Booth and provided a BBQ lunch in Beermann's Plaza. Twenty-nine trophies were awarded to a wide variety of vehicles.

On Friday, June 13, Club members participated in the Sommerset Senior Living Car Show. They had a great time and enjoy the camaraderie and the great lunch!

On Saturday, June 14, Club members had their vehicles on display by Red Robin. Also on Saturday, the Lincoln Library held its bi-annual Book Sale. Club members had helped to set it up on Friday and then returned on Saturday afternoon to help return the unsold books to the office. The Library staff appreciates the Club members' help.

The Rods & Relics Car Club is always looking for new members. All owners of vehicles model year 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

Summer weather is here, and that means if our cars are convertibles, the tops are down as we hit the road. In June, we had two events. The first was an overnight trip to Lake Tahoe. We proceeded to the Villa Toscana Winery in the Shenandoah Valley, where we enjoyed a brief stop for lunch. Afterward, we continued through Jackson, CA, and proceeded to drive

one of the most beautiful and sports car-friendly highways in California, Hwy 88.

As we traversed over Kit Carson Pass, we were treated to views of the Sierra Nevada mountains. We passed by Silver Lake and Caples Lakes which offered a striking setting, with a stunning backdrop of rugged mountains.

Finally, we reached our destination of Lake Tahoe and Harrah's Hotel and Casino for the night. The hotel, surrounded by towering mountains, provided a perfect end to our drive.

We ended the day with a fine dining experience at Kalani's restaurant serving Pacific Rim fusion cuisine and a wide assortment of beverages.

Toward the end of the month, we revisited an old friend, The Willo Steakhouse in Nevada City. We took a round-about way through scenic roads, passing by Smartsville, Loma Rica, and Oregon House before dinner time. The drive was through rolling hills, and picturesque countryside and the winding roads were made to drive.

The Willo Steakhouse has been a staple at this site since 1947 and was originally a WWII Quonset hut. Over the years, ownership has passed through many hands, but top-quality steaks in a restaurant with a fun atmosphere can still be had.

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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(more Club News cont' on page 25)



Sports Car members — Raise your hands if you are having fun!

# Amazing Grace

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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

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## LH Tesla Club

BY WAYNE FORD

The Lincoln Hills Tesla Club will hold its next meeting at the Orchard Creek Lodge in the multi-purpose room at 4:00 PM on July 17th. Lincoln Hills residents who own Teslas or are interested in learning more about Teslas are invited to attend. We will share experiences, technical knowledge, and enthusiasm. Suggestions for activities are welcome.

The club can be reached at LHTeslaClub@gmail.com

## LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

After much discussion, we finalized our new poster for events such as New Resident Orientations, Club Expos, and Field Days. Thanks to the Team for all the ideas generated and a special thanks to Art, KI6GYY for all your hard work. We congratulate Richard on passing the Technicians exam. Richard studied long and hard taking uncounted practice tests in preparation for the big day, now the fun begins!



LHARG New Poster

Dan, KN6DRN and Sal, WC6SAL earned their DXCC Certificates. This award requires the operator to contact and confirm 100 foreign countries. A variety of modes may be used such as voice, digital or CW (Morse code) to qualify. This is a prestigious award taking a long time to achieve.

We had outdoor meetings throughout the spring, testing our equipment from a new location as well as enjoying the beautiful Lincoln Hills views. We have returned to the South Tower. Field Day results will be reported in a future article.

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

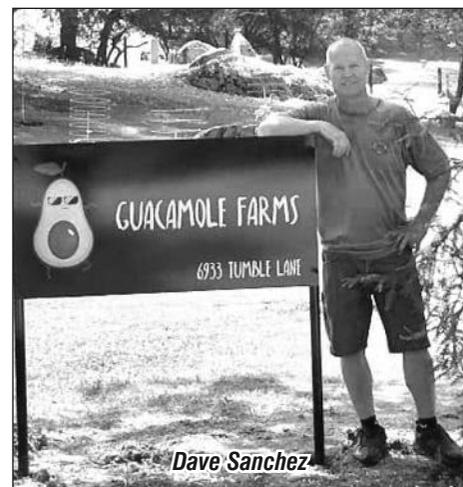
every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG. We can help with programming handheld radios.

For more LHARG information visit our Website, the URL is: lharg.us or email dlehrer72@gmail.com

## Garden Group

BY LORRAINE IMMEL

“And you thought you couldn’t grow avocados here!” Dave Sanchez (Guacamole Farms) will be our guest speaker for the Thursday, July 24, General Meeting, 2:00 PM, KS.



Dave has over 45 years of experience in the nursery business and has worked at all sizes of nurseries from a small “Mom & Pop” nursery to the largest nursery in the world.

Several years ago, he mentioned to a friend that he wished he could grow avocados in our area. You can, his friend replied, you just have to grow the right varieties. After much research and visits to several avocado growers in Southern California, he decided he would turn his property in Loomis into an avocado farm. He said he learned many things through trial and error, much error, and now has well over 100 trees growing in the ground, many of them producing avocados for the past few years. He uses these trees for cuttings to graft onto hardy rootstock to produce and sell several hundred grafted avocado trees annually. He says, “We grow only frost hardy varieties of avocado trees!”

Dave added he will bring hand-out

information, and he is graciously donating two avocado trees to our door prizes.

Before and after this meeting there will be opportunities for members to pick-up a door prize ticket, to purchase donated plants at the Brown Bag Sales, and Master Gardeners for Q’s & A’s starting at 1:30 PM.

## Bird Group

BY SHERRY SINGER

Birding trips come in all shapes and sizes. Some are as simple as a walk to a nearby trail. Others, like the one Bird Group Chairman Don Fallon took to Bhutan, can be both extremely complicated and extraordinarily rewarding. To explain how one travels from Sun City to Bhutan would take at least three paragraphs. Suffice it to say, flying over the Arctic Circle was one small component. At the meeting on June 9, Don shared with the group a stunning slide presentation of his April adventure. During this tour he saw over 200 birds he had never before seen in his five decades of birding. Along with the other eight Americans who joined him, he searched for birds at elevations ranging from 200 to 13,000 feet. Some nights were spent sleeping in tents enduring mountainous temperatures in the thirties. But the winged rewards for these hardships were enormous. Among the many exotic birds he saw was the Great Hornbill.



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

No bird walks are scheduled for July and August.

A trip list for next season (Sept 2025 – June 2026) will be available in August.

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

July 14 – SCLH birders/photographers End of Year Photo Extravaganza!

No Meeting in August.

Meetings resume on September 8.

Help Wanted: We are looking for a volunteer to take Linda Morley’s position as Secretary of the SCLH Bird Group. Linda has been our secretary for several years. Thank you

Linda. She would be happy to train someone else to fill her position.

Contact Information: Visit us at our website [www.sclhbirders.org](http://www.sclhbirders.org)

Or contact Don Fallon, our chairperson at [donfallon102@gmail.com](mailto:donfallon102@gmail.com)

## LH Cyclists

BY GREG SANDUSKY

Summer weather is now upon us, but despite the warmer temperatures 22 of us thirsty souls congregated at Rocklin’s Mindscape Fermentations for refreshing draft, wine, and great conversation. What’s especially joyous was to catch up with spouses, old friends, and “bike retirees;” devotees who don’t ride but are still a special part of our club.



We are planning a “day destination” Lake Tahoe ride in September, our annual Potluck September 18th, a multi-day getaway in Healdsburg October 21st-23rd, and our formal dinner at the Ballroom (OC) on October 30th. We will also assist the Rotary Club with setup for their annual Tour de Lincoln October 18th.

If you enjoy group riding and/or the camaraderie of fellow cyclists, contact Greg Sandusky at 408-313-9834 or sign up on our website [www.lincolnhillscyclists.com](http://www.lincolnhillscyclists.com)

(more Club News cont’ on page 27)



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## Neighbors InDeed — Stay Cool if it's Hot, Hot, Hot!

BY RICK CARREIRO

As summer temperatures rise, heat stress can be a serious issue—not just for us but also for our pets and even our homes. Knowing how extreme heat affects each will help reduce risks and maintain your safety and comfort.

Homes can be silent sufferers under prolonged heat. Roof materials can weaken and attic heat can increase, which could strain air conditioning units. Exterior paint may fade or blister, and wooden doors or window structures can crack or swell, making them hard to open or close. To combat this, inspect and maintain all roof, attic, and soffit/eave vents. Exterior awnings, shutters, or sun shields help lower the heat reaching your home. The best natural addition is larger shade trees. Black out drapes, shutters or blinds will also reduce interior heat intrusion.

Pets, especially those with thick fur or underlying conditions, are highly vulnerable. Hot pavement can burn paws, and animals left outdoors, on hot days without shade or water, can suffer dehydration or heatstroke. Limit walks to early mornings or cooler evenings if possible. Providing fresh water during the day is necessary and never leave your pet in a parked vehicle without the air conditioner operating.



Residents, especially most of us being a bit older, are more susceptible to heat related illnesses. Prolonged exposure to high temperatures leads to dehydration, heat exhaustion, or worse. The warning signs are dizziness, headache, nausea, and rapid heartbeat or breathing. Call 911 if these occur. Staying indoors, wearing light clothing, drinking lots of water, and having air conditioning or fans helps keep you safe and comfortable.

Taking these steps to protect your home, pets, and yourself from direct sun or heat stress, avoids emergency situations that might lead to hospitalization. Being aware and practicing the recommended steps, will keep you, your pets, and your home, safe, comfortable, and happy.

If you need any help or support from Neighbors InDeed, call 916 223-2763, leave a message with your name, address, and request. We will call you back between 9 to 5 Monday through Friday. Stay Cool my friends.

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## Hikers and Walkers

BY GAY MACKINTOSH

LH Hikers and Walkers gathered on the bocce courts May 29 with experienced and new players having a ball together. President Tom Denzler launched the play and directed courts rotation so we all got to mingle. Vice-President for Social Events Carol Yoder and her busy team organized a delightful and delicious pizza buffet lunch in the Sports Pavilion. A good time was had by all!

Interested in hiking or walking with us as well as enjoying some very special events? Check our website [www.lhhikersandwalkers.org](http://www.lhhikersandwalkers.org) for all the information you need. We invite you to try a walk or hike before joining our club. We're sure to have something just right for you.

Walkers now meet every Wednesday at 7:30 AM at different Lincoln Hills trailheads for a brisk 2½-3 miles. Relaxed-paced Wellness Walkers meet later on Wednesdays as well as some Mondays. The website has dates, start times, meeting locations, and route maps. Call Coordinator Debbie Schryver, 916-666-1741, with questions about the Walkers. Contact Karl Aitken, [w4wleader@gmail.com](mailto:w4wleader@gmail.com) about Walk for Wellness.

Hikes are moving into higher altitudes to beat the Valley heat. Here's our July hike schedule as of mid-June. But be sure to watch the website for changes! And read the



President Tom Denzler greets bocce players.

detailed hike descriptions to pick your perfect challenge level.

- Tuesday, July 1. Memorial Overland Emigrant Trail. Moderate 5.5 miles
- Tuesday, July 8. East Perimeter Trail, Tahoe Donner. Strenuous 7.4 miles
- Wednesday, July 16. 2PACE Winnemucca Lake. Relaxed 6 miles or Fast 7.3 miles Optional overnight in South Lake Tahoe for more hiking July 17. See website.
- Monday, July 21. TBD
- Tuesday, July 29. Penner Lake. Moderate 7 miles

New members are always welcome. Call President Tom Denzler, 530-368-2564, for information about LH Hikers and Walkers. Contact Gay Mackintosh, Vice-President for Hikes, [mackintoshbg@msn.com](mailto:mackintoshbg@msn.com) or 916-209-3628 with hiking questions.

• • •

## Pickleball Club

BY DIANE FERRARI

Hard to believe summer is already sailing past—and you still haven't joined us for Pickleball fun? Well, mark your calendars because August 1 is your chance to sign up for the "Country Courts Frenemies Tournament", happening September 9–10! Round up seven of your pickleball pals for a country-themed showdown with a rootin'-tootin' good time. Come for the fun, stay for the medals! As we head into fall, many favorite activities start back up: Drills, Round Robins and Ladders. Intro to Pickleball 101 returns September 28, perfect for beginners ready to learn the ropes. The Pickleball 101 class is a beginner-friendly introduction to the game. This class requires no prior experience—just a willingness to learn and have fun! Our coaches will explain the rules and guide you through the basics to help you play your first games with confidence. We provide the paddles and balls. To sign up, email Coordinator Carol Judd at [welcometopickleball@gmail.com](mailto:welcometopickleball@gmail.com) Looking to level up your game? Want to improve your skills or learn new ones? Local pro Ian Dickson offers classes through WellFit—sign up at [SCLHResidents.com](http://SCLHResidents.com) or at the Fitness Front Desk. Next Players Forum: August 18 at 3:30 PM Orchard Creek Fine Arts Room. Join us to stay in the loop on all things Pickleball. For more info and updates, visit [www.lhpbclub.com](http://www.lhpbclub.com). See you on the courts!

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## Senior Softball

BY HEIDI MAZZOLA

In early June, the Women's Division hosted a special exhibition game at Del Webb Field, welcoming the Sacramento Area Women's Senior Softball (SAWSS) team. The home team came out strong and dominated the game, showcasing impressive skill. The day was a success, drawing a lively crowd, and wrapping up with a picnic enjoyed by players and volunteers.

Looking ahead, the Women's Division will wrap up its summer season on July 27 with a tournament featuring a rematch against the SAWSS team. Until then, regular season games continue every Sunday at 10:00 a.m., so come out and support the ladies.

The Coed Division's season concludes on July 28, followed by a double elimination playoff involving all ten teams. While dates are still being finalized, the full playoff schedule will be posted when determined at [LHSSL.net](http://LHSSL.net).

As of this writing, Terrie McDonald's Intero team leads the standings, with Schaack Physical Therapy just a half game behind and team Donna Judah trailing by two and a half games. There are several teams close behind. The race is tight and the finish promises to be exciting!

Looking further ahead, mark your calendars for August 16–17, when the Coyote 75's will host a tournament at Del Webb Field. The League will be selling hot dogs during the

(cont' on page 29)

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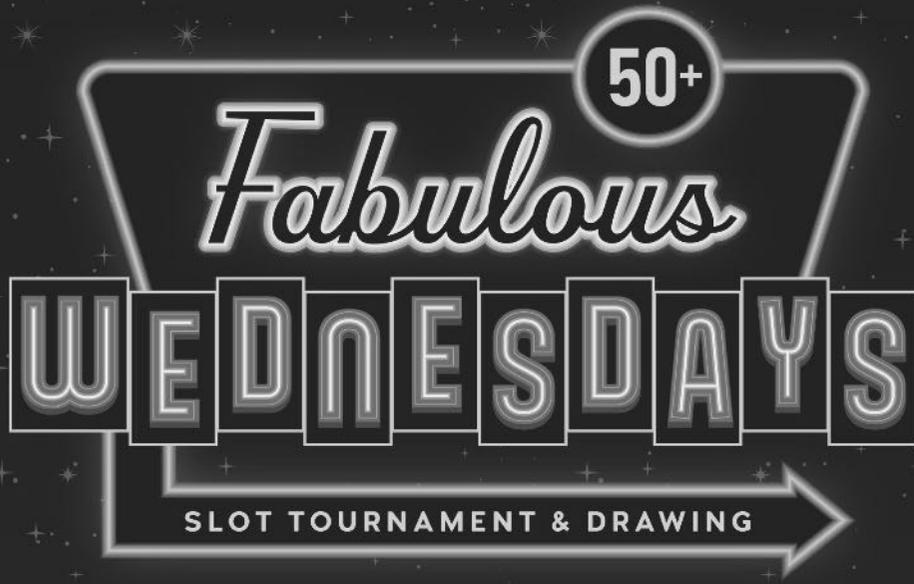
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## Senior Softball

(cont' from page 27)

event, with all proceeds going to support local high schools.

In addition to supporting youth athletics, the League recently contributed to Friends of McBean Park Stadium—home of the Lincoln Potters and Jessup Warriors—by purchasing a personalized brick to help fund a much-needed new scoreboard. Created by students in Lincoln High School's Ag program, the brick will be featured on one of the stadium's unique moveable brick walls.

Be sure to visit LHSSL.net regularly for the latest updates and schedules. See you at the field!

• • •

## Mad Hatters Bocce Group

BY KIM PETRUZZELLI

The Mad Hatters play bocce on Thursday mornings. If the day is a scorcher, we will start at 8:00 am, but as often as possible, we will be starting at 9:00 am during the summer. We keep an email list and send out the weekly start time on Wednesdays. There are no membership dues, and residents are welcome to join our list by sending an email to the address below.

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

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

Mad Hatters Contact: Kim Petruzzelli, LHBocce@gmail.com / 408-439-8716.

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## Tennis Group

BY SUSAN KUUKKA

Due to the heat our Mixed Doubles Tournament was cancelled.

Congratulations to our LHTG member Sal Zimmitti who recently won the Pacific Coast Singles Senior Tournament at the Berkeley Tennis Center for the 80+ age group. Sal is ranked #30 in the USA in his division.

The Roseville Sun City and the Sun City

Lincoln Hills Interclub event in May was a well-attended, fun event where food and friendship were plentiful. Triples was played, and the SCLH team of Phil Vick, Pam Flaherty and Denise Higgins won the mini tournament. Congratulations! We hope to have another Interclub tournament at SCLH in the Fall.

We have planned the following new events, so please come out and support them.

Triples Play on Saturdays 9:30 -10:30 am; this is a free event for all levels of tennis.

For those who do know what Triples Tennis is, it is a fast-paced, cardio tennis game that uses a format of 3 on 3 with one player at the net and two at the baseline for each team. It's fast-moving as players rotate positions after every point. By using the red/orange tennis balls, points are long and competitive—every player gets lots of touches.

Ladies Drop on Thursdays from 8:00 – 10 am. This is for levels 3.0+ and is also a free event plus we have additional Live Ball on the last Saturday of the month.

We are looking forward to our Wimbledon Woodie Social on Saturday, July 12th. This will be a fun event with various activities. 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.

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

• • •

## LH Table Tennis

BY ILENE MARSHALL

Summer is upon us and that means warmer temperatures. If you typically enjoy an outdoor sport, but the temperatures are keeping you from participating, why not try Table Tennis!! It's cooler and just as much fun as pickleball, golf, bocce ball, tennis, croquet or shuffleboard. And notice what all these sports have in common? They're all played with a ball of various sizes!! And they all improve hand/eye coordination.

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.

(cont' on page 30)

## LH Foundation –

(cont' from page 1)

Mark your calendars for Tuesday, July 22nd for our next Bingo. We are planning something special so get out of the July heat and join us in the cool ballroom. Doors open at 12:30 and play starts at 1:00. Twelve cards for \$25, with exact change appreciated. Payouts are \$100 for the first eleven games and \$250 for the final game. Make an afternoon of it and enjoy lunch at Meridians beforehand.

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

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

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## Kilaga Springs Library

BY JOY HUTCHISON

The month of July is when we honor our country's history, struggles and visions. *1619, Jamestown and the Forging of American Democracy* by James Horn tells of the birth of the most important political development in *American history*; *The Promise of the Grand Canyon* by John F. Ross tells about John Wesley Powell's perilous journey and his vision for the American West; *The Pioneers* by David McCullough takes us to the time of settlers who brought the American ideal to the West; *The Boys in the Boat* by James Brown shares the vision of the nine young Americans and their epic quest for Gold at the 1936 Berlin Olympics; and then to present day with *The Newcomers* by Helen Thorpe about teenagers from around the world finding refuge, friendship and hope in America. Whether past or present, you can find all of these inspiring stories in the History/Politics section at your Kilaga Springs Library.

Some of the special book sections have recently been relocated within the library to allow for more space. The Large Print books are now by the fireplace and sofas. Contact: Volunteer Library Coordinator, Sarah Kevin at sikevin@gmail.com

## Former Missile Site in Lincoln — Update

BY SANDI DOLBEE, *Community Co-Chair of the Restoration Advisory Board*

A new report on groundwater and soil vapor tests conducted in October 2024 shows no significant changes in the location of detections or concentrations of trichloroethylene (TCE) at the former missile site in Lincoln since similar testing six months earlier.

The U.S. Army Corps of Engineers (USACE) collected samples from 30 groundwater wells and 31 soil vapor probes to monitor for contamination at the site off Oak Tree Lane, which housed three Cold War era missiles from 1962 to 1965.

According to the USACE, this testing helps USACE track changes in contamination and supports decisions about future cleanup efforts. You can Read the full report here and follow www.cleantup.titan1a.com for more updates.

The facility used TCE in its degreasing and cleansing of equipment. The chemical, which since its use back then has been determined to be a human carcinogen, was found in the groundwater in the 1990s. The USACE is charged with cleaning up the TCE contamination.

You can read the full report here:

[https://www.spk.usace.army.mil/Portals/12/siteimages/Titan%201A/Second%20Semi-Annual%202024%20Groundwater%20and%20Soil%20Vapor%20Monitoring%20Report%20-%20May%202025.pdf?ver=RQhZ-MvwKrikz\\_gxTfT1Yg==](https://www.spk.usace.army.mil/Portals/12/siteimages/Titan%201A/Second%20Semi-Annual%202024%20Groundwater%20and%20Soil%20Vapor%20Monitoring%20Report%20-%20May%202025.pdf?ver=RQhZ-MvwKrikz_gxTfT1Yg==).

To follow updates, see the USACE website:

<https://www.spk.usace.army.mil/Missions/Military-Projects/FUDS/Titan-1-A-Missile-Site/>.

Meanwhile, the next public meeting of the Restoration Advisory Board (RAB), which was formed last year to provide input on the TCE clean-up process, has been set for 6 p.m. Thursday, July 24 in the McBean Pavilion, which is located at McBean Park.

Questions about the TCE contamination remediation efforts may be sent to the community members of the RAB at CommunityRAB@yahoo.com



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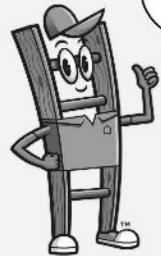
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## LH Table Tennis

(cont' from page 29)

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

• • •

## Lincsters 9-Hole Club

BY LORA FINNEGAN

The new Executive Tees are fully operational and ready for Lincsters to use "We're hoping some players enjoy golf more from these shorter tee lengths," says Gwen Hare, Head Golf Professional, "and that it helps the pace of play." If you'd like to use them for Lincsters play, just notify us by Friday before the round via a message on Golf Genius. Another reminder: it's a local rule that golfers over age 80 can play from the red tees (front) on Orchard's Hole 15 during tournament days. WNHGA Low Net Winner was Barbara Gorden. Join us for fun and prizes! And don't forget our website: Lincolnhillslincsters.memberplanet.com

• • •

## Ladies Golf -18 Hole Golf Club

BY CATHY JAICKS

Summer is in full swing, and so is our tournament season!

Eileen Marshall chaired the festive "Wild About Golf" Guest Day tournament, followed by a delicious luncheon in the ballroom. Many participants, including those pictured below, embraced the theme and arrived in full "wild" attire. The tournament was played in a Step Aside Scramble format, with the first-place teams of:

Flight #1 Mitsuko Cameron/

Barbara Larson/Joanie Lew/Pam Katros  
Flight #2 Robyn Kain/Kim Greer/Claudia Archer/Janet Phillips

Flight #3 Maureen Senn/Georgia Richie-Lynch/Anne Duda/Pay Meloney

Closest to the Pin was won by Barbara Grant and Robyn Kain

May Golf Play Day Highlights:

May 1 – Net Chix:

Big Congratulations to Nancy Jenkins! She clinched the win with a fabulous net 73 on the Orchard Course — way to go, Nancy!

May 8 – Stroke Play:

First place finishers: Kathi McCoy, Mitsuko Cameron, Nancy Jenkins, Patricia McNiff, Yeong Hur, and Ilene Marshall.

May 15 – ChaChaCha:

First place team: Gwen Hare, Elizabeth

Phillips, Sanny Tamanti, and Pat Robinson.

May 23 – 1BB Odd / 2BB Even:

First place team: Shari Kiley, Barbara Grant, and Karen Thom.

May 29 – 2BB of Foursome:

First place team: Kathi McCoy, Eileen Boore, Lynn Lapera, and Vivian Lim.

Be sure to save the Date for our Upcoming Tournaments:

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

Summer Rules Reminder: with the arrival of summer, we are now playing under summer rules — which means playing the ball where it

lies. However, the Dallis Grass Relief Local Rule is still in effect.

Looking for a new club to join? Please check out our website: [www.lincolnhillsladiesgc.memberplanet.com](http://www.lincolnhillsladiesgc.memberplanet.com) and/or contact our Membership Chair, Kathy Lee, ([kathy.lee2@att.net](mailto:kathy.lee2@att.net) 925-998-3538).

• • •



Nancy McDonald, Lissi Bedford, our Net Chix winner  
Nancy Jenkins and Judy Hales.

(more Club News cont' on page 31)



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## Men's Golf Club

BY CARL LYNCH

In our popular 2025 Spring Scramble event, everyone Signed-up as a single, and the 4-Man, ABCD Teams were automatically created, with all team handicaps set as equal as possible. The A players were ranked low-high, the B's high-low, the C's low-high, and the D's high-low. ('A' is the lowest handicap player, 'D' is the highest). We played a field of 104 players in three flights on the Hills course.

Flight 1 Low Gross winners: Torr Zielenski, George Booker, and George Wuschig.

Flight 1 Low Net winners: Barry Reed, Derek Henry, Russ Lynch, and Dave Wilens.

Flight 2 Low Gross winners: Ron Nabity, Tom Gentile, and Glenn Arney.

Flight 2 Low Net winners: Robert Schneider, Ed Rocknich, and Jerry McCann.

Flight 3 Low Gross winners: Dan Martin, Jeff Warner, Rich Yoshikawa, and Robert Musial.

Flight 3 Low Net winners: Fran Lively, Jim Smyrak, Bill Feeley, and Russ Galvan.

Closest to Pin (CTP): Hole #5: Rich Yoshikawa 1' 4", Hole #7: Raymond Overton 8' 9.5", Hole #12: George Booker 8' 1", and Hole #16: Joe Reichbach 10' 11".

Long Drive (LD), hole #18: White Tees Dan Martin, Green/Red Tees Brian Wanzer.

Congratulations to Mike Black for his Hole-in-One on Hills Hole #7, 144 yards, 8 iron.

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/>

## Water Volleyball

BY HOLLIS BISCHOFF

If you missed our first outdoor pool volleyball pool party, there's still time to join before our next outdoor session the end of this month. If you'd rather cool off inside, we have training and play multiple nights a week. We have support for rookies to ex college players, with opportunities to try out for higher levels twice a year. Suit up 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](http://LHWaterVolleyball.com) or email Ernie Ferrier: [selhwatervolleyball+membership@gmail.com](mailto:selhwatervolleyball+membership@gmail.com)

## Cribbage

BY MEL SWITZER

Plagiarized by Mel Switzer

It's the little old lady from Sun City Cribbage...

It's the little old lady from Sun City Cribbage

(Go granny, go granny, go granny, go!)

Has a long vict'ry streak and a winning image

(Go granny, go granny, go granny, go!)

But packed in her sharp upstairs garage Is a game-winning mind with a lot of camouflage

And everybody's saying that there's nobody meaner,

That little old lady will take you to the cleaner(s)

She plays real fast and she plays real hard; She's the terror of Sun City Boulevard

It's the little old lady from Sun City Cribbage

If you see her in the club, don't try to "choose" her

(Go granny, go granny, go granny, go!)

You might try to "go" her, but you'll never lose her!

(Go granny, go granny, go granny, go!)

She might come in second now, sooner or later

But she always plays hard like a mean

alligator!

It's the little old lady from Sun City Cribbage

Go granny, go granny, go granny, go!

Go Lana, go Susan, go Rae, go!

Go granny, go granny, go granny, go!

Go Jean, go Jodi, go Maryanne

Go granny, go granny, go granny, go!

Go Betty, go Pat, go Eleanor

Go granny, go granny, go granny, go!

Go Dory, go Joanne, go Betty, go!

Go granny, go granny, go granny...(fade)

The recent winners were: John Gilmore, Bob King, Jodi Deeley and Jerry Carlson and of course, Lana Venturi.

We play every Tuesday starting at 8:30 AM in the OC Card Room. The little old ladies from Sun City Cribbage will be there in full force, but no autographs please.

## Duplicate Bridge

BY MONA STRYKER

Interested in getting into Duplicate Bridge? We have a "C Group" which is a good place to get started. Contact Linda Kawula if you need a partner. Bridge is a great way to exercise your mind and to escape the heat in our air-conditioned bridge rooms!

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

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

(cont' on page 33)

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### Lincoln Hills May Sales Snapshot

Address	Street	Approx SqFt	Orig. Price	Selling Price	Model
1510	Topanga	1509	\$439,000	\$436,000	Condo
2212	Pebblestone	1045	\$489,000	\$489,000	Mariposa
1936	Echo	1346	\$495,000	\$495,000	Bridgeway
2466	Swainson	1190	\$499,500	\$499,000	Calaveras
593	Orchid	1190	\$519,000	\$512,000	Calaveras
885	Greenridge	1203	\$534,000	\$539,000	Millpond
585	Stockman	1449	\$539,000	\$535,000	Almanor
400	Lilypond	1457	\$570,000	\$547,000	Bridgeway*/**
1910	Duckhorn	1515	\$585,000	\$589,000	Pine Hill
2213	Monument	1515	\$589,000	\$569,000	Pine Hill
240	Feather	1687	\$598,850	\$605,000	Pine Hill*
2753	Woodacre	1539	\$600,000	\$600,000	Pine Hill
2047	Lockwood	1639	\$625,000	\$595,000	Pine Hill*
100	Hay Wagon	1782	\$635,000	\$625,000	Santa Cruz
1940	Farmgate	2049	\$645,000	\$605,000	Annadel
117	Whitehall	1935	\$650,000	\$635,000	El Dorado
1185	Tarapin	1793	\$665,000	\$650,000	Tahama
2457	Longspur	1795	\$689,000	\$683,000	Tehama
1318	Rose Bouquet	1910	\$689,000	\$689,000	Fremont
2193	Longspur Loop	1967	\$699,000	\$700,000	El Dorado
623	Violet	1967	\$709,000	\$709,000	El Dorado***
977	Wagon Wheel	1764	\$725,000	\$700,000	Santa Cruz
301	Elderberry	1967	\$799,000	\$820,000	El Dorado
209	Whippoorwill	2277	\$810,000	\$810,000	Shasta
1785	Creekcrest	2046	\$819,500	\$819,500	Tahoe*/**
756	Canyon Oak	1813	\$839,000	\$814,300	Tahoe*/**
486	Bullion Mine	2176	\$849,000	\$865,000	Sausalito**
2460	Monument	2211	\$940,000	\$880,000	Fremont*/**
1888	Audubon Hill	2264	\$990,000	\$990,000	Napa**
1178	Secret Lake	2955	\$1,125,000	\$1,150,000	Meadowgate*/**
2280	Hidden Hills Lane	2801	\$1,149,000	\$1,149,000	Meadowgate**

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Total Homes sold in Sun City per MLS 5/1/25 - 5/31/25

21st Annual

VOICES OF LINCOLN

Presented by the Poets Club of Lincoln



In The Power Of Words  
Brought To Life Through Poetry

2025

POETRY CONTEST

## ❖ POETS WANTED ❖

Enter Now!

Enter Now!

1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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!** 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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.

## Duplicate Bridge

(cont' from page 31)

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/](http://www.bridgewebs.com/lincolnhills/)

• • •

## Pedro Group

BY BONNIE KING

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

Contact: Denise Jones – 916-543-3317.

• • •

## Shuffleboard Club

BY JON KLINE

Our new heavy-duty tents give players much needed shade, similar to most premier 55+ outdoor shuffleboard centers, but at

a fraction of the cost. A recent 2024 report describes shuffleboard's multiple physical and cognitive health benefits for seniors. Check it out at: [seniorcenter.com/shuffleboard](http://seniorcenter.com/shuffleboard). Then come to a club session; we play every Wednesday and Saturday from 8:30 to 10:30 AM. 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. Thursday evening socials – come meet a great group of shufflers from 7:00 to 8:30 PM. Bring a snack or desert for yourself or to share. May 24th club tournament medalists: Ivan Hesson, Joan Kline, Paul Abad. The Sacramento River boat cruise on June 29 was a fun social outing. 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](mailto:alsonjonny@gmail.com)

• • •

## Mah Jongg

BY SANDY KLEIN

For the second year in a row, there was Mah Jongg Day in Sun City Lincoln Hills held on June 11th, and it was a wonderful success!

this together successfully, in our case, the committee was Penny, Patti, Sandy, and Bonnie who made it all happen. We played using the new national card, and we had lots of great prizes for the winners. This event was open to everyone... we had players from Sacramento,



SGLHMah Jongg Day— June 11, 2025.

We had 52 very happy women for a day of play and lunch. The ballroom, the food, and the people were all terrific.

It takes a village to put something like

all the way up to Grass Valley. You can look forward to this event next year — stay tuned, for the date to be announced!

• • •

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.*

Lenora Harrison  
916.765.4188

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# Freedom From Back Pain

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Are you suffering from stenosis, bulging or herniated discs?  
Have doctors and specialists offered you pain management techniques that don't really address the problem?

You are not alone. Nearly 38% of the world's population suffer from debilitating back pain. And even more unfortunate, the surgeries recommended to fix you have such a high failure rate that there is a medical term for it, Failed Back Surgery Syndrome (FBSS). FBSS comes with a whole host of symptoms that often make life more difficult than it was before you opted to have surgery and include persistent pain that can affect not only the back, but the neck and limbs as well.

***"For our 45th anniversary our children gifted us an Alaskan cruise," shared Max G. of Wheatland, "It's the trip of a lifetime! But while the excitement of exploring the Tundra Wilderness was almost too much to bear, so was my back pain. I've had two failed surgeries and my surgeon keeps pushing for another. One of those fool-me-once situations, but I also didn't want to spend 10 days in a cramped cruise room miserable and taking pain pills."***

Not all hope is lost however. We specialize in treating back pain. Whether it's from a disorder, repeated injury, osteoarthritis, or something more complex like FBSS, we are helping people live lives free from pain!

Our patients are typically individuals who have been told they should have surgery but would either have a difficult time going under the knife or have tried that route with little success and decided to explore other options. There is more to healthcare than prescription pills and scalpels. By offering several integrative therapies at Lincoln Acupuncture we are able to combat and treat your pain from several angles ensuring the possible outcome.

We have pioneered non-pharmaceutical, non-surgical innovative medical solutions that not only address the back pain itself, but its cause as well.

Acupuncture has been used for thousands of years to reduce inflammation, increase blood flow, and stimulate the release of endorphins, the body's natural painkillers. To expedite this process, we integrate a targeted microcurrent therapy called ATP Resonance BioTherapy™. This technology was originally developed by NASA to expedite healing and recovery.

In especially complicated conditions they will also utilize BioVantage Regenerative Therapy™, a proprietary technique that makes use of terahertz frequency. We use it today to combat inflammation and in a majority of cases, offer our patients a more permanent solution.

***"If you would've asked me 3 months ago if I thought I would feel this good after acupuncture treatments, I would've told you, you're nuts! But I'm a believer! My wife and I are currently booking excursions for the cruise and I'm actually looking forward to it. Before I would've been hesitant to even schedule something like dog sledding knowing my pain was through the roof, but now I can't wait! Obviously I have my kids to thank for this trip but I can't help but take my hat to the team at Lincoln Acupuncture because those ladies are the reason I'm going to truly enjoy this trip."***

The staff at **Lincoln Acupuncture** have the skills to help. Your success is our priority.

Ready to schedule your new patient consultation? Call **(916) 884-0398**, a Vitality Coordinator is ready to help you get started living life pain free.

**Take Back Control of Your Life! Contact 916-884-0398**

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

# Joanie Adams and Ron Peck

(cont' from page 1)

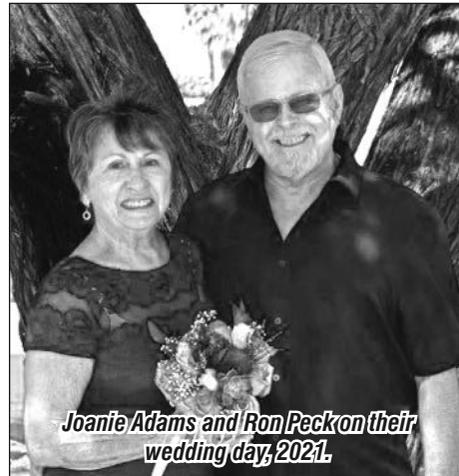
mission, Ron and his teammates got used to the isolation and took part in the tradition of joining the 300 Club. This involved warming your naked body in a sauna set at 200 degrees, then putting on some tennis shoes and going outside in 100 degrees below zero temperature in order to have your picture taken to prove you had survived the 300 degrees of temperature differential.

After his Antarctica experience, Ron spent many years working for Systron Donner Inertial Division, a company in Concord that made guidance systems for rockets and aircraft. Later he worked for the company that built passenger cars for the State of California. Ron went to Sao Paolo, Brazil, to oversee the building of the car shells which were eventually shipped to Hornell, New York, where they were assembled. These cars were then shipped to the railyard in Oakland, California and put into service.

After retiring from Systron in 2002, Ron moved with his wife, Molly, to the big island of Hawaii where he built a beautiful home. After a few years, they sold the house and moved to Rossmore in Walnut Creek and from there to Sun City Lincoln Hills.

Joanie was born at home in Everett, Massachusetts in 1939. When she was ten years old, her father, a carpenter by trade, heard about a housing boom in California so moved the family to El Monte where he became the successful owner of Paoluccio Construction Co. Her brothers all joined the Navy. She met one of their friends, Fred, whom she married while she was in high school and had three children in four years.

Meanwhile, Joanie got a license to open and operate a day care which she did for three years. Then on her birthday in 1970, she applied for a job at Kaiser in Hayward. She recalls filling out the application when a big, burly pharmacist came into the employment office and grumbled about how his typist had just quit. He asked Joanie what she was doing. She answered she was filling out an application. He asked, "Can you type?" She replied, "Yes." And she was hired, to start that very day. She stayed for 39



*Joanie Adams and Ron Peck on their wedding day, 2021.*

years, retiring twice, but for good in 2009. She is proud of her contributions during her working career, especially when she took classes in American Sign Language so she could assist the hearing-impaired Kaiser patients.

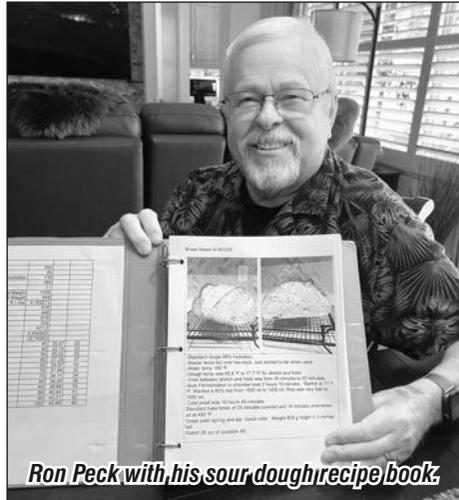
Her son, John, is a retired interior designer, living in Indio. Her son Jeffrey is retired from the phone company, and lives in Union City with his wife Marianne and their two children. When her daughter, Janette, passed away in 1999, Joanie and Fred became legal guardians of Janette's two daughters, Julianne and Janae. Julianne is happily married, and she and her husband Yuri have a new baby girl, Romy. Janae is a single mom to her son, Nate.

Joanie lived in Rancho Murieta in a custom home that Fred built. Fred was a firefighter in Union City for 24 years. Sadly, he passed away in 2005 after 49 years of marriage.

It was after Fred's passing that Joanie's son, John, urged her to check out Sun City Lincoln Hills for her retirement years. When she drove in, she saw a For Sale sign in front of a house, called the agent's number on the sign, and bought the house sight unseen. One day while working in her front yard she met a woman who was walking her dog, a beautiful poodle. The woman commented to Joanie, that a milkweed plant would look good where she was working. The next day the woman left two plants in the ground for Joanie, but since she didn't know her name, Joanie couldn't thank



*Joanie Adams singing at the Lincoln Theater in 2023.*



*Ron Peck with his sour dough recipe book.*

her. A year later, she met a man walking the same poodle and she told him the story of the mysterious woman who had graciously left two plants for her. He told her that that was his wife and she had passed away a year earlier. That man was Ron Peck.

Ron and Joanie instantly hit it off, dated for four years, sold their respective houses, bought one together and totally renovated it. They got married in Anza Borrego Desert State Park, the largest state park in California in 2021. Says Joanie, "It was one of the happiest days of my entire life."

Retirement life in SCLH keeps both of them busy. Joanie is in the Painter's group, Chorus, and the Players. She is one of two LHSC Easter bunnies and Christmas elves. She has also sung in one of Lincoln Theater Company's Christmas shows. Ron founded and leads the Ukulele Club which meets every Wednesday. He also videotapes many LHSC shows and Apple User Group presentations. Recently Ron started a new hobby of making sourdough bread and teaching others in the community to do the same.

In addition to SCLH activities, the couple has traveled extensively to Europe, the Mediterranean, Australia, New Zealand, Canada, and the Caribbean. Just last month they enjoyed their second cruise to Alaska and look forward to more travel in the future.

So, as you can see, opposites do attract. Joanie and Ron—quite a pair!

**Want to share your story — let us know!**  
E-mail us at: [SunSeniorNews@gmail.com](mailto:SunSeniorNews@gmail.com)

## 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 stay-cation or vacation away from home. Not to interfere with Father's Day in June, the next Kilaga Springs Library's Book Adoption Faire was postponed until Tuesday, July 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](mailto:fmomoon@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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## AAUW-RSP Speech Trek Winner and Bingo Night

BY LORA FINNEGAN

The American Association of University Women Roseville South Placer (AAUW-RSP) branch recently held a contest called Speech Trek, and the branch's First Place winner went on to compete in the statewide match. Area winner Annika Ravi, of Granite Bay High School, impressed the judges and placed second in the statewide event.

Speech Trek is a speech contest that began in 2007 and was AAUW California's signature high school program. Next year, the statewide event will not renew but—despite lack of state support—the Roseville-South Placer branch will continue the popular speech contest in Lincoln. “It's just one way our organization continues to aid local students,” notes event chair Michelle Colletto.

Our upcoming Bingo Night, on August 13, helps bolster AAUW's mission of supporting these events and the education of women and girls,” says Schelly Jensen, AAUW-RSP co-president. AAUW-RSP is able to sponsor



*Speech Trek Chair Michelle Colletto awards First Place to Annika Ravi.*

events like Speech Trek and Tech Trek (a science camp for eighth grade girls), and offer college scholarships thanks to its active fundraising arm.

The Bingo fundraiser will be held at the McBean Park Pavilion Building at 65 McBean Park Drive in Lincoln from 5:30 pm to 8:30 pm (guests must be age 21 or over).

Tickets cost \$30 or \$40 with taco dinner; to purchase go to [lincolnbingo.com](http://lincolnbingo.com).

“Have fun, win prizes, and support a wonderful organization that helps local kids from all over Lincoln, Roseville, and South Placer County,” suggests Colletto.

To learn more about AAUW-RSP, or to join, go to [aauwrosevillesouthplacer.org](http://aauwrosevillesouthplacer.org)



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# SSNLH WRITERS...

## A Stitch In Time

BY JOY S. HUTCHISON

This week I began a counted cross-stitch for my granddaughter who is getting married in October. I really like her fiance, as he is thoughtful, kind and good looking! My tribute to their love will be given to them when they say their vows on their wedding day.

My needlework hobby began in the 1980's when my children married and started their families. First there were the framed wedding stitchery panels, and then the grandchildren started arriving. That kept me busy with baby-themed stitchery, and I loved every minute! Then it was Christmas stockings...lots of them by then. Some took as much as two years to complete, which kept my hands busy while my husband watched his favorite teams on TV over the weekends

My oldest grandson and his delightful wife were raising two boys and were busy with schooling and sports. Then my second oldest grandson and his lovely wife were married in a small backyard ceremony during COVID. The following year they announced that a baby girl was on the way! Well, that's all it took for me to start a rocking horse stitchery as my welcome gift for this lovely lass, the first girl in her generation!

That's not the end of this story. Three years later, a little boy was added to their family. In April, I hand-delivered my newest

great-grandson's framed stitchery full of fun zoo animals. Although he's only six months old, it will be on his bedroom wall for many years as a reminder of the love that went into making it for him.

Many of you have special hobbies, too, and I hope you are able to share your gift with those you love. Memories live on, and what we do and say today will bring happiness to those who have come after us.

...

## AARP Weighs on my Mind

BY STU SINGER

AARP can be relentless. Daily, their messages pile up in my inbox. The articles cover a wide range of topics, but the primary theme seems to be an extreme concern about my eating habits. In October 2023 they wrote "5 High-Fat Foods That Won't Make You Gain Weight". Earlier that year there were "12 Surprising Foods That Make You Gain Weight", "6 Foods to Skip After 50", "How to Gain Weight Fast and Safely in 10 Steps" and "Healthy Foods to Help You Not Gain Weight".

After years of ignoring their nagging, I finally relented and read one of their missives. I simply could not resist the headline "Ten Foods You Can Eat Without Gaining Weight." For the record I am not overweight. But after fighting off the effects of Rheumatoid Arthritis for forty years while stubbornly continuing an active lifestyle, I am always seeking a way to lessen the burden on my battered joints. Consequently, sensing potentially profound

guidance toward a happier, healthier me, I clicked on the article.

There in bold print were the ten foods I could eat without fear of gaining weight:

Celery, Lettuce, Watermelon, Broccoli and Cauliflower, Grapefruit, Mushrooms, Berries, Kiwi, Carrots, Spinach and Kale

I read the list once, then read it again. If this is my path to being thin...I choose to be fat.

There Are Better Options—

I was once told that the best diet plan was "If it tastes good, spit it out". While this assessment may seem valid, it is clearly unsustainable. There are very good reasons why apple pie tastes better than celery and lettuce's highest purpose should be on a thick, juicy hamburger.

That is not to say, however, that the AARP list is without merit. What we eat has a direct effect on our weight and health. But our diet also has a massive impact on our mental state as well.

You Can Run But You Can't Lose—

In my younger days I thought I could swap exercise for dieting. Superficial research told me that the magic number for weight loss was 3500. Subtract that many calories and you will lose a pound; add that many and you gain one. Satisfied that these few minutes of study were sufficient, I designed a brilliant, two-tiered plan. By running five or so miles a day I could continue to put candy, cake, cream sauce and steak on my training table. Twenty extra pounds and one bum knee later, that inspired strategy came crashing down.

My wife, a biologist by education and one

who actually does serious research, explained my mistake. "Exercise is for cardiovascular health, diet is for losing weight"; she said then added, "And running EVERY day is a great way to injure yourself". I listened politely then immediately set out to prove she was wrong.

That was a mistake.

Not Enough Hours in the Day—

Losing weight exclusively through exercise is a fool's errand. To burn that magical 3500 calories, one would have to run 30 miles (four miles longer than a marathon) at a pace of 7 miles per hour, a journey that would take four hours and seventeen minutes to complete.

There goes ONE pound.

A bike ride at twelve miles per hour will shave off 16 ounces after 85 miles and 7 hours. Walking at 3 mph to burn 3500 calories will require—you don't want to know. Meanwhile, a lunch at Olive Garden of an appetizer of cheese sticks and a lunch portion of Chicken Alfredo will rack up 2420 calories before dessert. At McDonalds a double quarter pound cheeseburger with a large fries and drink and you have hit the big "3500". At the Cheesecake Factory, a Chicken Parmesan sandwich paired with any slice of cheesecake can get you a new pound in a hurry.

Who among us has seven hours for a bike ride after lunch?

The Goldilocks Solution—

This argument is neither against exercise nor in support of a diet centered on the AARP's ten foods. What is needed is a solid

(cont' on page 39)

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“We would highly recommend Michelle to anyone purchasing or selling a home. Even after the sale, she continues to stay in touch making sure **every need and question is addressed.**”

*Jim & Jan S.*

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*Pat D.*

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*Sandra B.*

### Michelle Cowles



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## National Swimming Pool Day

(cont' from page 1)

Spectators are welcome at no cost, though space is limited to 50 participants and 100 spectators.

Both the Water Volleyball and Swimmers and Water Walking Clubs will host information tables, and the Water Volleyball Club will showcase water-friendly volleyball apparel.

Registration is available at the Fitness front desks or online at [schresidents.com](http://schresidents.com). Early sign-up is encouraged as space is limited.

Club Contacts: Millie Hubbard at [milliewvchair@gmail.com](mailto:milliewvchair@gmail.com).

Kathy Carpenter at [swimmers.walkers@gmail.com](mailto:swimmers.walkers@gmail.com)

## 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](mailto:pbaccelli@att.net). We will set up an appointment and visit you in your home.

## AARP Weighs on my Mind

(cont' from page 37)

compromise. I like berries, love carrots, find mushrooms excellent in eggs and on pizza and—do not tell my grandchildren—enthusiastically throw broccoli into many dishes. While I know nuts are high in calories, they are also extremely nutritious so they can easily replace celery and grapefruit. As for exercise, a daily one-hour spin on a recumbent stationary bike and twice weekly sessions on a rowing machine keeps my legs strong and my arms active without wasting the majority of my day. However, that will not burn off significant calories. For that my wife has taught me portion control, eating more fish, vegetables and saying "no thanks" as often as possible to dessert.

And, of course, avoiding Olive Garden, McDonald's and The Cheesecake Factory.

*We welcome your submissions such as humorous observations and poetry.*

*Please see page 3 for submissions information.*

# SUN SENIOR NEWS CLASSIFIEDS

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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, CA. Call Cherie for information 916-250-8526

**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](mailto:cataraft_2000@yahoo.com)

## SUN CITY REAL ESTATE UPDATE

We are definitely in a transition market, although Sun City has not felt as much of the effects yet. Elsewhere in the region we are seeing longer days on the market, higher inventories of unsold housing and lower numbers of houses going into contract (pending sales). We are also seeing the number of months' supply edging up regionally. Whereas in winter we were seeing a 1-2 months supply of homes available, we are now at 3 months supply in most markets. That may not seem like much but it is the technical point at which we move from a seller's market to a market in equilibrium, and I would go further and say we are entering a buyer's market. Again, Sun City has not gotten there yet, transition markets can go either way, but buyers are definitely more choosy and not apt to make rash decisions, they are shopping.



WRITTEN BY  
GEORGE BROWN  
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## Email Classified Ads by the 12th of each month to: [SunSeniorCA@gmail.com](mailto:SunSeniorCA@gmail.com)

### \*\*FREE ADS — INCLUDE:

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

**Classified Ad Submissions** — WHEN: By the 12th of the month. Please email the information below to: [SunSeniorCA@gmail.com](mailto:SunSeniorCA@gmail.com).

**Subject Line** should be SCLH Classified and your Phone Number (Example: SCLH Classified 916-123-4567)

1. Contact name and phone number.
2. Which category to place your classified ad in: (Service, For Sale, Wanted, Announcement)
3. Classified ad text - including the phone number you want readers to call.

SCLH residents get FREE non-business Classified Ads; limited to 15 words; one per household per month.

**Non-business Ad** items include selling personal used items such as furniture, tools, books, rugs, electronics, personal car, golf cart, etc.

### BUSINESS ADS:

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

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

**Business Ads** are 15 words for \$35 for one-month. Additional words \$1 each. (\$90 for three months for the same ad.)

If your classified ad is determined to be "business" related, we will email you an invoice that will allow you to pay immediately with a credit card, or mail a check.

\*HINT on Word Counts: A "word" is anything separated by spaces, or as reported by word-process software like Microsoft Word.

If you have any questions, please email us at: [SunSeniorCA@gmail.com](mailto:SunSeniorCA@gmail.com)

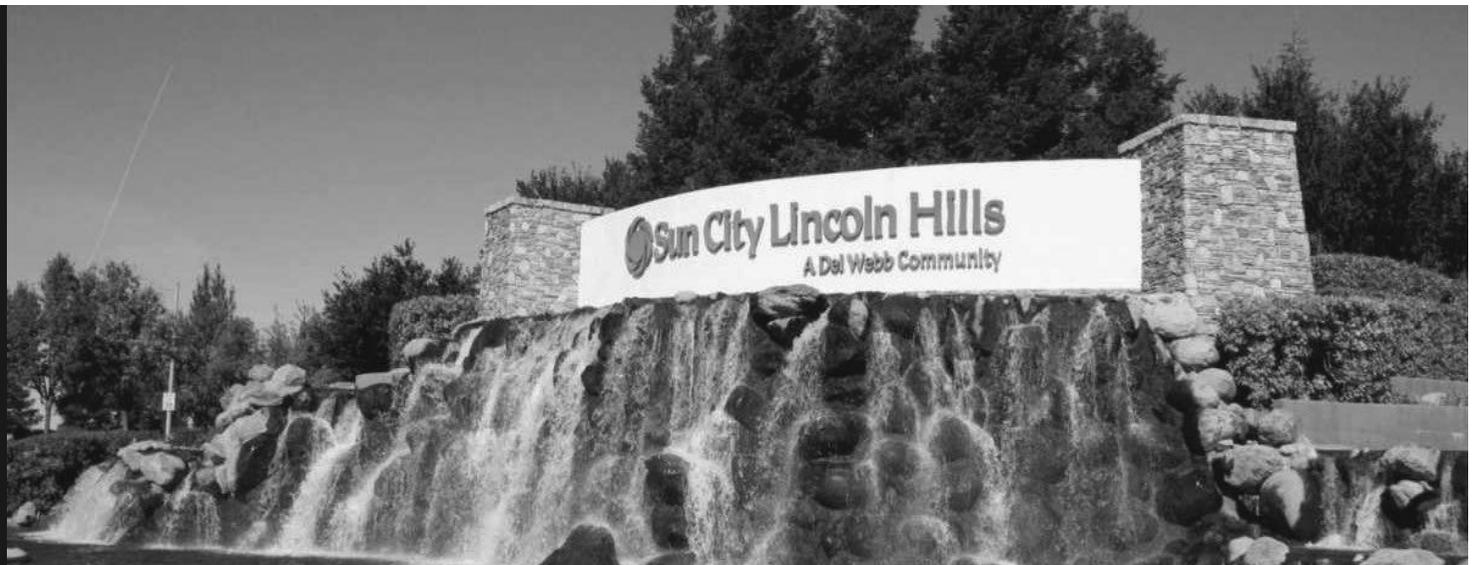


**Thompson + Brown  
Real Estate**

**CALL/TEXT US  
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**916-297-  
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BROWN.COM**



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



**George Brown**

**RECENT SALES IN LINCOLN HILLS**

<b>2079 Coldwater Lane</b>	<b>1843 Sq. Ft.</b>	<b>\$ 645,000</b>
<b>1318 Rose Bouquet Drive</b>	<b>1491 Sq. Ft.</b>	<b>\$689,000</b>
<b>1028 Magnolia Lane</b>	<b>1791 Sq. Ft.</b>	<b>\$725,000</b>
<b>348 Sawmill Lane</b>	<b>1854 Sq. Ft.</b>	<b>\$790,000</b>
<b>1800 Stone House Lane</b>	<b>2122 Sq. Ft.</b>	<b>\$815,000</b>
<b>301 Elderberry Court</b>	<b>1967 Sq. Ft.</b>	<b>\$820,000</b>
<b>2460 Monument Court</b>	<b>2211 Sq. Ft.</b>	<b>\$880,000</b>
<b>2876 Eagles Peak Lane</b>	<b>2246 Sq. Ft.</b>	<b>\$980,000</b>
<b>1888 Audubon Hill Place</b>	<b>2264 Sq. Ft.</b>	<b>\$990,000</b>
<b>2280 Hidden Hills Lane</b>	<b>2801 Sq. Ft.</b>	<b>\$1,149,000</b>
<b>1178 Secret Lake Loop</b>	<b>2955 Sq. Ft.</b>	<b>\$1,150,000</b>

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