

SUN SENIOR NEWS

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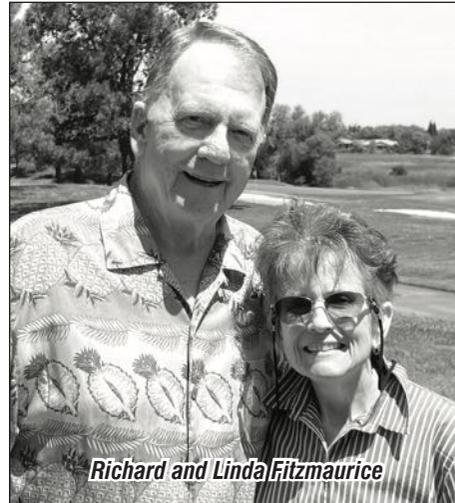
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Richard and Linda Fitzmaurice — AKA Fitz and Ms. Fitz

BY JENNIFER MARTIN

Remember the good old days of television shows with Paul Winchell, Jerry Mahoney, and Knucklehead Smiff? Those of us of a certain vintage remember laughing at Winchell's ventriloquist dummies. They inspired many a budding ventriloquist, one of whom lives right here in SCLH. Richard Fitzmaurice has been a ventriloquist since the age of six when he got his first Jerry Mahoney dummy. His photo was featured in the book, *Dummy Days*, by Kelly Asbury, documenting his early love for ventriloquism which would turn into a lifelong hobby.

Born in Richland, Washington, in 1949, Richard was an only child who, as he recalls, lived a "Leave It to Beaver" life, playing outside with his buddies until the streetlights went on. He began playing golf at age 7 when his parents became members of the Tri-City Country Club. When the family moved to California, Richard was 11 years old and



Richard and Linda Fitzmaurice

continued living an active life. He was student body president of Castro Valley High School, graduating in 1967, then went on to California State University at Hayward where he majored in English, but he admits that had they offered a major in Radio/TV, he would have jumped

at the chance because he always dreamed of getting into the radio profession.

His interest in radio persisted and by hanging around radio station, KPAT, he learned everything about the business and eventually found his niche in San Luis Obispo as the afternoon DJ personality at KVEC. He joined the Jaycees and emceed events in town because he believed that radio should have a strong presence in the community beyond local weather reports.

In 1975, he left San Luis Obispo and became the afternoon anchor at an all-news station in San Jose, KXRX. From there he became News Director at KCBS/FM in San Francisco. Two years later he joined KCBS, where he met his lovely wife, Linda, who was doing an internship there.

Linda grew up in Aptos, California and was the baby of the family with two other siblings.

(cont' on page 35)

LH Foundation — A Celebration of Seniors

BY DENISE BOWDEN

Did you know that Senior Citizens Day was declared on August 21st, 1988, by President Ronald Reagan in honor of the contributions and achievements of our Country's senior citizens. Join us at Bingo that day and celebrate. We also have an opportunity this month to celebrate National Friendship Day, this year on August 3rd. Many of us have made wonderful friends here in SCLH so make sure to take the opportunity to express gratitude towards our many friends and reflect on the cherished bonds we have made with people that support us through thick and thin.

Bingo this month will highlight the Lighthouse Counseling and Family Resource Center. The Foundation funds a grant to Lighthouse to provide counseling, education, referral services and resources to seniors in our community. We never know what our friends and neighbors may be going through and the counseling provided has helped many as they navigate challenges in their lives.

Contact them at www.lighthousefrc.org for more information.

Note that our August Bingo will be on a Thursday this month so mark your calendars for Thursday, August 21st for our next Bingo. As we will still be in the hot days of summer, take advantage of the cool

(cont' on page 33)

Vaudeville

BY STEVE EVANS

Vaudeville Variety Show Returns — Reimagined, Reenergized, and Rooted in Gratitude... Get ready, Lincoln Hills — The Vaudeville Variety Show is back, and this year brings a whole new experience filled with heart, harmony, and high spirits. As Director of this cherished tradition, I'm excited to share how this year's show has been reimagined to deliver a vibrant mix of fun, energy, and genuine appreciation for our wonderful community.

More than just entertainment, this show carries a subliminal message of gratitude. Gratitude for the incredible residents who consistently fill our seats, support our performers, and contribute to the rich, artistic spirit that makes Lincoln Hills so unique. This show is our way of saying "thank you"—to those who come, cheer, and help keep the arts alive in our neighborhood.

Expect a fresh twist this year, including:

- A broader variety of music genres
- Creative collaborations between performers

- A high-energy, feel-good format designed to entertain and uplift

Whether this is your first Vaudeville or one of many, you're in for something special. If you're in town, please consider this your personal invitation to join us for a celebration of community, talent, and joy.

Show Dates & Times



- Thursday, August 29th at 7:00 PM
 - Friday, August 30th at 2:00 PM
 - Saturday, August 31st at 2:00 PM
- Tickets
- \$24 Prime Seating
 - \$21 Regular Seating

Let's share an unforgettable time together filled with music, laughter, and gratitude for the amazing life we live here in Lincoln Hills.

Players Club

BY SUE VILLARREAL

Quick! Mark your calendar!

Saturday & Sunday, August 2 & 3, at 2:00 PM: The Players Club's "Festival of Short Plays" will be performed in KS Presentation Hall at 2:00. These bite-size tidbits of entertainment feature 17 actors performing in 6 short plays. According to director Cathy

(cont' on page 5)

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Architectural Review Committee — What's all the Barking about?

BY GREG KEVIN, CHAIR

With the renewed awareness and interest in fire safety, one of the most frequently asked questions the Architectural Review Committee (ARC) receives is about bark. Not the kind of bark from your neighbor's dog at 4:00 AM on a quiet morning, but rather the landscaping kind of bark. There seems to be two distinct packs on bark here in Lincoln Hills; either you love your bark, or you hate it.

First, to understand the great bark off, you must understand the rules. There is no requirement to use bark but if you choose to the Design Guidelines 6.9.3, simply state that bark must cover visible dirt areas and irrigation lines if there is visible ground.

If you are not a bark lover, there are many other options to cover bare ground. The Design Guidelines allow for alternatives such as grass or lawn, artificial turf, cement walkways, pavers, low ground cover plants,

low bushes or you can increase the amount of river rock and cobble. You are only limited by your imagination but remember to check with the ARC before making any big investments, so you know you are remaining compliant.

Bark has been successfully used in Lincoln Hills for the past 25 years as an economical, drought-tolerant method to control weeds and cover dirt and irrigation lines. If residents select the bark option be aware that the ARC does restrict the type of bark that can be used, prohibiting the varieties that have the greatest potential as a fire hazard, so please check with us. We are strong supporters of both safety and maintaining the appearance of our beautiful community.

As always, the ARC is here to answer your questions. Feel free to reach out to ARC@schca.com

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

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

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Players Club

(cont' from page 1)

Shanley, nearly half of the cast members are experiencing their SCLH stage debut. They are delighted to have this opportunity to entertain our community. Please come and have fun with them. ADMISSION IS FREE.



Short Play Festival Scene with "Wives" Corrine, Deni, Kathy and Jane.

Wednesday & Thursday, August 13 & 14: Auditions for our Fall play, "Moon Over Buffalo," will be held at 5:30 – in KS Sierra Room on 8/13 and in OC Fine Arts Room on 8/14. Julie Africa returns as the director of this Fall's featured comedic farce "Moon Over Buffalo," playing November 6-9. The play revolves around George and Charlotte Hays, two "well-seasoned" actors performing both "Cyrano de Bergerac" and "Private Lives" in a repertory theater in Buffalo, New York. The laughs and the action never stop! Audition

"sides" can be found on the Players web page www.lhplayers.org. If you're interested in acting, perhaps now is the time to get your "feet wet"!

Friday, August 29: Readers Theater auditions for an abbreviated version of Joseph Kesselring's "Arsenic and Old Lace," directed by Paul Gardner, will be held in KS

Presentation Hall at 1:00. This timeless classic is considered a "farical black comedy" in which two spinster aunts poison lonely old men as an act of mercy. If you enjoy performing dramatic readings, please come and audition with us. This production plays October 4 and 5 in KS Presentation Hall. Readers Theater productions do not require memorization and admission is free.

Curious? Please attend our next Players Club meeting Monday, August 11 at 4:00 PM in KS Presentation Hall.



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LH Chorus

BY GAY MACKINTOSH

Baby, it's HOT outside! But the Lincoln Hills Chorus will soon be cooling off with "Snowy Day" and "Winter Wonderland" as we begin September rehearsals for our holiday concerts. "Tidings of Comfort and Joy" surely await if you just "Believe" that "Stars I Shall Find." Join us September 2 to find out all the other "Glorious" songs on our program.

Our professional leaders, Director Paul Melkonian and Accompanist Nina Malone, will guide us through summer heat to winter chill as we prepare to once again delight our audiences. Performances are December 12, 13, and 14 in the OC Ballroom. Producer Karie Geiger, our Steering Committee, hard-working Support Task Force, dedicated section leaders,



Director Paul Melkonian

and many other volunteers will help create the holiday atmosphere.

Want to sing with us? We welcome newcomers to join the chorus. Basses and Tenors are especially needed, but pick whichever voice part is most comfortable for you. Registration is open the first three weeks of the upcoming concert season, starting September 2 at 1:00 PM, followed by our first rehearsal 2:00 – 5:00 PM in KS Presentation Hall.

Come give us a risk-free try: you can return your music within the first three weeks for a refund (\$20). Some choral experience and ability to read music are useful. You'll need to learn your part (with the help of our MP3 voice files) and attend Tuesday afternoon rehearsals plus sectionals as scheduled.

Visit lincolnhillschorus.org for lots more information and contact Membership Coordinator Adrienne Stenson at makstens@gmail.com

• • •

Music Group

BY BRIAN JEWELL

The July 2025 Music Group meeting was held on July 7th (the first Monday of the month) in Sierra Room at Kilaga Springs.

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 begins at about 2:15 during 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,



Mike Martin performing at the July meeting.

contact Dan Marcus at 201-741-0920.

The goal of the Music Group is to provide platforms for a variety of musical interests. As (cont' on page 7)



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Music Group

(cont' from page 5)

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.

Notice that there are also different guitar classes offered every month and there are plans for more voice training classes to be offered in the fall. 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! There are few better ways to maintain and enhance mental acuity than practicing music! We encourage everyone to visit any of our musical activities.

• • •

Ballroom Dance

BY ERNIE MICHELI

August instruction will be for the East Coast Swing, and one could ask, can a swing



Van and Patty Oosbree.

dance be considered a ballroom dance? In the ballroom world, there are so many different styles that it's tough to wrap your head around them all. The most popular ones are American Style, International Style, Latin nightclub style, and swing dances, to name a few.

Our Sun City Ballroom Dance Club offers American Style lessons in the waltz, fox trot, rhumba, cha cha, tango, East Coast swing, West Coast Swing, and Night Club Two Step.

Swing dances are super energetic, with lots of turns and spins for both partners. They're a blast with quick, snappy foot and leg moves. The East Coast Swing is a simplified version of the Lindy Hop, often danced to rock and roll or swing music. It's known for its six-count basic step and is a great starting point for learning swing dancing.

Annual membership dues are available to all residents and sponsored guests for a small fee of \$10. Lessons are held in the Kilgus 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 p.m.

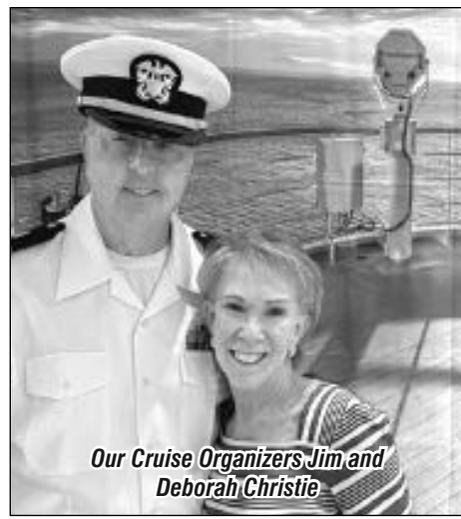
Want to know more? Feel free to reach out to Rob Ryerson at 916-408-4752 or check out the Ballroom Dance Club website at selhbdc.com

• • •

Country Couples

BY DTIM TATUM

What a wonderful cruise to Alaska that our club members took to escape the summer heat! Thanks to our cruise organizers Jim and Deborah Christie, members especially our



Our Cruise Organizers Jim and Deborah Christie

chairperson John Bibby and his wife Lori had so much fun dancing to our favorite music of Paradise Cha, We Oughta Know, Cruisin' on the sea days.

This marked the second time that Jim and Deborah organized the cruise. According to Deborah, "Our first, the Mexican Riviera Cruise was so enjoyable that we wanted to do it again. However, it took us two years to plan this second cruise. Although I must point out that this is actually the third cruise for our club. Our members Ivan and Irene Hesson organized the first one, the California Coastal Cruise."

Then Jim further explained, "To organize the cruise like this, we had to do a lot of planning. But once we managed to put it together, we were pleased that so many members not only joining us but also volunteering to promote the cruise and do other things to get our dancing on the cruise going smoothly like the music that lively played by our music man Gary Moulton."

So, besides our ongoing Monday dance practices, there will be more dance and social events to come. For more information, please contact Dtim Tatum at 279-966-8551 or visit our website at www.selhcc.com

• • •

Line Dance

BY ANNETTE PORRECO

On Saturday July 5th we held our first ever Saturday Dance Lab. Club members enjoyed 3 hours of line dancing. It was so much fun that we are planning more Saturday Dance Labs in the future. If you enjoy line dancing and aren't a club member, there's still time to join the club. The annual dues are \$12. As a club member you are invited to enjoy our weekly Sunday Dance Labs and other exciting activities that are for club members only. If you are new to line dancing or haven't danced for a while, we encourage you to take a class or two. All classes are listed in the Compass magazine that comes out monthly. Additionally, the association is sponsoring another Line Dance Night on July 16th in the OC Ballroom from 6-9. This dance is open to all line dancers. So please join the fun and come dance!

• • •

SC Squares

BY KRIS KNUTSON

Red, White and Right-on fun at our 4th of July Square Dance and Luncheon! What an absolutely fantastic time we had kicking up our heels and enjoying the potluck with catered sandwiches and magically delicious short cake, fresh strawberries and whipped cream. Thank you to Susan C. our new party coordinator.

We had a special day celebrating our Nation's birthday. Our caller Tom Bolton hit the bullseye with calls of lively promenades and joyous swings. A huge thank you to our members and guests who came out and made it such a blend of tradition, community and pure unadulterated fun. Let's keep the party going!



Tom

Our club meets: Monday afternoon Beginners session 12:15-1:00pm, Mainstream 1:05-2:00pm and Plus & Mainstream 2:00-3:00pm. Tuesday Advanced Class 3:00-5:00pm. Thursday Round Dancing 1:00-3:00pm. For more information about our club visit selhsquares.weebly.com or call Kris at 408.607.5566 All Square Dancers are welcome.

• • •

Creative Glass Club

BY SUSAN HAAS

Join the Creative Glass Club: Enjoy a new artistic glass endeavor-mosaic, stain, and fused. Our schedule for August and September is: August 19, September 9 and September 23: 6pm-8:30pm, along with September 11 and 25: 9am to 12noon. These are our open studios where people bring their project to work on

(cont' on page 9)

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\$700,000	\$17,500	\$10,500	\$7,000
\$800,000	\$20,000	\$12,000	\$8,000
\$900,000	\$22,500	\$13,500	\$9,000
\$1,000,000	\$25,000	\$15,000	\$10,000

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Creative Glass Club

(cont' from page 7)

and learn from each other. We meet in Sierra Room (KS).

Our Club is sponsoring the Artisan at the Lodge show casing residents artists of Sun City Lincoln Hills, October 11, 10am - 4pm. Come learn what we are all about, meet creative artists and make new friends.

For more information feel free to contact Corene Bennett at 925-813-8385.

• • •

Mixed Media

BY JILL SHORT

The Mixed Media Club is excited to host our first ever Club Retreat on Saturday, August 30, from 9:00 a.m. to 4:00 p.m. This is a perfect time to focus on your individual creative projects—whether it is painting, collage, fiber arts, mixed media journaling, or anything else that inspires you. Bring your supplies and enjoy a full day of uninterrupted creative time. Be sure to pack a lunch or grab something delicious from Kilaga Café, just a short walk away. The retreat seats are filled and we have 16 Club members who have marked their calendars and are excited about the day! We welcome anyone walking by to stop in and check out what our creative art members are working on.

We are also looking ahead to our yearly business meeting on Wednesday, September 17, 1:00 PM in the Fine Arts Room (OC). We will gather to vote on our leadership team, reflect, plan, and share. In addition to club updates, we will have a “Show and Tell” session—an inspiring opportunity for members to showcase the wonderful work they have been creating recently. Annual membership dues of \$20 will be collected during the meeting. To wrap up the day, we will take a special tour of several members’ home studios. This is a unique chance to see the creative environments where fellow artists work and to get fresh ideas for your own space.

We look forward to seeing everyone at both events as well as at our August 20 club meeting—let us make them colorful, creative, and full of connection.

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.christf@gmail.com

• • •

Ceramic Arts Group

BY JIM CARNATHAN

The June SCLH Fine Art’s Show was a huge success. Congratulations to all of our award-winning CAG artists. In the Ceramic’s division Janie Chlubna won 1st place and Carolyn Hughes won 3rd place with Michael Moyer and Eve Lee & Jim Carnathan winning Honorable Mention. Peggy Hunt won the Fine Arts Show’s Founder’s Award and Carolyn Hughes won the FAS’s People’s Choice Award. Carolyn Hughes also won 3rd place in the Mixed Media division.

Future events open to all CAG members and students are the River City Food Bank’s 22nd Annual Empty Bowls fundraising event is on Thursday, September 11, 2025, from 6:00 PM – 9:00 PM at the Sacramento Zoo. Everyone is encouraged to make handmade bowls and donate to the fundraiser. Shelves are available in the ceramics studio for collection and please contact Joann Geren at zocket@sbcglobal.net with any questions.

The Artisans at the Lodge sale will be held on Saturday, October 11, 2025, at Orchard Creek Lodge from 10-4 PM. It is open to all SCLH artists and crafters. Entry forms are in the studio or please contact Sandi Sherwood, sherwoodartz@gmail.com with any questions. Entry deadline is August 31, 2025.

The Harvest Market holiday sale will be held on Sunday October 26, 2025 at Orchard Creek Lodge and is open to all artists and crafters. Please contact Carolyn Hughes at cjhugh@pacbell.net with questions or if you would like to participate.

• • •

Needle Arts

BY ALICYN GOUGHNOUR

August finds us still on hiatus in terms of our general meetings while allowing members time to devote themselves to other summer pursuits. However, all break out groups will continue to meet as scheduled to maintain their activities. Specifically, the Monday morning craft group fulfills their ambitious goal to create as many crafty items as possible for

the “Artisans in the Lodge” sale in October. The July workshop saw an added summer bonus of making your own bucket hat that was especially fun and productive. Any and all inspiring and imaginative members are invited to share their individual talents by leading a workshop. Participants are always appreciative of a walkaway accomplishment. See our website for more information.

Our September meeting will feature speaker Tony Sonstroem who herself believes in “An Artist is Someone You Make Yourself Into.” She will display her very own creative knitting and crochet patterns.

Check out our website (sclhna.com) for all updated information regarding available workshops, classes and activities. See you in September while we continue to keep the needle arts alive and thriving!

• • •

Painters’ Club

BY TAMSEN ARMSTRONG

Summer is flying by and we here at the Painters’ Club are basking in the glory of another successful Fine Arts Show. It’s not an easy task pulling together this diverse community to present their artwork to the public in a pleasing, accessible and professional

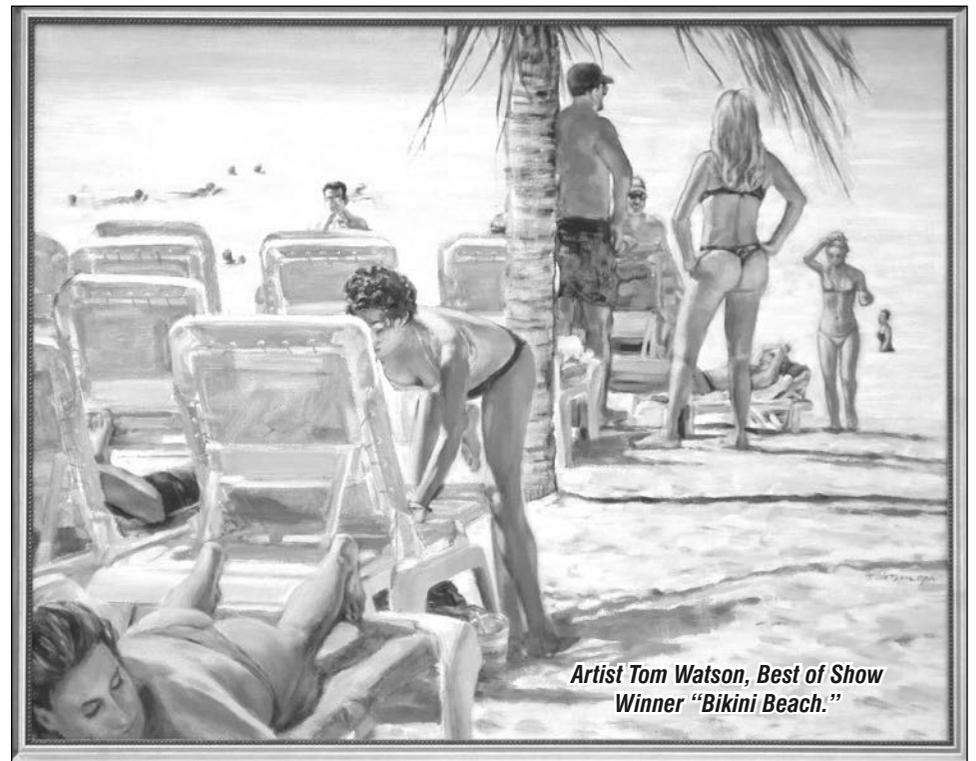
manner. Each year we face different challenges and somehow find a way to overcome them due entirely to the selfless volunteers who put in so much of their time and energy to make it happen. I wish there was enough space in this column to thank each and every one of them, plus celebrate the artists who won awards. It all goes by so quickly, then we’re busy thinking about next year. We look forward to getting another fantastic group together to make the magic happen again.

Meanwhile, we had great fun at the Turkey Creek Bar & Grill for our annual Summer Luncheon/Show & Tell. Many of us are also showing at Simple Pleasures Cafe until October 6th and we are putting together another OC Lobby show, which is coming up soon. Congratulations to Rudi Franke for his display in the OC display cases. His ballpoint pen drawings are astonishing and beautiful.

Meanwhile, stay cool and keep painting!

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(more Club News cont’ on page 11)



Artist Tom Watson, Best of Show Winner “Bikini Beach.”

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Paper Arts Club

BY LINDA LUCCHETTI

Demo Day, originally planned for August 21, has been canceled. Note: Open Lab, scheduled for August 21, will include a demo. Check the newsletters for information about upcoming demos at Open Labs.

Were you able to catch Jane Leonard's presentation at the Open Lab in June? Jane, a new member to the club, displayed an assortment of unique cards she creates using repurposed and inexpensive materials like labels, puzzles, and gift wrap. She explained more about her card designs and techniques. Thank you, Jane, for inspiring us!

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.

• • •

Photography Group

BY DIANE MARGETTS

In July, we welcomed Jeff Torquemada and Wendy Parks, nature photographers and wildlife conservationists. They have spent thousands of hours observing and photographing animals. Their goal is to educate people to be respectful while observing or photographing wildlife.

In August, we will replace our general meeting with our Show and Tell Extravaganza

and social event. This is one of our all-time favorite events! We look so forward to seeing our member-friends' photos and hearing a bit about what went into the capture. Members also present and demonstrate new equipment and post processing software. Following the Show and Tell, we will have a lunch social. This year will definitely be a crowd as a lunch feature is Old Time Pizza and salad. Tickets are on sale now so all club members should get tickets early as attendees are limited to 60.

Our September presentation will be "Dog Days of Summer." Members can submit up to 3 photos for presentation. Use your imagination! Not only can this be photos of dogs, the phrase has many meanings like from the hot, sweltering summer heat to Sirius the Dog Star!

Upcoming field trips include The Thunderbird Lodge also known as the George Whittell Estate, which is a historic 6.51-acre Lake Tahoe waterfront estate.

The Lincoln Wings and Wheels event will kick off in August with hot air balloons ascending at dawn, setting the stage for an exciting day. This will be followed by the arrival of various aircraft, alongside an impressive collection of display vehicles.

In September, we will take a tour of the 'Old West' specifically Carson City and Virginia City.

Buonarroti Ristorante will host a Lincoln Hills Photo Club exhibit August 15, 2025 through December 15, 2025. Come check out other members wonderful photos while you enjoy a magnificent meal!

• • •

Woodcarvers Club

BY LIONEL RAINMAN

Woodcarving is an enjoyable pastime. It can become an absorbing hobby. One is never too old to learn or to rekindle their desire to turn that piece of wood into another shape. Of course, someone, years ago, may have carved their initials into a tree or worse yet the school desk with a penknife. The Woodcarvers Club doesn't endorse that type of carving. More specifically carvers usually start with an idea, then a pattern and then the carving begins. A novice usually will attempt a simple object and may graduate to more difficult items along the way. Basic carving tools can be as simple as a penknife or several carving knives and gouges. As carvers become more proficient additional tools may be added to the collection as well as sharpening stones and hones.

The Woodcarvers Club is here to help get you started. We have tools, books and friendly members to help you along the way.

Woodcarvers meet every Wednesday from 1:00-4:00 PM in the Sierra Room at (KS).

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(more Club News cont' on page 13)



Paper Arts — Jane Leonard at Open Lab in June.

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Stamp Club

BY TIM MILES

We meet at the Sun City Roseville Lodge (7050 Del Webb Blvd) twice a month on Tuesday evenings at 6:30 pm. We feature guest speakers, door prizes, assorted giveaways, and access to anything philatelic. We have registered member-dealers present and a complete set of current catalogs so that any info needed is accessible. We usually have a guest speaker and some interesting topics.

Al Capparelli (916-771-8288) has access to albums, assorted pages, protectors, and just about anything you would need to improve your collection at a price way under store and email prices. Al has a set of "open garage" days tentatively set for Thurs the 21 and Fri the 25 of Aug. Hours are 10am to 4 pm sharp-Set up a reservation by calling Al and letting him know what your needs are from stamps to all the accouterments and he do his best to fulfill your needs. Make sure that Lee Coen (leejcoen@gmail.com), our secretary, has your email address and he'll keep you current the best and fastest way possible.

Let our readers be aware that first class mail went from 73 to 78 cents during the month of July. You'd best buy a roll of "forever" stamps at Costco or the PO and be done with it.

Our standing offer is that anybody who has an "old" album up on the shelf and wants to get a quick current idea of the current value has only to attend one of our meeting (no cost) and we'll run it down for you. Stamps never lose value.

Our meeting schedule for August on is Tuesday nights August 12 and 26, September 9 and 23, and October 14 and 28.

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Writers' Group

BY RAY BIRGE

Ready for summer? August is the month of the Poppy, smells of cut hay, and memories of years gone by. Remember the pond or creek you played in when you were a lot younger. Hot August Nights were more than just an epic 10-day classic car show. Remember the Drive-in Movie Theater and parking in the last row for a little "privacy" - only to forget to take the speaker off your window and you drove off with it still attached. Or your favorite cruising

night driving in a circle around your favorite drive-in diner just to see who was there and be seen by your friends. Why not write about it?

Fun Facts About August —

- The first Sandwich, lightly salted beef between two slices of bread, was created by John Montagu, the 4th Earl of Sandwich so he could eat while gambling.

- On August 7, 1782, George Washington created three new military badges to honor the common soldier. One was the Badge of Military Merit, the precursor to the Purple Heart.

- August is also the month of National Watermelon Day, Kiss and Make up Day (maybe at the drive-in) and National Honeybee Day.

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

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SCHOOLS

BY PATTI KINGSTON

Mark your calendars for the SCHOOLS annual meeting on Tuesday, September 9 10AM to Noon at Kilaga Springs Lodge, the Terra Cotta Room. You'll have a chance to exchange stories with other volunteers and share information. New volunteers will be assigned schools after teachers have a chance to get to know their classes. We will discuss changes happening as Lincoln grows, requiring additional classrooms with limited local funding available. This includes the proposal to redraw the boundaries for schools, including moving many First Street School students to other campuses. The 2025-2026 year will begin on August 14. If you are considering helping in our schools now is a good time to contact SCHOOLS to let us know you are interested.

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

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

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

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Apple User Group

BY NINA MAZZO

Last month, on June 5th, we had the entire meeting dedicated to Ask The Tech. It was a great chance for members to ask any questions they had about their iPhones, iPads, or Macs. This meeting came about because of our recent member survey. The program committee will keep using your suggestions in the coming months as we plan our programs.

Mark your calendars for August. We'll have two meetings: Thursday, August 7th, and Tuesday, August 12th. Program details at our website. The meetings start at 6:30 PM with Ask The Tech followed by program at 7:00 PM.

Both meetings will be held in the Presentation Hall at KS.

If you can't make it, don't worry! We'll be recording this program and remember almost all the presentations are videoed and available on our website within a few days of the presentations.

On Tuesday, September 9th, we'll have a special member annual banquet in the OC ballroom instead of a regular meeting. You can find all the details on our website. This event usually sells out quickly, so we recommend getting your check in as soon as possible.

This year, we're celebrating our 23rd anniversary with a Fiesta theme! It's going to be a fantastic time with lots of great prizes and delicious buffet dinner.

Apple User Group website: www.LHAUG.org

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

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Genealogy Club

BY NANCY SWITZER

While talking to a friend the other day, they were mentioning a family trip scheduled for their ancestral country of Portugal. This man was telling me the story of his search for a family member whose name was very common in that country. Through the help of one of our club members, they were able to find about 10 men with the same name and statistics! But how to find out which one is his? One helpful method is Y-DNA testing, which only works if you have a male family member to take the test.

Y-DNA testing can also be used in unknown-parentage searches - for example, if someone was adopted and the father's name was not given on the birth record. As with all DNA tests, it is important to combine Y-DNA results with family history research. A Y-DNA test on its own provides very little useful information, and the power of the test is the ability to compare results in a matching database

Our Vice President, Kate McCarthy will give the presentation, August 15th, 10:00 AM in Presentation Hall (KS). The topic is, "How to Use Y-DNA in Researching Your Family

(cont' on page 15)

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★★★★★ I got several estimates for my bathroom remodel - LISAC was somewhere in the middle. I picked them because of the product; no grout lines with the appearance that the entire bathroom was one piece. It turned out AMAZING. Even better than I had anticipated. They do great work, always on time, and didn't drag the job out. J.G. from Sacramento

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

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

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



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Genealogy Club

(cont' from page 13)

History". Ancestry, My Heritage, and other genealogy programs use autosomal DNA to research their family history. This is usually good for research up to seven generations back. Y-DNA and family surname projects can reveal even more information. Kate will use her journey in researching her family history through Y-DNA and relate what she discovered and how it was included it when writing her family history.

Afterwards, Coffee, Cookies, Chat in the Café.

Kate offers a Genealogy workshop open to all residents, 2nd Mondays from 1-3 PM, Media Room (OC). Questions, contact Kate at 916-975-5052 or starkayak@icloud.com and leave your question with contact information

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Singles

BY KATHY SHADDOX

We roll into August with our monthly Birthday Celebration on Sunday, August 3rd at 4:00 pm in the Kilaga Springs Café including a no-host bar. As a member, if you are having an August birthday, come and receive a cocktail on your club. Dennis Doane will be there to lead us in singing Happy Birthday to you! Not your birthday month? Come anyway and party with those who do!

On Tuesday, August 5th at 4:00 pm we have our Activities Meeting in the OC Computer Room. Join us if you have any great ideas for new activities.

Our 2nd Saturday Breakfast is on August 9th at 9:00 am will be in the Sports Bar. No reservations needed, join come in, and you can order anything off the menu you wish. Dennis Reid is our host and you will find this event is a great way to get to know many of our members.

Wednesday, August 13th at 5:30 pm in the OC Ballroom will be our monthly Business Meeting with a no-host bar. Following our short meeting, we will play our very popular Horse Races game. Fun for all with prizes included.

On August 27th at 5:30 pm is our first A's Baseball Game Bus Trip which has been organized by Mike Caporale. Please contact Mike for details. Be sure to call him as the trip

is almost sold out!!

Our last event for August is on Friday, August 29 at 5:30 pm at Kilaga Springs. This month's social event will be one of our most popular, our Casino Night. Be sure to sign up for which game you wish to play at our business meeting. Games will be Texas-hold-them, 7 card stud, blackjack, and poker. Don't gamble? We will also have a few tables with other types of fun games.

Our weekly Bocce Ball games are on Wednesdays at 10:00 am.

Not a member? Wishing you could participate in our events? For only \$20 a month you can become a member by calling Donna, membership chair at 916-408-1405.

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Lavender Friends

BY JOAN LACKTIS

Summertime and the livin' is easy — but then the livin' is always easy here in Sun City, isn't it? Lavender Friends is taking things a little easy during August after a busy July. We had our bi-monthly birthday breakfast at Meridians and a Trivia Night, not to mention ending June with a mini-golf outing.

And we like to mix business with pleasure, so we followed our July business meeting with a gathering in the Solarium for food, beverages and mingling. We gained three new members in the past couple of months, so we have a few more people to mingle with.

This month we are planning another trip to Red Hawk Casino — using the free shuttle service — to spend the day in air-conditioned comfort as we enjoy the amenities there. Going even farther afield, we have a few members planning to attend the National Gay Rodeo Final in Reno in October. There's something for everyone with Lavender Friends.

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

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Shalom Social Group

BY JUDY GANULIN

The Shalom Social Group focuses on Jewish history, culture and, of course, food, but membership is open to all. We have many diverse programs and projects throughout the year. We just completed our August volunteer

service at Feeding the Foothills Food Bank. We have started volunteering for Site Word Busters, a program that helps kindergarten and first grade students develop their reading skills. Our recent breakfast meeting speakers presented information on health care for seniors; last month we enjoyed Trivia Night featuring fun and food. Coming up we have Pizza and Bingo night on August 27. Our Women Together and Men's Club are planning their next events. We made a sizeable donation to Magen David Adom, the Israeli ambulance service. For more information, please contact Margie Gulko, 916-543-5303 or Deanne Iliff, 530-518-3704.

• • •

Democratic Club

BY JUDY GANULIN

Bigger than ever! With more and more varied activities than ever! That's the Lincoln Democratic Club! We have been volunteering at the food bank (Feeding the Foothills, or FTF) for eight years, and now we are planning a fundraiser for it. The event will be at the food bank in September and will include a tour of the facility. FTF expects an increase in its needs because of funding cuts to social service groups like it and SNAP in the proposed federal budget. A representative from Morgan Stanley will speak at our August 21 meeting. Neva Parker, candidate for Assembly in the 5th District, will also give a short presentation. We meet at Kilaga on the third Thursday of each month. For more information about our club, please see our website, democraticclubLincolnCA.org

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LH Italian Club

BY ANNE (CORSAO) FINN

Were you able to join us for our Inaugural Dinner and Senior Prom on July 13th? If so, you enjoyed a great evening of food and fun. Coming up next is "A Night to Die for...Murder at the Manor" on August 17th in the Ballroom (OC). Last year, the Don got whacked; now his son "is done". Join us for a delicious dinner and help the Commissario solve this crime. Time is running out, so be sure to get your reservation in soon.

Be sure to mark your calendars for our September 21st dinner buffet, "Wine You Say", in the Roseville Ballroom.

To learn more about these and future events, be sure to check out our website at www.lhitalianclub.org. For membership information, contact Sandi Graham at 916-826-5711.

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Astronomy Group

BY ROBERT THORLEY

Greetings Earthling!

Please join us Wednesday August 6th at P-Hall (KS) 6:45 PM for Astrophotography, presented by Ron Yelton. He selects images from the world's greatest telescopes and adds detail in a scientific shorthand of color and hue. The composite image is a grand reminder of that very big cosmos out there.

Please attend Monday August 18th, 6:45 PM, the Fine Arts Room (OC) for our Cosmology Interest Group. Here we enjoy monthly the mind-bending complexities of SpaceTime of which you and I are residents.

Ever been to a Star Party? Look for the Telescope Interest Group at the upper tennis courts of the Sports Complex when stars align and conditions permit. Come get your Globular Cluster on!

Please keep current on any and all of the above by checking: www.lhag.org

Rarely has a group effort owed more to one member than LHAG does to Bill Weaver. President Bill steps down and we, the new Steering Committee, scramble to fill his shoes. Thank you, President Emeritus Bill.

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(more Club News cont' on page 17)



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LH Travel Group

BY LINDA BEVINS &
JOANNE SCHUMACHER

Join us for our next Travel Group meeting on Wednesday, August 27 in the Willow Room of the Lincoln Public Library at 485 Twelve Bridges, Lincoln, at 1 pm. RSVP to travelgrouplh@gmail.com with your name and number of people in your group. The show is free!

Jay Fehan of Collette and Ilene Ferguson of Alamo will be there to present some of our upcoming 2025-2026 destinations. Some surprises at the show, too. How about a trip exploring Tahiti, Bora Bora, and the other Society Islands on a Windstar ship? And for wine lovers, a small group tour exploring the wines and cuisine of France?

In the meantime, sit back in your cool AC and dream of your favorite destinations. If you love music, consider riding along the Musical Highway from New Orleans to Nashville on Discover America's Music Cities.

Or explore the medieval cities and castles along the Danube in Europe - Prague, Vienna, and Budapest – on the Discover Imperial Cities tour.

Celebrate the 250th Anniversary of the United States on a journey from New York to Philadelphia, Boston, and Washington DC, exploring the birthday and history of our nation.

If Canada is calling, join Discover the Canadian Maritimes Coastal Wonders tour. Explore Nova Scotia, Charlotte, Prince Edward Island and special attractions such as Anne of Green Gables Home, the Cabot Trail and Peggy's Cove.

Also offered are Utah's Mighty Five with

the Rocky Mountaineer train and a Kenya Safari for those with a trip to Africa on their bucket list.

And for those who like New York City – a 7-day trip to explore the city; includes 2 Broadway shows!

All tours can be found on our website: www.lincolnhillstravelgroup.com and include airfare and rides to/from the airport. Membership application to LH Travel Group is also on the website.

Lincoln Hills Travel Group Leaders: Joanne Schumacher 415-999-1242, jkschumacher1@gmail.com; Louise Kuret Auerbach 916-408-0554 louisekuret@att.net;

Lyle Auerbach 916-847-6544 lea925@att.net; Linda Bevins 916-666-7627 djbevins17@gmail.com; Lisa Viviano 916-798-7462 lisav4747@gmail.com

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LH Airport Co-op

BY GINNY SATO

Need a Ride to the Airport or Amtrak? Join the Lincoln Hills Airport Co-op! The Lincoln Hills Airport Co-op makes getting to the Sacramento Airport or the Amtrak station easier, more affordable, and more neighborly. This member-run service is perfect for residents who want a convenient way to coordinate airport or train station drop-offs and pick-ups, without the high cost of commercial ride services. Members volunteer to either give or receive rides. There is also a \$15 yearly membership fee per household. For more information, contact Ginny Sato at gsato2002@yahoo.com

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Republican Club

BY SUE DUMAS

Our timing could not have been better for the dessert Ice Creme Social this year after braving scorching weather for the week before. Everyone enjoyed the many choices of toppings, including - fresh strawberries, and multiple extras! Also we played political Bingo; very fun and we learned some interesting new history!

Speaker Meeting: Wednesday, August 20 – KS (PH) doors open 6:00 PM – program starts 6:30 PM – Guest Speaker, CA Assemblyman Josh Hoover – Offering insights into happenings at CA State Capital, new bills, etc. "What are Dems up to now!?"

Save the dates: September 30 for Lifestyle Expo, October 3 for Oktoberfest, last speaker night, November 14, and LHRC Christmas Luncheon in the OC Ballroom on December 17.

More information on upcoming events will be covered in your monthly newsletters. Or find it fast on the Club website. Be sure to Invite friends and neighbors to join our Club! www.RepublicanClubSCLH.org

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Multiple Sclerosis Group

BY JERI DI FIORE

After a terrific year of Lincoln Trailmixers gathering for meetings, a Zoom, two MS Walks, and two picnics, we are catching our breath during August.

Our first in-person meeting is scheduled for Tuesday, September 16, 1 PM, Sun City

Lincoln Hills Orchard Creek Lodge.

Have you tried Dial-A-Ride? It's like your own personal Uber with Curb-to-Curb service. Call Dial-A-ride, set date, time of pickup, and return 916-745-7560. Indicate if you have a motorized vehicle. Enjoy Lincoln's Restaurants, Shopping, Casino, and Library, etc.

Cash Only \$1.25 fare. Ask driver for Coupon Book of 20 rides for \$10 cash, normal cost \$21.15. Dial-A-Ride also serves South Placer County. You can even go to the mall with Placer County Transfer Point at Twelve Bridges Library!

Time to thank Sponsors of 2025 Folsom Walk, First Place MS Fundraisers, Lincoln Trailmixers:

Devin Arp, Sun Run Solar, Donna Judah, Coldwell Banker Real Estate - Hank Rhoads, American Senior Reverse Mortgage, Lincoln. Also, much appreciation to the Lincoln Hills Foundation for their constant support of room rentals, etc.

Questions regarding MS, call facilitator Jeri Di Fiore, 530-401-2135.

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Hearing Support Group

BY JOANNE MITCHELL

The Hearing Support Group will meet on Tuesday, August 5th at 10AM in the Orchard Creek Multipurpose Room. We will have a presentation and discussion regarding the differences between hearing aids and cochlear implants.

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(more Club News cont' on page 19)

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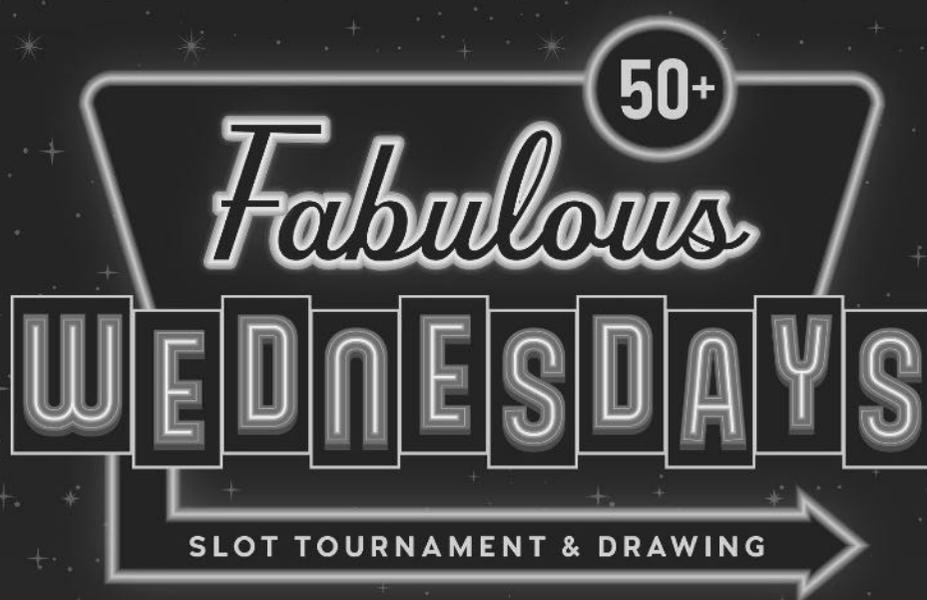
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Low Vision Support Group

BY STU SINGER

Imagine what it would be like to have low vision. I do and I recently chose to “out” myself at the meeting of my book club. It was at the monthly gathering when I dropped my bombshell—I had not read the book, rather I had chosen to listen to it as an audiobook. The pushback was immediate. Several members informed me in no uncertain terms that listening was not reading. My response was simple—“I listen because I cannot read.” I then explained that an eye disease had robbed me of the visual acuity necessary to read a traditional book, even those with large print. Until that moment, no one in the group had been aware of this disability. After all, on numerous occasions I had given author talks (memorized) and led book discussions (rigorously rehearsed).

This is one of the unique issues that confront many in the low vision community. Thanks to innovative technologies and human adaptability, our problems are not always obvious. This can be a double-edged sword. No one wants to advertise their shortcomings and yet many of our challenges can create extremely awkward moments. When handed a form to complete, if my wife is not with me, I must request the nurse, store clerk or whomever to assist me. When a butcher asks while pointing at a scale, “Is this close enough,” I must ask him to tell me what it says since I cannot read it. Ordering off a restaurant menu or paying the bill on a printed receipt is impossible without assistance.

Other individuals who suffer vision loss can share stories of very different but equally difficult challenges.

Our Next Meeting:

Tuesday, August 5, 2:00- 4:00 pm, Fine Arts Room, Orchard Creek

Tressa Thompson from the DMV will explain the latest rules in California for senior citizens including those with low vision. Every year the DMV adjusts its regulations so this will be your opportunity to stay abreast of how these changes impact your ability to drive. This meeting will be on Zoom in the Fine Arts Room.

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

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

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Bosom Buddies

BY DOTTIE SUHRHOFF

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

In July we did not have our regular meetings. Usually, we have a luncheon

honoring our caregivers, but this year was different. We had high tea! Complete with guests and hats. Each member was able to invite someone who helped them throughout their breast cancer treatment. There were over 35 people attending. We played guessing games and tea party bingo with prizes. We ate finger sandwiches and sweet treats and drank tea. We want to thank Patty McCuen, Kay Brady, Cheryl Hansen and Verity Gould for being on the core planning team. We also want to thank their helpers, Sheri Dexter, Lorri Song, Mae Gagnon, Pat Galeria, Dee O’Hara and Peggy Ryan for all their hard work organizing the tea.

Our regular meetings will resume in August. We will have the core meeting as usual and the general meeting on Thursday,

August 14. The speaker will be Dr. Barash, a breast surgeon oncologist specialist with Sutter Health.

We will have a core and a general meeting in September. The Appreciation Luncheon will be held on October 16 this year instead of September.

If you have any questions regarding Bosom Buddies, please contact Dottie Suhrhoff (815-236-0197) or Patty McCuen (530-575-2889).

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

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(more Club News cont’ on page 23)



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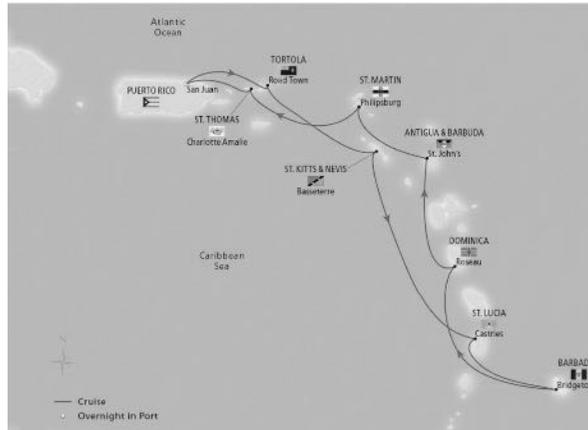
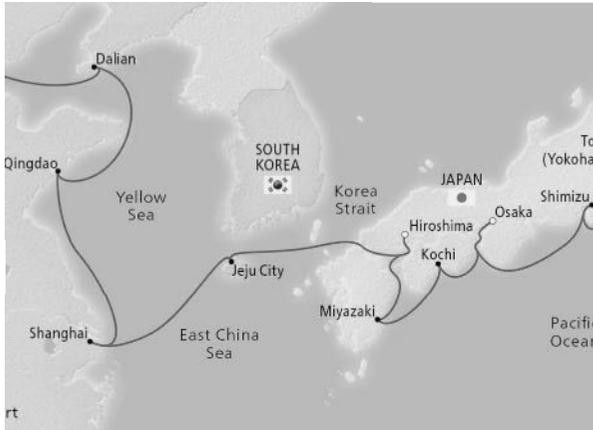
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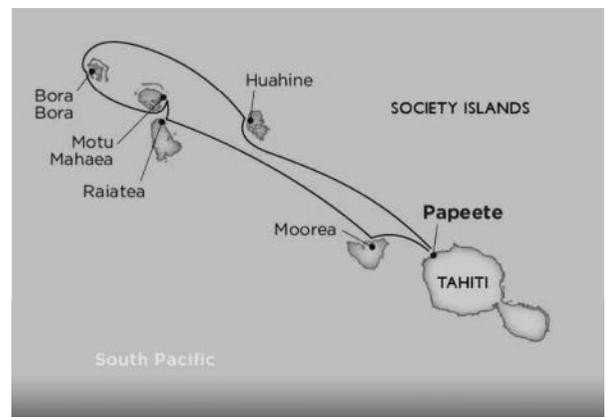
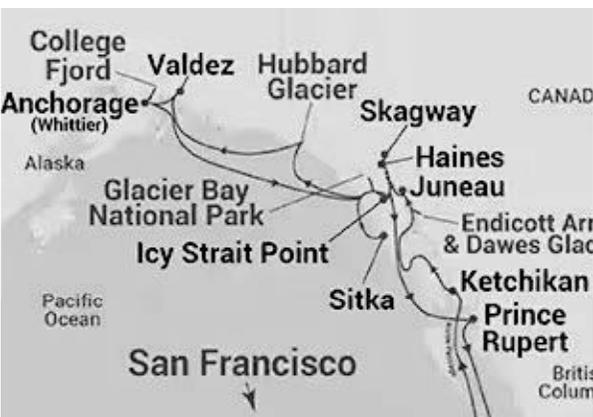
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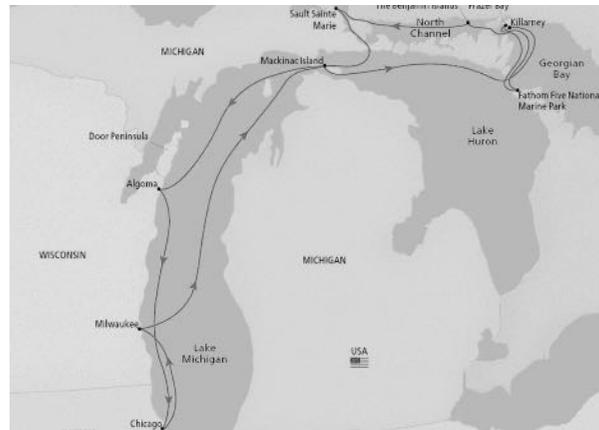
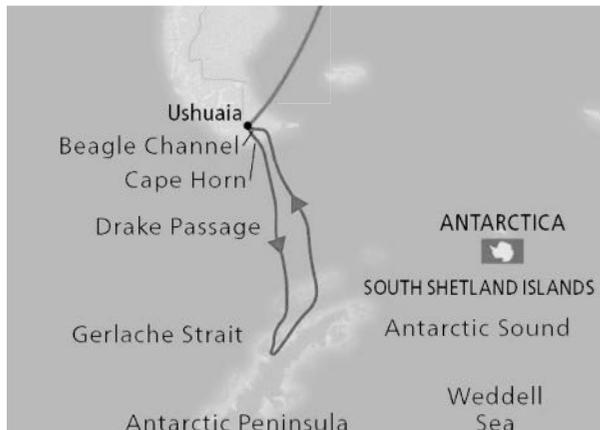
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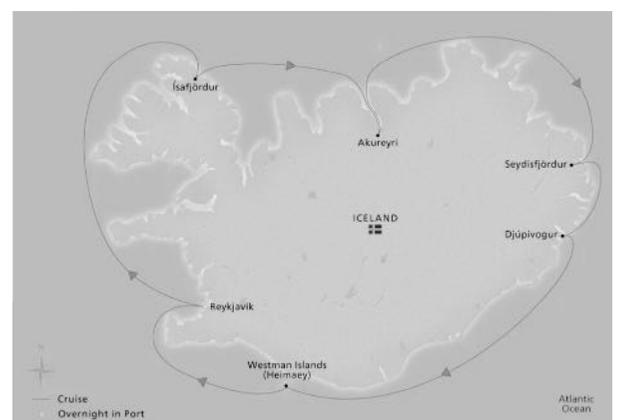
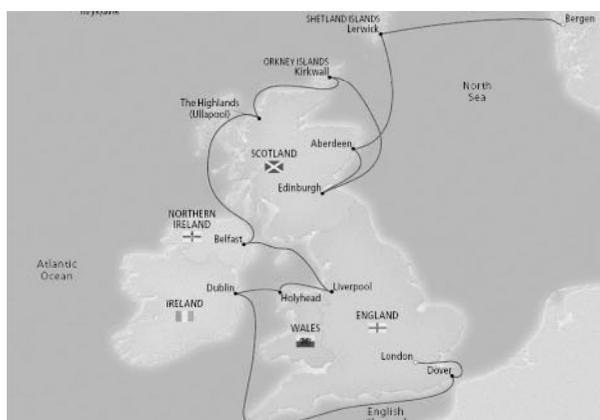
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Lincoln Hills June Sales Snapshot

Address	Street	Approx SqFt	Orig. Price	Selling Price	Model
264	Timberland	1195	\$499,000	\$469,000	Calaveras
1351	Tahoma	1515	\$555,000	\$560,000	Pine Hill
1657	Monument	1515	\$557,000	\$557,000	Pine Hill
1149	Longhorn	1531	\$564,900	\$549,900	Alpine
2050	Woodbridge	1583	\$529,950	\$490,000	Bridgegate*
1977	Hawk Hill	1626	\$674,950	\$670,000	Lassen
2113	Stonecrest	1739	\$679,000	\$653,000	Mendocino**
1951	Grand Pheasant Ln	1767	\$699,900	\$694,000	Santa Cruz
779	Violet	1777	\$649,500	\$550,000	Tehama
1239	Hawthorne	1777	\$599,000	\$589,000	Tehama
2657	Woodacre	1791	\$730,000	\$730,000	Tahoe
2052	Stonecrest	1791	\$715,000	\$725,000	Tahoe
1774	Cottage Rose	1844	\$725,000	\$725,000	Orchard Crest
1754	Beckwith	1910	\$699,900	\$675,000	Fremont
1716	Glenbrook	1911	\$784,000	\$717,700	Fremont
1644	Carnelian	1949	\$799,000	\$725,000	El Dorado**
902	Coachman	1949	\$699,000	\$690,000	El Dorado
1137	Lasso Lake	1967	\$875,000	\$885,000	El Dorado**
383	Shepherds	2049	\$739,000	\$739,000	Annadel
328	Cupola	2050	\$775,000	\$749,000	Fremont*
1730	Winding	2056	\$725,000	\$699,000	Fremont*
1895	Starview	2068	\$780,000	\$773,391	Tahoe*
2029	Farmgate	2073	\$739,000	\$739,000	Annadel
2160	Stone House	2073	\$749,000	\$749,000	Annadel
659	Violet	2079	\$725,000	\$715,000	Plumas
1736	Stone House	2133	\$899,000	\$905,865	Fremont*
894	Bridalveil	2151	\$840,000	\$840,000	Sausalito
1161	Secret Lake	2151	\$759,000	\$765,000	Sausalito
111	Walden View	2258	\$1,075,000	\$1,075,000	Napa**
2655	Blue Heron	2277	\$849,000	\$848,100	Shasta
2317	Pebblestone	2360	\$849,000	\$849,000	Atherton
2312	Sutter View	2504	\$918,500	\$865,000	Marin
105	Walden View Ct	2504	\$1,250,000	\$1,100,000	Marin**
1720	Avian Hill	2504	\$1,050,000	\$1,090,000	Marin**
1794	Deep Springs	2831	\$1,229,000	\$1,175,000	Santa Barbara**/**
2631	Blue Heron	2848	\$1,090,000	\$999,000	Santa Barbara**
839	Wagon Wheel	3073	\$1,399,000	\$1,399,000	Santa Barbara**
2221	Sutter View	3086	\$1,475,000	\$1,398,000	Santa Clara**

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Total Homes sold in Sun City per MLS 6/1/25 - 6/30/25

Neighbors InDeed — Your Electrical Panel

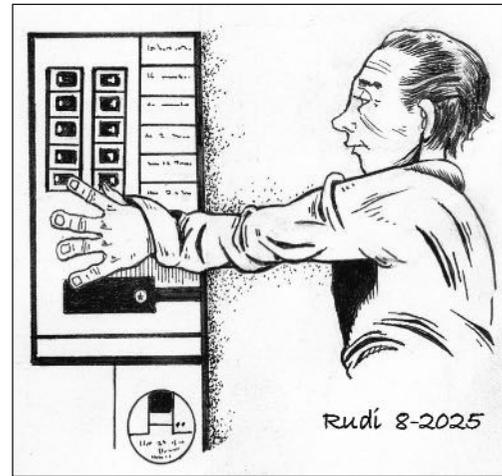
BY DAVE SHORT

Do you know how to turn off the electricity in your house? Knowing could prevent a fire or even save someone's life.

How do we turn off our electricity? Here is how. First, you need to know where your breaker panel is. It is located on the side of the house, outside the fence or gate, to provide access to PG&E workers and First Responders.

A Circuit Breaker Panel usually looks like a flat box painted the same color as your house. It will have a meter nearby. How you open the door depends on the manufacturer. The easiest box has a simple recessed latch that you slide to the right or left. Panels made by the Square D company are common here in SCLH. To open the door on their panels, you need to lift the door a little bit. At the bottom of the door is a metal piece that pivots. It sticks out of the door. When you pivot that piece toward the house, it will clear the door and allow the door to open.

Inside the panel, you will see a row of



switches connected to different circuits. Each switch should be labeled. A circuit that needs to be deenergized will still be in the "On" position. A "tripped" breaker will have the switch lever in the center position. To reset the breaker, move the switch to the "Off" position, then move it back to

the "On" position. In the center of the row will be a switch labeled "Service Disconnect." Moving this switch to Off will shut off the power to your house.

If you need an electrician or a handyman, call the Neighbors InDeed message center at 916-223-2763 with your request. We will return your call 9 to 5, Monday through Friday.



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Alzheimer's-Dementia Caregiver's Support Group

BY DENISE WEBFIELD

This group provides an opportunity to meet with others in a similar situation of caring for someone with dementia. We share experiences, discuss resources and offer support to each other. The Women's Group meets on the first Wednesday of the month at 1:00 PM in the Fine Arts Room (OC). The Men's Group meets the third Thursday of

the month at 10:00 AM in the Multipurpose Room (OC). The combined General meeting is held on the fourth Wednesday at 1:00 PM in the Fine Arts Room (OC) and features a guest speaker. August's program: "Tips and Tidbits" to help your role as Caretaker is presented by Peggy Rossi. We are grateful to the Lincoln Hills Foundation for their ongoing support. Contact: Jo Fratessa 916-759-8760, mfratessa4@icloud.com

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Amateur Radio Group

BY DAN LEHRER, KN6DRN

Field Day 2025 was a smashing success. We made close to 500 contacts across the USA and Canada. These contacts were made up of 240 Phone (SSB) and 260 Digital modes covering 46 States and 4 Canadian Provinces. Our operators set up their antennas and radios near the Sports Pavilion. Despite the intense heat of the day, we operated both days.

Over the course of the weekend, we had the pleasure of meeting with many visitors both residents and non-residents and informed them about Ham radio and our capabilities in emergency situations. We of course also discussed the fun aspects of the hobby. In addition to making contacts over the air we sent emails via radio without the use of the Internet or electricity, an important skill in



case of emergency. A Get-On-the-Air (GOTA) station was set up which gave visitors, both young and old, the opportunity to make contacts across the country.

Meetings are held at the South Tower every Monday night at 6:30 PM. Our club

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

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LH Sports Car Club

BY ROB PHILLIPS

The LHSCG often gets asked is "my Car" a Sports Car. The terms "sports-car" and "sporty-car" are often used interchangeably, but they refer to different types of vehicles with distinct characteristics.

A sports car is designed with a focus on high-performance, speed, agility, and an exhilarating driving experience. These cars are equipped with powerful engines that deliver impressive horsepower/torque. The lightweight builds of sports cars contribute to their agility and handling. Additionally, sports

cars feature precision-tuned suspensions and advanced aerodynamic designs.

In contrast, a sporty car emphasizes aggressive styling and includes some performance upgrades, but it does not possess the advanced engineering and capabilities of a true sports car. Sporty cars often have design elements that give them a more athletic appearance. They are designed to provide a balance between style and practicality, making them suitable for everyday use.

Sports-cars typically have low ride heights and limited cargo space, which can make them less practical for daily driving. The focus on performance often comes at the expense of convenience. On the other hand, sporty cars retain the practicality of their base models, offering more comfort/cargo room. They are designed to blend everyday usability with sporty design, making them a more versatile option for those who want a stylish and fun-to-drive vehicle without sacrificing practicality.

In summary, sports-cars are built for performance above all else. Sporty cars, while offering some performance enhancements and aggressive styling, prioritize practicality and comfort, making them a more suitable choice for daily use.

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)

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Local acupuncture clinic is treating the untreatable peripheral neuropathy with incredible results!

Pain comes in many shapes and sizes. One of the most debilitating being the burning and tingling that comes with peripheral neuropathy. Neuropathy, a disease that was once classified as irreparable, is a disease that comes with years of shooting, stabbing pain that gradually ends in severe numbness, balance problems and in extreme cases, amputation.

David R. of Sun City was experiencing such a fate:

"I stopped golfing. I wasn't taking walks with my wife. I was living on Gabapentin and antidepressants and everywhere I went, my doctor, neurologist, the pain clinic, told me there was no cure. How are you supposed to live your life knowing that everyday brings pain and feeling unstable on my feet?"

Peripheral neuropathy is a result of damage to the nerves, commonly caused by a lack of blood flow to the nerves in the hands and feet. This causes the nerves to begin to degenerate due to lack of nutrient flow. Most peripheral neuropathy sufferers experience a heightened sensitivity to touch, making it almost impossible for those diagnosed to even wear socks or shoes, much less, enjoy life.

"It was like walking on sharp river rocks. I barely left my recliner," shares David, whose experience is not

uncommon for those diagnosed with peripheral neuropathy.

Quality of life for David seemed uncertain. That is, until he found RaeAnn Salvador, LAc, DiplOM of Lincoln Acupuncture Clinic. Lincoln Acupuncture has pioneered a cutting edge, medical solution to treat neuropathy, eliminate, or greatly reduce the symptoms of neuropathy and give people their lives back. And they're doing it without the use of prescription medication or invasive surgeries.

"Acupuncture is incredible at restoring blood flow and stimulating damaged nerves, preventing them from dying off," tells Dr. Salvador. "We take our treatments a step further by integrating ATP Resonance BioTherapy," which targets specific nerves in the body using microcurrent. ATP BioTherapy is like watering a plant. This treatment will stimulate the blood vessels to grow back around the peripheral nerves and provide them with the proper nutrients to heal and repair.

Three months later, David is thrilled with his progress, "I can enjoy walking my dog around the neighborhood with my wife and I feel more stable on the golf course."

Success stories like David's are not atypical at Lincoln Acupuncture, "We have a 90% success rate. But only doctors care about the numbers. How people feel and what improves in their lives is what really matters," shares clinic manager, Ann.

The number of treatments needed to allow the nerves to fully recover will vary from person to person and can only be determined after a detailed neurological and vascular evaluation. Lincoln Acupuncture offers hope for neuropathy where there once was none.

While David's neuropathy was idiopathic, meaning the cause is not quite known, treatments at Lincoln Acupuncture can also help people whose neuropathy is caused by diabetes or chemotherapy.

"We have seen tremendous success in treating neuropathy of all types through very personalized treatments specifically tailored to treat each individual case."

Neuropathy discomfort should not be the trade off for enjoying your golden years!

To schedule a consultation and complete evaluation, call the office at **916-884-0398**.

Lincoln Acupuncture & Integrative Health

120 F St. Lincoln, CA 95648

RV Group

BY MARY CARBREY

In June we explored the area around Minden, Nevada. Highlights of the rally included a prison tour, a visit to a distillery, and, with the guidance of an excellent docent, we explored in historic Indian school for children to convert to western conventions. In July many of our group members headed out on their own to the Canadian Rockies, the Oregon coast, Idaho, and even across the USA! Future rallies include Mount Shasta, City, Pismo Beach, Mission Bay in San Diego, and Vacaville. There is always something new to discover! Sharing these experiences with hour RV friends makes it even better! To learn more about us, visit our website at www.lhrvg.com and join us on the second Thursday of the month held at Kilaga Springs, 4:30 PM in the Placer Room. For general information, contact our club president, Jake Baker at 916-838-5253 or jbaker525311@gmail.com. For membership contact Cindy Aimar at 707-494-8185, or cjaimar@att.net

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Rods & Relics

BY ELNA RAGAN

Lincoln experienced a record turnout for its 4th of July Parade. The following six Club members drove their vehicles in the parade: Denise Branco, Mike Fraga, James Pinsker, Chuck Scott, Mike Trumm, and Cal Wheeler. There was also a spectacular four-aircraft

flyover by the West Coast Ravens!

On Tuesday, July 8, our monthly brunch was held at the Waffle Farm. Eighteen members and guests enjoyed the time together visiting.

On Saturday, July 12, the Club held a “Cars and Coffee” get-together in the parking lot near Red Robin. It was a great opportunity to get together, show our Club cars, and meet the public.

We are looking forward to the “Wings and Wheels” two-day event being held at the Lincoln Airport on August 22 and 23.

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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Garden Group

BY LORRAINE IMMEL

Foggy Dew Fungi is a small farm in Newcastle, Ca specializing in gourmet mushroom cultivation. Brendan Linnane will be our guest speaker at the August 28, 2:00 PM, KS, General Meeting. His topic is “Unleashing Nature’s Healing Power: The Magic of Medicinal Mushrooms.” He will talk about the different mushrooms he grows, the health benefits of mushrooms, and how to cook with them. Brendan says, “Being able to offer



the highest quality mushrooms to our local community, and engaging with our customers is very important to us. That is why our goal is to produce mushrooms that are grown both respectfully and with integrity. We want people to be as hyped as we are, and to learn about the amazing benefits mushrooms provide not only to us but the planet.”

He will bring fresh mushrooms, dried mushrooms, and mushroom “grow kits” to sell-very popular last year at his presentation.

There will be a Sign-up Table at this August meeting for the Garden Group “Table Talk” which will be September 25. It’s a Succulent Presentation and Luncheon. All details have been emailed to you.

Brown Bag Sales, Master Gardeners Q’s & A’s (1:30 PM), and door prizes will be available.

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Bird Group

BY SHERRY SINGER

On June 4 and 5, twenty members of the Bird Group participated in an overnight trip to the Sierra Valley at the base of the Sierra Buttes. While there, they saw a total of 45 species of birds including 50 Yellow-Headed Blackbirds all decked out in their mating plumage. See Simon Yu’s photo below.

On July 14 the Annual End of the Year



Photo Extravaganza was held. Always a favorite event, where members showcase 12 of their favorite bird and wildlife pictures.

(cont’ on page 26)

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Bird Group

(cont' from page 25)

Question — Can your backyard feeder influence evolutionary change in our local Anna's Hummingbird? According to a new study in the journal Global Change Biology, <https://onlinelibrary.wiley.com/doi/10.1111/gcb.70237>, it may be doing just that. The increasing use of red plastic feeders filled with sugar water seems to be changing the size and shape of hummingbird beaks. The evolving beaks are getting longer and more slender, enabling them to pump up more nectar and fight off competing birds from the feeder. Evidence for this phenomenon came through researching feeder mentions by county, from scientific bird counts (eBird), and studying museum specimens dating back to the 1800's. This relatively fast evolutionary change, surprisingly, seems to be caused exclusively by humans!

Future Bird Walks —

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

No bird walks are scheduled for 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

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. A big thanks goes out to Linda for doing a stellar job as our secretary for several years. If you would like to help us out, Linda would be happy to train someone to fill her position.

Contact Information: Visit us at our website www.sclhbirders.org

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

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Hikers and Walkers

BY GAY MACKINTOSH

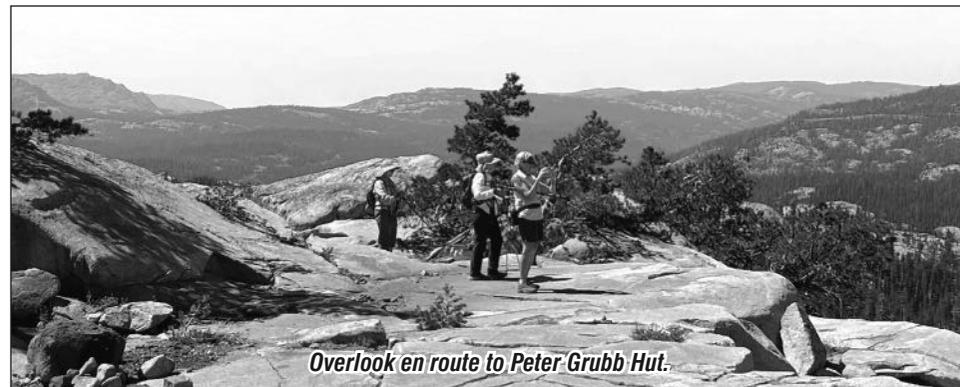
Hot, hot, HOT! What we need is water, water, WATER! Drink lots of it (more than you think you need) or take a refreshing dip in it (at a lovely alpine lake) to help you weather the summer weather.

LH Walkers and Hikers invite you to get outside with us all year round, whichever way you like your dose of nature—short local walks, moderate 5-milers at higher elevations, or all-

day more strenuous jaunts into the Sierras. Check our website www.lhhikersandwalkers.org for all the information you need to pick what's just right for you. You may try out a walk or hike before joining our club.

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 about Walk for Wellness.

Hikers will venture in August to Three Lakes (Donner Pass), Aloha Lake (South Lake Tahoe), and Loch Leven Lakes (Cisco Grove area). Come prepared for a swim if you're so inclined. We'll also enjoy shady forest and spectacular views ending at our lunch overlook on the way to the Peter Grubb Hut (Castle Pass).



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 or 916-209-3628 with hiking questions.

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Water Volleyball

BY HOLLIS BISCHOFF

Welcome to new members joining us from National Pool Day and thanks to current members for their enthusiastic support in demonstrating our sport. Water volleyball is heating up in and out of the water. In August, we have our next members only outdoor water volleyball event, September is our next bocce ball game. We have games for every level of play from beginner to "semi" pro. No prior volleyball experience necessary, just a wish to get wet and have fun!

Come and try us out at a free drop session any Saturday at 9 am. Please contact us beforehand so we can let you know where to meet and what to bring. Find us at LHWaterVolleyball.com or email Ernie Ferrier: sclhwatervolleyball+membership@gmail.com

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(more Club News cont' on page 27)



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Swimmers & Water Walkers Club

BY ROSEMARY TANFANI

Water exercise is an excellent way to get your daily workout, and can be done with water walking, swimming, aqua classes and water volleyball. But did you know that water exercise is also good for your brain?

Psychologists and neuroscientists have uncovered a variety of unique benefits that water exercise seems to provide.

Water exercise reduces stress. Scientists have found that just looking at a body of water has a calming effect. Human brains seem wired to love the water, and after about two minutes of viewing a pool, or lake, etc., blood pressure and heart rate drop.

Water exercise makes your brain work better and actually boosts your memory in general. Studies on humans have found improvements on short and long-term memory

after water exercise.

Water exercise boosts mental health. Studies show that doing water exercise, especially in outdoor areas, delivers a large boost to people's well-being.

Sun City Lincoln Hills has two outdoor swimming pools at OCLodge, (the inside pool is currently under repair), and one indoor pool at KS Lodge.

Monthly status pool reports from Club President Kathy Carpenter are sent to all club members. Join our club for the joy of swimming and water walking and get on the mailing list.

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

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Senior Softball League

BY HEIDI MAZZOLA

The LHSSL Coed Division regular season is a wrap, and now it's playoff time! Starting August 4, all ten teams will battle it out in a double-elimination showdown, with the championship game scheduled for Wednesday, August 13. The full playoff schedule is posted at LHSSL.net

Our Independence Day celebration was a blast! Fans enjoyed two exciting All-Star games, a spirited Women's Exhibition matchup, and plenty of hot dogs fresh off the grill. The Hall of Fame Induction ceremony capped off the day, drawing a warm crowd of friends and family to honor the league's newest inductees: Joe Bellah, John Gho, David Hughes, Jim Stapleton, and Carlos Zavala.

Looking ahead, mark your calendars for August 16-17 when the Coyote 75's host

a tournament at Del Webb Field. Come out and enjoy some exciting softball action—and bring your appetite! We'll be firing up the grill for our almost-famous hot dog meal deal, with proceeds benefiting our local high schools.

Although the summer season is winding down, there's still plenty going on behind the scenes. We're working on next year's budget, recruiting members to fill three open Board positions in 2026, and planning Fall Fun Ball, which kicks off in October. If you're interested in serving on the Board of Directors, please reach out to a current Board member.

Finally, the field will be closed in September to give it a rest and allow our Maintenance Staff to do their thing.

Visit LHSSL.net for the playoff schedule, photos of your favorite players, and other important information. See you at the field.

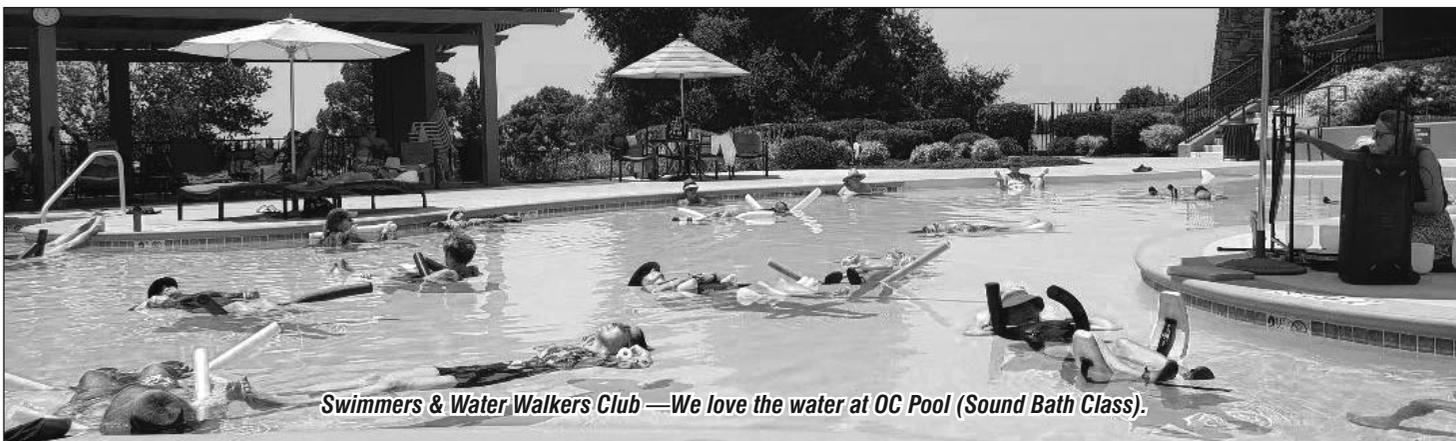
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Pickleball

BY DIANE FERRARI

Discover Your New Hobby: Pickleball! Looking for a fun, fast-paced new obsession? Try Pickleball the game everyone's talking about! PB 101: Learn to Play! No experience? No problem! Join our beginner-friendly Pickleball 101 class and get a fun, easy introduction to the game. We provide paddles and balls—just bring your enthusiasm! Class Dates: Tuesdays August 20 and September 3. What you'll learn: Basic rules of the game, how to serve, score, rally and Pro tips to play with

(cont' on page 28)



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Pickleball

(cont' from page 27)

confidence. To Sign up, email Coordinator Carol Judd at welcometopickleball!@gmail.com. The Frenemies Tournament + Line Dancing is coming September 9-10! Watch thrilling pickleball action—and line dancing on a pickleball court! You have to see it to believe it! Players Forum August 18 at 3:30 PM Fine Arts Room (OC). Your chance to connect, ask questions, and get involved! Shape the Future of the Club! The Nominating Committee is recruiting members for our Pickleball Board. Open positions are Vice President, Director of Player Development, Tournament Director, Secretary, Director of Court Management and Maintenance. Interested? Email Mike Gardner at pickleballmike1@gmail.com. Want to Improve Your Game? Local pro Ian Dickson is offering classes—15% off in August! Sign up at SCLHResidents.com or at the Fitness Front Desk. Off the courts on Tuesday, October 7, 5:00 PM-8:00 PM: Oktoberfest, Lincoln Hills Golf Tent and the Holliday Party on Tuesday, December 2nd in the Ballroom (OC). Mark your calendars and more info and updates at: www.lhpbclub.com

See you on the courts!

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Tennis Group

BY SUE KUUKKA

Our Wimbledon Woody Social on Saturday July 12th was great fun. There were 24 participants that played in the mini-Triples Tournament. The winners were Ron Lamb, Jim Slater, Paula Griffin, and Pam Flaherty. It was quite dazzling seeing so many players in white, just like Wimbledon. After the tournament we all enjoyed strawberries and cream and homemade scones. Did you know that an estimated 54,250 tennis balls are used during Wimbledon.

We continue to have a good number of

players come out to Triples Play on Saturdays 9:30 -10:30 am; this is a free event for all levels of tennis, come down and have some fun playing it.

It would be nice to see more ladies come down to Ladies Drop on Thursdays from 8:00 – 10 am. This is for levels 3.0+ and is also a free event. Come on down and enjoy some tennis and make some new friends.

There was a great turnout for our first Saturday Live Ball on June 28th, we continue to have Live Ball on the first Sunday and the last Saturday of the month. This is another fun and free event.

Our Men and Women's Doubles

tournament is planned for Saturday, September 13th. Make sure you sign up for this.

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

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(more Club News cont' on page 29)



Wimbledon Woody Triples Group

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LH Table Tennis

BY ILENE MARSHALL

Our Table Tennis Club was excited to have our annual Summer Picnic at the Sports Pavilion on June 14th. It was a Western Rodeo theme party, and the costumes were terrific! The weather was perfect, the food delicious, the corn hole games improved our eye/hand coordination, and the members enjoyed each other's company. What more could you ask for?!!

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

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

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

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

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

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

Reservations are not required. Please



wear non-marking tennis shoes. Loaner paddles are available.

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

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

For more information, check out our webpage: LHTTC (google.com)

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Lincsters 9-Hole Club

BY LORA FINNEGAN

The colorful Red White & Blue Tournament kicked off on a cool and breezy July morning. A big round of applause was earned by tournament chair Jan Varin and her team for a flawless and patriotic event! The Red team won, captained by Janet Pinnell; second went to the White team (Lora Finnegan, captain) and third to the Blue Team (Brenda D'Andre, captain). Carmen Farrington drove closest to the pin (14'3"). The putt pool was



dominated by Marie Bossert with an awesome 11 putts! Laurels for Best Decorated Cart were bestowed on Kim Schutz's sparkling vehicle and the nod for Best Hat was given to a festive Carol Shuey. Join us for fun and prizes! And don't forget our website: <https://Lincolnhillslincsters.memberplanet.com>

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(more Club News cont' on page 30)

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Ladies Golf -18 Hole

BY CATHY JAICKS

Our annual Bev Ansbro Red, White & Blue Tournament was held on July 3, bringing together golfers for a day of patriotic competition and community spirit. This cherished local tradition is dedicated to, and in memory of, Bev Ansbro as she started the RWB 18 years ago.

Sylvia Feldman, the tournament chair oversaw the traditional tree decoration and provided each participant with a special gift. Golfers competed in a team Stableford format, divided into three distinct teams: Red, White, and Blue. Following a spirited day of play, the Blue team emerged victorious, securing this year's title. The tournament once again highlighted the strong sense of camaraderie within the community.

Our Annual Breast Cancer Tournament is right around the corner. This meaningful event thrives because of the heart and spirit of our members. Whether you can lend a little time or a lot, every bit of help makes a difference.

If you're able to contribute in any way, please reach out to Patty Owens: 624 Yerington Lane, phone: 925-980-2096, patty94518@yahoo.com

Let's come together and make this year's tournament the most inspiring yet!

Play Day Results:

June 12: Net Chix: And the winner is...



Sylvia Feldman

Robyn Kain! She's officially our June Net Chix champion after a fantastic round, posting an amazing Net 67

June 19: 2BB of Foursome

First Place Team: Cameron, McNiff, Tse, Grimm

June 26: Cha Cha Cha

First Place Team: Blaney, Marshall, Langowski, Vivian

July 10: Stableford

First Place Team: Lee, Kain, Jaicks

Be sure to save the date for the following upcoming tournaments:

Club Championship – September 18 & 25

Breast Cancer Tournament – October 9

Turkey Shoot – November 20

Our club is always excited to welcome new members! If you're interested in joining, check out our website www.lincolnhillsladiesgc.com, memberplanet.com and/or contact our Membership Chair, Kathy Lee, (kathy.lee2@att.net 925-998-3538).

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Shuffleboard Club

BY JON KLINE

Our Event Coordinator, Irene Hesson, arranged a one-hour cruise on the Sacramento River on June 29. Thirteen people signed up. Afterwards, we had lunch at the Pilot House Restaurant on the Delta King



Shuffleboard Club on Sacramento River cruise.

Paddleboat. Everyone had a good time and the food was excellent. Play Shuffleboard and socialize both on and off Court #10. Club Play: Tuesdays (New Day) and Saturdays: 8:30 to 10:00 AM. Thursday evening socials – come meet a great group of shufflers from 7:00 to 8:30

(cont' on page 31)

Men's Golf Club

BY CARL LYNCH

We had the largest turnout of the year for our "June Jitters" 4-Man Team Stableford Competition with over 150 players participating! In the Stableford scoring system, on each hole a player scores points: 1 for a bogey, 2 for a par, 3 for a birdie, 4 for an eagle. Any score higher than a bogey gets 0 points, so any very high score on a hole does not wreck the whole round. The highest 18-hole point total wins.

Flight 1 Low Gross winners: Fred Jaicks, Mike Black, Ed Lazarek, and Jeff McKlaskey.

Flight 1 Low Net winners: Brian Wanzer, Howard Hamilton, Dan Fuller, and Vince Barriero.

Flight 2 Low Gross winners: Lou Lovotti, John Dewildt, Randy Hamman, and Jim Pulliam.

Flight 2 Low Net winners: Gene Andrews, Frank Merlo, Stan Perry, and Don Miller.

Flight 3 Low Gross winners: Dan Kramer, Warren Mercer, "blind draw", and Dennis Plattner.

Flight 3 Low Net winners: Greig Nakamoto, Larry Brown, Ed Rocknich, and Carl Lynch.

Closest to Pin (CTP): Hole #4 Orchard Bill Kugel 3'9.5", Hole #7 Orchard Ted Francis 5'9", Hole #11 Orchard Ciro Estremo 0'10.5", Hole #16 Orchard Dan Fuller 3'6".

Hole #5 Hills James Marrs 4'8", Hole #7 Hills Jeff Link 6'9", Hole #12 Hills Gary Wang 5'3", Hole #16 Hills Carl Lynch 11'0".

Long Drive (LD), Orchard #1, White tees: Bruce Blumberg, green/red tees: Clay Wilcox.

Long Drive (LD), Hills #18, White tees: Mike Black, green/red tees: Barry Reed.

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/>

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Shuffleboard Club

(cont' from page 30)

PM. Bring a snack or desert for yourself or to share. 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. We are located on Court #10 in the Sports Plaza, adjacent to the rear of the softball field parking lot. A free basic strategy clinic on July 21 gave players tips and introduced them to the intricacies of this sport. More socials, tournaments and 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, all equipment is in the onsite locker; instructions for play & equipment use are posted on the locker. For evening play, enjoy the bright LED lighting until 9:00 PM.

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

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

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Cribbage

BY MEL SWITZER

Can't win at Cribbage. Cribbage.
 Can't win at Cribbage.
 I'd buy you a fancy lunch my friend,
 If it makes you feel alright.
 I'll get you anything my friend,

But I am in an awful plight!!!
 'Cause I never win too much at Cribbage,
 No help from the game I love.
 I'd give you all I've got to give,
 If I could win the pool.
 I may not often get the prize,
 But that's the normal rule.
 I don't win too much at Cribbage,
 Yet, Cribbage is the game I love.
 Can't win at Cribbage,
 Everybody tells me so.
 Can't win at Cribbage,
 No, no, no, no!!!
 Say you don't need no lunch today,
 And I'll be satisfied.
 Tell me that you want the kind of things,
 That winning just can't buy.
 I don't win too much at Cribbage,
 Yet, Cribbage is the game I love.
 Owwwww!
 Guitar Solo
 Can't win at Cribbage,
 Everybody tells me so.
 Can't win at Cribbage,
 No, no, no, no!!!
 Say you don't need no lunch today,
 And I'll be satisfied.
 Tell me that you want the kind of things,
 That winning just can't buy.
 I don't win too much at Cribbage,
 Yet, Cribbage is the game I love.
 Can't win at Cribbage, Cribbage,
 Can't win at Cribbage, oh!

• • •

Duplicate Bridge

BY MONA STRYKER

Mark on your calendar the following upcoming dates. All events will be in our Wednesday game room.

Wednesday September 3: Cookies and coffee with our bridge game.

Wednesday October 22: Roseville Exchange Luncheon/Bridge game.

Wednesday November 19: Our Christmas Luncheon/Bridge game.

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

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

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



For further information, go to our website shown below.

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

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

Website: www.bridgewebs.com/lincolnhills/

• • •

Euchre Club

BY SUSIE SMELSER

Have you ever been "euchred"? What the heck is a bower? What do you mean the jacks are the highest? Wait, the Jack of clubs is really a spade? These and many other intricacies are all part of the simple card game Euchre, a quick to learn, easy to play, fast paced trump based game. The game is played in groups of four

or six, working with partners to take 3 out of 5 "tricks". We welcome all levels of players, and we enjoy teaching anyone that has not played the game. The club meets on the 2nd and 4th Thursdays in the card room at the OC Lodge. For more information contact Susie Smelser 707-362-6518, susiesmelsers@gmail.com

• • •

(more Club News cont' on page 33)

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Lincoln Theatre Company

BY PEGGY SCHECHTER

A Killer Musical Comedy Opens the Lincoln Theatre Company Season - *A Gentleman's Guide to Love and Murder* Premieres September 12.

Lincoln Theatre Company is thrilled to open its 12th season with a darkly hilarious and delightfully clever musical: *A Gentleman's Guide to Love and Murder*, running September 12–28 at the Lincoln Civic Auditorium. This Tony Award-winning romp promises a wickedly fun afternoon or evening filled with fast-paced comedy, unforgettable music, and more murders than you can count—delivered with impeccable charm.

with musical direction by William Zinn and choreography by Todd Aragon.

As the number one main stage theatre in Lincoln and a beloved cultural fixture, Lincoln Theatre Company continues its legacy of excellence, launching its 12th season with this uproariously entertaining crowd-pleaser. Don't miss your chance to experience comedic murder, music, and mayhem at its most stylish! Performances run September 12–28 on Friday, Saturday and Sundays. For tickets and more information, visit WWW.lincolnthatrecompany.org or call the box office at 916-409-7030.



The cast of Lincoln Theatre Company's production of A Gentleman's Guide To Love And Murder. Left to Right, Back row: Ashley Forney, Mathis Sauvageau, Jack Fidler, Aaron Grosser, Jeremy Drew, Amanda Lalliss; Front row: Payton Rose, Kana'i Kalama, Duckie Linares, Lucinda Otto, Tea Hanks, and Music Director William Zinn.

Set in Edwardian England, the story follows Monty Navarro, a sweet but scheming young man who learns he is ninth in line to inherit a vast fortune and noble title. With nothing to lose (except maybe his conscience), Monty sets out to eliminate the eight D'Ysquith family members standing in his way... creatively, of course.

Leading this sensational cast is Kana'i Kalama as the ambitious and endearing Monty Navarro, whose charm and desperation keep the audience guessing. Jack Fidler delivers a tour-de-force performance as Lord Asquith D'Ysquith and eight other hilariously doomed members of the D'Ysquith clan—each more outrageous than the last. Payton Rose sparkles as the beautiful and cunning Sibella, while Duckie Linares brings elegance and heart to the role of the sweet-natured Phoebe. Rounding out the central characters is Tea Hanks as the mysterious and meddling Miss Shingle, who sets the deadly plot in motion.

The production is further elevated by a vibrant and versatile ensemble featuring Jeremy Drew, Arron Grosser, Mathis Sauvageau, Amanda Lalliss, Ashley Forney, and Lucinda Otto—each contributing dynamic energy and exceptional talent to this laugh-out-loud musical adventure.

The production is directed and produced by LTC founders, Peggy and Paul Schechter,

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Neighborhood Watch

BY TERESA TANIN

Lincoln Hills depends on its resident volunteers. Without them, services would not be the same. Neighborhood Watch is a great place to start if a resident has ever considered volunteering. Working with local law enforcement, Neighborhood Watch continues to promote community safety and security and would benefit from new volunteers willing to help. Special events, in collaboration with our local police, fire, and DA's office, are presented throughout the year. These events help residents understand and assist in helping to prevent potential personal, property, and financial loss. Updates regarding scams, driving issues, and personal safety are just a few areas addressed during these events. Moreover, direct question and answer sessions are offered. Check the home page of the NW website sclhwatch.org for the "NW Calendar" where upcoming events are listed. Make plans to attend one or more of these events. You'll be glad you did. All residents are welcome. The next Neighborhood Watch Volunteer Training Session will be held September 19, in the Orchard Creek Fine Arts Room, 1:30



NEIGHBORHOOD WATCH MARK YOUR CALENDAR!

POTLUCK EVENT NNO "KICKOFF"

August 16, 6 PM to 8 PM
Multipurpose Rooms/Kitchen (KS)

TRAINING EVENT

September 19, 1:30 PM check-in
Fine Arts Room (OC)

IT'S THE LIFESTYLE EVENT

September 30, 10 AM to 1:00 PM
Kilaga Springs Lodge

Questions? Email executivedirector@sclhwatch.org

check-in time. To reserve your seat please email executiveassistant@sclhwatch.org. Again, all residents are welcome to attend. New Mailbox Captains benefit from these training sessions receiving helpful tips for gathering confidential contact information from new residents: who should be contacted in an emergency; do they have a "Vial of Life" in their refrigerator door; does their neighbor have a key, and more. This information could save

precious time in an emergency in neighbors knowing neighbors. This is all included in the training process, which starts in learning and supporting the Neighborhood Watch Mission Statement: Strengthen neighborhood ties; Increase personal safety and security awareness; Be the "eyes and ears" of the Lincoln Police and Fire Departments; and Encourage emergency preparedness. Following this mission statement, results in a safer community. Be that neighbor that watches & reports. Do not hesitate calling the non-emergency number for the Lincoln Police, 916-645-4040, even if you are not sure the incident warrants the call; the police will make that determination. Always call 911, however, in an emergency. Be sure to attend the upcoming NNO "Kickoff" potluck, August 16, 6:00 to 8:00 PM, Multipurpose Rooms (KS). Email NNOCoordinator@sclhwatch.org to RSVP. Attendees will learn the many ideas they can plan their own get-togethers for National Night Out, celebrated throughout the day. Safety and security updates will be presented as well.

Thank you, Lincoln Hills Foundation, for continuing to support our safety and security efforts. We are all safer, as we continue to attend safety and security events. Mark your calendar for the next event!

LH Foundation –

(cont' from page 1)

ballroom and get out of the heat. 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

.....

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.

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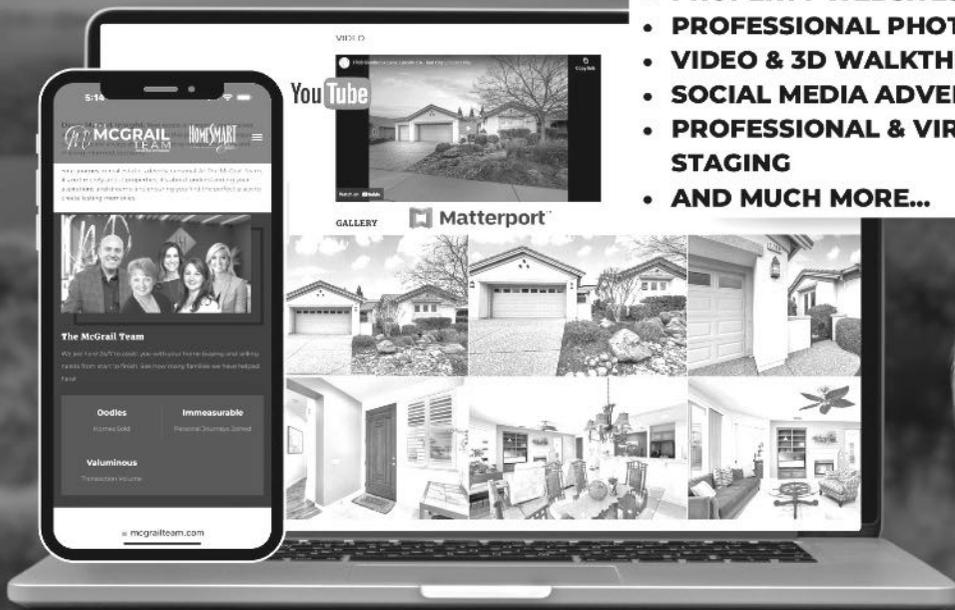
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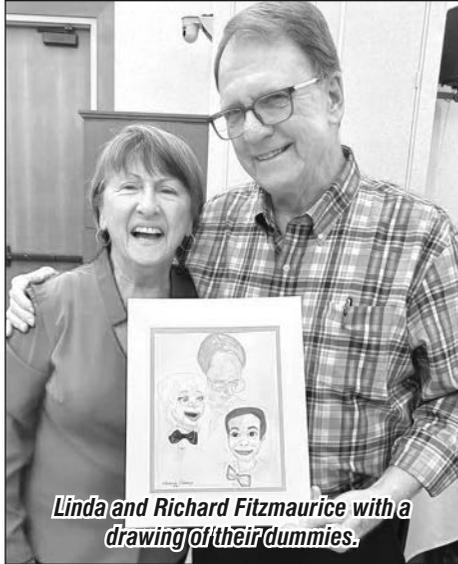
(cont' from page 1)

Her parents developed a thriving wholesale plumbing supply business that afforded her the opportunity to acquire horses when they moved to a community just outside of Watsonville. Nine years old at the time, she named her first horse "Happy" which aptly described her feeling when she got him. Over time, she acquired six horses and joined the horse show circuit. The American Horse Show Association awarded Linda 's favorite horse, Sunset Roulette, "Horse of the Year" in 1980 and she amassed many more awards and blue ribbons for showing her horses. "I kept my family from becoming wealthy," she says with a laugh.

Linda graduated from Aptos High in 1978 and then entered Mills College, receiving an internship. Her claim to fame came a few years later as a traffic reporter when Herb Caen, the renown columnist for the San Francisco Chronicle mentioned her hilarious traffic reports of two truck spillages, one of prunes and the other of condoms. Linda quipped, "Between condoms and prunes, they get you coming or going."

When Linda was interning at KCBS, someone gave her a list of all the eligible men in the newsroom. She thought Richard's was "the sexist voice I ever heard." They married in Aptos in 1985 and recently celebrated their 40th wedding anniversary by renewing their vows aboard a ship circling the Hawaiian Islands in a ceremony conducted by the ship's captain. It was a moving experience, made even more memorable when the ship's personnel decorated their room with balloons and hearts everywhere.

After sixteen years in radio, Richard joined Pac Bell as a media relations manager.



Linda and Richard Fitzmaurice with a drawing of their dummies.

When he retired in 2007, he and Linda thought about where they'd retire. They had had two sons during their marriage, Scottie, who has passed away, and Sean, who lives in Meadow Vista with his wife, Kelsey, and family. Because they wanted to be nearer to Sean, they decided to move to Lincoln Hills in 2019.

When Sean was growing up, he was allergic to horses, so showing horses had to go. Soon Linda replaced it with another hobby—showing dogs, in particular, Nova Scotia Duck Tolling Retrievers. Her dog, Maverick, won Best in Breed at Westminster and dogs from her kennel have won numerous Best in Show titles at dog shows around the country. "I did well," she says, modestly, of her pastime success. She is accredited by the American Kennel Club as a dog show judge and still judges shows including the Papillon Specialty in Spokane earlier this year. Some of the dogs she bred actually live in Lincoln Hills with their owners, who are not only clients but Linda's longtime friends.

About moving to Lincoln Hills, Linda is ecstatic. "I absolutely love it." She credits the kindness and generosity of her neighbors in helping see her through a recurring health crisis. Before she got ill, she played golf with the Ladies Golf Club. Richard, too, plays golf every Tuesday with a group his neighbor invited him to join.

In high school, Richard entertained audiences with his dummy, Jerry Mahony, in talent shows, student assemblies, and sports banquets. Today at Lincoln Hills, he uses his newest "figure," DJ O'Donnell, for performances in the annual dance show produced by the Tap Club, the Potpourri group

which entertains at senior living facilities, and the Vaudeville show. For years he has attended ventriloquism conventions featuring Jeff Dunham and other world-famous entertainers. DJ even got his picture taken with Darci Lynn, the America's Got Talent winner of a number of years ago.

Someone reminded him that with all the years of radio and emceeing under his belt, he'd be a natural to join the Players. So, he auditioned for a role in Death by Chocolate and ended up getting a key role. Here's hoping he keeps auditioning because the LH community will definitely benefit from his talent and presence on stage.

Over the years, Richard and Linda have

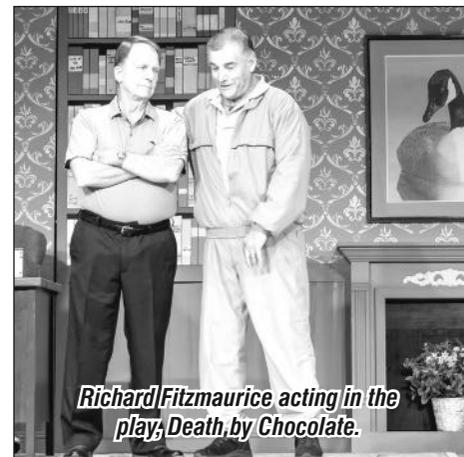


Linda and Richard Fitzmaurice when they renewed their wedding vows in Hawaii last year.

filled with grass that they tossed in front of the processional on its way to Ethel's final resting place. One of the other participants was to recite a lofty passage extolling Ethel's virtues but couldn't quite deliver it. So, he ended his eulogy abruptly, saying, "Fill it with Ethel."

Richard and Linda are wonderful additions to the LH community who have achieved great success in their respective fields. We are grateful for their willingness to share their talents with us and wish them the very best in their retirement years.

Want to share your story — let us know!
E-mail us at: SunSeniorNews@gmail.com



Richard Fitzmaurice acting in the play, Death by Chocolate.

also enjoyed traveling the world. They've been on many cruises, including Hawaii, Alaska and the Mediterranean. Cruising gives them a chance to reminisce about all the fun and unusual things that happened to them. Richard, for example, remembers the time, in the 1970's, when he was working at a radio station that had a plant named Ethel in the control room. (For those of you who are Ray Stevens fans, you'll recall one of the lines from his song, The Streak, talking about "Ethel, you shameless hussy.") When the plant died, he decided she deserved a funeral. The event captured listeners' attention way beyond his expectations. The children of a listener even brought a Radio flyer wagon

Friendly Visitor

BY PAULINE BACCELLI

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

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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SSNLH WRITERS...

Ordinary To Extraordinary

BY JOY S. HUTCHISON

Perhaps this has happened to you. The day starts without much of a plan, and then, out of the blue, you find yourself in a different world! That's what happened to me on my Oregon family visit recently. I was staying at my oldest daughter's home and she asked if I wanted to tag along while she made some stops for an event she was in charge of. "Sure," I replied, as she had only moved to Salem the year before and the area was new to me.

She needed to pick up a few items at a craft store for posters she was making, and on our return to the car I stopped while the young mother in the car parked next to us was trying to buckle in a wiggly tot into the back car seat. She noticed me and apologized for delaying my ability to get into the passenger side of Lori's car, but I assured her that we were in no rush and to just take her time. After the tot was secured, she mentioned that they had just visited the peony farm. Lori's ears perked up, since she hadn't heard of it, and got the scoop on where it was, which was only a few exits north of where we were parked. Since we really didn't have a plan for the day, we decided to check it out!

We traveled through the small town of Brooks and shortly beyond saw a cacophony

of brilliant color dotting the sloping hillside. The sign and driveway led us to a parking area adjacent to paths paved in lush grass that led to a garden with a waterfall, peonies, and a variety of other blooming flora, all marked with identification tags. We oohed and aahed our way to the top of the garden where the barn was located. A vintage farm truck laden with peonies was sitting in front; a perfect backdrop to have a photo taken to memorialize our delightful experience. Inside the open-air barn we discovered a vast array of peonies displayed alphabetically along rows of shelving: Singles, Japanese, Semi-Double, Bomb, Full Double, with names like Angel Cheeks, Blush Queen, Rhapsody, and more. Our heads were swimming! There was also a floral shop where many of the peonies could be purchased, so we picked six stemmed buds of different types and colors to take home with us to enjoy. On top of that, in the well-marked field, my daughter purchased a potted peony plant to add to her ever-growing flower garden.

Our day ended with visions of peonies in our heads. If it had not been for that young mother sharing her experience earlier in the day, we probably wouldn't have discovered this wonderful garden of beauty. With her helpful comments, our day turned from ordinary to extraordinary, with a memory that will last for many years to come.

• • •

Sometimes You Just Need a Fix

BY STU SINGER

I am not a Fixer. A Fixer is a person who sees a problem and then possesses the creativity to find solutions. Like the Wright Brothers who proclaimed, "Why ride a bike when we can invent flight?" or Jonas Salk who tired of worrying about polio and created a vaccine that prevented it. I wish I were that kind of person, but alas I am not. I am, however, the next best thing.

I am a Complainer.

Regular readers know I have railed about toothpaste that will not leave the tube, insincere birthday wishes, disastrous technology updates and a painful loss of vocabulary. As I see it, by constantly harping on what I perceive as wrong in the world, Fixers are presented with a ready-made shopping list of items they can address. My credibility as a productive Complainer is strengthened because I also appreciate positive things. For example, every day 45,000 airplanes carrying 2.9 million passengers perform an aerial ballet which is virtually flawless thanks to a creative and thorough system that is implemented by the hard work of thousands of individuals.

And then there is Amazon. Of course, it is the Evil Empire until one wanders through six different local stores without locating a certain item, then secures it on Amazon and it appears on their doorstep within 24 hours.

Thank you, Evil Empire.

These examples are, unfortunately, only

oases in a desert of constant pandemonium. Over the past month I have encountered two situations which cried out for a great Fixer.

Emergency But No Urgency—

Recently, I had the misfortune of taking two trips to a local Emergency Room. In total they encompassed more than twenty-one hours, little of which involved either doctors or treatment. Let me be clear—I am grateful for the professionals who cared for me during those scary times. They were very empathetic, extremely competent and unflinchingly kind. While those qualities being present in abundance, they did not erase the many frustrations I encountered, especially during the second visit.

That one encompassed more than eight hours, during which I had an IV started (ten minutes), an EKG (ten minutes) and a CT scan (thirty minutes). And how did I spend the other seven-plus hours? They were endured while sitting in a small alcove featuring chairs bolted to the floor that served as a "room" for three patients and their families. My wife and I used our time to do two crossword puzzles on her phone, watch the other patients scrolling on their devices searching for their own time sinks and holding our breath whenever one of them would cough uncontrollably.

Hello, seven of the longest hours of my life.

We watched morning become afternoon then stretched into early evening. We spent

(cont' on page 39)



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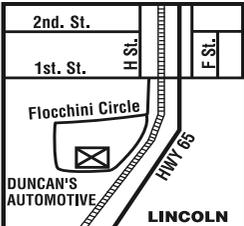
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Letters to the Editors...

Authors are solely responsible for the content of their letters.

Thank you...

Thank you to the members of the community for their generosity and kindness in the wake of a serious car crash last March in Arizona that affected us both.

There are many to thank. Daughter Rachelle and granddaughter Abigail. The nine (9) friends and relatives that traveled at their own expense to oversee Charlene's 23-day hospitalization stay.

The volunteers of the Meal Train Program captained by Kimberly Kroener saw to it that we

had prepared meals. The women of the RANN Club, the SCLH Bocce Ball Babes and to our neighbors and friends who all did the same.

It is gratifying to know that members of the community, friends and neighbors were all there to help in the wake of this emergency. There simply are not enough words that can be written to describe our gratitude.

Bruce and Charlene Decker

...



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Sometimes You Just Need a Fix

(cont' from page 37)

some time discussing potential dinner plans with Chipotles being the unanimous choice. An hour after that momentous decision, a surgeon came by to inform us that he had studied my scan (administered four hours earlier) and said I needed to go on a liquid diet—goodbye burrito bowl, hello broth and apple juice. Then he told us I was good to go. Actually, for some reason it took another hour before we were released from our unique hallway/room. It was the end of a day that made Tee-Ball games feel frenetic in comparison.

Bedlam at the Airport—

Anyone who has made an airport pickup knows what is going to happen. While those 45,000 planes take off and land in an orderly fashion each day, chaos rules outside of every airport terminal. Passenger pickup is a nightmare. Since one can never be sure when their passenger will appear outside one of the doors labeled “Arrivals,” drivers find themselves in a constant state of anxiety. There are four lanes of traffic in front of “Arrivals” but only the one on the far right can stop to pick up individuals. Thus, one must navigate through multiple layers of bumper-to-bumper cars, all of which have the same goal of getting to the elusive arrival lane. And that lane is inhabited by security officers who insist that cars keep moving even though stopping is required to retrieve people and baggage. If your passenger has not appeared one must then navigate back to the far-left lane so they can take a lap around the airport before returning to this madness. All this results in a slow-motion form of near-miss bumper cars. Recently my wife and I completed five of these “loops” while picking up our son at SMF.

How can this task be more difficult than navigating a jumbo jet?

I could go on. That is what a master Complainer does. But for now, I hope some Fixer reading this will find some solutions. When you do, I promise I will find more to grouse about.

We welcome your submissions such as humorous observations and poetry.

Please see page 3 for submissions information.

SUN SENIOR NEWS CLASSIFIEDS

SERVICES

PET SITTING in your home, residential lady who will stay full time with your pet. Call Rita for details 916-280-1506.

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WHEELER CLOCK WORKS. Certified Journeyman Machinist. Repair, Restoration of clocks: Grand father, Antique, Cuckoo. Jim Wheeler 916-303-3459

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IN NEED OF A NOTARY? I am a residential notary who will travel to your home. Fast service! Please call 916-280-1506 Rita Anderson commission #2467206

TIMESHARE CANCELLATION EXPERTS. Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 855-946-0763.

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SHERWOOD SCUBA Regulator Set + OCEANIC Dive Computer. \$350. 916-209-3402.

HEXAGON GLASS PICNIC table with lazy susan in the middle of the table. Call 916-899-9500.

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EZGO GOLF CART with enclosure. Runs great. Well maintained. Just serviced. \$1800 949-632-5470.

BEAUTIFUL SOHMER & CO MAPLE WOOD UPRIGHT PIANO with matching bench. \$1400 cash. 916-215-9882.

WANTED

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

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

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

COLLECTOR WILL PAY CASH FOR MILITARY ITEMS & COLLECTIBLES. I will pay cash for military and vintage collectibles. Helmets, maps, knives and bayonets, old west items, vintage military photos, model trains, unbuilt plastic models, old documents and more. Contact George 916-768-4694.

ANNOUNCEMENTS

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

RETIRED LAW ENFORCEMENT OFFICERS: You are invited to join us for our quarterly meetings for some camaraderie, coffee and terrific guest speakers. We were formed in 2002 and have approximately 120 members. Please contact Chuck Schmidt, the RLEO Group coordinator at: 530cms@gmail.com

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 cataract_2000@yahoo.com

SUN CITY REAL ESTATE UPDATE

The market in Sun City Lincoln Hills remains healthy, while regionally we hit our peak price wise in April, earlier than normal. With 64 active listings and 20 going under contract in the past 30 days (as of 7/11/25), there is slightly above a 3 month supply of homes. Traditionally that would be considered a market in equilibrium, neither buyer nor seller having an advantage, (although AI will tell you 4-6 months supply, I say pishaw), but to get there we saw a lot of price reductions. Incentives from new home builder in over 55 communities have increased so there is a draw to that product. Updated move in condition homes still sell quicker and at a premium.



WRITTEN BY
GEORGE BROWN
gbrown@thompson-brown.com

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

**FREE ADS — INCLUDE:

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

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

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

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

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

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

BUSINESS ADS:

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

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

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

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

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

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

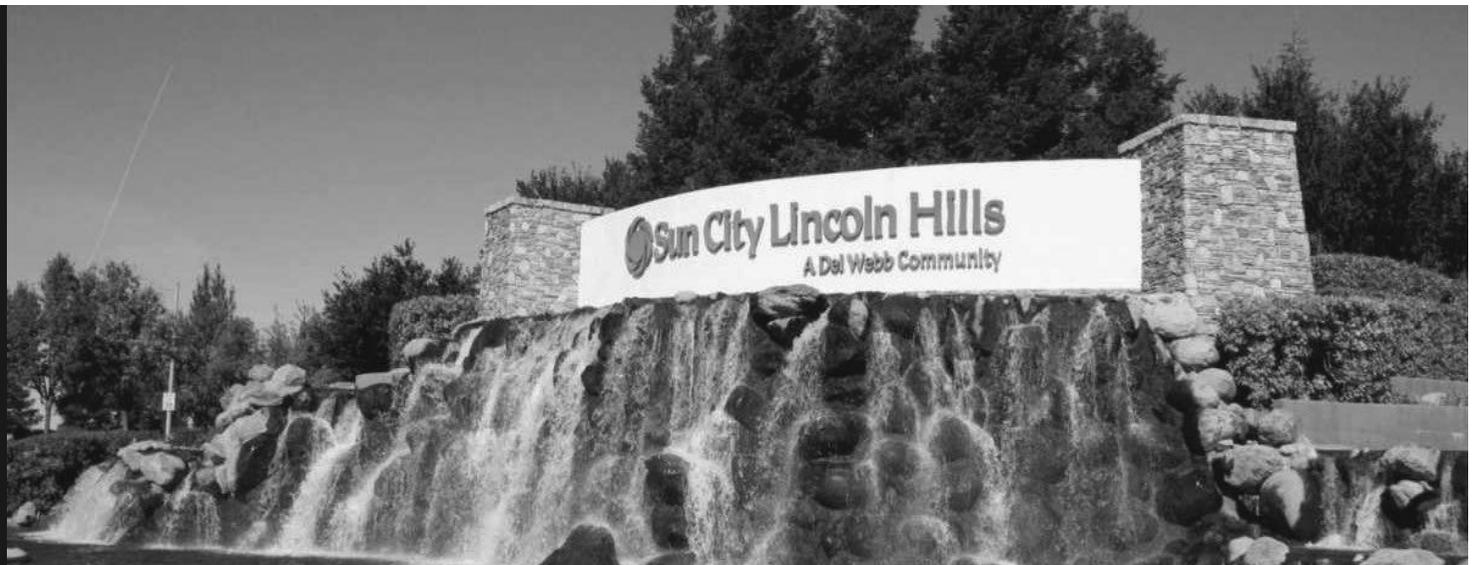


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As Broker and Owner of Thompson+Brown I have worked with thousands of sellers to achieve their goals. This year marks my 40th year in Real Estate. I have seen every market condition and I use that vast experience to make the sales process easier for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



George Brown

RECENT SALES IN LINCOLN HILLS

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

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