

SUN SENIOR NEWS

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Krev and Pat Jednorozec — Enjoying the Reunion of a Lifetime

BY JENNIFER (JEN) MARTIN

Many American adoptees, more than five million strong, have spent a long time wondering about their biological family. A recent study found that feeling loved by the adoptive mother was predictive of whether or not an adoptee would search for their birth parents. That's the case with one of our SCR residents, Krev Jednorozec.

In 1946, in the aftermath of World War II, Krev was born in Ludwigsburg to a single mother, Erica Bock, who was deported from Czechoslovakia to the American Zone of what would become West Germany. She was among an estimated 3.6 million "ethnic Germans" who were deported as a consequence of the Potsdam Conference where it was decided that the behavior of ethnic Germans had been a major cause of the war and subsequent destruction. Eighty percent of the refugees were relocated to converted military barracks.

Erica and Krev lived in the barracks until his mother received permission to



Krev and Pat Jednorozec

transfer to a larger settlement in Heidelberg. Unfortunately, the two got separated along the way and Krev, after a couple of months and a medical stay (Krev suffered from malnutrition which subsequently affected his hearing and

sight), arrived alone back in Ludwigsburg. He spent the next five years there until the Catholic Relief Organization and the International Rescue Committee sent him, other orphans, and emigrants, to the United States aboard the merchant ship, General Taylor, arriving in New York in August of 1952.

From New York, Krev was sent to California to a turkey farm located in Goshen, California to be adopted by the Schneider family. That plan got derailed when the Schneider marriage fell apart and since California law, at that time, dictated that children could only be adopted by a couple, Krev was returned to the Catholic church to be sent back to Germany. Through the church staff, a couple fell in love with him and ultimately proceeded to adopt him.

A problem arose four months into the adoption proceedings when his adopted father died in his arms. His father had swallowed a
(cont' on page 25)

SCR Foundation 2025

BY ELIZABETH JARRETT — SCR Foundation Board Member

As we get ready to embark on the last quarter of 2025 we have mixed emotions. The third quarter of the year brought about some great projects that the Foundation has funded. Shade sails for the pool area, another AED for away sports games and a Portable Stage. Del Oro Caregiver Relief and Meals on Wheels have been up and running smoothly. Home Maintenance still remains our flagship project.

Fall brings changes in the weather as well as changes to the Foundation Board. We would like to thank three of the outgoing Board Members, Doug Smoot, Chair and Home Maintenance Director, Elizabeth Gustafson, Assistant Treasurer and Steve Butkovich, Website Development for the contributions they have given the Foundation over the last six years. We wish you all the best in your next endeavors. They will be sorely missed. On that note, we'd like to welcome two new board members, Judy Webster and Jack Porter as well as Kathi Stropkai, is moving into the Foundation Chair position.

The big Fundraiser of the year is coming up. Mark your Calendar. Whack a Ball or Ride a Horse! October 16, 2025 Join us for an evening of Night Golf or Horse Racing at Sierra Pines. Dinner served at 5:30 pm. Night Golf or Horse Racing 6:30, followed by dessert and payouts.

\$75.00/pp ticket prices include: Dinner
(cont' on page 31)

Harmonicoots

BY JOANN STOOKSBERRY

Do you know what happens at Sierra Pines on Saturday, September 6th, at 4:00p.m? The first ever "Old TV Tunes Trivia Show"! Tickets are \$5 and will be sold at September Courier Day and from any Coot. Great prizes to be had and it's BYOB!



Ann Kelly and Jo Ann Stooksberry promoting our show at Courier Day!

Besides our show the biggest news is that after many months of advertising (really begging) for Musical Director/Conductor we finally snagged Paula Scarpelli. She earned her degree in Elementary School Music Education and started teaching on Long Island, New York. She met her husband, a fellow teacher, had children, and then moved to San Rafael, Ca. She has always been involved in her church choir and continued on when they moved to Roseville. After losing their church choir director, she took over for several years. Currently she is starting her third year as co-president of the Sun City Singers. She said she

was very excited to be asked (really begged!) to conduct the Harmonicoots. We all looking forward to making beautiful music together!

You are all invited to check us out at the Pines on Thursdays from 1-3 p.m. No experience necessary!

Another date to put on your calendar is Thursday, October 2nd in the Timbers lobby. We will be playing our Octoberfest songs - so come over and watch us play Roll out the Barrel - We'll have a Barrel of fun!

Harps Up!

...

Sun City Singers

BY JACKIE PROETT

It's September and the white-hot sun turns to gold. The Dog Days are dragged off into the sunset, barking all the way. We can't complain too much about the naughty puppies, because the Delta Breeze helped fashion a mild summer. Those growlers only snarled in August. And now, good days are ahead. We have Labor Day and the first day of Autumn on our calendar.

On August 4 a Board meeting was led by Co-Pres., Paula Scarpelli, at the home of Co-Pres., Elizabeth Gustafson. Those ladies mixed business and goodies in a mélange paired with Peach Spritzers. Yes! Business was accomplished. The Officers and Committee Chairs are ready to go!

The Singers favorite date Was August 12, the day we trooped back to rehearsals, like kids trooping back to school. Our favorite
(cont' on page 5)

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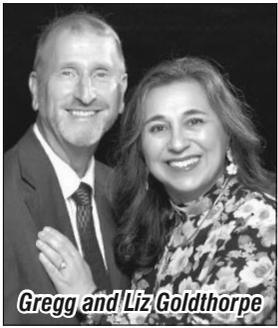
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Senior Health and Resource Fair

The 3rd Annual Senior Health and Resource Fair will be held at McBean Park Pavillon, 65 McBean Parkway, Lincoln on September 25, 2025 from 10am-1pm. The fair is the result of the City of Lincoln and Seniors First of Placer County joining forces. This is the third year for the event and it continues to grow with over 300 people visiting last year and is expected to continue to grow this year.

The event will showcase professionals from all medical areas including Walgreen's, Kaiser Permanente, UC Davis, hospice, long term care facilities, board and care facilities, home health assistance, urgent care, veteran services, Medicare services, funeral services and more. In addition to medical information vendors will be there to help with financial planning, trust and will preparation, home maintenance services. Visitors will have the opportunity to get free blood pressure readings, an eye glass station provided by Kaiser, free

flu vaccinations for UNINSURED seniors provided by Walgreen's and to participate in a chair yoga session.

Food trucks will be available to purchase food as well as complimentary coffee, water and cookies.

This event is not only relevant for seniors but is also a great resource for adult children that may have to make life decisions for their parents in the future. The goal is to try and ensure that seniors and their families have all the resource information possible to make well informed decisions for their loved ones. Admission is FREE. Sponsors of the Fair are UC Davis, Kaiser Permanente, Lincoln Community Foundation, Dignity Memorial, Concierge Fiduciary, Robertson Law Firm and Daycation

For more information, please contact Kris Wyatt, 916-768-3803 or Harriet Garland, 916-543-0541

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

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

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Sun City Singers

(cont' from page 1)

“teacher,” Paul Melkonian, was on hand to welcome us back and put us through our paces. The summer “croaks” loosened up after awhile and music emerged, Yippee!

Our first Christmas present was our package of Christmas music. Everything was there. Some old favorites, some new carols, some thoughtful pieces and some Santa shenanigans. We probably already have Santa in place! Christmas music and the AC are sure to cool us down. Hope you brought a sweater, just in case.

It was great seeing old friends again and having new people sign up. We always need more members. You do not have to audition and you can visit three times before joining. We meet every Monday, in the back of the Ballroom at 2:30pm. We have a place saved for you. Remember, it's September and these Precious days we'll spend with you.

• • •

Music and Laughter

BY JANE BOHN

Whoa, we had to add chairs again! Goodness we are ever grateful for the entertainers and audience who continue to support this fun “Music and Laughter” group. We started the show per usual with “happy birthday” to all those born in that month followed by our talented neighbors here in Sun City. The entertainers included singer guitarist Charlie Kidd, humorist Jack McGurk, a cappella singer Linda Kosut, pianist Jan Given, violinist Joe Given, singer guitarist Ken Roberts and Al Nichols, a cappella singer Peggy Wells, jokester Ed Lick, and harmonica player/singer Joe Lopez.

Our Prize winners included Sharon Bryant, John Demarco, Joe Lopez, Keith Simmons, Raymond Putella, and Sandy Norquist.

Heartfelt thanks to all our supportive attendees, our entertainers and our helpers including Carolyn Winter, Jill Aggersbury, Arlette Bennett, Pam Moll, Doug Hull and Dwight Rose.

Ask around about this group, bring your \$1 donation for the raffle and join us at our next gathering Wednesday evening September 10, at 7pm (doors open at 6:30) at our Sierra

Pines Lodge located on the corner of Del Webb Blvd., and Whistlestop way.

• • •

Drama Club

BY LENORA DAVIS

If you saw one of our August 10 and 11 performances, I am hoping that you thought they were as fabulous as we did. But, if you missed this show, don't despair—we are already planning our next performance. It is planned for the Spring, to be performed at Sierra Pines, exact date yet to be determined.



Pam Wingo and Bonnie Osborne



Marlene Grens, Karen Cobb and Bob Jorgenson

We have taken a few weeks off to relax and reward our members for all of the hard work they put into this recent show. It takes a lot of people to provide acting, directing, back-stage work, sound and light management, front of house work and ticket sales. We really appreciate what each and everyone contributes to every production.

Looking into spring, we will be moving forward with new ideas for sketches and other

Club activities. This may include team building exercises and review of basic information and expectations that our newer members may not be familiar with. We see that new members are interested in both acting and behind the scenes activity, and all of these require skill sets that are vital to our success.

We also want to express our thanks to the residents of Sun City for their continued support since we formed this Club three years ago. It has been an adventure for us!

If you may be interested in joining our Club, now is the perfect time to drop in—before rehearsals begin. See our website (Second Act Studio Drama Club on the resident web) for more information and photos of our past performances and some of the fun we have. Or you may contact Susan Glover (530-388-6367) or Lenora Davis (707-350-1357).

• • •

Dance Club

BY VIKKI CLARK

On Sunday, July 28th, the Sun City Dance Club presented its highly anticipated All Classes Showcase, a celebration of dance, community, and creativity. With 195 enthusiastic attendees filling the ballroom, the energy was electric as every dance class took the spotlight.

Each group performed a short routine to demonstrate what they've been learning—giving the audience a taste of the variety and fun offered through the club's many classes. Performances included energetic tap numbers, jazzy moves, country couples dancing, and line

dance routines from beginner to advanced. It was an inspiring evening that highlighted the talent, dedication, and joy of the dancers and instructors alike.

A special thanks goes out to the instructors, performers, and volunteers who made this event such a success. The Showcase not only entertained but also encouraged new sign-ups, with many guests expressing interest in joining a class.

In August, the club hosted Island Nights, a fun-filled evening where attendees wore festive Hawaiian attire and danced the night away. The ballroom was filled with tropical vibes, colorful outfits, and plenty of aloha spirit.

Looking ahead, the fun continues! On September 15th, the Line Dance 1 Social invites dancers of all levels to hit the floor. Tickets are on sale now, so don't miss this chance to join in.

Then mark your calendar for October 27th for Drink, Dance, and Be Scary! This Halloween-themed dance will feature live music from the band Four Barrel. Attendees are encouraged to wear costumes, and tickets are just \$15. For a sneak peek of the band's style, check out the YouTube link on the event posters around campus.

The Sun City Dance Club continues to offer fun, fitness, and friendship for all. Whether you're performing, socializing, or just enjoying the show, there's always a reason to dance!

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(more Club News cont' on page 7)



Dance Club — Country Couples



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SC Squares

BY KRIS KNUTSON

As the August sun warms up people in Lincoln are traveling. I have a friend going to Amsterdam soon, other friends just returned from a great time in British Columbia. My wife and I will be headed to Sun River Oregon in a month. As square dancers we speak the language of Square Dance (50-150 calls). More often than not, there is a Square Dance Club near where we are traveling. There are more than 9,000 clubs worldwide. All clubs are called in English. Square Dance is in many countries including most of Europe, Japan, and Australia.



Square dancing Monday afternoons.

I highly recommend visiting a new club when traveling out of state or out of country. You may be treated like the favorite cousin who hasn't been seen for a while or a new town celebrity. Regardless, it's a great opportunity to have fun dancing with new friends and gain local knowledge of the area you're visiting. Learning to square dance opens up a whole new world of fun and friendship, wherever you travel.

Lincoln Hills Sun City Squares welcomes all to square dancing.

We meet Monday afternoons: 12:15-1:00 Beginner session, 1:00-3:00 Mainstream and Plus Levels. Tuesdays 3:00-5:00 PM for Advanced Dancing. Round dancing Thursdays 1:00-3:00 PM.

All dancing is at Kilaga Springs
1167 Sun City Blvd, Lincoln.

For more information about Lincoln Hills Sun City Squares visit selhsquares.weebly.com

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Creative Arts Club

BY CAROL KOVACH
BRIDGET WHITAKER

If it's the fourth Sunday of the month, the Creative Arts Club may well be offering a chance for members to learn something new. In July, long-time member, Pam Jacobson, shared some experimental glazing techniques she had been playing with, and members were lined up eager to learn. Pam demonstrated applying a thin layer of colored glaze all over the entire piece, letting it dry completely, and then using a variety of methods to add a second or third color to give an interesting effect.

Five second color application techniques were explored and nothing is off limits. The smearing method used a piece of a plant—preferably that has 'draggable' texture—to introduce the second color, creating an abstract effect. Other methods involved adding color using a small stencil or using a feather to add areas of color contrast. Or better yet, dragging a chain through two added colors to create an interesting peacock effect. And then lastly, creating a small bubble out of a plastic bag (because no balloon was available!) to blob random amounts of contrasting color.

Needless to say, it was a blast and members were eager to start incorporating it into their work!



Pam Jacobson conducting glaze class.

As follow-up to the large donation, we received several months ago of ready-to-glaze pieces of ceramics; the inventory has been carefully unpacked and is available for purchase! These spanned a wide range of subjects in a broad range of sizes. They can be finished with ceramic glaze or acrylic paint

(which doesn't require firing). The ceramic group meets on Tuesdays from 9am-11:30am. Stop in and check it out.

Check the notice board at the back of the creative arts studio for other classes. You will be amazed at the wonderful opportunities available in all the creative arts disciplines.

• • •

Fine Arts Club

BY NANCY VAVULN

This month, our Fine Arts room is beautifully adorned with an inspiring display of still life and black and white artwork created by our talented club artists. Be sure to check out the "Teachers' Wall" at the back featuring innovative pieces from Donna Self's acrylic classes.

Mark your calendars for September 11, when we welcome Diane Pargament, an acclaimed Plein Air artist, to our general meeting. Diane will share her techniques and tips, offering valuable insights for artists at all levels.

We'd like to extend our heartfelt congratulations to Nancy Woody for being named July's Member of the Month in the Rocklin Fine Arts Newsletter. In addition to this honor, Nancy's poetry will be published in the Monterrey Poetry Review—an impressive accomplishment! A round of applause is also in order for Barbara Kemp, whose artwork is featured in an impressive article in the Fall edition of Watercolor Artists Magazine

Looking ahead, October will be a notable month for "Brushstrokes Across Time," a special event to honor our long-standing members who have been with us for fifteen years or more. Their impressive works will be displayed on the Fine Arts room Gallery Walls throughout the month, and we invite family, friends, and art-lovers to a reception on October 3 from 5:00-7:00 to celebrate their contributions.

We encourage members to browse the room, sign up, and pay for our upcoming classes. This September, we offer morning and afternoon acrylics on Mondays, colored pencils on Tuesday mornings, watercolor on Tuesday afternoons, oils on Thursday mornings, Drawing on the Right Side of the Brain on Friday mornings, and all-level drawing on Friday afternoons. Marie Winkler will also present a Saturday workshop on adapting

photos to use as references for painting. We look forward to another creative month ahead!

• • •

SCR Needle Arts Club

BY PEGGY VOAKES

We began our new year with an action-packed August meeting. We have some changes to the table arrangements at our General Meetings, one of which is a table for some of our various charity groups to provide packets for donation quilts/pillowcases and Dress-a-Girl dresses, as well as for you to drop off completed items. Table will be located on the inside hallway wall of the Ballroom.

We had a lively program from Linda Wagner on using and choosing color fearlessly. Linda provided us with a wonderful display of some of her quilts, as well. I love color presentations, as they apply to so many of our interests – including getting dressed!

We have again been graced with so many donations that we will be hosting another Back Table Bonanza at our October meeting. Be sure to come early to allow yourself enough time to "shop." (New members – all items are free for the taking!) If you are bringing items for the back table to any general meeting, bring them well before 1:00 to give Chris MacAdams and her crew time to display them. You can even call Chris ahead and let her know! We also ask that you don't leave donated items in the Needle Arts Room. The Back Table Challenge will again be part of November Show & Tell.

If you haven't yet had a chance to pay your annual \$15.00 dues, you may leave your check in the Membership envelope on the counter in the Needle Arts Room or bring to the Membership Table at our General Meetings. New members, please complete an application form, including your SCR Activities number, available in the NAR envelope.

I look forward to seeing you at our September 3 General meeting, 1:30 in the Ballroom!

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(more Club News cont' on page 11)

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Executive Director Comments

BY GEOFFREY BROWNE

Congratulation to the new Board of Directors, who were elected on July 15th and who were installed by City of Roseville Mayor Krista Bernasconi on August 7th at the Annual Members Meeting. While we said goodbye to two Directors, our first graduates of the Leadership Academy, we also said welcome to a pair of veteran volunteers.

As always at this time of year, as I prepare to help the new Board set goals and prepare for the next 12 months at their Annual Retreat, I find myself thinking about setting ourselves up for success in the coming years.

During our 8-hour workshop in August, we will have reviewed up-to-date information about Sun City Roseville, familiarize ourselves with community-specific information that everyone serving at SCR needs to know (Bylaws, Policies and Procedures, Organizational Goals, etc.) and discuss our roles and how we all fit into the Association support structure that is our main responsibility to our members. We've put together a comprehensive, well-organized, and interesting agenda that serves as the basis for our discussions and puts a framework around our organization as a whole.

We have come a long way in the last (almost) three years. As I write this, we are about to dig into the third Retreat since I became Executive Director. Perhaps oddly, I am looking forward to it with more enthusiasm than ever. What once was a loose agenda of

reviewing the general policies, signing a few ethics documents, and assigning committee roles and newsletter articles has become a professional and meaningful workshop that encourages input and participation from the entire Board, from first-time leaders to veteran volunteers.

It has always been a primary goal of mine to ensure the responsible turnover of leadership in any organization I've worked for. It is imperative to carry on the progress the Association has made over the last few years by establishing a succession plan for leadership. As I mentioned last year, in many ways it is like running a professional sports team – take young players (new members), expose them to knowledgeable and committed coaches (veteran members and committee members, and our vaunted Leadership Academy), develop their skills and talents (get them on as a volunteer, preferably on a committee), encourage them to take the lead on projects (committee chairpersons) and help them become leaders in their own right (directors). Again, this year, there will be a majority of 4 of our 7 Directors who are graduates of our Leadership Academy!

I really feel like we are on track to continue the excellence in leadership upon which our community has depended throughout its history. We have a great variety of skill and experience, diversity and focus at the

leadership level in the community, as well as top-notch professional management to execute on a day-to-day basis. Every event I attend I see new faces eager to get involved and familiar friends that have already served for years, and may again in the future. Our community is changing each year and our future is looking more and more secure. Come join us – I can promise that being part of something larger than yourself is well worth it.

Daniel - *An Inside Job*; Thor, Brad - *Edge of Honor*; Ware, Ruth - *The Woman in Suite 11*; Wiggs, Susan - *Wayward Girls*; Woolsoncroft, Daphne - *Night Watcher*.

Non-Fiction: Gilliland, Haley Cohen - *A Flower Traveled in My Blood* (History); Elmhirst, Sophie - *A Marriage at Sea* (Memoir).

Large Print: Center, Katherine - *The Love Haters*; Erlick, Nikki - *Poppy Fields*; Giannone, Francesca - *The Letter Carrier*; Lapena, Shari - *She Didn't See It Coming*; MacLean, Sarah - *These Summer Storms*; Patterson, James - *The First Gentleman*; Patterson, James - *The Hamptons Lawyer*; Preston & Childs - *Bad Lands*; Roberts, Nora - *Hidden Nature*; Scottoline, Lisa - *The Unraveling of Julia*; Silva, Daniel - *An Inside Job*.

SCR Library News

BY ELIZABETH GUSTAFSON

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

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

Please be sure to check out the hard cover, large print and soft cover books you take from the library and note that we ask that you return them in three weeks.

New Books – Fiction: Berry, Steve - *The List*; Erlick, Nikki - *The Poppy Fields*; Holsinger, Bruce - *Culpability*; Lapena, Shari - *She Didn't See It Coming*; Newman, Catherine - *Sandwich*; Patterson, James - *The Hamptons Lawyer*; Rothschild, Loretta - *Finding Grace*; Scottoline, Lisa - *The Unraveling of Julia*; Silva,

Attn: 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

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Ambassador Committee

BY DAWN HASKIN

September means that fall is right around the corner! We all anticipate some cooler weather and maybe even a little rain. Typically, we will have at least another week of warmer temperatures before we can expect cooler temperatures. Let's be honest – this summer was not nearly as hot as some of our previous ones!

September also means that new committee members are about to assume their positions while others term out. The Ambassador Committee is pleased to announce that Rebecca "Becca" Dungan will be joining us as we say goodbye to Jo Anne Gregson. A big thank you to Jo Anne for her years of service on the committee. And a hearty welcome to Becca who is so excited to become an official ambassador! With a background as an airline attendant, she has lots of experience in hospitality!

Our committee also rotates responsibilities each year. This year, Mary Porter will be stepping up as our new chair. She has selected Dawn Haskin to be her co-chair. They look forward to leading this wonderful group for this next year.

The final New Resident Orientation for the year will be held on September 27, 2025. New Residents will be contacted and given the details. The team working on this event has been working hard to ensure another spectacular time for our newest residents.

Charter Club Committee

BY FRANK TOM

As an update to the August article, the Club-Group Review Committee (CGRC - Board's sub-committee) along with representatives from the CCC (advisory capacity) have identified common threads that weaves through the Clubs' feedback to the CGRC in two critical areas of interest: (1) simplify the language in the Club/Group Guidelines, (2) provide flexibility in the Guidelines to accommodate the interests and needs of Clubs and Groups as a result of a shift in our Association's demographics.

For example, fewer Clubs and Groups are able to get enough volunteers to serve as officers or council members. As such, the CGRC with support from the CCC has recommended the following: Clubs must elect at least three officers to the Council. Additional Council Members may be appointed by the Officers to assist the Council.

There are other similar changes to the language in the Guidelines that will afford flexibility to the Clubs. The Governing Documents Group has reviewed the proposed changes to the Guidelines with very few changes. The Guidelines have been sent to the Association's Attorney for his review. Thereafter, the CGRC and CCC representatives will meet to draft language for a Board resolution to address the changes to the Guidelines. It is anticipated that a Resolution to approve the changes to the Guidelines will be ready for the October Board Meeting for

the first of two or three readings if needed.

Please note that the CCC has appointed three new committee members: Maria Woodbury, Judy Bickell, and Bridget Whitaker. A big thanks to Bob Beckenhauer, Diana Combs, and John Woodbury who completed their term of service. Additionally, a big thanks to Carol Quayle for volunteering to serve a second term, and to Patrick Maglione for serving as an Advisor to the CCC as it pertains to changes to the Club and Group Guidelines.

Sunshine Services

BY LINDA CILENTI

We would like to express our sincere gratitude to everyone who joined us for the "Successful Aging: It Takes a Plan" speaker event in August. We hope you discovered helpful insights on developing a thoughtful care plan using the community resources at your disposal. We're excited to share that our next speaker event is scheduled for November 19, and we will announce the topic and speaker soon. Keep an eye out for updates in the October Courier, and at the Sunshine Services table during Courier Days.

This month we will highlight special services provided by the City of Roseville and the United States Postal Service.

City of Roseville – Solid Waste Assistance Program: If you are physically unable to place your garbage and green waste containers at the curb for collection, you may request that the

driver retrieve the cans from your driveway, roll them out for service and return them to their original location in your driveway. Call 1-916-774-5302 for this service. Let them know you are inquiring about the Solid Waste Assistance Program.

United State Postal Service – Mail Delivery: To request mail delivery at your door, you need to write a letter requesting this change and attach a statement from your doctor. Send the doctor's statement and your request to the post office that delivers your mail, for approval. For Sun City, address the request letter to Postmaster, U.S. Postal Service, Roseville, CA 95747.

As we get ready for the upcoming year, we would appreciate hearing your thoughts to ensure we continue serving you effectively. Please don't hesitate to share any suggestions for speakers, services, or resources by emailing us at sunshineserviceslcc@gmail.com

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Truewood by Merrill, Roseville, along with The Pines, A Merrill Gardens Community, are hosting an event at Sun City Roseville. Enjoy a breakfast buffet and get all your senior living questions answered.

Let's Talk Senior Living: What's Next for You?

Thursday, September 18 from 9:00 to 10:30 am

Sun City Roseville Community, Solarium Dining Room. 7050 Del Webb Blvd, Roseville, CA 95747

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1275 Pleasant Grove Blvd, Roseville, CA 95747

916.745.6238 • merrillgardensthepines.com
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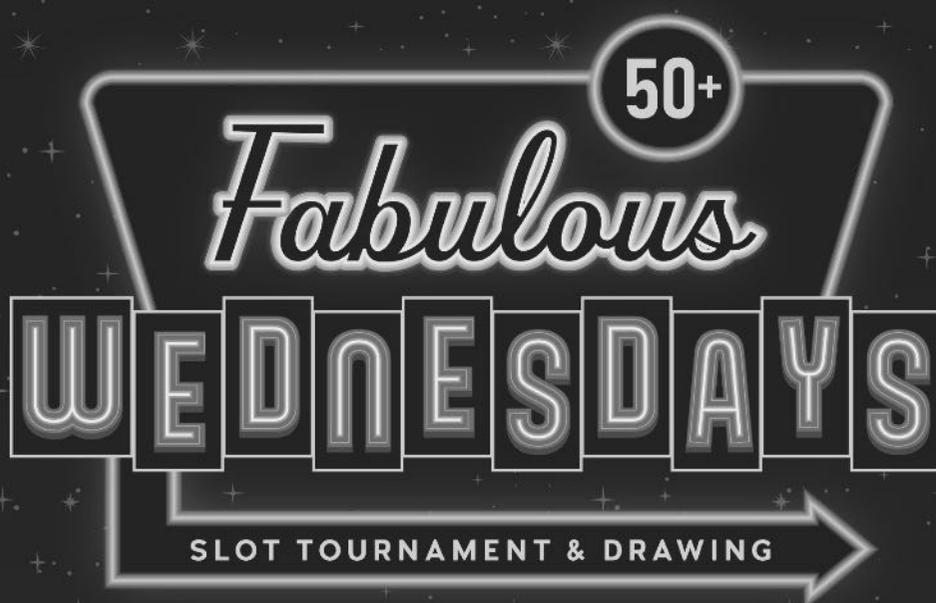
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Roseville Stamp Club

BY TIM MILES

Our meetings are held at the Sun City Roseville Lodge (7050 Del Webb Blvd) at 6:30 pm and usually run about 2 hrs or so. We have presentations, door prizes,

assorted giveaways and, of course, access to anything in the hobby at markedly reduced cost. Members have access to albums, pages, protectors, or whatever from the club's largesse. We also have a complete set of catalogs handy for reference. It is best that you make a list of your needs and bring it to a meeting. We are one of the oldest clubs in No Calif and are always helping "club startups" somewhere. Meeting dates are Sept 9 and 23, Oct 14 and 28, and tentatively, Nov 11 and 25 (because of Thanksgiving).

Al Capparelli (916-771-8288) has, from time to time, what we call "open garages" which are sessions at his garage where you can specifically address any special needs. These are set for Sept 18 and 19 and Oct 23 and 24. Call first and set up an appointment. Times are set from 10 am to 4 pm.

Our Secretary, Lee Coen, (leejcoen@gmail.com), should be given your email address as he has the timeliest announcements and does a great job of notifying us as to coming events.

Look for upcoming announcements on the Sacopex Stamp Show. It is scheduled for Nov 1st and 2nd and the location will be in next month's column. It runs a weekend and has dealers, used items, albums and collections for sale, etc.

Also, we have an open invitation to anybody who wants a current appraisal of an "old" collection to attend a meeting, and we'll give you a "current" value of the collection.

• • •

Travel Club

BY PAM SCHEEL-HEMINGWAY

Hope you made it "Around the World in 80 Days" at the Summer Social. Lorraine Welk and her team were sure to produce another hit, with Italian, Asian and Mexican entrée stations. What a feast! Up next, the Holiday Party on December 7. Stay tuned!

Trips now available for booking for Travel Club members include:

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

Branson Holiday Spectacular: November

4-10 (Collette)
European Christmas Markets: December

4-11 (Collette)
Southern Italy, including Sicily: February 27-March 11, 2026 (Collette)

Ultimate Australia: March 8-26, 2026 (OAT)

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

Japan's Cultural Treasures: April 17-May 1, 2026 (OAT)

Chicago and Mackinac Island: May 4-12, 2026 (Collette)

Canadian Rockies and Glacier NP: June 21-27, 2026 (Collette)

Great Rivers of Europe: August 4-19, 2026 (Grand Circle Cruise)

Utah's "Mighty Five" National Parks and the Rockies: August 10-18, 2026 (Collette)

Celebration of America's 250th Anniversary: October 19-27, 2026 (Collette)

Wonders of Thailand: January 14-29, 2027 (small group trip--Collette)

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

The Travel Club meets the 4th Monday of most months at 3:00 pm in the Ballroom. Join us for our next scheduled meeting on Monday September 22. Remember to bring any unwanted travel-related items (in excellent condition) for the "back table" at all of our Ballroom meetings. Donated items are available to all members on a first-come basis, so check the table when you get to the meeting.

• • •

Solo Friends

BY NIKKI COMBS

What has four legs, a flat top, and laughs? Solo Friends are Sun City residents without a partner. Some are new to Sun City, and some are new to being solo, but many know the

answer to the riddle. They know because they are often found around one enjoying company and a little mental challenge. The answer: A game table surrounded by Friends having fun!

Solo Friends host many side groups making it easy to meet new people and form friendships. The various groups meet to play games, discuss books, and current topics.

How many of these games do you know how to play: Canasta, Hand and Foot (the card game not the disease), Kings Corner, Mexican Train, Rummikub, or Scrabble? When was the last time you gathered with friends and played just for fun? Now maybe the time to relearn an old favorite.

If games are not interesting, how about discussing books or life in general? Currently only one of three book clubs is accepting new members. First come, first served. Solo Friends also supports a Men's Group where the guys get to be guys, and the Golden Divas where ladies discuss life from a woman's perspective. Members can find the Activity list and host contact information on the Sun City web page.

But you don't have to join a side group to have fun. Members are treated to a catered dinner followed by entertainment each month. Space is limited and a waiting list is used. For the latest Solo Friends news, attend the monthly General meeting. Our volunteer Council members host a special interest speaker and raffle for free dinners. Please note - due to the holiday, the next General Meeting will be on Monday, September 8 at 6:00 pm in the Timbers ballroom.

• • •

Veterans and Patriots Club

BY SUZETTE AUSTIN

Veterans and Patriots Club meetings are the first Wednesday of each month in the Timber Creek Ballroom at 10 am. At our next meeting on September 3, Richard Steve Johnson, a representative from the Veteran

Services Office of Health and Human Services, will be addressing changes in Veteran benefits and other issues. Their office always has good information and helpful staff. He and his assistants will stay after the meeting to help our Veterans with their their specific questions and issues.

We encourage our members who are veterans to come and invite guests and residents of the community to hear this presentation. We'll have coffee, and doughnuts, as well as raffle prizes from our sponsors.

Save the date for a "Fireside Chat with Wine and Cheese" on October 12. More details are coming soon.

Don Perkins, a Sun City Resident, spoke to us on our August meeting about the origin and cause of home fires and fire safety at home. Don retired as a Captain in the San Jose Fire Department, has a California Fire Investigator's license and has his own company, Fire Cause Analysis.

Veterans and Patriots is one of the largest Chartered Clubs in Sun City, however, we are short on members willing to assume leadership roles. Elizabeth Jarrett and Sandee Drapeau recently stepped up to serve as co-Secretaries. We still need a Vice President. If you are interested, we encourage you to notify a Club officer and to attend one of our Council meetings.



Elizabeth Jarrett and Sandee Drapeau

Our group can provide you with a new American-made flag for a \$30 donation. Bring your old flag into the front lobby area of the Lodge where we have a bin and we'll have it properly destroyed.

• • •

(more Club News cont' on page 15)



Solo Friends - Council members hosting the General Meeting.



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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/	Inside	Ocean-View	Balcony
15 Day HAWAII From SFO! PRINCESS					
Ruby Princess ~ 3080 Passengers	Dec. 01, Dec. 17, 2025 & Jan. 29, Feb. 19, 2026	\$1,398	\$1,473	\$1,998	
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Hilo, Hawaii; Ensenada, Mexico; San Francisco, California. Prices based on Dec 1, 2025. Call for pricing and availability on other dates. *LINCOLN SHUTTLE TO SHIP AVAILABLE!					
11 Day ALASKA From SFO! PRINCESS					
Ruby Princess ~ 3080 Passengers	May 23, Jul. 12, Aug. 11, 2026	\$1,098	\$1,430	\$2,649	
Sail round trip from San Francisco, California to Skagway, Alaska; Juneau, Alaska; Glacier Bay National Park, Alaska; Ketchikan, Alaska; Prince Rupert, BC, Canada; San Francisco, California. Prices based on Sep. 13, 2025. Call for pricing and availability on other dates. *LINCOLN SHUTTLE TO SHIP AVAILABLE!					
11 Day MEXICO From SFO! PRINCESS					
Ruby Princess ~ 3080 Passengers	Sep. 24, Oct. 19, Nov. 15, 2025 & Jan. 18, 2026	\$798	\$898	\$1,148	
Sail round trip from San Francisco, California to Manzanillo, Mexico; Puerto Vallarta, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California. Prices based on Sep. 24, 2025. Call for pricing and availability on other dates. *LINCOLN SHUTTLE TO SHIP AVAILABLE!					
16 Day PANAMA CANAL - PRINCESS					
Island Princess ~ 2000 Passengers	Dec. 7, 2025	\$1,398	\$1,398	\$1,828	
Coral Princess ~ 3080 Passengers	August 31, 2026	\$1,449	\$1,569	\$2,549	
Sail from San Francisco, California to Fort Lauderdale visiting Puerto Vallarta, Mexico; Puerto Quetzal, Mexico; Guatemala; Puntarenas, Costa Rica; Fuerte Amador, Panama; Full Transit of the Panama Canal; Cartagena, Columbia; Fort Lauderdale, Florida. Prices based on Dec. 7, 2025. Call for pricing and availability on other dates. *INCLUDES LINCOLN SHUTTLE TO SHIP & SACRAMENTO AIR RETURN!					
14 Day EASTERN/WESTERN CARIBBEAN - NEW SHIP- PRINCESS					
Sun Princess ~ 4300 Passengers	Dec. 14, Dec. 21, Dec. 28 2025	\$1,808	\$1,998	\$2,618	
Sail from Fort Lauderdale, Florida; Princess Cays, Bahamas; San Juan, Puerto Rico; St. Thomas, Virgin Islands; Ft. Lauderdale, Florida; Grand Cayman, Cayman Islands; Roatan, Honduras; Cozumel, Mexico; to Fort Lauderdale, Florida.					
28 Day LEGENDARY ALASKA ARTIC CIRCLE SOLSTICE - HOLLAND AMERICA					
Noordam~ 1972 Passengers	June 7-2026	\$5,099	\$6,099	\$8,799	
Sail round trip Seattle, Washington; Puget Sound, Washington; Transit the Seymour Narrows, Scenic Cruising Johnstone Strait; Scenic Cruising Bella Bella; Scenic Cruising Grenville Channel; Scenic Cruising Great Bear Rainforest; Ketchikan, Alaska; Sitka, Alaska; Icy Strait Point, Alaska; Cruising Prince William Sound; Valdez, Alaska; College Fjord; Cruising Prince William Sound; Dutch Harbor, Alaska; Nome, Alaska; Crossing the Artic Circle; Kodiak, Alaska; Anchorage, Alaska; Hubbard Glacier; Haines, Alaska; Juneau, Alaska; Tracy Arm; Wrangell, Alaska; Prince Rupert, Canada; to Seattle, Washington.					
19 Day TAHITIAN TREASURES - CELEBRITY CRUISE					
Celebrity Solstice ~ 2852 Passengers	October 2, 2025	\$1,460	\$2,260		
Sail from Honolulu, Hawaii; Papeete, Tahiti; Raiatea, French Polynesia; International Dateline; Tauranga, New Zealand; Auckland, New Zealand; Bay of Islands, New Zealand; to Sydney, Australia.					
28 Day SOLAR ECLIPSE WITH GREENLAND & SCOTLAND - HOLLAND AMERICA					
Nieuw Statendam~ 2667 Passengers	July 25, 2026	\$5,259	\$7,159	\$7,659	
Sail round trip from Rotterdam, Netherlands; Kristiansound, Norway; Eidfjord, Norway; Hardangerfjord; Sandnes, Norway; Seydisfjordur, Iceland; Djupivogur, Iceland; Berufjordur; Akureyri, Iceland; Eyjafjordur; Isafjordur; Iceland; Grundarfjordur, Iceland; Paamiut, Greenland; Nuuk, Greenland; Nanortalik, Greenland; Quqoetoq, Greenland; Heimaey, Iceland; Reykjavik, Iceland; Runavik, Faroe Islands; Stornoway, Scotland; Invergordon, Scotland; Edinburgh, Scotland; Dover, England to Rotterdam, Netherlands.					

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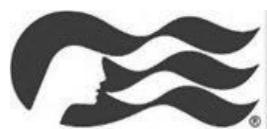
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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean-View Balcony
17 Day KOMODO & AUSTRALIAN COAST Viking Ocean Ship ~ 998 Passengers Package includes Airport Meet-And-Greet with transfers, WIFI, beverages, and an included excursion at each port. 17 day Viking Cruise in balcony accommodations. Sail from Bali, Indonesia; Lombok, Indonesia; Komodo National Park, Indonesia; Darwin, Australia; Thursday Island, Australia; Cairns, Australia; Townsville, Australia; Whitsunday Islands, Australia; Brisbane, Australia; Newcastle, Australia; to Sydney, Australia. Ask about pre and post packages and upgraded accommodations.	Nov. Dec. Jan. Feb. 2025 & 2026	\$6,999
7 Day RICHES OF THE MEKONG Cruise AmaWaterways Longship ~ 124 Passengers Package includes round trip Sacramento airfare, Airport Meet-And-Greet with transfers, WIFI, an included excursion at each port. 7-day AmaWaterways from Siem Reap, Cambodia; Angkor Ban, Cambodia; Oudong, Cambodia; Phnom Penh, Cambodia; Tan Chau, Vietnam, Xeo Quyt, Vietnam; Sa Dec, Vietnam; My Tho, Vietnam; to Ho Chi Minh City, Vietnam. Ask about an upgraded stateroom and airfare!	September - December 2025 & 2026	\$5,098
15 Day JEWELS OF JAPAN & CHINA Viking Ocean Ship ~ 998 Passengers Package includes your home to the Sacramento Airport, Round trip Sacramento Airfare, Airport Meet-And-Greet with transfers, WIFI, an Included Excursion at each port. 15-day Viking River Cruise in balcony accommodations. Sail from Beijing, China; Dalian, China; Qingdao, China; Yellow Sea; Shanghai, China; East China Sea; Hiroshima, Japan; Miyazaki, Japan; Kochi, Japan; Osaka, Japan; to Shimizu, Japan. Ask about pre and post packages and upgraded accommodations.	October - November 2025	\$6,999
8 Day MISSISSIPPI Cruise Viking Mississippi- 386 Passengers Package includes your home to the Sacramento Airport, Round trip Sacramento airfare, Airport Meet-And-Greet with transfers, WIFI, an included excursion at each port. 8-day Viking River Cruise in standard accommodations with a window. Sail from New Orleans to Memphis visiting Darrow, St. Francisville, Louisiana; Natchez, Vicksburg, Greenville, Rosedale, Mississippi; Memphis, Tennessee.	November - December 2025 & 2026	\$4,399
9 Days COLUMBIA AND SNAKE RIVER Cruise American River Boat~ 180 Passengers Package includes 1 night hotel in Portland Oregon, 7-day Columbia & Snake Cruise with American Cruise Lines, shore excursion at each port, WIFI, and beverage package. Sail from Portland, Oregon; Cruise Columbia River; Astoria, Oregon; Kalama, Washington; The Dalles, Oregon; Cruise the Columbia River Gorge; Richland, Washington; Snake River; Clarkston, Washington.	August - September 2025 & 2026	\$6,614
7 Day DREAMS OF TAHITI Cruise Windstar Yacht ~ Star Breeze ~ 312 Passengers Board your Windstar Yacht and sail round trip Papeete, Tahiti visiting the French Polynesian Islands of Moorea, Raiatea, Motu Mahaea (Tahaa, Bora Bora, Huahine, and back to Papeete in an Ocean View Suite. Don't put it off any longer. Book your Tahiti trip today! Call your Tahiti experts at Club Cruise!	August - December 2025 & 2026	\$5,488
12 Day CHRISTMAS ON THE RHINE & MAIN Viking Longship ~ 199 passengers Package includes your home to the Sacramento Airport, Round trip Sacramento airfare, Airport Meet-And-Greet with transfers, WIFI, an included excursion at each port. 10-day Viking River Cruise in standard accommodations. Package includes 2 nights in Paris, Sail from Reims, France; Trier, Germany; Bernkastel, Germany; Cochem, Germany; Winnigen, Germany; Koblenz, Germany; Scenic Sailing Middle Rhine; Mainz, Germany; Mannheim, Germany; Speyer, Germany; Strasbourg, Germany; to Basel, Switserland. Ask about pre and post packages and upgraded accommodations.	November - December 2025 & 2026	\$5,098

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



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HOPE AFTER SHINGLES

Local clinic treating shingles and post shingles complications with amazing results.

Mother's have described it as a "pain worse than labor," others compare it to passing a kidney stone.

Post Herpetic Neuralgia (PHN) is a complication following a bout of shingles and is often ranked in the top 5 most painful experience a person can endure in their lifetime. Affecting more than 18% of shingles patients, PHN causes you to experience the pain of active shingles for longer than 3 months, and in some cases, years after the rash has dissipated.

Audrey of Lincoln Hills shares her story. "I had been diagnosed with shingles, and I thought it was going to be like the flu or any other virus. I'd have it and then get over it. Two months later, the blisters were gone but the pain was so intense I was begging them to put me in the hospital and sedate me."

During active shingles, the virus injures nerves in and around the skin where the rash and blisters occur. Your immune system eventually suppresses the virus and the rash and blisters disappear. Unfortunately, nerve damage often disrupts the function of your nervous system and the damaged nerves send random, uncontrolled pain signals to the brain causing lasting, debilitating pain.

"I couldn't sleep," said Audrey, almost in tears. "I was always in pain. I couldn't leave the house. I thought this was the end of my life."

PHN pain has been described as burning, stabbing, and even gnawing. Even worse, it has a tendency to escalate to unbearable levels, episodes that Audrey referred to as "seizures." "You can actually feel them coming on, so you know you're about to be in major pain and there's nothing you can do about it."

This pain can gradually go away, return intermittently, or in worst cases, stay with you for the rest of your life.

After living with this for more than 2 years, Audrey was no longer willing to take that chance of enduring it for a lifetime and sought the expertise of RaeAnn Salvador, of Lincoln Acupuncture and Integrative Health. Sadly, we have seen an increase in PHN cases. My PHN cases are some of the most tragic cases I've seen. The pain these people experience is just beyond words. Fortunately, I am able to offer them real hope.

"I started going for treatment and everyday was better and better. After about a month, I told my husband, "I'm going to start doing our big Sunday family dinners again," shared Audrey. "It's changed my life."

While the clinic specializes in acupuncture (it's in their name after all), it's the 'Integrative Medicine' part of the practice that's a hole-in-one when treating Post Herpetic Neuralgia.

ATP Resonance BioTherapy is the real winner here. ATP treats PHN two-fold. It both eradicates residual shingles virus which reduces future episodes, and it aids in repairing damaged nerves. Nerves have the ability to regenerate and repair on their own. "Our ATP therapy ensures and supercharges that process."

It should also be noted that if ATP Resonance BioTherapy is used to treat an active case of shingles, the lifespan of the active virus and the chances that you'll develop Post Herpetic Neuralgia reduce significantly.

When asking Audrey "how do you think things would have progressed if you'd never found Lincoln Acupuncture?" Her only response, "that's for a different conversation." Audrey's husband shares, "As a person, you can only handle so much pain. Audrey is on the other side of this now and to me, that's most important. And she got the results she needed by coming here."

If you or a loved one is experiencing the pain of an active shingles outbreak or are now suffering from post-herpetic neuralgia, RaeAnn Salvador, LAc and the staff at Lincoln Acupuncture and Integrative Health are here to help. Visit AcuLincoln.com for more information or call **916-884-0398** to schedule an appointment for an initial consultation.

There is hope.

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Conservative Action Group

BY SHERRI SCOTT

Speakers for our August 4 meeting were Jean Pagnone and Jon Fenske, current School Board Trustees from the Dry Creek Joint Elementary School District. They were elected to the board in 2022 with our assistance. We were extremely interested in hearing what issues they have faced and what we should be on the outlook for in the days ahead.



Both Jean and John urgently requested everyone get directly involved in their schools and support school board members who strive to “get-back-to-the basics” at all levels of education.

A new voter identification proposition is underway. Go to VoterIDPetition.org and give your affirmation for this effort.

Our next meeting will be held on Labor Day September 1. Join us at Sierra Pines at 6:30 pm and help plan our activities for the upcoming months while socializing.

• • •

Socrates Café

BY STEVEN GUSTAFSON

Socrates Café is Sun City’s philosophy discussion group. But we avoid arcane academic philosophy---instead, we emphasize issues of interest to us as curious, inquisitive, mature adults.

Our discussion for last month’s meeting focused on the tradeoff between “living long and living well.” In particular, you could live to 100 years old, but your quality of life in your last years might be poor, possibly including pain and indignities such as needing to have others care for your personal needs.

As usual, a volunteer discussion facilitator proposed the questions to be discussed. Most of us (over 20) had interesting things to say, and each of us could see and hear the others (we use name tents and microphones).

In the discussion, it was mentioned that scientific studies have determined that although in the US the average lifespan for men is 75 and for women is 80, if you’re a man and you reach age 80, you still have about 8 years before death (9 years for women).

So, what might you do in the years you have left to maximize your quality of life or your satisfaction with your life? There were intriguing answers to this question. Many involved family (spouse, children, grandchildren), religion, or community service.

Socrates Café meets on the first Monday of every month at 10:00 in the Timbers Lodge. You are welcome to join us.

• • •

Compute Club

BY BARBARA EICHTEN

The Computer Club general meeting will be September 29, 2025 at 10:00 am in the Club Room. No program is planned. The Genealogy group will resume in September 11, 2025 at 2:00-3:30 in the Club Room.

PHOTOSIG: Please join our enthusiastic photographers and be challenged to share knowledge and improve skills. Photo SIG (photo club) will meet on Friday, September 19, at 10:00 am in the Club Room. Only Photo SIG members may submit photos for the monthly contest for the monthly contest. Submit a maximum of 3 photos, send to scrphotosig@gmail.com by Monday, September 15. The photos are juried at the regular monthly meeting. September’s theme is “Beach, Seashore, or Coastal landscape.” There is no time frame. Contact Carmela Kube for further information.

Open Sessions will be Friday, September 5, 12, and 19 from 1:00-3:00 in the Club Room. These sessions are to assist individual residents with their iPhone, iPad, or computer. For further information, call/text Barbara Eichten (901-626-9821) or email barbaraeichten@gmail.com.

• • •

Jewish Fellowship Circle

BY LOIS ARLEN & KAREN LEVINE

With Fall this month comes our Jewish New Year holiday of Rosh Hashanah. It is the first of the High Holidays in the Jewish New Year. It begins on September 22 at sundown and ends on sundown on September 24. During this time Jews observe the holiday with

prayer, self-reflection and repentance as well as festive meals and celebrations. The central observance of Rosh Hashanah is the blowing of the shofar (ram’s horn). Rosh Hashanah feasts traditionally include a round challah bread and apples and honey symbolizing a sweet New Year. The round challah also symbolizes the cyclical nature of years and seasons and hope for a continuous flow of blessings.

A special thank you with appreciation to Sharon and Mike Leibowitz for leading the Shabbat (Sabbath) Friday night service and to Gerri and Jim Junso for hosting the Oneg (a sweet table) following the service in July.

Our Bingo and Italian dinner event in July was lots of fun with good food. Thank you to Cora Rose and Nancy Schubach for calling out the Bingo numbers.

The Book Club will be meeting on September 8 at 7:00 pm at the home of Nancy Schubach. The book is “Beneath a Scarlet Sky” by Mark Sullivan based on a true story of a forgotten hero.

Our potluck dinner with entertainment by Linda Kosut and her singing group will be on September 21 at Sierra Pines.

Break the Fast dinner after Yom Kippur will be on October 2 at Sierra Pines.

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

• • •

Meditation Group

BY ED CERVANTES

The Heart of Gold Meditation Group of Sun City Roseville invites you to come learn a simple method of meditation that uses soothing mantras and music to ease the stress and emotional situations of daily life.

Mantra meditation is as universal as the sunrise. Everyone can enjoy the beauty of a sunrise. Likewise, through this meditation everyone can experience an inner peace, happiness and increasing insights.

Our meetings are donation based and the meditations will be practiced seated in chairs.

Bring a friend, come make new ones and enjoy a tranquil hour of meditation, light refreshments, and good company.

Here are the dates and locations for our

upcoming meetings.

Wednesday, Sept. 10th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

Friday, Sept. 26th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

Wednesday, October 8th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

We look forward to meeting you. mantramedclub@gmail.com

• • •

Sun City Democrats

BY MARTY BOYER

About 65 attendees were riveted to a July presentation by CalMatters’ award-winning political journalist, Alexei Koseff. He profiled nearly 20 hopeful candidates from the Democratic and Republican parties who have said they will run for Governor in 2026, explaining each candidate’s assets and experience as well as the challenges each faces.

September’s meeting will feature another star speaker, Constitutional Law expert, and host of a PBS program on civil discourse and the law. Professor Aaron Tang of UC Davis’ School of Law is going to explore the compelling issue of the U.S. Supreme Court and what changes might improve the public’s trust. This event has been two years in the scheduling and promises to be worth the effort. Regardless of political persuasion, most civic-minded people have questions about the High Court, its ethics, and its recent actions.

Professor Tang clerked for Associate Justice of the Supreme Court Sonia Sotomayor. In addition to contributing to the New York Times, LA Times and Washington Post. He is author of Supreme Hubris: How Overconfidence is Destroying the Court, and host of PBS’ “Deadlock.” The series brings together national political and public figures such as former Senator Jon Tester, renowned journalists Lesley Stahl and CNN’s Scott Jennings, former New Jersey Governor Chris Christie, former Senator Tim Ryan, and prominent former White House staff and advisors from both parties.

Join us on Wednesday, Sept. 24, 9:30 a.m. at Sierra Pines. You may want to prepare for this extraordinary event by checking out Deadlock: A Power Play. It is available for streaming on the PBS’ website and, Amazon Prime.

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(more Club News cont’ on page 17)



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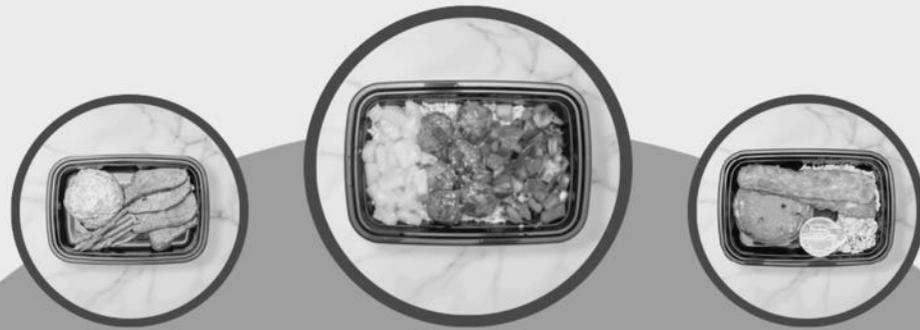


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Birders

BY JANET MORELLI

This month, SCR Birders will be starting the 2025/2026 schedule of bird watching field trips that has been posted to the SCR Birders' web site. There are 21 destinations listed on the schedule through the middle of May 2026, all of them being on the first, third or fifth Thursday of each month except for one that will be on a Monday in late March or early April. The date for that one will be announced by March 2026 and will be added to the schedule on the Birders web site.

A week before each scheduled trip all Sun City Residents listed on the Club's roster will receive an email providing information on the trip: the destination, duration, any Area or Refuge fees, money for carpool drivers, and lunch instructions (bring or local restaurant). Please contact Janet Morelli, 916-782-6393 to be added to the Birders' email roster. Field trips are an excellent way to learn to identify birds as experienced birders participating in the trips are very helpful in sharing their knowledge with new birders as well as other experienced birders. According to the book, "Bird Watching for Dummies," experience in the field beats sitting at home and trying to memorize a birding field guide.

The first trip this season will be Thursday September 11 to Monte Verde Park in Rocklin. This will be a relatively short trip (3 hours) and the Birders will walk 1-2 miles. On September 25, Birders are scheduled to visit Ferrari Ranch Trail in West Lincoln for another 3 hours and

walk 2-3 miles. Only one week later, October 2, Birders will be going to Hidden Falls Park in Auburn. The Birders will bring a lunch with them on this trip which will last about 5 hours, and the Birders will walk 3 miles.

• • •

Garden Club

BY SUZETTE AUSTIN

The Garden Club will be kicking off our new fiscal year on September 2. Our meetings are on the first Tuesday of the month at Sierra Pines. Doors open at 6:15 pm, the meeting begins at 6:45 pm and ends by 8:15 pm. Please join us and enjoy cookies prior to the meeting. Guests are always welcome.

At our September 2 meeting Lorraine Ewing will speak to us about Phalaenopsis and Cymbidium Orchids. Lorraine has been a member of the Napa Valley Orchid Society since 2011 and has served on their Board for 10 years, most recently as President. She has also been chairwoman of their Annual Show and Sale. Over the years, Lorraine has been studying the species and learning to select orchid varieties compatible to our environment, as well as how to care for them. She will demonstrate how to repot an orchid during her presentation.

At this meeting it will be time to pay your \$10 annual dues for 2025-26. You can get the registration form at our meeting or on the Garden Club website, as well as in the Garden Club folder inside the Lodge.

We have a table at our meetings to "Share the Bounty." If you have a garden and



Orchid

have extra fruit, herbs or vegetables you are invited to share. You may want to add serving suggestions, such as "allow to ripen on the counter" or "chill and enjoy" as well as the name of the donor.

• • •

SCR Hiking Group

BY SILVANA HUGHES

To escape the summer heat our intrepid hikers have been visiting the higher elevations of the Sierra Nevada. According to Wikipedia, the literal translation is "snowy mountains", from Spanish sierra "jagged mountain range", lit. "saw", from Latin serra "a saw"; and from the Spanish adjective nevado "snowy". Even in July there are snow patches visible on the high peaks! Hikers photographed splendid mountain vistas, serene lakes, and brightly colored wildflowers like Alpine Lily, Coulter's Daisy, Fireweed, Mallow, and Red Paintbrush, to name a few. All these beautiful pictures



can be viewed on the Hike Group Photo Gallery on the SCR website. We invite you to experience the beauty of nature in person and hike up to three times before joining. For additional information, please contact President Pete Grady (see SCR Hiking Group web page).

Our next meeting is set for September 8 at 5:30pm at Sierra Pines.

Below is the September schedule, subject to change depending on weather and trail conditions. A detailed schedule of future hikes is posted on the SCR Hiking Group web page. Remember to bring plenty of water, sunscreen, insect repellent, and lunch/snacks. Please pack a change of shoes to keep the driver's car

(cont' on page 18)

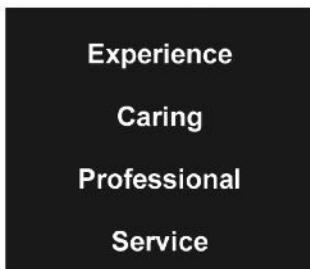
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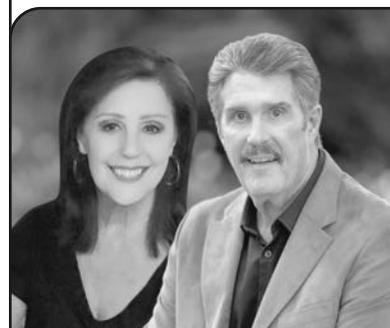
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Masters Club Member

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SCR Hiking Group

(cont' from page 17)

clean. We meet at 7:45 am in the lodge parking lot near the tennis and pickle ball courts for carpooling. Happy hiking!

September 4: Mt Judah - #6 (difficult), 6 miles, elevation gain 1300 feet, \$12 carpool ride.

September 11: Rubicon Trail - #4.5 (easy to moderate), 5.75 miles, elevation gain 600 feet, \$12 carpool ride.

September 18: Loch Levin via Salmon Lake Trail, #5 (moderate), 6 miles, elevation gain 950 feet, \$10 carpool ride.

September 25: Lake Valley Reservoir Overlook, #5.5 (moderate to difficult), 7.25 miles, elevation gain 1200 feet, \$10 carpool ride.

• • •

Pickleball Club

BY MARILYN PLUTH

Welcome to our new Pickleball Club members: Marilyn Egan, Barbara Futran, Steve Girard, Joe May, Joan McLaughlin, and Mary Nearn

Join us on the courts Monday through Saturday from 8:00 am to Noon for friendly games, and participate in any of our upcoming tournaments, social events, and great parties.

If you've ever wanted to give Pickleball a try, come join us at our monthly "Rookie Play Date." The July and August events were a great success. Our seasoned members provided different stations on the courts for Rookies to

hone-in on their serves, learn to dink, and use the ball machine. The next event is September 20, at 7:30 AM, so come on out to the courts. Bring water and be sure to sign a waiver when you are there. Please RSVP to Marlene at marlenegrens@gmail.com so we have enough coverage for everyone.

At the July Rookie event we also had a "celebration of life" for our fellow pickleball player, Wayne Miller, with a "brunch" on the courts. Some of his relatives even joined us as we all shared good memories of our friend, Wayne.

For players new to the sport, we also offer "Intro to Pickleball" clinics hosted by Maureen (Mo) Guinon. She will go over the basics of Safety, Skills, Positioning, Scoring and Serves. If you are interested contact Mo at Guinonmo@gmail.com or text 530-864-6923.

Pickleball News: Pickleball has surged in popularity among those aged 60 and up. Blending elements of tennis, badminton, and ping-pong, players can burn up calories without the pounding you get from other sports. Best of all, the compact court keeps you moving in short bursts, improving agility, balance, and hand-eye coordination. Pickleball is ideal for older adults looking to maintain health without overexertion, and while the physical benefits are clear, don't overlook the mental stimulus—strategy, quick decisions, and friendly rivalries all sharpen the mind.

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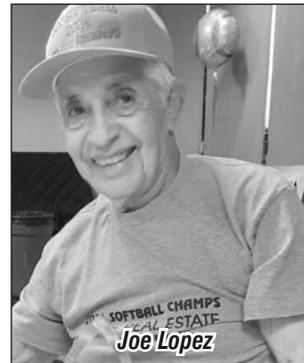
Softball Club

BY FRANK TOM

Tagging on to our July article stating that even a fourth-place team could win the playoffs, Ivy Blue Oaks (IBO) came very close to making that happen. After beating the three leading teams, it was down to the final playoff game between IBO and Your Roofing Contractor (YRC). Going into the bottom of the seventh inning tied at 12, IBO failed to stop YRC from scoring the game winning run. What an effort by IBO!

The senior softball club looks forward to celebrating its 30th year next season. The club was formed in 1996 as a result of the many residents moving into Sun City in the mid-1990s who loved the game of softball, the spirit of camaraderie and fair play, and the passion for competition. Over the decades, some memorable traditions emerged. For example, Draft Day Event, Opening Day Event, League Championship, Tournament of Champions, End of Season Celebration where we honor our League Champions, Tournament Champions, our Manager of the Year, the Lou Del Pozzo Service Award, and the Sportsmanship Award.

Given the many traditions, the one tradition that inspires our players is when they select a player that represents Sportsmanship. For the past two seasons our players bestowed this honor on two unique players. Joe Lopez (90



years young resident player) in 2024, and Stephanie Lyons (first-year non-resident player) in 2025. Both players exemplify sportsmanship because they hustle on and off the field, try their hardest to field a ball, do their best to get on base, always have a smile, and regardless of their performance they always give a warm greeting to all



players and to the fans, they support players for trying to make a great defensive play, and picks-up equipment that the players leave behind after the game.

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(more Club News cont' on page 19)

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Table Tennis

BY JEFF CARASKA

As a youngster in Baudette, Minn., Dave Wammer described himself as an “airport brat.” He made many visits to a nearby airfield. His persistence paid off. “I got my first plane ride there,” he said.

Wammer’s love of flying set a, well, a personal flight path. He went through ROTC while at St. Olaf College in Northfield, Minn. Upon graduation, he received a commission as a second lieutenant in the U.S. Air Force.

“I started out flying tankers, which are like a Boeing 707,” Wammer said. He transitioned to helicopters. “At first (piloting helicopters) was like balancing a basketball on your finger,” he said. “But like anything, you practice enough it becomes second nature.”

Wammer flew helicopter rescue missions in Viet Nam in 1970 and 1971. He served 24 years in the Air Force. After his final stop in Norway, he moved his family to Citrus Heights in 1986.

He began playing table tennis in his early teens. “It was all hard-bat paddles back then,” Wammer said. “It was a different game technique wise.”

Table tennis would remain something of a constant. Now, the opportunity to play as many as three times a week is within walking distance of his Sun City home of two years.

“One day after we moved here, my wife Barbara was out front, and Jan Gregson



(current Roseville Sun City Table Tennis group president) walked past. Jan mentioned she had just finished playing table tennis, and my wife said ‘my husband plays!’ ”

Wammer eventually made his way to Sierra Pines. “I enjoy the competition, and because we play three times a week, you get to know everyone so it’s very social, too,” Wammer said.

The Table Tennis Group plays 2:00 pm - 5:00 pm Tuesdays and Thursdays and 9:00 am-12 pm Saturdays at Sierra Pines.

Tennis Club

BY WENDY LEIMBACH

The Sun City Tennis Club gathered this month for its much-anticipated pizza dinner and general meeting, bringing together members for good food, camaraderie, and exciting updates. A big thank-you goes out to Linda Gordon and her dedicated volunteers for preparing a delicious spread of pizza, fresh salad, and desserts.

Nancy Kacey our Vice President brought encouraging news—our SATA league team is currently in second place, with just two matches left in the season. Way to go, players! It’s been a fun and exciting season. The team will finish up and then start back in the fall.

The club also welcomed new member John Goodman, who we’re excited to see out on the courts.

One major decision made during the meeting was to adjust our meeting schedule. Instead of gathering every other month, the club will now hold meetings and dinners four times a year, allowing for more focused and festive events. This will start in 2026.

Sports Advisory member Michelle Weeks brought forward a proposal to Join a USTA 55-and-over doubles tennis league with matches being played in the evenings. The vote was unanimous—a resounding yes from the membership. Michelle, who has served the club with dedication, will be stepping down from her role, and Promod will take over the position moving forward.

Other club business included approval of the annual budget and an important safety update. Thanks to Frank Tom, the club now has an Automated External Defibrillator (AED). Training on its use has already begun, and the next steps are determining the best location for installation and ensuring members have proper access.

With our new initiatives, this month’s meeting reflected the spirit of friendliness and teamwork that defines Sun City Tennis Club. Here’s to great matches, new beginnings, and continued community on and off the court!

He & She Golf

BY JAHNA HOLMES

As we slide forward into fall, two important events are coming up. Our club is looking for interested people to step up and consider relieving some of our current officers.

Our current Treasurer, Karen Hawkins, is terming out after several years of excellent work, and we MUST have a replacement for her. She’s willing to work with and train her successor. Other positions are also open. Please call Julie Harris, or any other club officer if you are interested in helping the club in any way or know a member who might be a good fit.

October brings our annual fall party and meeting on October 13, at the Pines. It is a Hawaiian affair with golf in the morning and the luau dinner at 5:00 Save the Date!! It is also when the candidates for office are announced before the vote in November. Please plan to be there for this fun and important event!

July’s beautiful weather brought many of the 9-hole group out on the 28th for a Shamble. First place tie scoring net 53 went to team Wayne Berger, Jahna Holmes, and David & Gail Hixson, and team Don & Marilyn Meyers with Rich and Carole Davis. Second place team scoring net 54 was Cary Diskin, Pam Wilkinson, Jackie Shook and Gary Lee.

The 18-hole tournament was run by Julie Harris and Barbara Simon while Rich was on a cruise. It was a small field, and 3 teams had the same score of 131, so a tie-breaker was used to determine each place. First place team was Joan Munn, Darrell Herold, Sherril Pahl and Blind Draw. Second place was Julie & Steve Harris, and Ken & Karen Shahoian. 3rd place was Barbara Simon, Ron Galvin, Tena Johnson and Blind Draw.

(more Club News cont’ on page 21)



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Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT & RON MASCIOVECCHIO - Program Coordinators

Many of you are aware of the Citizens Patrol service we provide. We have two vehicles that are out every night between 7:30 pm and 10:00 pm (most nights the cars are back by 9:30 pm.)

During these patrol hours we look for anything that looks out of place. A good example of this - when you accidentally leave your garage door open. Not when you leave it open a few inches to let some of the heat out, but a fully opened garage door!

It was brought to our attention an incident recently occurred where a garage door was left open, and, sometime during the wee hours

Citizens Patrol will do their very best to minimize that risk when they are patrolling our streets. We do have limitations, so, keep in mind, you may get a phone call from a number you don't recognize. That caller might be a Citizens Patrol person trying to get in touch with you. If you don't pick-up they will leave a message. If it's us, please call us back and confirm you got our message.

In case you have not seen them yet in the Timber Creek Lodge parking lot, with the start of the new fiscal year the Association purchased two new vehicles for the Citizens Patrol Program – two 2026 Chevy Trailblazers



of the morning, they got cleaned out. Some might think that there are thieves wandering our streets late at night, looking for that open and accessible garage. This particular night they hit the jackpot!

–with plenty of room and comfortable for our drivers. Come on down and see for yourself, and sign up to be Citizens Patrol driver!

Thank you all for being good neighbors!

Survey: Help Roseville Remain a Bicycle Friendly Community

Roseville is currently a bronze Bicycle Friendly Community and we're applying to be recognized again as one of the best bike cities in the nation.

Roseville boasts over 110+ miles of on-street bike lanes and 51+ miles, and growing, of off-street paved trails. To support bicycling, Roseville continues to develop the community's network of bikeways and trails, hosts BikeFest annually, promotes bike and helmet safety, locates bicycle lockers around the city, engages schools through the Safe Routes to School program, among other educational efforts.

Roseville received

the prestigious Bicycle Friendly Community Award in 2008 and renewed in 2017 and 2021. Municipalities actively supporting bicycling for fun, fitness, and transportation receive the recognition from the League of American Bicyclists.

Help us by sharing your input and letting the League of American Bicyclists know what it's like cycling in Roseville.

Whether you bike daily or periodically, please complete the brief survey by Sunday, Oct. 5.

Take the survey: surveyMonkey.com/r/BFC_2025.



Sierra Pines Ladies Golf

BY JOAN ROSE

July was a busy month for the Sierra Pines Ladies Golfers. July 16 was the 9/18 Hole Mixer hosted by the Timber Creek 18-hole ladies. We played nine holes at Sierra Pines followed by a wonderful lunch on the Patio. There were lots of winners in each flight and a good time was had by all. Thanks to the 18-hole committee for all their work. The attached picture is of Tena Johnson, Linda Stenvick, Lynne Peaslee, and Robin Shaffer assisted by Steve Spivey and Larry Stenvick. Thank you.

On July 23 we played Beat the Pro. Seven ladies beat Ian's score of 38. Congratulations to Pam Hemingway, Raquel Godfrey, Pam Cabezas, Yvonne Miller, Gail Hixson, Cheryl Welch and July Benjamin. Great job ladies.



Following play on that day the SPLG club hosted the grounds crew for an ice cream social. The guys seemed to be enjoying the ice cream and the ladies appreciate all that they

do to keep our course in great condition. Thank you to Linda Vincent for organizing this event.

September we will be playing the Club Championship Tournament over three Wednesdays: September 10, September 17 and September 24. You can choose to play only two of those dates or all three and throw out your worst day. The Championship Luncheon will be at the Pines following the final day of play at 12:30 at Sierra Pines. Tune in next month to find out who is our new club champion.

July Birdies and Chip ins are as follows:
 Chip ins: July 2, Monica Konkel on hole 6, Sharon Hearnden on hole 9, July 9, Elizabeth Gustafson hole 2, Cathy Hurst hole 2, July 23, Connie Lugo hole 6, and July 30, Cindy McCray on hole 2. July Birdies: July 9, Elizabeth Gustafson on hole 2. Congratulations ladies.

• • •

Timber Creek Women's Golf Club

BY LATRICIA NICHOLSON

Congratulations to Cindy Murphy who had a hole in one on hole 4! Way to go Cindy!

The 9/18 Mixer was held July 16, hosted by Linda Stenvick with 62 ladies playing at Sierra Pines. The weather was perfect, and all enjoyed a wonderful lunch served by volunteers Steve Spivey, Larry Stenvick, Robin Shaffer and Lynn Peaslee. The ladies had a nice time getting to know new people and spending time with old friends.

TCWGC's 36 Hole Better Ball Tournament took place on August 13 and August 20. Winners will be announced in the next Courier.

We're excited to announce the first combined Women's Club and Men's Club 18 hole tournament "Harvest Hootenanny" to be held on Tuesday, October 14! It's a four person Step Aside scramble with random foursome pairings of 2 men and 2 women. The cost is \$40 per person and includes lunch at Sierra Pines. There will be various games and prizes on the course including a putting contest. Payouts



Cindy Murphy



9/18 hole mixer

(cont' on page 23)

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Timber Creek Women's Golf Club

(cont' from page 21)

totaling over \$2400 will be awarded to four flights with four places in each flight. Signups began August 18 and end on September 30. The signup binder is in the Timber Creek Pro Shop. This is going to be a fun event, so hurry and signup. The field is limited to 64 women and 64 men!

The Most Improved Players for July are Cindy Gray (1st Flight) for the second month in a row; Nicki Wampold (2nd Flight); and Cheryl Welch (3rd Flight).

Enjoy living in this beautiful place and playing lots of golf!!

• • •

Timber Creek Men's Golf Club

BY MIKE MURPHY

Greetings from the Timber Creek Men's Golf Club! We continue to experience a wonderfully moderate summer. The courses are in excellent condition, and we are enjoying an exceptional golf season. As always, we would like to invite anyone that may be interested in meeting new people with the same passion for golf, camaraderie and fun to please contact Mark Gregson, our new Membership Director at 916-835-0107 or email him at ma02bui@gmail.com. Neil Hamilton, my dear friend and our long-time Membership Director, has decided to step down to spend time with his family and travel. We all thank him for his years of service and wish him all the best!

We have several exciting events scheduled



Chefs Steve apHugh and Steve Spivey at our annual BBQ.

for this month. Our annual member/guest tournament will be held on Friday, September 26. This is one of our best tournaments of the year so sign up early! The Central Valley Seniors (CVS) season is winding down with our final event scheduled at Lincoln Hills on September 15. We have a new event scheduled for this fall. The Men's and Women's clubs will be holding a joint tournament, the Harvest Hootenanny on October 14. This will be a scramble event and should be a real hoot! The new Mountain Mike's Pizza in the Safeway complex has invited the Men's club to have



John Ladas shows his true colors at our Firecracker Tournament.

lunch once a month or so and extended a nice discount to us along with providing us with gift certificates used in our monthly raffle. Our next date there is Tuesday, September 2.

Our next general club meeting will be held on Wednesday September 3 at Sierra Pines. We would like to invite anyone interested in our club to come by and meet the membership. As always, free coffee and donuts are served at 8:00am.

See you on the links!

• • •

Golden Niners

BY KEN HANSEN

So... golf balls. Like everything in existence, golf balls have undergone an evolution up to present day solid core balls.

The first balls were wooden, didn't go far and split easily. The Dutch and then the Scots developed leather balls stuffed with cow hair with hay and later wet goose feathers. The leather was stitched like baseballs, wetted, then stuffed with a bucketful of soaked goose down. As it dried, the leather shrank and the feathers expanded. Old Tom Morris at St. Andrew's was the master ball maker. But they were expensive, costing as much as a club, \$2 each (about \$82 today).

These were used until the Guttie emerged mid 19th century. Using sap from a Malaysian Sapadilla tree, they could easily be formed, cost less, and flew better. They added dimples which improved flight.

Next came the Haskel solid core ball. By using rubber bands, tightly wound around a rubber center and covered by a balata sap, balls could be made to fly farther, straighter or spin more. When these balls were miss hit, smiles appeared on the cover.

I had a dog who regularly ate my balata balls and I'll leave you to imagine rubber band doodoo.

Finally, we have the modern solid core balls which are constantly being scientifically improved way beyond our abilities to hit them.

(cont' on page 27)

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

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

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



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Krev and Pat Jednorozec

(cont' from page 1)

cigarette which caused a coronary thrombosis, a form of heart attack. Krev was so traumatized that he became paralyzed for more than eighteen hours. Everyone involved thought he was going to die, and a priest was called to give him last rites, but he pulled through.

His adoptive mother believed she had the resources and financial support to adopt him and went to court to prove that she had his grandmother for physical support while she ran a restaurant. She became one of the first single parents to adopt a child in California.

Krev credits his grandmother, Tilly Hoxey, with helping him meet school language requirements. Because of his hearing impairment, Krev really hadn't learned a spoken language, so Tilly, an elocutionist, helped him learn enough English to attend school at age 8.. He graduated from St. Francis High School in Mountain View in 1966. As a graduation gift, his mother paid for a six-week summer course of Shakespearean plays. Midway through the term they took off to visit other sites in England and Scotland such as Stonehenge and Edinburgh.

Following this trip, Krev attended Industrial Technical College, a trade school in San Francisco where he learned drafting and earned a Certificate in Drafting. He soon found a job at the Palo Alto Veterans Hospital where he became interested in computers and attended a night course at the Electronic Computer Programming Institute in San Jose.

Eventually, Krev found his niche working on the Pioneer Space Project located at NASA/Ames Research Center in Mountain View. He worked in several different positions as a material handler, mission controller, computer operator, and data analyst. The contract he was



Krev and Pat Jednorozec on their wedding day — 1978.

on ended after a 23-year career as a Data Analyst Supervisor (12 years).

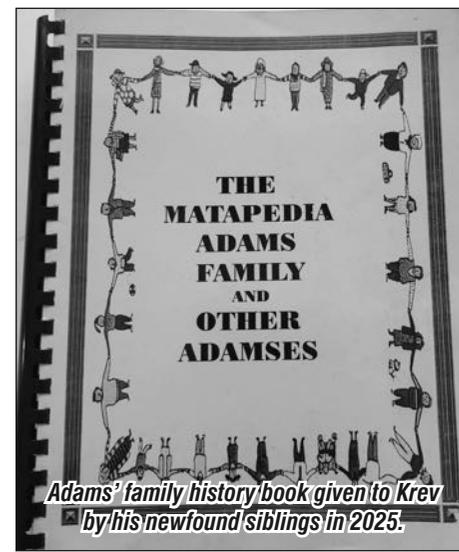
In 1977, Krev attended a square-dancing class where he met his future wife, Pat, who was born in San Francisco in 1941. She has one younger sister, now living in Nevada, and enjoyed swimming and participating in Rainbow Girls when she was younger. She graduated from Lincoln High in 1959 and attended San Francisco City College before transferring to the University of Oregon where she majored in Health Education. She then went on to Fairleigh Dickenson University in New Jersey where she obtained a certificate in Dental Hygiene. After working as a dental hygienist for four years, Pat earned her Masters in Public Health at San Jose State University.

Finding the job of being a dental hygienist a bit tedious, Pat got hired by the

Santa Clara County Health Department and subsequently by the San Mateo County Health Department, to conduct a school-based dental program which involved training teachers to teach their students about good dental hygiene practices. "I loved what I did," says Pat, reminiscing about her career.

Meantime, she and Krev married in 1978 and honeymooned in Vienna. They had a son named Daniel in 1979. Daniel lives in Fremont with his wife, Kristi, and son Emmett, and works for Lam Research Company.

After she had Daniel, Pat decided it was best to return to work as a dental hygienist. But soon the old boredom set in, so she went to work as a sales/marketing manager for a disinfectant company, a job that lasted three years. Bouncing back to being a dental hygienist again, Pat attended UOP in San Francisco to become a mobile dental hygienist. That lasted until she got hired by Heald College in Roseville to teach Anatomy and Physiology. After that campus closed in 2015, she worked



for MTI, now known as Campus College, teaching Anatomy and Physiology to medical assistant students and ultimately retiring in 2021.

Pat and Krev moved to Sun City in 2009. Pat's been active in water aerobics, the Government Affairs Committee, Mah Jong, the Sunshine Committee, and the Health Care Professions Group. Krev joined the Computer Club and was

a member of the Singers until he had to go on dialysis. How do they like living in SCR? "We love it except during the summers," quips Krev.

In 2016, Krev joined the website, Ancestry.com hoping to find some relatives of his birth mother, but, to his surprise, he ended up being found by relatives from his birth father's side of the family. The DNA match was of three brothers and two sisters, all from his father, Douglas Adams who had been a Canadian soldier stationed in West Germany. After the war, Douglas had moved to British Columbia, married and started his family (James, Katherine, Suzanne, Bruce and Robert), unaware that he had fathered a child in Germany. Krev met his siblings over a Zoom session and kept in touch with them via email until they came to visit him and Pat in person in June of this year. Among the many gifts they received from the Adams' family was a binder on their family history through which Krev learned that the family began in Scotland and then moved on to Canada. He subsequently learned through Ancestry that he is 72% Scottish and 24% German.s

The Adams family reunion was a wish come true for Krev who had always wondered about his true heritage. Now he can rest easy in his retirement years having been embraced by his biological family.



Krev's reunion with his family.

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SUN CITY REAL ESTATE UPDATE

Sun City Roseville's inventory of unsold homes (22), ticked up slightly but by historical standards is still very low for this time of year. However, sales for the past 30 days were down too, with only six homes going into contract. It would be easy to read a lot into those numbers but honestly one month doesn't tell much of a complete story. The overall trend has been a slower market, with buyers not feeling pushed to buy on a spur of the moment. They are taking more time to look so overall days on the market has increased.



WRITTEN BY
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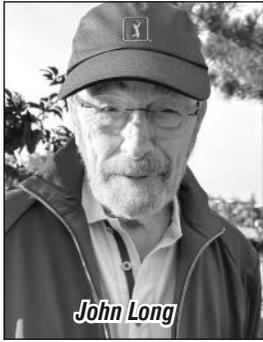
Golden Niners

(cont' from page 23)

Next month: the history of the shank... stay tuned.

Player of the month: John Long. John is a good player, but a better artist. His fine art has been featured in several shows and has been on the cover of the Courier. John had a 32 year career in education. Always nice to play with him.

We currently have 142 members with some still holding out for more money.



John Long

Bocce

BY DAVID MOORE

Two of the biggest events on the annual bocce calendar are this month. On September 6 the bocce male and female champions of 2025 will be determined to end this years tournament schedule. September 10 will kick off the Fall Mini-league which will be played every night of the week as well as on Tuesday and Thursday mornings.

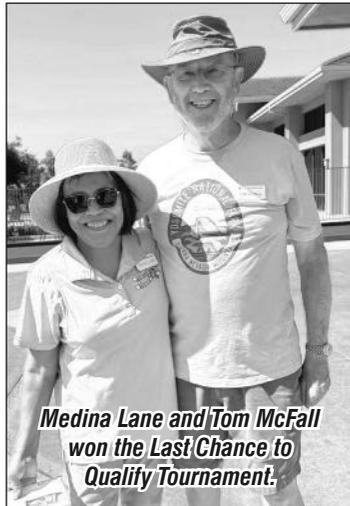
The Last Chance to Qualify Tournament was held on August 9 and was won by Medina Lane and Tom McFall. Dianne Cohn and Dale Bailey finished second while Mike Christy and Sidnee McKinney took third.



The members of the Bocce Council at its July 2025 meeting.

The Mixed Blind Draw Tournament was held on July 26. There was a big turnout as it was also the celebration of Bocce Club President Kenny Smith's birthday with a cake and other refreshments. The first place finishers were Rhonda Bubbico, Fred Haseley, Aud Bair and Gregg Hutchison.

The Men Choose Men Tournament was held on July 12. Third place was taken by Lynn Jones and Steve Aphen. The second place finishers were Mike Christy and Kevin Myers. The champions were Bill Pagano and Pete DiLonardo.



Medina Lane and Tom McFall won the Last Chance to Qualify Tournament.

The Summer League ended with a yummy potluck and awards for the top finishers: Bocce Posse (first) Mike Christy, Michael Foote, Kevin Myers, and Bill Pagano; Debocery (second) Ron Judd, Medina Lane, Ken Lane, Ralph Leaman and David Zan; Let the Good Times Roll (third) Paula Happe, Terry Lane, Mary Ovalle, Diana Rischling and Elaine Turnbull.

The Sun City Roseville Bocce Club currently has 652 members and it takes a lot of people to keep things running smoothly. The photo of the Bocce Council taken at its July meeting

accompanying this report shows most of the key people who keep everything organized. Missing is Becky Christophersen, who heads up the committee that puts on the club's social events, which invariably sell out. This meeting also marked the last one for longtime secretary Linda Fredericksen, who was elected to the board of directors of the HOA. Melanie Faust is taking over as secretary.

Croquet Club

BY JIM WILLSON

The game of Croquet offers seniors the chance to participate in a challenging game of strategy and tenacity which is not overly physically taxing. It is not a children's game played in the backyard. Quite the opposite. Many successful croquet players are scientists, mathematicians, computer programmers, or those who can simply apply basic principles of geometry and physics, as in the game of billiards

While it may seem antiquated to some, croquet was a brand-new game in England when it first became popular in the 1850s. No one seems to know where the game first came from, although one theory is that it made its way to England and Ireland, possibly by the way of France.

In 1873 a New York newspaper stated: "We know fair ladies who, in a closely contested game, always happen to dislocate their croquet balls with their dress skirts, who then claim every advantage in replacing them in a more

(cont' on page 29)



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Croquet Club

(cont' from page 27)

favorable position.” It is said that “their honesty of character will not stand croquet - will not stand any of the severe tests to which emulations of life subject them.”

Whatever the origin, it didn't take long for the game to catch on becoming the most popular outdoor activity for the next few decades. Tournaments were held where women competed against men as well as against each other. Initially the game required the participants to wear white clothing which is still required at some locations. However, at SCR white attire is now optional.

For more information regarding the club, please contact Louisa or Patrick Maglione both of whom are officers of the club. The club offers an excellent opportunity to participate in a challenging sport, attend quarterly socials, and to meet new friends.

Cornhole

BY STEVEN GUSTAFSON

Cornhole is one of the easiest (least physically demanding) games in Sun City. You need only throw a one-pound bag of plastic beads 21 feet. As we've said in past articles, if you can throw your TV remote across your living room at a politician on your TV, you can play cornhole!

Usually, four or six of us play at a time, and others sit in lawn chairs (most everyone brings a light-weight chair) to cheer them on.

The play patterns are amazing---sometimes only one or two of eight bags land on the board; other times six or seven land on the board, and on rare occasions all but one or two bags go in the hole. There seems to be a “monkey see monkey do” effect---If you put a bag in the hole, on the next toss your opponent is likely to also put a bag in the hole.

We play every Tuesday at 9:00 on the Sierra Pines horseshoe lanes. Our group has no dues or meetings, and you are welcome to join us.

Cribbage Club

BY BRUCE AHNBERG

Thanks to the Courier and the Sun City Senior News for sending new members our way! When folks read the articles about the fun competition and no member fee to play,



they just want to give it a try. Two new members this month. If you are interested, we play in the Timber Creek card room every Friday from 1:00 to 3:00 PM. Cribbage is played on a racetrack board to 121 points. We play several games each week, switching partners each time so that everyone plays everyone. We keep score of high and second highest hand, and games won. At the end of the month, we have a tournament. Tournament winners this month were Christy Moreland, Village 2; and Dave Bucher, Village 9, in a tie. Smile for the camera!

Bridge Club

BY JOYCE WADE

The Bridge Club started off the fall season with another annual Labor Day BBQ at Sierra Pines on September 1; there were hot dogs cooked by Dick Pankopf and his niece Lynda Hammel, and many delicious picnic sides and desserts contributed by members. Bridge play followed lunch with Social bridge and Fun&Friendly duplicate bridge playing for prize money and ACBL duplicate players for points.

A bridge refresher course is being planned to be taught on Saturday mornings from 10:00-noon in the card room beginning soon.

In October the SCR Bridge Club will be hosted by the Lincoln Hills Bridge Club for lunch and an afternoon of ACBL play, which we are looking forward to as the annual exchange that has been a tradition for decades.

Mah Jongg

BY BECKY MATSON

Happy Labor Day! Come and join our Monday afternoon,

12:30 pm or Friday morning, 9:00 am groups for a challenging day of Mah Jongg. If you're interested in learning this fun game, please contact Pat Oberlander, 916-929-5582.

The Mah Jongg group had its August luncheon on Friday, August 22. We met at Sierra Pines. Our hostesses, Salli Scott and Janet Riley, put together a salad bar. It was a great meal for the summer heat. All Mah Jongg group members are welcome to our luncheons, then we play after.

And, please remember, Mah Jongg play is fragrance-free.



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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.

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



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Observations on Aging

BY MARTIN GREEN

Readers know that as an old guy myself and now a really old guy (95 as of last December 30), I am interested in anything related to aging. I haven't written here about aging for a while but lately became curious about some of the things that inevitably come with getting older, so I did a little research, i.e., went to Google, which has an answer to everything.

One of the things that comes with getting older is that time seems to go by faster. For example, I see that I'm doing the September "Observations," meaning the year is about three-quarters over, and where did it go? Google says that objectively time stays the same, but subjectively our perception of it is influenced by various factors "primarily related to how our brains process information and the kinds of experiences we have."

As we get older, as we all know, our lives become more routine, so "it's hard to distinguish one day or year from another, contributing to the feeling that time is speeding up." Also, each year becomes a smaller percentage of our total life, "and therefore we perceive it as passing more quickly." In my own case, as my life became more restricted, one day seemed pretty much the same as another,

so it's no wonder I'm surprised that the year is already almost over.

Another characteristic of aging, again as we all know, is forgetfulness. We all have what we call senior moments or, more locally, Sun City moments. Here, the culprit seems to be our brains, whose processing speed slows down. Also, "brain volume slowly decreases, and blood flow to the brain may also decrease, both of which can affect memory and cognitive function." I don't know about my brain, but I think that, like a computer, I have a memory bank that used to hold a lot of things but now can hold only a few items at a time. My solution of late is that if I remember I have to do something, I do it right away so I don't have to fit it into my shrinking memory bank.

A little note here: forgetfulness may not always be a bad thing. For instance, I'm now watching an old TV series I once liked, and while I know in general what it's about, I have no memory of the specific episodes, so I can enjoy it again. Also, if you have something you don't especially want to do, like clean up that clutter or take out the garbage, you can always say, "Oh, I forgot that."

SCR Foundation 2025

(cont' from page 1)

(catered by Backyard BBQ), two drink tickets and one 50/50 raffle ticket.

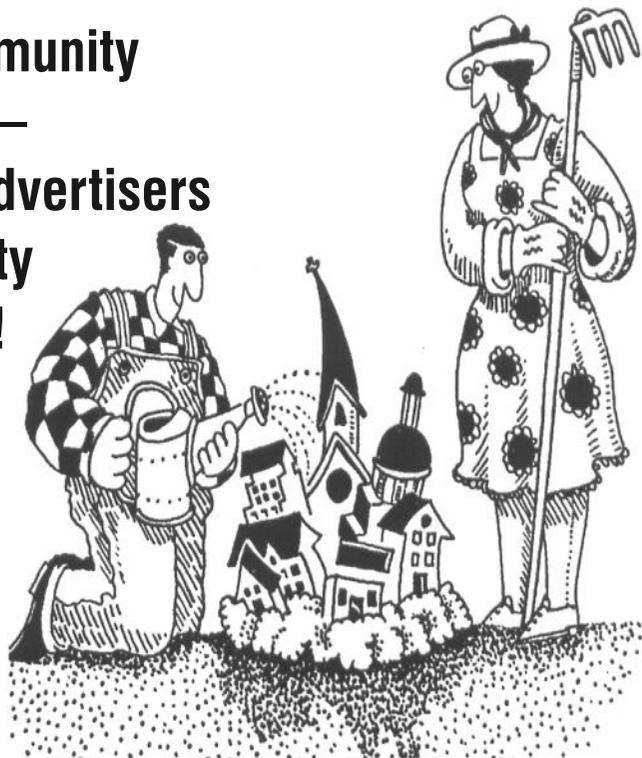
We'll transform the Sierra Pines into a par three course and the Sierra Pines Clubhouse into a race track. The course will have lighted tee's, fairways, greens, cups and flags. We can have up to 72 players, no handicaps or mulligans and all carts must be lit. Payouts to 1st, 2nd & 3rd place Men's, Women's and Mixed foursomes. Two holes will have beer,

wine as well as raffle tickets. They can be bought at \$2/drink ticket or \$1/raffle ticket.

Horse Racers will be able to form a group, buy a horse, pick a jockey and bet on the races. Payouts for Win 1st, Place 2nd and Show 3rd for each race, as well as an Overall winner for the owners. During the evening, we will also be selling 50/50 raffle tickets. So be sure to bring your money.

Tickets will go on sale at Courier Days September 1st and October 1st so watch for posters, flyers and eblasts. We look forward to a fun filled Fundraiser and great things to come in 2026.

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

**FREE ADS — INCLUDE:

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

BUSINESS ADS:

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

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

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

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

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

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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.

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4725 Cottage Lane	1869 Sq. Ft.	\$625,000
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7457 Whistlestop Way	2032 Sq. Ft.	\$675,000
7448 School House Lane	1476 Sq. Ft.	\$679,000
4208 Echo Rock Lane	2287 Sq. Ft.	\$855,000
7496 Whistlestop Way	2427 Sq. Ft.	\$905,000
108 Homewood Court	2665 Sq. Ft.	\$910,000

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