

SUN SENIOR NEWS

Your Community News Source — Serving Sun City Lincoln Hills — ONLINE AT: SUNSENIORNEWS.COM



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Pat Morgan — *Tourist Extraordinaire*

BY JENNIFER MARTIN

Pat Morgan has been a third-grade teacher, a lifelong skier, an art museum docent, a tap dancer, a mother of three, a singer, a golfer, a book club member, a website designer, and an auditory reader. She has ridden on elephants in India, enjoyed Oktoberfest in Munich, Germany, and taught elementary school to the children of American service men in Japan. And most importantly, last March, she celebrated her 100th birthday with her family and is still going strong.

Pat was born in Clovis, New Mexico in 1925. She was the eldest of three siblings and remembers her childhood fondly. "We were very happy," she recalls. "We had a good family life." Her father was a school administrator who decided to move the family to California in 1940 when Pat was a junior in high school. She graduated from Pomona High School in 1943, spent one year at Pomona College, one year at UCLA, and then moved back to New Mexico. She graduated from the University of



Pat Morgan

New Mexico in Albuquerque in 1947 with a degree in English and a minor in music.

She became an elementary school teacher in Albuquerque, but that only lasted one year because the travel bug (which had first gotten into her when she was 11 years old and her family went on a vacation to Detroit to buy a car and ended up visiting Niagara Falls and

the White House) began to kick in. She went to teach in Long Beach, then moved to Big Bear Lake because she wanted to learn to ski.

Next, she went to Japan for a year on an assignment sponsored by the Department of Defense to teach third-grade children of American service men. One of the highlights there was traveling by train with the principal and her fellow teachers on a private train car with three servants who took care of them while they visited cities from Tokyo to Kyoto and all around the island of Honshu.

Pat met her husband, Robert, on a ski trip in Albuquerque. He worked for the Atomic Energy Commission and after they got married in a Methodist church in 1953, he worked at Aerojet in Sacramento.

The couple had three sons by the time they moved to California. Their first-born, Michael, born in 1955, graduated from Cal Poly in San Luis Obispo in Aeronautical

(cont' on page 35)

LH Foundation — *A Supportive and Sweet Month*

BY DENISE BOWDEN

October is a month of both serious and silly celebrations. It is best known as Breast Cancer Awareness Month. This month is dedicated to education about Breast Cancer, and the importance of early detection, which in turn can lead to early access to high quality care. The Foundation is proud to have supported the LH Bosom Buddies group for many years and we will be highlighting them at the October Bingo.

On the lighter side this is a month of "sweet" celebrations. There are days celebrating cinnamon rolls, chocolate, candy corn, and caramel apples culminating in the biggest sweet day of all, Halloween. Clearly a month to delight the dental community.

With Halloween so close to Bingo day we are encouraging players to come dressed in their favorite costumes. Our volunteers are already planning their costumes so join us in the fun.

Bingo will be held in the ballroom on Tuesday October 28, so mark your calendars. Don't forget to bring your water bottles. Doors open at 12:30 and play starts at 1:00. Twelve cards for \$25, with exact change appreciated. Payouts are \$100 for the first eleven games and \$250 for the final game. Make an afternoon of it and enjoy lunch at Meridians beforehand.

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

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

Players

BY SUE VILLARREAL

"Moon Over Buffalo" Opens Soon!
Schtick by Schtick the laughter builds!

"Moon Over Buffalo," Ken Ludwig's hysterical farce, is under construction here in

Christine McCormick, and Jennifer Carroll (see photo).

The curtain then opens to the theater's "Green Room," which is normally a place where actors meet before and after performances to relax, run lines and entertain friends. However, relaxing is not on the menu for George and



Sound the Alarm, Buffalonians!

Photo by Cindy Griswold

Lincoln Hills. Julie Africa, director, leads her cast of thespians upstairs, around the stage, and through many doors as they deliver laugh after laugh in this fast-paced comedy.

The play is set in Buffalo, New York, too far from the glamour and glitz of Broadway to satisfy George and Charlotte Hays, two "well worn" actors whose careers need rebuilding. As the lights come up, an ensemble of supporting actors, performing in repertory theater alongside George and Charlotte, are on their way to rehearse for both "Cyrano de Bergerac" and "Private Lives." This troupe includes: Joanie Adams, Jeri Chase-Ferris, Mary Beth Quallick,

Charlotte! There is more drama among members of this cast than on their stage!

Will George and Charlotte return to Broadway? Is Howard really Frank Capra? Is there a bun in the oven? Who comes out of the closet? Want to know? Order your tickets now! "Moon Over Buffalo" runs November 6-9 in Orchard Creek Ballroom. Tickets are available in the lodges and online at www.sclhresidents.com

"Arsenic and Old Lace," directed by Paul Gardner, plays October 4-5 at 3:00 in Presentation Hall. Admission is free. Cast includes: Joe Bolin,

(cont' on page 4)



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SUBMISSIONS: The Sun Senior News -

Lincoln Hills welcomes announcements from social clubs, schools, charitable organizations, non-profit organizations, local government and community events. Also, editorial contributions as well as articles, cartoons and photographs are welcomed and considered for publication. Deadline for submissions is the 15th of each month. Please submit via email to: SunSeniorNews@gmail.com

All information submitted to the Sun Senior News - Lincoln Hills must be accompanied by your name, phone number and written consent. All letters received become the property of the publisher (EGnews Inc.).

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SCLH Board Election

BY JUDY MARTIN, SCLH Election Committee Member

Make a Difference: Step Up as an SCLH Board Leader —

Have you ever thought, “I want to make a difference”? Here is your chance. Serving on the Board is not just about filling a seat—it’s about shaping the future of SCLH. As a Board member, you’ll collaborate with fellow leaders, set direction, and help ensure our community remains strong and thriving.

Your leadership is needed to:

- Safeguard community resources and ensure they’re used wisely
- Strengthen programs and services that benefit all residents

Why Run?

Board decisions affect every neighbor—setting priorities, solving challenges, and

building a vibrant future. With three open positions this election, your talents, insights, and experiences can have a lasting impact.

This Is Your Moment

Meaningful change begins with those who have the vision and courage to step forward. Your perspective, skills, and passion for community service could be exactly what SCLH needs. And you’ll gain something priceless in return: the fulfillment of knowing your contributions truly matter—today and tomorrow.

Ready to Lead?

The Election Committee is here to guide you through the process. Candidate information packets for 2026 are available now at the Orchard Creek Guest Services Desk.

— 2026 Election Schedule —

Date	Event
1/16/2026	Candidate Information Session
2/18/2026	Candidate Biography with Nomination Form due at 4:00 PM
2/19/2026	Candidate Briefing Session
3/2/2026	Candidate Forum Question Box on Display OCL/KSL (Remove : 3/16/2026)
3/2/2026	Campaign materials display begins in OCL/KSL
3/13/2026	Candidate Town Hall/ Q & A
3/28/2026	Candidate Forum
4/9 - 4/14/2026	2026 Ballots mailed to members
5/13/2026	Deadline to Return Ballots, 3:00 PM. End campaign, remove campaign materials from OCL/KSL displays by 4:00 PM
5/14/2026	Election Day. Ballot Counting begins 9:00 AM - Annual Meeting of Members. Election Results announced.

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Players

(cont' from page 1)

Vickie Butler, Jane Carhart, Alice Crawford, Paul Gardner, John Griggs, Alan Lowe, Joe Nichols, Michael Torres, and Mary Whittaker. Come on out and enjoy this funny, dark, and quirky play!

The Players Club meets Monday, October 13th at 4:00 in Kilaga Springs Presentation Hall. Join us!

• • •

LH Chorus

BY GAY MACKINTOSH

Coming soon to a theater near you! "Glorious: A Celebration in Song." The LH Chorus is rehearsing now to bring you our holiday concert in your very nearby OC Ballroom Friday, December 12 (evening) and Saturday-Sunday, December 13-14 (matinees). Tickets go on sale October 17; reserve early to get your favorite seats.



Nina and John compare notes.

Long-time Accompanist extraordinaire Nina Malone is recovering from hand surgery but hopes to be back with us before concert time. Meanwhile, we're delighted to have nimble-fingered John Gloudeman filling in as Director Paul Melkonian puts us through our musical paces.

We'll sing "the music of stillness holy and low" ("Stars I Shall Find") and switch gears to go "reel-in like a merry-go-round" ("Run, Rudolph, Run") as we bring you 'Christmas. . . In About Three Minutes.' "Everyone plays a piece, and there are melodies in each one of us" ("Glorious"). In these fraught times "we lift our voices and we join our hearts singing songs of justice and peace" ("Umoja Tunaimba"). We'll "light one candle for the wisdom to know when the peacemaker's time is at hand" ("Light One Candle"). So join us in December to "hear the melody that's playing. There's so much to celebrate" ("Believe").

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

• • •

Music Group

BY BRIAN JEWELL

"Where words fail, music speaks."

Performing in front of other people is often difficult. But the Music Group provides a friendly environment for anyone willing to step out of their comfort zone to sing and/or play. Of course, spectators are always welcome, and you might meet somebody you can perform with.

The sing-and-play begins at about 2:15

during each meeting. If you choose to perform in the open mic session, sign up on the performance sheet, which is available starting at 2:00.

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

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

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

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

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

Anyone who lives in Sun City is eligible to attend any of these groups or classes. Come feed your inner musician by challenging yourself to learn to play music or enhance the music skills you already have! There are few better ways to maintain and enhance mental acuity than practicing music! We encourage everyone to visit any of our musical activities.

• • •

Country Couples

BY DTIM TATUM

Congratulations to our newlywed Hank and Patty who tied the knot to officially become Mr. and Mrs. Lamon at Orchard Creek on August 31st – the same day they first met at the pool party two years ago! Surprisingly, the first thing the lovely couple did together after they met was joining our Country Couples Club. "Everyone was so friendly and warmly welcoming us! And though we knew we danced terribly but oh boy, it's so much fun!" Patty said with one of her sweet



smiles. Since then, not only have they joined in our dance and social events, but they have also become such a beautiful couple dancing to "River Waltz" – their most favorite Country Dance on their wedding day!

How romantic is their love story! More so when it might be like your story of suddenly finding the one that you would want to spend all your life with while being in each other's arms and float to the rhythm of love on the dance floor!

Certainly, their love story echoes our club's

(cont' on page 5)

Michelle's Featured Listings



1047 Overland Lane | Napa on Golf Course Lot 2 Beds | 2.5 Baths | Den | 2,258 Square Foot

Welcome to the home you've been waiting for! This popular Napa model is perfectly situated on the 8th green of the Orchard Golf Course, offering a front-row seat to the slow, relaxing pace of golf from your back patio. Upon arrival, you'll be greeted by a shaded front courtyard. Inside, the oversized den/office features elegant coffered ceilings with lighting. The great room boasts engineered wood flooring and built-in white cabinets, providing ample space for a large TV. The master suite is located on the opposite side of the home from the guest bedroom for maximum privacy. It includes a spacious adjoining bathroom with dual sinks, a soaking tub, and a huge walk-in closet. The guest suite has its own full bathroom. The backyard is an entertainer's dream, complete with a covered patio, an extended remote awning for extra shade, and a dedicated space for an outdoor dining table and umbrella. The full-sized, three-car garage is fully finished and painted, with a utility sink and plenty of storage cabinets.

Priced at \$949,000



624 Yerington Lane | Tahoe Model on View Lot 2 Beds | 2 Baths | Den | Sun Room | 1,791 Square Foot

Here's your opportunity to own a charming, mid-sized home perfectly situated on a desirable open space view lot. This residence truly reflects the homeowner's care & attention, evident in thoughtful upgrades like the elegant custom stacked stone fireplace with its integrated built-in surround, creating a cozy & inviting focal point. For expanded living & year-round enjoyment, they've added an inviting screened-in sunroom, a versatile space perfect for relaxing or entertaining. Step inside & discover a host of appealing features designed for comfort and style. The interior boasts durable luxury vinyl flooring, sleek Corian countertops, modern SS appliances, & classic plantation shutters, all contributing to a refined aesthetic. The generously sized master suite offers direct outside access, dual sinks, & an expansive walk-in closet, providing a private retreat. The dedicated den/office is strategically positioned to overlook the serene beauty of a nature preserve, offering a tranquil setting & a prime spot for observing local wildlife. Adding to the home's practical appeal is the expanded 2.5-car garage, a fantastic bonus that provides ample space & is perfectly suited for accommodating a future golf cart, making it incredibly convenient to navigate the surrounding community.

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Country Couples

(cont' from page 4)

mission posted on our website to promote Country Dancing, helping beginners get started and experienced dancers get better. The primary responsibility of members is to have fun dancing! So, please come join us at our ongoing Monday evening dance practices at Kilaga or visit our website for more information about our dance and social events.

Contact: Dtim Tatum at 279-966-8551 or visit our website at www.sclhcc.com.

Line Dance Club

BY ANNETTE PORRECO

Well, it's a fact that becoming a Line Dance Club member has many perks. Not only do we have weekly dance labs on Sundays, but additionally we have frequent Saturday dance events which are reserved for club members exclusively and are at no cost. In fact we have scheduled a Saturday dance lab for Saturday, October 4th from 1-4 at Kilaga. In addition, if we have enough dancers interested in having a November event, we will do our best to schedule it! So, it's not too late to join the club. Line dancing is a great way to make new friends and have lots of fun. For details on becoming a member contact Annette Porreco at annetteporreco@gmail.com. Well, it's a fact that becoming a line dance club member has many perks. Not only do we have weekly dance labs on Sundays, but additionally we have frequent Saturday dance events which are reserved for club members exclusively and are

at no cost. In fact, we have scheduled a Saturday dance lab for Saturday, October 4th from 1-4 at Kilaga. In addition, if we have enough dancers interested in having a November event, we will do our best to schedule it! So, it's not too late to join the club. Line dancing is a great way to make new friends and have lots of fun. For details on becoming a member contact Annette Porreco at annetteporreco@gmail.com

Ballroom Dance

BY ERNIE MICHELI

Ballroom, how did such a name originate? Generally, we don't play ball in a ballroom. Nor did the term danceroom become the norm. Actually, the origins of a ballroom first appeared in 16th-century Europe where the waltz was danced. The term "ballroom" originates from the Latin word "ballare," which means "to dance." So, a room in which to ballare became known as a ballroom.

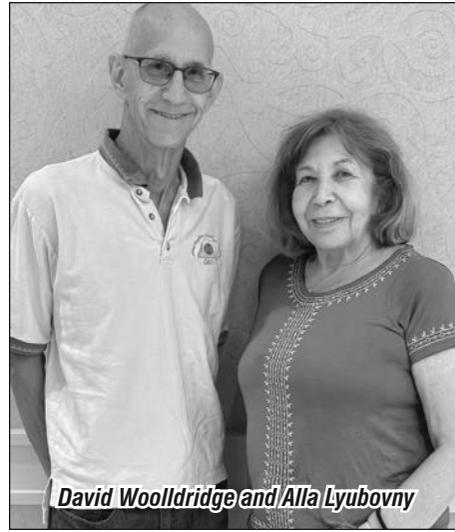
October will feature instruction for the Cha Cha on every Tuesday for the entire month. Come and learn to Cha Cha.

Also, Ballroom Saturday Night will take place on Saturday, October 25, from 6-9 p.m., at the Kilaga Springs Lodge. The theme will be Halloween. Don't miss this activity as there will be many wild and zany outfits.

Annual membership dues are available to residents and sponsored guests for a nominal fee of

\$10. Lessons are held in the Kilaga Springs Lodge Multipurpose rooms each Tuesday.

Beginners' session is at 2:00 p.m.;



David Woolldridge and Alla Lyubovny

Intermediate session is at 4:00 p.m.; open dance session is

at 3:00 p.m. for further information, please contact Rob Ryerson at 916-408-4752 or visit the Ballroom Dance Club website at sclhbdc.com

Tap Company

BY ALISON WOLFE

It's that time again – dues are now due for the Lincoln Hills Tap company (LHTC)! Please submit your \$5 payment to Alison, Mary or Kathy in class. You may also mail a check (payable to LHTC) to Jennifer Carroll at 2057 Winding Way, Lincoln, CA 95648.

Mark your calendars! The annual Holiday Luncheon is set for December 16. Please note: You must be current on your dues to attend.

Looking ahead, auditions for our exciting 2026 spring show, Shake It UP, will be held on November 11. If you are a talented horn blower, drummer, guitarist, seasoned performer or looking to join the fun, this is your chance to shine! Contact Kathy Fernandes, kathyfern50@gmail.com, for more information.

Let's keep dancing, connecting, and celebrating another fantastic year together. See you in class!

Ceramic Arts Group

BY JIM CARNATHAN

The River City Food Bank's Empty Bowls project was a huge success with 78 handcrafted bowls collected and donated to the fundraiser. Thankyou to all the CAG members who created and donated the bowls for this important yearly event.

Coming up on Sunday October 26, 2025, is the SCLH Holiday Market in the Orchard Creek Lodge. Please contact Carolyn Hughes at cjhugh@pacbell.net if you have questions and would like to participate. There are specific seller's requirements to participate, so please sign up early.

Volunteers are still needed for the CAG Holiday Party on December 1, 2025. A sign-up sheet is available in the studio or contact Carolyn Hughes at cjhugh@pacbell.net.

Ceramic classes continue with daytime and evening classes available. Please check the Compass for details and come play in the clay.

(more Club News cont' on page 7)

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1636	Andover	1138	\$488,000	\$477,500	Millpond
1753	Leander	1161	\$499,000	\$499,000	Millpond
745	Wagon Wheel	1190	\$495,000	\$477,500	Calaveras
601	Yerington	1322	\$539,900	\$539,900	Bridgegate**
2814	Coopers Hawk	1361	\$579,000	\$588,900	Madera
1700	Starview	1400	\$575,000	\$539,000	Bridgegate**
805	Dogwood	1473	\$590,000	\$600,000	Almanor
1784	Emily	1515	\$575,000	\$549,000	PineHill
2007	Gatehouse	1515	\$549,000	\$529,000	PineHill
2365	HiddenHills	1515	\$573,000	\$560,000	PineHill
204	Quail Covey	1531	\$545,000	\$550,000	Alpine
1355	Truchard	1549	\$589,000	\$564,000	Alpine
183	Timberland	1549	\$565,000	\$585,000	Alpine
158	Whitehall	1579	\$585,000	\$595,000	Alpine
920	Magnolia	1626	\$598,000	\$588,000	Lassen
1018	Stone Pine	1626	\$589,000	\$574,000	Lassen
2125	Stonecrest	1763	\$642,500	\$600,000	Mendocino
288	Lariat	1791	\$750,000	\$733,000	Tahoe
938	Wagon Wheel	1793	\$600,000	\$600,000	Tehama
2175	HiddenHills	1813	\$715,000	\$570,000	Tahoe
2705	Black Hawk	1837	\$671,250	\$672,000	Plumas
2249	Monument	1847	\$725,000	\$695,000	Echo Ridge**
2723	Woodacre	1910	\$649,000	\$625,000	Fremont
1742	Carnelian	1967	\$899,000	\$880,000	El Dorado*
2026	Stonecrest	2073	\$770,000	\$759,000	Annadel
589	Northfield	2073	\$896,000	\$849,900	Annadel*
1422	StoneHearth	2073	\$849,000	\$844,000	Annadel*
380	Shepherds	2073	\$759,000	\$785,000	Annadel
985	Cricket	2137	\$825,000	\$816,900	Fremont**
2346	Swainson	2390	\$798,000	\$781,000	SanMateo
2182	Pebblestone	2801	\$949,500	\$650,000	Meadowgate
1663	Barn Valley	2962	\$1,000,000	\$1,000,000	Meadowgate*
432	Sawmill	3063	\$1,225,000	\$1,150,000	SantaBarbara**

*View/Golf Course **Casita

Total Homes sold in Sun City per MLS 8/1/25 - 8/31/25

In The Power Of Words Brought To Life Through Poetry

WINNERS EVENT

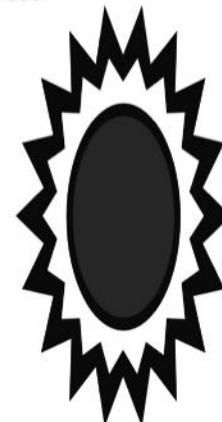
SUNDAY, OCTOBER 19, 2025
3:00 – 5:30 P.M.

Thirty-five (35) poets, including 17 "Young Poets," ages 12 through 16, will read 38 poems expressing their thoughts on the following topics: Wishes Do Come True Open Your Mind To Change Rise To Life's Challenges Do A Good Deed Smile Every Day.

Through the inspiration, thoughtfulness, and passion of our poets, words will be brought to life through their poetry.

- Everyone is invited to this free event to be held at The Salt Mine, 590 Lincoln Blvd, at 6th Street (Enter building on 6th Street—Park on Lincoln Blvd, 6th Street, or in parking lots across Lincoln Blvd. at 6th and F Streets), Lincoln, CA.
- Refreshments will be provided.

please join us



please join us

Presented By
The Poets Club Of Lincoln

Sponsored By **The Salt Mine**

Mixed Media

BY JILL SHORT

Whether you are new to mixed media or are a seasoned artist, our club offers a welcoming space to experiment, learn, and connect. Join us this fall to celebrate creativity, community, and the joy of making art together. We will be gathering again in October and November for some fall-inspired fun, and we would love for you to join us. Bring your curiosity, your ideas, and a willingness to play with materials—you will discover just how much fun it is to be part of a community where creativity truly has no limits. So, what is mixed media? It is the art of combining different materials and techniques to make something unique. That could mean painting with acrylics and adding paper collage, using fabric with watercolor, layering pastels over ink, or even recycling everyday items into art. The beauty of mixed media is that there are no strict rules. Instead, it is all about experimenting, exploring textures and colors, and letting your imagination lead the way. Our meetings are not about perfection—because here, we believe everyone is an artist. Whether you are a beginner trying out new techniques or an experienced creator looking for fresh inspiration, you will feel right at home. Every meeting is filled with laughter, encouragement, and shared inspiration. You will walk away not only with your own creations but also with the joy of connecting with others who love making things too.

Yearly \$20 dues will continue to be collected this month. The club will meet on the 3rd Wednesday of October and November at 1:00

PM in the Fine Arts Room (OC). We take a month off in December. For more information or if you would like to visit the club contact Chris Fetter at 916-276-7895 or email at: mixed.media.chrisf@gmail.com

• • •

Needle Arts

BY ALICYN GOUGHNOUR

As we enjoy our cooler fall weather, we have a perfect opportunity to invest time and effort into pursuing our personal needle arts projects. If time escapes you, then a trip to the “Artisans in the Lodge” event on October 11 will afford you a great opportunity to observe and purchase craft/art objects all created by SCLH residents. The NA contribution will feature over 600 handmade items made by our volunteers. The annual Holiday Market on October 26 will afford a greater opportunity to shop and admire NA crafts, as well. If you are traveling through the OC be sure to view the NA window outside of our sewing room. On display you will find many examples of the crafty items available for sale at the October events. The jewel in the crown is the stunning and festive Opportunity Quilt made by our member, Debby Bainbridge. Tickets for this drawing are available in our workroom and at upcoming general meetings. The drawing will highlight our holiday luncheon on December 9 where the theme will be “Welcome Home in Winter.” Registration for tickets will begin in October.

Our featured speaker for the October 14 general meeting will be Jennifer Serr who will share her commitment to sustainable sewing

with a display of eco-friendly clothing. She will demonstrate how to upcycle your garments while reducing textile waste.

Recruitment efforts are underway to fill the six board positions that are available for next year. Please consider how you may make a contribution to the greater good of NA by filling one of these slots.

Be sure to check our website for up-to-date information regarding retreats, craft classes and other special events at SCLHNA.com

• • •

Creative Glass Club

BY SUSAN HAAS

Join the Creative Glass Club!

Enjoy a new artistic endeavor with new friends.

We invite you to try fused, mosaic, and stain glass projects!

We have monthly Open Studios: the 1st and 3rd Tuesday from 6pm-8:30pm, and Workshop Studio the 2nd and 4th Thursdays 9am-12. We meet in the Sierra Room (KS).

Open Studio dates will be as follows:

Oct 7 and Oct 21, 6:00-8:30

Oct 9 and Oct 23, 9am-12

Coming Soon! A glass kit for new members to complete at studio!

Come learn what we are about!

• • •

Painters' Club

BY TAMSEN ARMSTRONG

Get 'em while they're hot! Many thanks to Susie Crawford for organizing the OC Lobby Show for September. It was a lovely collection of paintings, several which sold! Our show at Simple Pleasures attracted eight satisfied collectors who came away from their meal with a gift or a new treasure for their home. Well done! Another great show organized by Marianne Oliphant. We're looking forward to visiting the OC Lodge on October 11th for the Artisans at the Lodge, a



(cont' on page 9)

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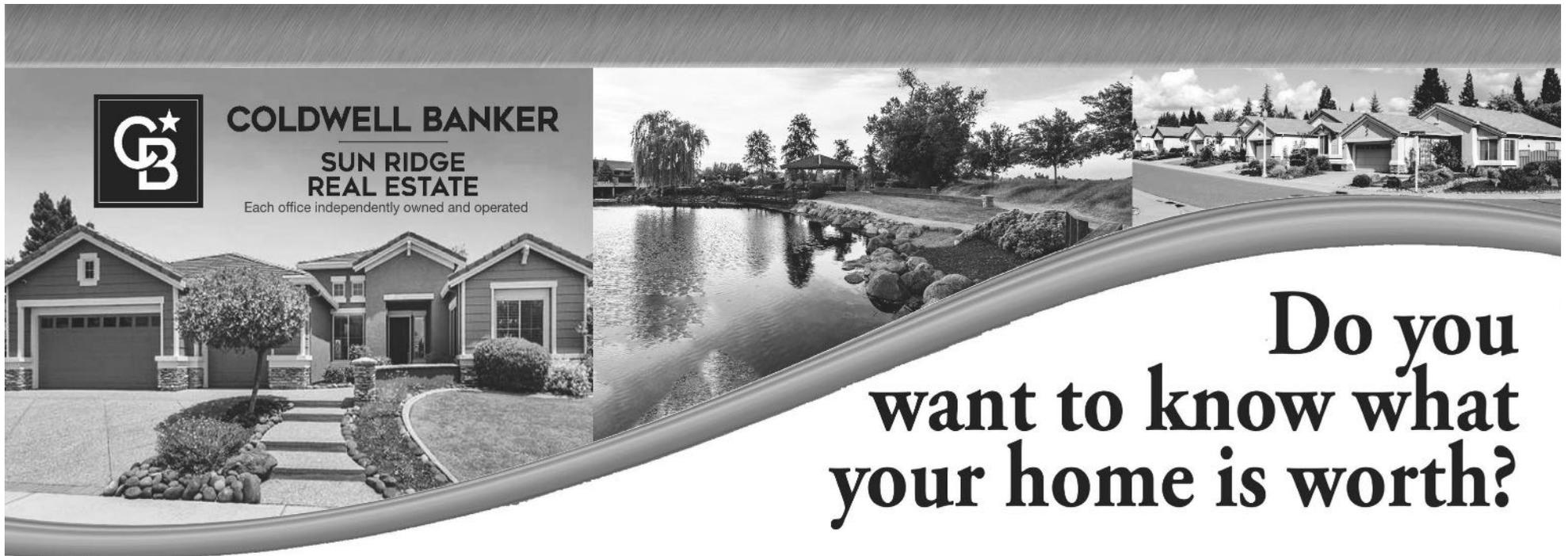
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Painters' Club

(cont' from page 7)

one-day craft fair featuring resident artists and then the Holiday Craft Fair on October 26th that will be sure to tempt you. We can't wait for our next meeting to learn how Barbara Davies does an acrylic underpainting on October 21st. See you there!

• • •

Paper Arts Club

BY LINDA LUCCHETTI

Quote of the month: "When life gives you hands, make handmade." World Card Making



Jan made coasters with photos.

Day is celebrated on October 4 and is dedicated to those who prefer to make a card rather than buy one.

Thank you to June Paquette for our September project—tile coasters decorated with photos, paper, or holiday transfers.

Our Craft Room Home Tour is Thursday, October 16, with six craft rooms/homes to visit. The start time will be 9:30 a.m. and will last about three hours. Revisit September's newsletter for details.

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

• • •

Woodcarvers Club

BY LIONEL RAINMAN

Halloween is coming and some of our members have gotten in the spirit of Halloween themed carvings. Before long they may tackle a pumpkin carving. Club members are free to carve anything they choose although holiday themes are encouraged. Some of the holiday themed carvings will be shown in one of the windows at Orchard Creek in November.

Recently there was a



carving show in Pleasanton, and our club had 13 entries and placed in 13 categories in several competitive levels. Congratulations to those submitting entries.

Our doors are always open if you would like to visit and see us in action. We meet every Wednesday from 1:00-4:00 PM in the Sierra Room at Kilaga.

• • •

Photography Club

BY DIANE MARGETTS

In Lincoln Hills, we love our dogs! So, the focus of the September meeting was dogs, dogs, dogs! Big dogs, small dogs, our dogs and our neighbors dogs! Members were encouraged to bring up to five photos of dogs that are also Lincoln Hills residents and we had an endless supply. The October meeting will focus on street photography as presented by David Robinson. The presentation will begin with a definition of street photography and examples created by famous street photographers. Techniques and camera settings will be discussed, as well as approaches to street photography. The rest of the presentation will be filled with examples from David's portfolio.

Members have been out and about on field trips. Recent trips included a visit to members Phil and Stephanie Huntingdale to view their incredible model train display. Members also ventured to Lake Tahoe's Thunderbird Lodge and took a trip back to the 'Old West' via Carson and Virginia Cities. Some even took in Virginia City's renowned ostrich and camel races!

Upcoming field trips include the

Sacramento Swan Festival and Nevada City's beautiful Victorian Christmas field trip. In 2026, we will once again descend on Death Valley with Truman Holtzclaw serving as our very experienced host!

Upcoming learning sessions include hands-on workshops for Snapseed editing software where you will learn how to quickly enhance your images, fix common problems, and add creative flair—all from your smartphone or tablet. In November, we will feature a fun and interactive two-hour photography workshop to discover creative ways to photograph reflections and vibrant abstracts.

Buonarroti's Restaurant except is in place till December 15. Come and check out the photographs on exhibit by photographers Ron Naby, Greg Geren, Jim Sakaguchi, and Vern Rogers. While you are there, enjoy a delicious meal from this fabulous Italian restaurant!

Thinking about joining the Photography Club? We always welcome new members. You can sign up at any of our monthly General Meeting.

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

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(more Club News cont' on page 11)

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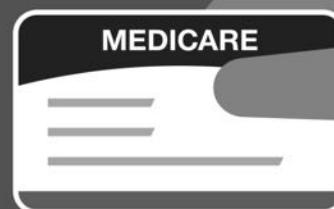
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11/19/2025, 10:30 AM
Orchard Creek Lodge
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CA 95648

10/29/2025, 10:30 AM
Kilaga Springs Lodge
Sierra Meeting Room
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11/12/2025, 10:30 AM
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Stamp Club

BY TIM MILES

We hold our meetings at the Sun City Roseville Lodge (7050 Del Webb Blvd) twice a month at 6:30 pm and they run about two hours. We have presentations, games, door prizes, anything that goes with the hobby at a greatly-reduced price (stamps, protectors, albums and sheets, etc). We also have the complete current set of catalogs available.

Anybody who has that "old" album can attend a meeting and we'll be glad to give you a current appraisal. We are one of the oldest clubs in No Calif and are currently getting ready to offer membership to anybody in the tri-county area.

Our meeting dates for October are the 14th and 28th. November meetings are Nov 11th and "maybe" (because of Thanksgiving) Nov 25th.

Al Capparelli (916-771-8288) has "open garage days" on Oct 23 and 24 from 10 am to 4 pm. You can specifically address anything you need with him and we can usually accommodate you. Call first and set up an appointment.

Our Secretary, Lee Coen (leejcoen@gmail.com) should be given your email so he can keep in touch with the timeliest announcements.

Sue Smelser is trying to set up a luncheon sometime during the month and you will probably get an email on that, if it gets booked.

The Sacopex Stamp Show in Sacto is Nov 1 and 2 but they have a smaller meeting location at the Sacto Elks and so there is no auction like they used to have. Go online and try and find the proper location.

• • •

Singles

BY KATHY SHADDOX

We kick off this month with our Birthday Celebration on Sunday, October 5th at 4:00 pm in the Kilaga Springs Café. All Singles born this month can receive a free drink, and yes, we have a bar there. Dennis Doane will lead us in singing happy birthday to those October babies!!

If you have ideas for new events or want to help with an event, please feel free to attend our Activities Meeting on Tuesday, October 7th at 4:00 pm in the OC Computer Room.

Our special event this month is our Oktoberfest at Dueling Dogs Brewery in Lincoln on Wednesday, October 8th at 4:00 pm. This event is chaired by our President, Chuck Pineau who always make sure the food and entertainment is perfect. Tickets are on sale, so be sure to buy yours before it is sold out.

Remember to attend our Business Meeting on Thursday, October 9th at 5:30 pm in the OC Ballroom. Following the meeting we will participate in "Classic Movie Trivia." Come and try your luck, and you could end up a winner!

Our 2nd Saturday Breakfast will be on October 11th at 9:00 am in the OC Sports Bar. No reservations needed. Dennis Reid, our host, will greet you. You can enjoy ordering anything off the menu, while having great friends to eat with.

Are you wondering what is scheduled for our October Social? Of course, it is our annual Halloween Costume Party including costume parade, dinner, dancing and prizes. Be sure to purchase your tickets early as this event sells out quickly. Costumes are not required but a lot of

fun to see those that do!

Join us for Bocce every Wednesday at 10:00 am at the Sports Plaza. To sign up for weekly Golf with the singles, contact Carrie 562-714-6735.

Not a member yet? Want to join? Contact Donna 916-408-1405.

• • •

Genealogy Club

BY NANCY SWITZER

My great-grandparents on the paternal side left Ireland and immigrated to Canada. Lucky for me, that information is documented by a family member, who explained how the family made their way there. My mother's grandparents also came from Scotland and Ireland to Canada, but less is known about their journey. It seems that one was Catholic, and the other Episcopalian and the marriage was frowned upon by their families. All the parties that would shed light on this subject have since passed on, but one wonders if that was the only reason for their departure?

Our presenter for our October 17th 10:00 AM Meeting is Denise Beesom. She is returning to speak on the topic "Accessing records to trace the migrations of ancestors that came from Europe." Once again on Zoom, this Adjunct Instructor at Santa Rosa Jr. College, and teacher of Genealogy, who also lectures on the subject across the nation, will share her knowledge with our club. With a MA in Communications and a BA in Speech she is a great speaker.

Kate McCarthy offers a Genealogy workshop open to all residents, 2nd Mondays from 1-3 PM, Media Room (OC). Questions, contact Kate at 916-975-5052 or starkayak@

icloud.com and leave your question with contact information.

Topic for the 2nd Monday workshop from 1-3 PM is "Creating a Family History Book." It is an interactive workshop so folks should bring their laptops.

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

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Shalom Social Group

BY JUDY GANULIN

Fall's arrival doesn't slow the pace of Shalom Social Group activities! After a successful Pizza and Bingo night, an inspiring Havdalah (end of the Sabbath) service, and participation in the SCLH Lifestyle Expo, we now look forward to our Men's Club brunch on October 26, where Burt Zolotar will discuss the history of developing the atomic bomb, and our October 30 membership meeting, where Rabbi Alan Rabishaw will update us on events in Israel. We're also starting to plan our beloved Hanukkah celebration. For more information or to join, please contact Margie Gulko, 916-543-5303, or Deanne Iliff, 530-518-3704.

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(more Club News cont' on page 15)

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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	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.					
20 Day DUBAI TO BARCELONA CONDE NAST TRAVELER Cruise - OCEANIA					
Oceania Vista ~ 1224 Passengers	May 13-2026		\$7,199	\$8,699	
Package includes; Gourmet Specialty Restaurants, WIFI, Gratuities, Classic Beverage Package, Laundry.					
Sail from Dubai, United Arab Emirates (overnight); Muscat, Oman; Jeddah, Saudia Arabia; Luxor, Egypt (overnight); Suez Canal Transit; Santorini, Greece; Messina (Sicily), Italy; Sorrento/Capri, Italy; Olbia/Porto Cervo (Sardinia), Italy; Mahon (Menorca), Spain; to Barcelona, Spain.					
12 Day CANADA & NEW ENGLAND FALL FOLIAGE Cruise- SEABOURN					
Sojourn ~ 540 Passengers	October 2025 & 2026		\$6,928	\$10,008	
Package includes beverage package, WIFI, Gratuities, Gourmet Dining.					
Sail from Montreal, Canada; Quebec City, Canada; Scenic Cruising Saguenay Fjord, Canada; Baie-Comeau, Canada; Charlottetown, Prince Edward Island, Canada; Halifax, Nova Scotia, Canada; Portland, Maine; Newport, Rhode Island; to New York, New York.					
15 Day GRAND EUROPEAN TOUR Cruise - VIKING					
Viking Longship ~ 198 passengers	Oct., Nov., Dec., 2025 & Mar.- Dec. 2026			\$5,999	
*INCLUDES ROUND TRIP SACRAMENTO AIRFARE!					
Package includes your home to the Sacramento Airport, Airport Meet-And-Greet with transfers, WIFI, beverages, and an included excursion at each port. 15 day Viking Cruise in standard accommodations. Sail from Amsterdam, Netherlands; Kinderdijk, Netherlands; Scenic Sailing; Cologne, Germany; Koblenz, Germany; Middle Rhine; Main River; Miltenberg, Germany; Wurzburg, Germany; Bamberg, Germany; Scenic Sailing Main-Danube Canal; Nuremberg, Germany; Regensburg, Germany; Passau, Germany; Melk, Austria; Krems, Austria; Vienna, Austria; to Budapest, Hungary.					

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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean-View Balcony
15 Day ITALY, ADRIATIC & GREECE Cruise Viking Ocean Ship ~ 998 Passengers	September - November 2025 & 2026	\$7,698
*INCLUDES ROUND TRIP SACRAMENTO AIRFARE! Package includes your home to the Sacramento Airport, Airport Meet-And-Greet with transfers, WIFI, beverages, and an included excursion at each port. 15 day Viking Cruise in balcony accommodations. Sail from Athens, Greece; Olympia, Greece; Corfu, Greece; Kotor, Montenegro; Dubrovnik, Croatia; Split, Croatia; Venice, Italy (multiple overnights); Sibenik, Croatia; Bari, Italy; Crotone, Italy; Sicily, Italy; Naples, Italy; to Rome, Italy. Add on the fully guided Ultimate Italy-Tuscany 3 night extension package or Fully guided Ultimate Italy- Umbria 3 nights extension. Ask about pre and post packages and upgraded accommodations.		
7 Day TASTE OF BORDEAUX WINE Cruise AmaDolce Longship ~ 140 Passengers	October - November 2025 & 2026	\$4,889
*INCLUDES ROUND TRIP SACRAMENTO AIRFARE! Package includes round trip Sacramento airfare, Airport Meet-And-Greet with transfers, WIFI, an included excursion at each port. 7-day AmaWaterways river cruise in standard accommodations. Sailing round trip from Bordeaux, France; Libourne, France; Blaye, France; Bourg, France; Pauillac, France; Cadillac, France; to Bordeaux, France. Ask about an upgraded stateroom and pre and post extensions!		
15 Day TRADE ROUTES OF THE MIDDLE AGES Viking Ocean Ship ~ 998 Passengers	May - September 2025 & 2026	\$7,499
*INCLUDES ROUND TRIP SACRAMENTO AIRFARE! Package includes your home to the Sacramento Airport, Round trip Sacramento Airfare, Airport Meet-And-Greet with transfers, WIFI, an Included Excursion at each port. 15-day Viking River Cruise in balcony accommodations. Sail from Bergen, Norway; Sail the North Sea; Amsterdam, Netherlands; Bruges, Belgium; Paris, France; Portsmouth, England; Falmouth, England; Sail the Atlantic Ocean; Porto, Portugal; Sail the Atlantic Ocean; Granda, Spain; Murcia, Spain; to Barcelona, Spain.		
8 Day MISSISSIPPI Cruise Viking Mississippi- 386 Passengers	December - December 2025 & 2026	\$5,399
*INCLUDES ROUND TRIP SACRAMENTO AIRFARE! 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. Ask about pre and post extensions and upgrading your cabin!		
9 Days COLUMBIA AND SNAKE RIVER Cruise American River Boat~ 180 Passengers	October - November 2025 & March - November 2026	\$6,614
*INCLUDES ROUND TRIP SACRAMENTO AIRFARE!! 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; to Clarkston, Washington.		
7 Day DREAMS OF TAHITI Cruise Windstar Yacht ~ Star Breeze ~ 312 Passengers	October - December 2025 & January - December 2026	\$5,488
*INCLUDES ROUND TRIP SAN FRANCISCO AIRFARE!! 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!		
10 DAYS TULIPS & WINDMILLS Cruise Viking Longship ~ 199 passengers	March - April 2026 & 2027	\$3,450
*INCLUDES ROUND TRIP SACRAMENTO AIRFARE!! 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 with a window. Sail round trip Amsterdam, Netherlands; Scenic Sailing, IJsselmeer; Enkhuizen, Netherlands; Arnhem, Netherlands; Kinderdijk, Netherlands; Rotterdam, Netherlands; Antwerp, Belgium; Middelburg, Netherlands; Veere, Netherlands; to Amsterdam, Netherlands. Ask about upgrading your cabin and cruise extensions!		

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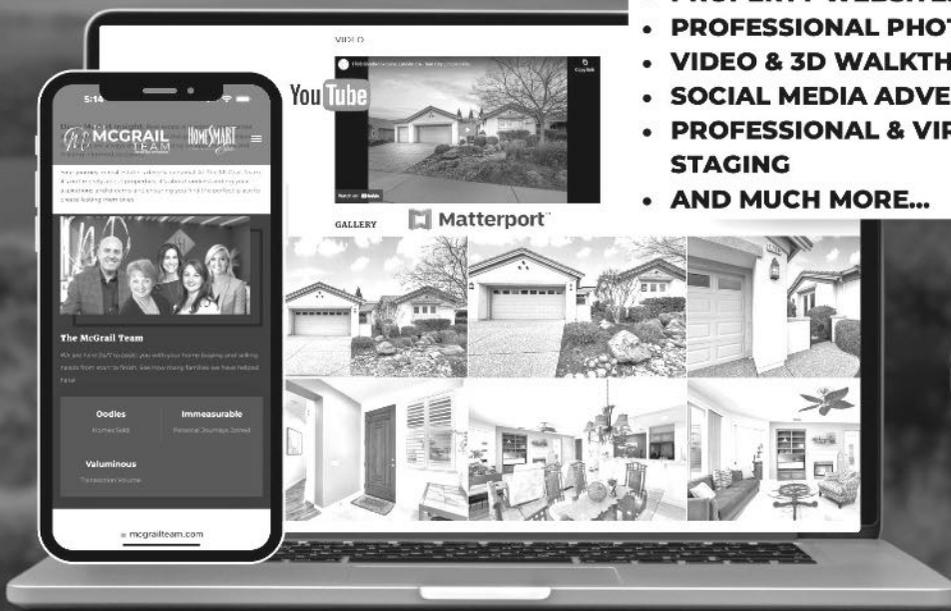


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Lavender Friends

BY JOAN LACKTIS

We are looking forward to October's bright blue weather and possibly some cooler temperatures to allow for more outdoor activities. We did get out to play cornhole at the end of last month.

This month, we are planning a walking tour of historic downtown Lincoln, and we hope for pleasant weather as we stroll. We have a lot of fun stuff planned for November and December that we will describe as they get closer. Club members also can go onto our newly redesigned website, which now includes members-only pages with event details and other useful information.

Coming up soon is National Coming Out Day, celebrated on Oct. 11 every year. Younger LGBTQ people have grown up in a more tolerant cultural environment but many of us Sun City-age gay people risked jobs, families and personal safety if we wanted live openly as gay people. Let's take a moment to appreciate living in this community where Lavender Friends are welcome and accepted.

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

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Food Adventures Club

BY GINGER IKUNO

The Food Adventures Club is serving up a full calendar of culinary experiences. There are, to date, 19 unique events.

First is a series of hands-on "Chef Marc's Cooking Classes and Dinner". Next is a special 4 course Prix Fixe dinner in October. Then, a Restaurant Extravaganza where members can choose from 4 restaurants and enjoy a complete meal for only \$15. And, a member favorite, the Quarterly Meeting with a bounty of Charcuterie tastings.



Look for the Food Adventures Club logo for fun food events.

Thundering Herd Mandarin Farm will host a private tasting. Plus, a delicious picnic at Hollow Oaks Goat Farm. And to round out the year, 4 Holiday Dinners.

Don't sit at home when a delicious adventure is waiting. Join us, have fun and savor the best. For membership information email debdeb53@yahoo.com

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LH Italian Club

BY ANNE (CORSAO) FINN

Autumn is here and what better way to usher in the new season than by enjoying some



wonderful wine with friends! That's exactly what we did at our September wine-tasting event. Barbera wines were featured from both Italy and the United States. There's nothing like a good, healthy competition! Which variety was the favorite? Well, that depends on who you ask. After sipping wines, guests were treated

to a delicious buffet dinner. What a fun time!

Turkey Bingo is scheduled for November 2 in the Roseville Ballroom. Don't miss out on this ever-popular event. Buy your tickets soon! The Holidays are right around the corner and we're

looking forward to our annual Christmas dinner and dance on December 9 at Catta Verdera.

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

• • •

SCHOOLS

BY PATTI KINGSTON

Kerry Callahan, Superintendent of the Western Placer School District spoke at the SCHOOLS annual meeting in September. She told of the tremendous growth in the number of students in the WPUSD, a 130% growth over the last 25 years and 35% growth in the last 12 years. 95% of homeowners and would-be home buyers believe that schools are the most important factor when considering where to buy. With the explosive growth in the area, having the financial support from developers and the passage of bond issues is crucial in keeping up with the demand for new schools and expanding and improving older ones. Kerry expressed gratitude for the enthusiasm of the SCHOOLS volunteers. Teachers rely on the extra help and appreciate every hour the volunteers spend in the classroom. Michael Maul, the Assistant Superintendent of Personnel, addressed the steps needed to become a volunteer, a TB clearance from a medical professional and being finger printed. Those things can be easily taken care



of. The district pays for finger printing.

If you are considering helping in our schools, now is a good time to contact SCHOOLS to let us know you are interested. Volunteers are needed in K through 5 in our elementary schools. Some volunteers help with paper work but most enjoy working directly with the children. Many volunteers are in the classroom 1 day a week for a few hours. They work closely with the teacher and are under her direction. For more information on volunteering in Lincoln elementary school, contact Cyndi at ccolloton@yahoo.com

Phoenix High managed to move into their new building just three days before school started. Things have been going well, but there are still kinks to work out as everyone gets used to the brand new campus. Volunteer tutors are needed for Math, History and English. For more information contact Irma at jmeidm@aol.com

• • •

SCLH Writers' Group

BY RAY BIRGE

October is here with a new chance for becoming the famous writer you always wanted to be. Just like my friend who told me he was so proud he followed my advice and started his first book. He already has the page numbers done!

Why I Write — Personally, like the author F. O'Connor said, "I don't know what I think, until I read what I say!" Besides, like author Terry Pratchett said, "Writing is the most fun you can have by yourself."

Want A Challenge — Write a short story about (1) If you had one wish, but it was for somebody you like, what would it be? (2) What famous person would you like to meet? Or, (3) What was your most embarrassing moment?

Bring 14 copies of your masterpiece with 1,300 words or less to share at our next meeting. Remember, if you can't laugh at yourself someone will do it for you.

We're proud to be the SCLH Writers' Group dedicated to encouraging the growth and development of members in meeting their individual writing objectives. We want to be the most creative organization possible by providing feedback and constructive suggestions to our members and having fun doing it!

Sometimes the social interaction is more important than the project. We author short stories, novels, poetry and even memoirs. Remember, if you can tell it, you can write it!

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

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

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(more Club News cont' on page 16)





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Apple User Group

BY NINA MAZZO

Our club just celebrated its 23rd birthday with a super fun Fiesta-themed party! We wanted to show our appreciation to all the amazing volunteers (over 30 of them!) who help us out with open labs, tech support, and presenting programs that cater to all sorts of interests and applications. Each received a unique Apple User Group Challenge Coin.

Mark your calendars for October! We've got some interesting and informative programs lined up. Jim Moon will be sharing his expertise on Pages, and then, Ken Silverman will take us on a closer look at the Apple Watch.

On Thursday, October 2nd, Jim will be demonstrating the Pages app with Ask the Tech at 6:45 PM, followed by a



Challenge Coin

presentation at 7:00 PM in the KS Presentation Hall. He'll continue this discussion on the Pages app on Monday, October 27th, with Ask the Tech at 10:15 AM and a presentation at 10:30 AM in the same hall.

Our general meeting is on Tuesday, October 14th, where Ken Silverman will be sharing some of the amazing things you can do with the Apple Watch. Ask the Tech will be at 6:30 PM, and the presentation will follow at 7:00 PM.

Just a friendly reminder that if you can't make it, we record our presentations and make them available on our website.

Don't forget to visit our website at www.LHAUG.org for all the latest updates and information. And if you have any questions, feel free to give us a call at 916-913-6833 (please don't text, voice message only).

...
(more Club News cont' on page 17)



Volunteers

Photo by Bob Gentry

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LH Travel Group

BY LINDA BEVINS &
JOANNE SCHUMACHER

Thank you to all our friends and travelers who came to the Lincoln Hills Travel group's Fall travel show. Next one will be January 21, 2026, with great new travel opportunities.

Current trips include:

- For wine lovers, a small group tour to France winetasting in the Loire Valley with options to the Champagne region and Paris
- A Windstar cruise sailing to Tahiti, Bora Bora and nearby islands
- Celebrate America's 250th Anniversary with a special tour to Boston, New York, Philadelphia, Washington DC. Includes Mt Vernon, West Point, Lexington, Concord, U.S. Capitol Building, Arlington Cemetery and more.
- If you love music, join us for a ride along the Musical Highway from New Orleans to Nashville on Discover America's Music Cities.
- If Europe beckons, you'll want to explore the medieval cities along the Danube on the Discover Imperial Cities tour visiting Prague, Vienna, and Budapest.
- Discover the Canadian Maritimes Coastal Wonders exploring Nova Scotia, Charlotte, Prince Edward Island. Includes stops at Anne of Green Gables Home, the Cabot Trail and Peggy's Cove.
- Closer to home we have Utah's Mighty Five with 2 days aboard the Rocky Mountaineer train, visiting Arches, Canyonlands, Capital Reef, Bryce, and Zion National Parks.
- For the adventurous, take a trip to Africa

on a Kenya Safari.

Most trips include pickup/return to your clubhouse, airfare, and tour accompanied by professional guides. Travel insurance is encouraged and optional. All travelers on our trips must be Travel Group members, but you do not have to live in Sun City to be a member. Membership application is on the website; dues are \$15/year.

Refer to our website for complete information: www.lincolnhillstravelgroup.com

As always, contact any committee member to answer questions, get assistance or ask about a destination you are interested in visiting.

LH Travel Group Leaders: Joanne Schumacher 415-999-1242 jkschumacher1@gmail.com; Louise Kuret Auerbach 916-408-0554 louisekuret@att.net; Lyle Auerbach 916-847-6544 lea925@att.net; Linda Bevins 916-666-7627 djbevins17@gmail.com; Lisa Viviano 916-798-7462 lisav4747@gmail.com

Airport Co-op

BY GINNY SATO

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

For more information, contact Ginny Sato at gsato2002@yahoo.com.

RV Club

BY MARY CARBREY

RV there yet? In August our RV club enjoyed the breathtaking views of beautiful Mount Shasta! Activities included a private tour of the Shasta Fish hatchery, participating in our very own 2-day cornhole tournament, a private wine tasting at our campsite, and even got to create a fun Halloween craft project led by Marilyn Brenk. Our next outing is a back-to-back trip to Pismo Beach, and then Mission Bay in San Diego, all the while making new friends and enjoying the open road with fellow RVers.



Mount Shasta Cornhole Tournament Winners: Maryland, Ken, Glenda, and Richard.

To learn more about our group, see our website at www.lhrvg.com. For general information, contact our club president, Jake Baker at 916-838-5253 or jbaker525311@gmail.com. For membership contact Cindy Aimar at 707-494-8185 or cjaimar@att.net. All types of RVs are welcome! Come join us on the second Thursday of the month at KS, 4:30 PM in the Placer Room.

LH Sports Car Club

BY ROB PHILLIPS

The autumn season is upon us, and it is one of the most delightful times of the year to take to the road. On September 4, 22 cars embarked on a journey to one of our favourite local eateries, the Dancing Tomato in Yuba City. By taking the scenic back roads through Placer and Sutter Counties, we were able to enjoy the picturesque landscapes for a little over an hour before arriving at our destination.

In mid-September, 28 members embarked on a delightful two-day excursion to the Little River Inn, nestled in the scenic beauty of Mendocino County. Along the way, we made two enjoyable stops: one at Granzella's in Willows for a delicious brunch, and another at Robinson's Rancheria Casino in Lake County for a quick rest.

Members were on their own for dinner on Monday evening. On Tuesday, the 16th, everyone had the freedom to explore the charming towns of Mendocino, Albion, and Fort Bragg at their own pace. On Tuesday evening, we all gathered for a memorable dinner at The Wharf Restaurant

(cont' on page 19)

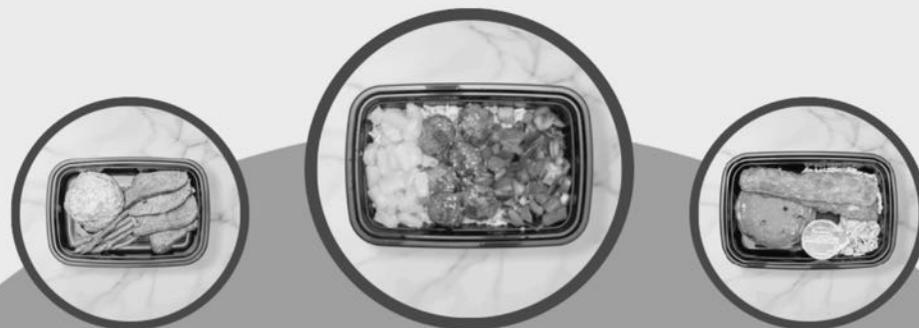
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LH Sports Car Club

(cont' from page 17)

in Fort Bragg, where we savored fantastic cuisine while taking in the panoramic views of the Noyo River and the Pacific Ocean.



Feel free to come to the Kilaga Parking lot on Monday evening, October 6, from 6:00 to about 7:30 where we will be having our third Mini-Car Show as part of regular meeting.

If you own a sports car and are interested in joining, please contact Edy Ternullo at edyternullo@yahoo.com

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Rods & Relics

BY ELNA RAGAN

The end of August and early September provided lots of activities to participate in! The Lincoln Airport Wings & Wheels event held on August 22 and 23 saw huge numbers of spectators enjoying the Aviation Show, Car Show, Hot Air Balloons, Moon Glow Evening, Food Trucks, Vendors, and Live Music! Many of our Club members helped to run the show.

At the August 27 General Business Meeting at Strikes in Roseville, three representatives from the charities Acres of Hope, Children's Hope Foster Family Agency, and the Zebra Sober Graduation were present to receive checks of \$6,000 each from the proceeds of this year's Downtown Lincoln Car Show.

Bridgeway Church Cars and Coffee was held on September 6. A "feel good" Car Show was on September 12 at Lincoln Meadows Care Center. The Rods & Relics Cars and Coffee was held in the Red Robin parking lot on the 13th.

On September 16, Club members caravanned to an all-time favorite spot... Swabbie's on the River! It's always fun to travel

as a group and have a great time!

Rounding out the month was Hot Chili Cool Cars in Rocklin on Saturday the 20th.

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

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

Web Site: www.rodsnrelics.net

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LH Tesla Club

BY WAYNE FORD

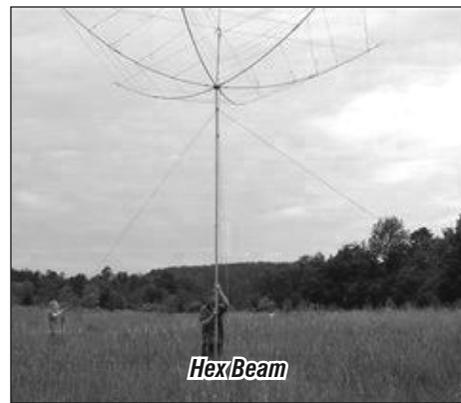
The club will be holding its next meeting on Saturday, October 18th at 4:00 PM in the Kilaga Springs Presentation Hall. The interest and enthusiasm shown by Tesla owners and enthusiasts continues, and our next meeting should reflect this, as we become more interactive with members. Bring your questions and share your Tesla experiences with the other attendees. Your participation will make the meetings more interesting and fun for us all. Come and share or just watch and learn.

• • •

Amateur Radio Group

BY DANIEL LEHRER, KN6DRN

John, NQ6Q shared with us his extensive study of our Repeater's coverage. John also discussed Cross Band Repeaters and handed out notes describing their unique ability to extend reach of signals. Please visit our website under "Ham Education" for his article as well as other informative presentations. Art, KI6GYG gave an informative demo on Hex Beam antennas. Although they resemble umbrellas, they have excellent range and gain.



Rick, WR6C shared a website (rdio.placer-radio.com:3000) that allows the user to listen in to emergency services providers such as Police and Fire in Placer County. Certainly a valuable tool for hams to have. We also discussed the newest Icom 7300 MK2 radio and its new features. We suspect some members will be tempted to buy or upgrade, with spousal approval, of course.

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

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LH Veterans Group

BY STEVE WITMER

It's not too late to sign up for the Veterans Group's popular Oktoberfest luncheon on Thursday, October 16 in the Orchard Creek Ballroom. Price for the buffet luncheon is \$30 per person. The Bavarian-themed buffet will include German sausages, pork schnitzel, butter-fried spätzle, sauerkraut, Romaine salad, warm rolls and butter, and apple strudel for dessert. A vegetarian meal can also be provided upon request. A cash bar will be available. Doors open at 11:30 a.m. and the buffet will open at noon. Reservations are needed by October 9. Contact Shirley Schultz at 916-645-7539 for reservations and further information.

Be sure to save the morning of November 11 for our annual Veterans Day program. A wreath-laying ceremony will be conducted at 9:00 a.m. at the main entrance to Orchard Creek Lodge. Patriotic music by the Roseville Community concert Band will begin in the Ballroom at 9:30, followed by the formal Veterans Day ceremony at 10:00. The Whitney High School Air Force Junior ROTC will provide the color guard and Placer County Supervisor Shanti Landon will be the keynote speaker.

If your American flag is looking shabby after the summer's sun and wind, you can pick up a bright new flag on the 15th of every month in the Orchard Creek Lobby between 8:00 a.m. and 4:00 p.m. The cost per flag is \$20.

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Republican Club

BY SUE DUMAS

Never forget those lost in Twin Towers on 9/11, or Charlie Kirk on 10th!

The Club pizza social was well attended occurring on the same day Charlie Kirk was assassinated. Our hearts were greatly saddened with the loss of such a fine, impactful, young Patriot. It gave opportunity to mourn, console, and support one another. Charlie Kirk will go down in history for his impressive conservative youth movement. His work will be amplified by the young leaders he mentored, his loss promoting empowerment. His strong faith and belief in God, Country and our Constitution, will live on. R.I.P. Charlie, God's Blessings and our Prayers for you and your family.

Beale AFB 2025 Wing Picnic received assistance from several Club volunteers in Patriotic appreciation of our military.

LH Club Expo was impactful. More people joining our Club. Discussions and information on Proposition

50 and Voter ID; both critical issues our club is focused on. Ongoing works with Voter Registration, in addition to getting signatures for Carl DeMaio's bill to require Voter ID on the CA 2026 ballot.



Chairman Rita Piziali.

Also, spreading the word for NO on 50, via rallies and contacts. Needless to say, we are doing a lot right now!

Oktoberfest will be celebrated Friday, October 3 – Sports Pavillion LH – 12:00 PM. Festive music by the Crackerjack Polka Band, photo opps, and hearty German cuisine. Come dressed for the occasion or wear a German hat! See website for full details.

Monday, November 17 – KS PH – Doors open 6:00 PM Program 6:30 PM – Lincoln Mayor, Holly Andreatta will be our Guest Speaker. Holly is running for Placer County Board of Supervisors. Join us for her views and vision for PC.

www.RepublicanClubSCLH.org

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(more Club News cont' on page 20)



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Bosom Buddies

BY DOTTIE SUHRHOFF

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

Our September meeting focused on healthy eating. We had Shannan Daetwiler from Simply Nutrition talk to us. She discussed eating enough protein to maintain muscle strength, getting a balanced diet by eating a colorful plate containing a wide variety of foods, importance of exercise, how to fight inflammation and other items of interest such as bone density.

October is a busy month for our group. It is Breast Cancer Awareness Month, so we have many activities. We will have a Celebration of Life for our past members, an appreciation luncheon, a table at the Lifestyle Expo,



Shannan Daetwiler

and a table at the Foundation Bingo. Bingo will be on Tuesday, October 28, and we will have an informational table to inform others about our group. We also have a reserved table to play bingo so please come and support the Lincoln Hills Foundation.

We will still have the core meeting in October but no general meeting. In its place we will hold the Appreciation Luncheon to honor the officers and committee members. Members, check your email for the invitation.

We will have the general meeting again in November. Be sure to save the date for the Christmas party on December 11.

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

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

...

(more Club News cont' on page 21)



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Alzheimer's-Dementia Caregiver's Support Group

BY DENISE WEBFIELD

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

• • •

Hearing Support Group

BY JOANNE MITCHELL

Due to unexpected events, our support group will not meet in October. We hope to line up a speaker for our November meeting and will keep you posted.

• • •

Low Vision Support Group

BY STU SINGER

As someone who cannot drive any vehicle beyond the boundaries of Sun City, it was an exhilarating experience. It was my first Dial-

a-Ride (DAR). I requested a pickup at 11:30, destination—the Blue Oaks Cinema in Rocklin. At precisely 11:30 the van arrived at my front door and I climbed aboard. Fifteen minutes later I found myself at the movie theater. Due to a program funded by the Lincoln Hills Foundation, the trip cost me \$1.25. (That is not a typo. You can get a coupon book for tickets at that price). In the past year, the Placer County Transportation Authority implemented a new service which allows individuals with an Americans with Disabilities (ADA) waiver to travel from their home in Lincoln to locations in Rocklin, Lincoln and most of Loomis. Large portions of SCLH residents can qualify for the waiver; low vision, loss of hearing, illness and any other form of disability will get one access after filling out a form and submitting it to the Authority.

My experience was truly uplifting. Normally, I would be dependent on my wife or a friend to drive me anywhere outside of the immediate community. On this trip I was venturing out on my own, providing me with a huge emotional boost. As I looked out the window, I no longer saw scenery; instead, I was viewing potential new destinations I could visit on my own with the help of DAR.

Our next meeting:

Tuesday, October 7, 2:00 to 4:00 PM, Fine Arts Room, (OC)

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

• • •

Multiple Sclerosis Group

BY JERI DI FIORE

Join us on Tuesday, October 21, at 1 PM, Orchard Creek Multi-media room, to



Multiple Sclerosis Group

welcome back Laura Kellen from the Talking Book Library. Laura is returning to share FREE Library services, offered to all Northern California residents, who, among other things, are unable to comfortably hold a standard print book.

The library was founded for the blind, but also helps those with mobility issues when reading books, and offers over 140,000 audiobooks and 70 audio Magazines via postage free US mail or downloads to cell phone or tablet. Just like the traditional Library, materials cover a wide variety of fiction and non-fiction genres. After registering, you are assigned a personal helper who has many book ideas and recommendations.

Laura is a Seeing-Eye dog trainer, and we hope she will bring her current Pup in training.

Also, Captain Joni Deutsch plans to update us on whether the Trail Mixers held onto 2025 Fundraising First Place!!

All with Multiple Sclerosis, family, friends, Lincoln Trail Mixer Team Members, and sponsors are invited to attend the October 21 Meeting!

• • •

Democratic Club

BY JUDY GANULIN

Continued growth and enthusiastic members are hallmarks of the Lincoln Democratic Club these days! Recently 24 new members joined, and several former members renewed. We are outgrowing our meeting place and looking for a new one. Our ice cream social was both fun and profitable! Our last meeting featured a speaker from Indivisible Roseville and a brief presentation by Nevada County Supervisor Heidi Hall. The luncheon fundraiser we sponsored to benefit Feeding the Foothills was very successful. Did you make it to the Lincoln Hills Lifestyle Expo on September 30? We were there, and we hope you stopped by. We support

(cont' on page 23)

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Democratic Club

(cont' from page 21)

YES on Proposition 50 to fight back against other states' gerrymandering efforts. So much misinformation is circulating; please visit our website, democraticclublincolnCA.org to learn the Facts on 50 as well as all our club activities.

• • •

Bird Group

BY SHERRY SINGER

On the night of Sunday, September 14th, not everyone in Sun City was sleeping. While most of us were quietly tucked into our beds, more than 3,000 birds were busily flying overhead in the midst of their fall migration. How do we know? Because of the information available online at BirdCast. Don Fallon, Bird Group Chairman, introduced us to this fascinating tool during our last meeting. It is a partnership between The Cornell Lab, Colorado State University and UMass Amherst. This time of year, many birds in the Northern Hemisphere migrate south to find food or escape the cold. You can track their migration in real-time by logging on to <https://BirdCast.info> and clicking on Local Bird Migration Alerts (Lincoln) or Live Bird Migration Maps for an expanded view. Visualization is provided by upgraded weather radar that can distinguish between rain, snow, insects and birds. And if you want to assist migrating birds as they are passing overhead, turn off all non-essential lighting from 11pm until 6am. Bright lights attract and disorient migrating birds, potentially causing fatal collisions with buildings. So, if you've wondered what is happening at night in the skies over Sun City Lincoln Hills, log on to BirdCast and see what the birds are doing!

Future Bird Walks:

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

September 26: Effie Yeaw Nature Preserve



Greater White-Fronted Geese migrating in Lodi, CA.

October 17: Bufferlands Nature Preserve

October 24: Vic Fazio - Yolo Bypass

Future Meetings:

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

October 13: Photographing Nature by Jeff and Wendy Photography

November 10: Chris Conard – Birding Thailand

Contact Information:

Visit us at our website www.sclhbirders.org

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

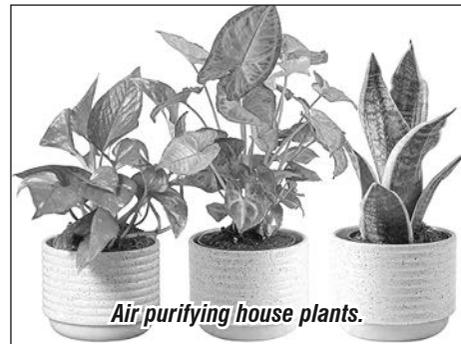
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Garden Group

BY LORRAINE IMMEL

House Plants! What an interesting subject for our General Meeting, October 22, 2:00 PM, KS.

Not only do they add a unique touch to any home with a variety of color, texture, ambiance, and are aesthetically pleasing, but they provide benefits of health and well-being, too!



Air purifying house plants.

Houseplants don't just brighten a room—they clean the air, lift your mood, boost your health, ease stress, and bring a touch of nature indoors.

Some benefits are:

Cleaner air: Many plants help filter toxins and increase oxygen levels.

Humidity boost: Plants release moisture, which can help with dry skin, congestion, and sore throats.

Stress relief: Studies show caring for plants lowers stress, blood pressure, and even heart rate.

Improved focus & productivity: Greenery in workspaces has been linked to sharper concentration and better memory.

This is the last General Meeting for the year. There will be sign-ups for the Holiday Brunch at this meeting and members will receive an email

invite before the meeting. There will be a Brown Bag Sale, Door Prizes, 2026 Master Gardeners Calendars for sale for \$12, and Master Gardeners Q's & A's at 1:30 PM.

• • •

Hikers and Walkers

BY GAY MACKINTOSH

Fall at last! LH Hikers and Walkers celebrated with our Annual Meeting featuring Jessica Carew Kraft presenting "GPS Detox: How To Navigate in Nature Without Your Phone." Jessica is a California naturalist, wild



Jessica Carew Kraft

foods forager, and author of "Why We Need To Be Wild: One Woman's Quest for Ancient Answers to 21st Century Problems." She reminded us that "nature is always making a map for us, and the land is full of clues and signs, though most of us have been trained out of this awareness by our digital tech."

We invite you to get outside with us and expand your awareness on a walk or hike. Check our website www.lhhikersandwalkers.org for all the information you need to pick what's just right for you. New members are always welcome, and you may enjoy trying out a walk or hike before joining our club.

Walkers meet Wednesdays at 8:00 AM at different Lincoln Hills trailheads for a brisk 2½-3 miles. Relaxed-paced Wellness Walkers meet Wednesdays as well as some Mondays. The website has dates, start times, meeting locations, and route maps. Call Coordinator Debbie Schryver, 916-666-1741, with questions about the Walkers. Contact Karl Aitken, w4wleader@gmail.com about Walk for Wellness.

Hikers will venture in October to Point Mariah (Soda Springs), Stevens Trail (American River), Summit Lake (Castle Pass) with geologist Mark Smelzer, and Martis Peak (North Lake Tahoe). Choose your pace and distance. Be sure to check the website the night before a hike for unsettled weather conditions in the high country.

Congratulations to our newly elected officers beginning two-year terms October 1: President Tom Denzler (incumbent), Vice-President Tanya Blansett, Treasurer Ruth Ann Wessman, and Secretary Lisa Mariotti. Call Tom, 530-368-2564, for information about LH Hikers and Walkers.

• • •

LH Cyclists

BY TOM FRADY

The fun never stops for the Lincoln Hills Cyclists. On September 18, the Sports Pavilion was filled with riders, spouses and potato salad at the annual Potluck. As is tradition, there was a short business meeting, performed mostly to present the Presidents' Plaque to Ray Watkins, who had headed the organization since the early 1900s. Also presented was the updated "Look-Who-Did-the-Death-Ride-This-Year" Plaque, adding Mike Rubino, Doug Smith and Bruce Campbell (again).

A 3-day Getaway to Healdsburg is planned for October 21-23rd. The fun will include multiple bike rides with numerous variations, shopping, sight-seeing, food and, presumably, libations. Check to see if there is still time for you to sign up, because you should probably be there.

The 23rd Tour de Lincoln is October 18. While not an official LHC event (it is now sponsored by Lincoln Rotary), club members have always been an integral part of the planning and presentation of this great affair. There are four rides of different lengths and difficulty including the grueling 100 Kilometer route with 4000+ft of climbing. Bring your granny gears and excess confidence.

There is nothing like riding your bike with a group of compatible cyclists. If you would like to join us on the road, contact President Greg Sandusky at 408-313-9834, check out our ride calendar at lincolnhillscyclists.com or just show up at the Kilaga Parking lot on Monday, Wednesday, Friday or Sunday morning.

• • •

(more Club News cont' on page 25)



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Water Volleyball

BY HOLLIS BISCHOFF

It may be getting cool outside, but it's still hot in the pool! Extend your summer fun by playing the ultimate summer pool sport - Water Volleyball. Play is all treat and no tricks, no costume needed.



We welcome all ages and levels of play from purely recreational to competitive and everything in-between - our main focus is healthy fun.

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

Senior Softball League

BY HEIDI MAZZOLA

It's the quiet time of year for softball, but the field is rested after September and ready for Fun Ball—which should be underway by the time you read this. If you're not yet a league member and would like to play, simply complete a 2025 Player Application and bring it to the field or mail it to the address on the form along with \$25. The Application is posted on our website at www.LHSSL.net. Current league members play at no cost.

Women play on Sunday mornings, and coed games are held Wednesday and Saturday mornings. Each week a game signup is sent out,

and teams are created fresh for every game—making it a fun way to mix with and get to know different players.

A big thank-you to the Pickleball Club for inviting us to be part of their “Frenemies” western-themed tournament. Over two days, our softball volunteers sold about 270 hot dogs to players and spectators, raising funds for the league's school donation program. We truly appreciate everyone who pitched in to make it a success.

Looking ahead, our General Membership Meeting will be held October 7 at 3:00 p.m. in the Gable/Oaks Room at Orchard Creek Lodge. The Budget will be presented, and candidates for the Board of Directors will be introduced.

Finally, a reminder that our league thrives because of volunteers. Whether it's helping with games, serving on a committee, or assisting at special events, there are many ways to contribute. If you're looking for a way to give back, we encourage you to reach out—Board Member contact information is available on our website. Your involvement helps our league grow, while keeping softball a welcoming community for everyone.

LH Table Tennis

BY ILENE MARSHALL

Here are some fun facts about Table Tennis that Carl Lynch shared with us in our September Newsletter. Hopefully these facts will encourage you to come out and play!

Table Tennis is the third largest worldwide sport in terms of participation after soccer and cricket.

According to the Olympic world library, over 10 million players participate in various table tennis tournaments each year.

Psychologists consider ping pong to be the leading brain sport across the globe. Numerous research studies have shown that playing ping pong can improve cognitive awareness, concentration levels, and overall brain function.

Beginners can expect to burn between 200 to 350 calories if they play for an hour and advanced players can burn up to 500 calories.

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

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

You can also join our Lincoln Hills Table Tennis Club (LHTTC). Membership dues are

not required.

To join, just sign up on the new membership sheet at the play sessions or email pingpongscwh2@gmail.com.

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

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

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

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

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

Tennis Group

BY SUSAN KUUKKA

The winners of Our Men's and Women's Doubles Tournament in September were as follows:

For the women's 6.0 Division 1st - Trish Wahlberg/Lisa Fraga, 2nd - Jill Gossard/Cecelia Champion. For the 7.0 Division 1st - Ann Harvie / Darlene Fischer, 2nd - Paula Griffin / Tamera Jerd, and for the 7.5+ Division 1st - Shelley McDonough / Vinh Sae, 2nd - Ronnell Schuler / Marilyn Duncan.

For the men's 6.0 Division 1st - Larry Lycett / David Brandt, 2nd - Michael Cramer / Mike Duggan. For the 7.0 Division 1st - Larry Lydia / Dave Mateer, 2nd - Mark Restrepo / Steve Benson.

The LHTG is proud to announce that we have 3 USTA and 1 SATA team this fall. It's exciting to see more competitive play with other tennis players in the Sacramento area. Please

go out to the courts and support these teams.

Our Octoberfest Tournament will be held on October 11th. This Mix and Match doubles tournament where you play each round with different partners is always a popular event. For more information and registration go to SCLHTG.com.

If you are looking for someone to play tennis with why not attend one of our popular free events such as Drop-in tennis, Triples or Live Ball. In addition we have the Ball Machine on Wednesday and Saturday mornings, another great way to meet new people. Check out the information on the tennis board at the Sports Pavillion.

Mark your calendars for our Membership appreciation day on November 15th. We have a great day planned.

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

Swimmers & Water Walkers Club

BY ROSEMARY TANFANI

The Swimmers and Water Walkers Club was formed in 2017 to promote the enjoyment and benefits of water exercise in our pools. Starting with Bob and Chey LeRoy, we have had a robust leadership team. Club elections are coming for President, Vice President and Secretary in January 2026. If you are a dedicated user of our pools, we need you to join the leadership team. Contact swimmers.walkers@gmail.com to learn about our positions and 'throw your hat into the ring' now. We are counting on you!

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



SUN CITY REAL ESTATE UPDATE

October is the month that begins our shoulder sales season. There are still plenty of buyers looking but essentially we will lose about 3 weeks of sales time in November and December, although ironically I had one of my busiest weeks ever between Christmas and New Years one year, as several out of town buyers visiting family came looking to buy. The trends of optimum market timing has changed over the past decade with the sales season starting earlier in the year, which is also when inventory of homes available are at their lowest.



WRITTEN BY
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Neighbors InDeed

BY JAN LEE

When is a Dispatcher like an Emergency Room Triage Attendant?

Neighbors InDeed Dispatchers form the link between Information & Resources volunteers, who field residents' requests for assistance, and the Handy Helpers, who ultimately fulfill the request.

Dispatchers assign calls for help in the order received, EXCEPT when a HIGH PRIORITY request comes in, such as a chirping smoke alarm or an urgent request for a medical equipment loan.

A Dispatcher's job can be rewarding, even with "Everything Everywhere all at Once!" occurring occasionally. Sometimes, a Dispatcher must prioritize calls in the way an Emergency Room attendant uses "triage" to assign priority to cases. For example, a "chirping smoke alarm" call triggers the Dispatcher to elevate the call to the head of the list. (Nobody wants to live with that constant chirping for long!) As a Dispatcher, I once had four chirping smoke alarms in one day!

Medical equipment requests are similarly prioritized, with all requests for medical equipment expected to be filled within 24 hours. It is comforting to know that if you are suddenly presented with a need to borrow, say, a walker or a transport wheelchair or crutches, a Handy Helper can be dispatched to deliver the item to your door in short order.

Perhaps our Dispatchers' motto should be "Dispatchers Handle All Requests with Dispatch!"

Are YOU looking for a fulfilling way to give back to the Lincoln Hills Community? You can call the number below and a volunteer will explain how serving with Neighbors InDeed may be just the



Rudi 10-25

activity you may be seeking!

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Neighborhood Watch

BY JUDIE PANNETON

Neighborhood Watch is known for its services to the community by providing important information with your safety and well-being in mind. This is the time of year that Neighborhood Watch begins its recruitment efforts for Neighborhood Watch Directors who can use their talents and time to make a difference in Sun City Lincoln Hills. If you enjoy living in Sun City Lincoln Hills, think safety is an important factor and you appreciate knowing about any criminal activities happening in our community, this may be a great opportunity for you. Please consider joining the leadership of Neighborhood Watch, one of the most active and valuable groups in our Homeowners Association.

You can make a positive impact, interact with neighbors and law enforcement, and share



skills including computer programs like Word and Excel.

Neighborhood Watch works closely with law enforcement and often shares valuable information including criminal activity in and around Sun City Lincoln Hills, as well as computer and telephone scams to be on the lookout for. This special relationship with law enforcement and the fire department has saved residents heartache and money by being aware of what is happening in the community and ways to be less vulnerable



Photo by Rick Maness

to crime and deception.

If you decide to become a director, you can pass along the information and safety tips you are given along with crime trends and upcoming community events (life safety fairs and opportunities to ask questions of local and county law enforcement, firefighters and other government officials.) Your neighbors are certain to appreciate your contributions, and

you will join the legion of other Directors who get great personal rewards for the volunteer work they do. The Director duties include: helping recruit and supporting Neighborhood Coordinators and Mailbox Captains; attending monthly Neighborhood Watch Board meetings and special events, and building connections with other members of this group and the greater community. Training and support are provided.

If you are interested, or just have questions, please contact Cheri Jagers at crjags59@gmail.com or Linda Minor at 707-235-0778.

For residents and those who are Neighborhood Watch Directors, Mailbox Captains and Coordinators, mark your calendars for Saturday, November 15, 2025 for the group's annual meeting and breakfast potluck. It will be held in the Kilaga Springs Multipurpose Room and will run from 9:30 -12:30 AM. Please RSVP to Renee Plummer – executiveassistant@sclhwatch.org -no later than November 1st.

Meet the Author Lecture Series — Laura Jensen Walker

BY RITA RUTLEDGE

Monday November 3rd 2:30 PM
Presentation Hall (KS)

In her twenties, Laura Jensen Walker flew a typewriter across Europe in Uncle Sam's Air Force and fell in love with all things English while stationed at an RAF base in the UK. Captivated by the tales of an overlooked group of WWII RAF women--the Flying Nightingales--she knew she had to tell their story. DEATH OF A FLYING NIGHTINGALE is her first historical novel.

Inspired by true events, this novel is a tribute to a group of heroes who kept calm and carried on, while the fighting raged about them.

Laura is an Anglophile and former journalist with The Sacramento Bee. A lover of mysteries since childhood, she published her first book at forty. She has written over 24 books in genres including historical fiction, cozy mysteries, memoir and non-fiction. She will talk about several of her books as well as her writing process. She lives in Northern California where she writes, drinks tea and dreams of England.

NOTE: If you are interested in having Laura sign a copy of her book, please pre-purchase a copy from wherever you buy books.



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Pickleball

BY DIANE FERRARI

Fall into Pickleball Fun! The leaves are changing and the temps are cooling off it's the perfect time to play a little pickleball! Happening Now: Round Robins, Drills & Academy Sessions



The Frenemies "Country Courts" warm up!

are in full swing. Come out, learn new skills, or sharpen your game with our amazing coaches and have fun while you're at it! Learn to play Pickleball and reserve your spot by emailing Carol Judd at welcometopickleball@gmail.com. Sessions are offered every other week. Meet the Pros on the Lower Courts on Oct 22 at 1:00 PM – Ian Dickson: "Punch to Win!" and Nov 6 @ 1:00 PM – CJ Johnson: "Ignite Your Return and Third Shot" Coming Soon: "Angry

Birds" Round Robin Tournaments launching this November- stay tuned for sign-up details! Mark Your Calendar: General Membership Meeting – Nov 13 at 3:30 PM in the Partial Ballroom (OC). We encourage all members to join us for this end-of-year meeting. The annual Holiday Party: "A Winter Wonderland" – Dec 2 in the OC

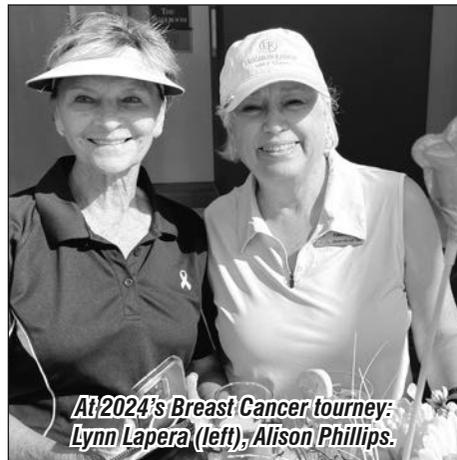
Ballroom. Time to trade your pickleball shoes for dancing shoes! Get your tickets early — this event sells out every year. Special Thanks: A big thank you to our "Country Courts" Tournament sponsors Terrie MacDonald of Intero Real Estate Services and Katie Pexa of Farmers Insurance. This tournament was a fun event, don't miss the next one. It's a wonderful time to play see you on the courts!

• • •

Lincsters 9-Hole Club

BY LORA FINNEGAN

Think pink! That's our motto this month as the Lincsters and Ladies XVII groups team up to fight a deadly disease in the 22nd Annual Breast Cancer Tournament. This fun round of golf, lunch, and prizes happens on October 9 and raises serious dough for the Placer Breast Cancer Foundation—a volunteer-based nonprofit dedicated to raising funds for research, education, and outreach. Next up: wondering how many penalty strokes to take on that wild shot that landed in the water? Or what to do if



At 2024's Breast Cancer tourney: Lynn Lapera (left), Alison Phillips.

you strike another player's ball? Find out at the NCGA Rules Seminar on October 20 at 9:00 AM in Presentation Hall. And finally, congratulations to Kim Schutz, the WNHGA Low Net Winner for August with a 31! And don't forget our website: LincolnHillsLincsters.memberplanet.com.

• • •

Ladies Golf - 18 Holes

BY CATHY JAICKS

What a Summer of Golf!

It's been a remarkable summer for the Lincoln Hills Ladies Golf Club, with temperate weather making for perfect days on the course.

Since our last publication, members enjoyed the Captain's Cup Tournament, chaired by

Another highlight was the Net Chix Play Day, where players compete for the lowest net score of the day. Congratulations to August winners Patti Tilton and Barbara Grant, who advance to the final Net Chix showdown in November.

Looking ahead, the calendar features weekly play days, festive Halloween dress-up golf, and the ever-popular Turkey Shoot Tournament in November.

New members are always welcome! For more information, contact Kathy Lee at 925-998-3538 and join the fun on the course.

• • •



Ladies Golf - 18 Holes — Past and Current Club Captains.

Co-Captain Lissi Bedford. This special event honors both past and current Club Captains and brought a spirited day of competition. With three teams tied for first and three tied for second, a traditional card-off was needed to determine the final results:

- 1st Place: Blackburn, McCoy, Meske, Warren (64)
- 2nd Place: Brinkerhoff, Feldman, Knoll, Ramirez (64)
- 3rd Place: Tilton, Parker, Sanderson, Tamanti (64)
- 4th Place: Richie-Lynch, Grimm, Thom, Dunipace (65)
- 5th Place: Boore, Ashe, Grant, Seagraves (65)
- 6th Place: Bedford, Cameron, Christoff, Jenkins (65)

Men's Golf

BY CARL LYNCH

What a fantastic day we had on the course for our Step-Aside Scramble tournament! We had "Chamber of Commerce" weather, and the temperature was perfect! No wind, smoke, etc., to mess up our day.

All three flights were very tight, and the tie-breaker procedures were utilized for most of the results.

Many thanks to the volunteers who made this tournament go seamlessly. Placing and picking up sponsor signs, Par-3 stakes, and tape-measures is a thankless job but handled

(cont' on page 30)

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Men's Golf

(cont' from page 29)

well by our selfless volunteer crew. THANK YOU!!! Thanks to the golf course and staff for accommodating almost 150 golfers!! Most players completed the round in 4 hours or less!

Flight 1 Low Gross winners: Fred Jaicks, Mike Black, Jeff McKlaskey, Howie Knodt.



Dan Martin's Hole-in-One, Hills #12, 5-Iron Blue Tees, 187 Yards.

Flight 1 Low Net winners: Glenn Walker, Rick Green, Brett Pearson, and Ray Overton.

Flight 2 Low Gross winners: Rich Henrikson, Bruce Lyau, Sylvan Braa, Steve Thornton.

Flight 2 Low Net winners: Rob Phillips, Karl Williams, John Askew, and Douglas Krochak.

Flight 3 Low Gross winners: Dan Kramer, Warren Mercer, Dennis Plattner.

Flight 3 Low Net winners: Keller, Steve Bourne, Mike Monsees, and Doug Blanchard.

Closest to Pin: Jeff McClaskey, Dean Brumley, Howie Knodt, Tony Machado, Torr Zielenski, Ron Chinnapongse, Penny Carolan "CTP Shootout" qualifiers: Carl Lynch, Rich Henrikson.

Long Drive: Jeff Warner, Rob Schneider, Gary Homer, Steve Kain.

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

Enjoy the remainder of the summer sunshine and Hit 'em Straight!

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

•••

Mad Hatters Bocce Group

BY KIM PETRUZZELLI

Are you looking for a fun activity that will allow you to meet new people, force you to get out of the house, and won't require surgery afterwards? Look no further. We play bocce on Thursday mornings, and the game is easy to learn. Teams are formed as players arrive, and right now the balls are rolling by 9:00 am. New,



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inexperienced, and handicapped players are always welcome. We are happy to teach you the game, and the equipment is provided. We usually finish up around 10:30 am. Beginning in November, you'll get an extra hour of sleep because we move our start time to 10:00 am during the colder months.

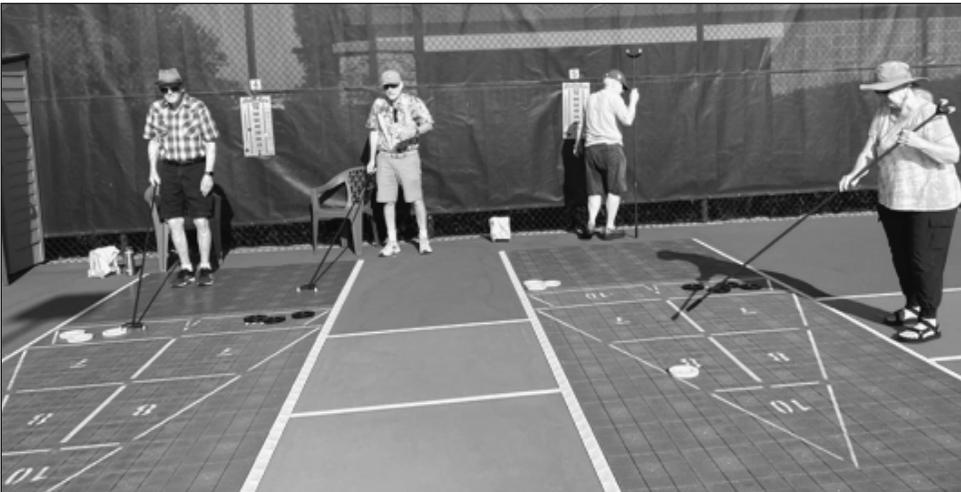
Mad Hatters Contact: Kim Petruzzelli, LHBoce@gmail.com / 408-439-8716

Shuffleboard Club

BY IRENE HESSON

Club Play: Tuesdays and Saturdays, 8:30 to 10 AM, and Thursday evenings, 6:30 to 8:00 PM; bring a snack to share. Are you interested in meeting new friends? Would you like to be outside, get a little exercise, and learn a new sport? We invite you to join us on court #10 at the Sports Plaza. Come during club time, and we

will happily teach you how to play. We have a fun group. In fact, it's not just the game that keeps us coming back; it's the people. Residents of all ages are welcome to play. No bending required! We are a no-dues club. Residents can reserve courts 1-5 online under Shuffleboard. Invite your visiting family, neighbors, and friends to a friendly game. Organize the residents in your village to play a few games, followed by a brown-bag picnic at the Sports Pavilion, or a luncheon at Meridians. The courts are there for all residents to enjoy. Members play year-round; some prefer the warmer months, while others prefer the cooler temperatures. We play and we socialize. There are two types of shuffleboard games: partners on the same end, or partners on opposite ends. A tournament was held on October 4. Winners will be posted in the November issue. Members had dinner at Brookfields in September, followed by a game of miniature golf. Our club also



participated in the Lifestyle Expo on September 30. You can also find us on Facebook, under SCLH Shuffleboard Club.

LH Senior PM Bowling League

BY JEANNE SCHWEHR

On September 4th, we began our new winter season at Lucky Strikes in Rocklin. We do have openings for new members and would love to welcome anyone who is interested in joining us this season. We bowl at 1:00 each Thursday afternoon. If you have never bowled in a league or if you are a veteran of bowling, there is room for all levels of skill. We gather to enjoy the social activity and the friendly competition. I will be submitting an article each month with news of the league and hopefully some bowling humor. If you are interested in joining us or would like more information, please contact me at jlschwehr@gmail.com

Duplicate Bridge

BY MONA STRYKER

Special treats always make a game more fun! Besides our regular Wednesday and Saturday games, we are looking forward to our future special events:

Wednesday October 22: Roseville Exchange Luncheon/Bridge game.

Wednesday November 19: Our Christmas Luncheon/Bridge game.

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



Tina Amerio and Dianne Conforti serve refreshments.

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

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

For further information, go to our website shown below.

Partnership chairmen: Open game: Denise Morgan (909-263-2651), C Group: Linda Kawula (916-301-6458)

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

Website: www.bridgewebs.com/lincolnhills/

(more Club News cont' on page 37)



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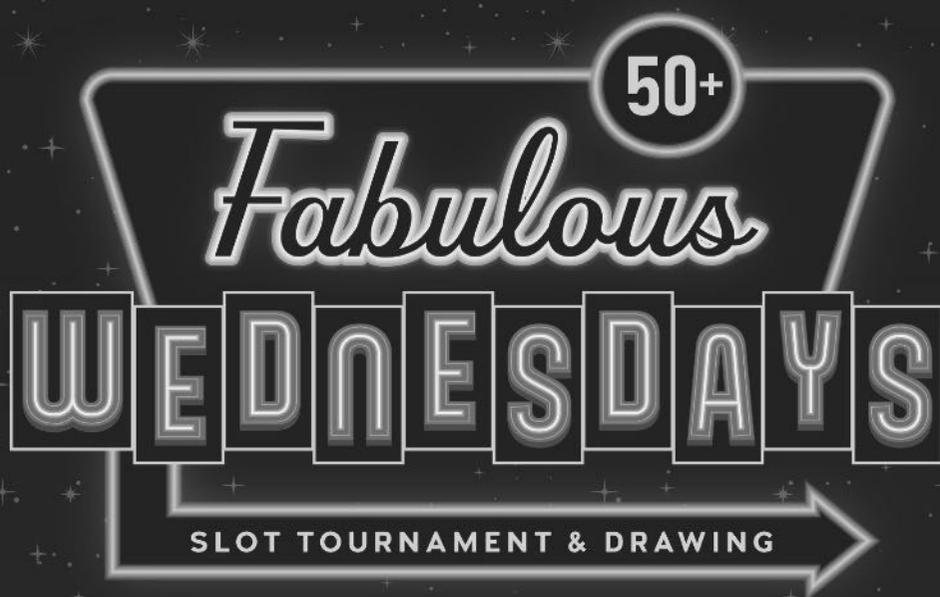
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SSNLH WRITERS...

She Told Me “Take a Hike”

BY STU SINGER

I was still a bit drowsy as I lay there in the Recovery Room, but the surgeon’s message came in loud and clear—for the foreseeable future my exercise program was restricted to walking. Out were the daily one-hour rides on my recumbent exercise bike. Gone were my thrice weekly trips to the KS gym where I endured a mind numbing thirty minutes on a rowing machine followed by moderate weightlifting.

With a smile she assured me that this pause would only last a month (she was ignoring the five-week enforced hiatus while awaiting surgery) AND I could walk as much as I wanted. Behind that cheerful face was a much firmer message.

Don’t ruin the hard work that had been done in the Operating Room.

She had a point — This latest procedure was my fifth hernia repair surgery. I am not sure what the world record is for such endeavors on one human being, but I am guessing five is a contender. To avoid a sixth and my potential place in the record books, I needed to be serious about my rehab over the next month.

So walking, never my favorite form of exercise, it will be.

A Discovery: Walking is for the birds—One week into my new walking regimen I made some important discoveries. First, the great outdoors can be far more interesting than the sterility of my home exercise room or the gym. As I walked along the open spaces near my house, my wife and I were greeted by the calls of Mourning Doves, Scrub Jays, Woodpeckers, House Finches and California Quail. One day we were buzzed by a Coopers Hawk carrying a meal back to some hungry babies in a nearby nest.

The most dominant sound during these adventures were the lengthy and inane mating calls of the Mockingbirds. These avian chatterboxes think they can charm the ladies by performing a seemingly never-ending string of impersonations of the songs of other birds. Since these attempts never seemed to abate it was apparent the female targets of this crooning dismissed them as merely “cover tweets.” The futility and sheer awkwardness of these courtships resonated loudly with me as they brought back memories of my own youthful romantic ineptitude.

But wait, there’s more. In addition to birds, I encountered rabbits of various descriptions, the consistent rustling of unseen creatures in the bushes and the brief appearance of a mule deer and her two babies. One day a coyote joined us for a few moments. All of this and the feel of the warm sun on my face made me realize that watching episodes of “Matlock” atop an exercise bike was pretty boring.

A major social adjustment — And then there was dealing with the two-legged occupants of the paths. The Sun City hiking trails come alive in the early morning hours of the summer. These folks come in all shapes, sizes and groupings. And their reasons for being there are equally diverse. Some were exercising their dogs; others, like my wife, were exercising a spouse.

My potential intersections with these other walkers presented me with a formidable challenge since small talk is not my forte. According to numerous sources, I have a “resting curmudgeon face” a description to which many of my former students and colleagues will attest. My nature seems to reject any form of a smile on my visage.

But now amid these constant social interactions, I had to adjust. Whenever I saw someone approaching, I would place a broad grin on my normally dour face. Happily, this seemed to work just fine as I shared “good morning” and “isn’t this a great day” with the people I met. The vast majority of those encountered appeared genuinely happy to share a few words with a smiling stranger unless, of course, they were having major issues with their canine companion. As a wonderful side effect, my friendly face soon became dominant when I walked.

Who knew the great outdoors was such good medicine?

Old dogs can learn — For the most part when my enforced walking ended, I reverted to my old routine. That was not because I longed for Kathy Bates and the Matlock gang. But I did miss working up a heavy sweat while sitting on a bike in front of a television. The upper body work at the gym was still crucial to maintaining my strength.

However, thanks to my hiking days, there were some lessons learned and patterns changed. Now one or two days a week include morning walks where I can reconnect with the friends—winged, furry or bipedal—that I made on the trails.

And an enthusiastic “thank you” to my

wonderful surgeon for what she did for me in the OR, the Recovery Room and this new addition to my life.

• • •

A Pressing Issue

BY JOY S. HUTCHISON

Have you ever had a task on your “To-do” list that just keeps getting moved to the bottom? For me, it’s the small pile of clothes that need ironing. Guilt sets in every time I pull into the garage where my vintage ironing board is propped up on the side of the storage cabinet, reminding me of this unfinished chore. I have excuses (don’t we all) that include the challenge of squeezing the board between the garage door leading into my mini-laundry room that is at a right angle to the door from the laundry room into the house. Past attempts remind me of this wrestling match not unlike taming an alligator. And then there is my little pile of clothes that have gradually accumulated after many months of procrastination. Among them is my denim jacket that only needs a quick swish over the lace trim to flatten it out. And then there is a fun shirt that looks just fine except the front placket is all scrunched up. Also, needing a full press, is a pretty blouse that fibbed when the label said it was easy care. Finally running out of excuses, I decided to dedicate a little time to turn my pile of clothes into a wrinkle-free array of freshly ironed garments that I can proudly wear in public again.

During my childhood in Alameda, some of the homes in my neighborhood had built-in ironing boards, hidden behind a kitchen cabinet door. You just opened the door, dropped the board down, plugged the iron in, and viola... you were ready to go (apron optional). My first memory of house-wifery training was ironing pillowcases and doilies. They were starched the night before, wrapped in a towel and placed in the frig until it was time to iron the linens the next day. Fortunately, nylon and permanent-press fabrics were created, leaving many bottles of starch gathering dust - much to my delight.

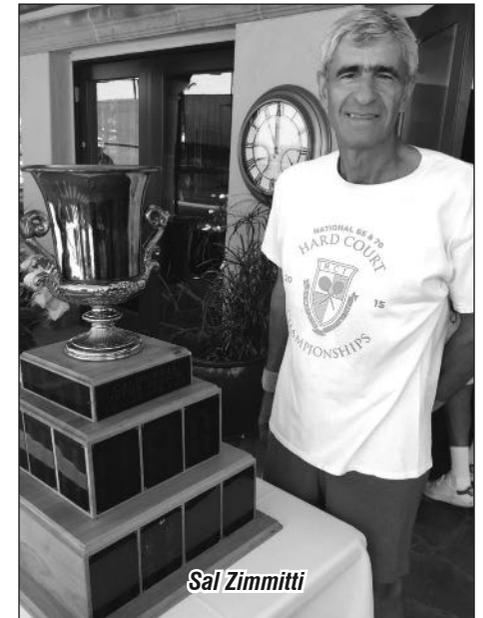
Getting back to the present: The next time you see me in my denim jacket, please do make a comment on its cute, flat lace embellishments. I sure wouldn’t want to go to all of that effort if people didn’t notice!

• • •

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

SCLH Resident, Sal Zimmitti Ranked #1 in USTA Northern California

The year-to-date USTA tennis rankings are out and Sal Zimmitti of SCLH has advanced to #1 in Northern California Men’s 80, Singles. In addition, he is #1 in all of California and #12 Nationwide. To get to this position Sal had to make his way through some



stiff national competition. His wins this year included the Northern California Sectional Championship and the Pacific Coast Senior Championships in Berkeley. He also made it into two close finals matches. One was at the Marin Championships in Mill Valley where he played in the finals against a player who was formerly ranked #1 in the Nation. The second was at the Pacific Southwest Senior Championships in Newport Beach where he missed winning the tournament in a tie break by only 3 points!

Sal is not a stranger to having a 1st place USTA ranking. He was also ranked #1 three other times: in the 55-age division in New England, in the 70’s in SoCal and in the 70’s as Player of the Year in NorCal.

Because of his high rankings in USTA, Sal has been invited throughout his tennis career to three different annual tennis challenge cup competitions. One was the Atlantic Coast Cup which included 4 sections of the Eastern Seaboard. Another was the Friendship

(cont’ on page 38)

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

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

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

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



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Pat Morgan

(cont' from page 1)

Engineering and was a pilot in the Air Force as well as a Fed Ex pilot. He lives in Crystal Bay, Tahoe, and has two daughters, Ashley and Emily. Stephen, also a graduate of Cal Poly in Engineering, has retired from Aerojet in Sacramento and lives with his wife who was also an engineer. They have two children, Alex and Mackenzie. Their youngest son, Ron, a graduate of San Diego State University, was a highschool teacher and football coach before he retired and moved to SCLH.

Family fun for the Morgans centered around snow skiing. They skied at Boreal, Alpine and Squaw Valley and even built a cabin in Tahoe City in 1970 to accommodate their love of skiing. Both Pat and Robert, as well as one of their sons, were on Ski Patrol at Boreal.

In the 1980's Pat and Robert began traveling in earnest. Once a year they would go on what she refers to as "grand tours." Their "grand tour" of Europe occurred in 1981. They went to 13 countries in 23 days. It was a whirlwind tour, but Pat and Robert loved it. The next year, they went to Great Britain, followed by a Mediterranean tour where they stopped at Athens, Rhodes, the Black Sea, and two Greek islands.

When visiting China, she noticed that the people didn't paint their houses. In Beijing, they stayed in an old Soviet compound. There were no private cars for people to drive. They had men pulling rickshaws. "The only American thing I noticed on the whole trip was a six-pack of Coca Cola," says Pat.

She remembers going to Delhi, India, where they took a bus to view the Ganges River and saw people bathing in the same water where they floated funeral pyres in wooden boats. "It was not a clean river," she recalls. On that trip, they also visited Calcutta with its wide streets and street signs all in English.

Other trips included excursions to Alaska, Australia, New Zealand, Germany (to visit son Michael who was stationed there in



Pat Morgan celebrating her 100th birthday earlier this year.

the Air Force), Spain and Portugal. Before Robert passed away in 2000, the couple went to Germany, Austria and Italy—spending two weeks alone in the Tuscany area. When

asked which was her favorite trip, she replied, "I can't pick one. I liked them all."

In 1983, Pat got her Master's at Sacramento State University in Special Education so she could teach the many students who showed up in her classroom with learning disabilities. However, if she had to do it all over again, she would have gotten her Master's in English which was her college major. She's been a voracious reader over the years, but because of her limited eyesight due to macular degeneration, she listens to auditory books now in her retirement years.

In 1988, Pat was President of the Sacramento Chapter of American Association of University Women (AAUW), a group that had 1200 members at the time. Then she joined the American River/Citrus Heights branch, where she was President for two years.

After Pat retired from teaching in 1990, she and Robert joined Sunset Whitney Country Club in Rocklin. She played three 18-hole games a week until 2005. Then she got involved with learning more about computers and started taking classes at American River College, learning to code and develop websites. Since she belonged to the AAUW, she decided to develop their website as well as one for a book club she was involved with, as part of



Pat Morgan with her sons on the golf course in 2023.

her class assignment. She was thrilled when her computer teacher praised her work in this strenuous course.

After retirement, she also got involved as a docent at Crocker Art Museum in Sacramento. Her weekly training sessions lasted nine months so she could lead a 2-hr. tour on the second and fourth Wednesdays of each month. "Being a docent was easy because I had been a teacher," she says. She enjoyed meeting "interesting people" and worked as

a docent for 23 years.

Pat moved to SCLH in 2005 and joined all the dance groups: tap, line dancing, ballroom, country couples, and west coast swing. She also sang in the Chorus and continues to play golf. With Lincoln Hills Travel Club, she's visited South Africa, Ireland, Scotland, and Costa Rica, as well as many states including Utah, Montana, and Oregon.

What accounts for her longevity? Pat thinks it runs on her mother's side of the family. Her mother lived to be 95 years old and she still has a sister who is 99. She has been happy with life, especially living in Lincoln Hills where she's enjoyed meeting so many people. "As long as I'm in good health, except for my eyes which limit what I can do, I intend to live life to the fullest," she says.

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



Pat Morgan with her family in Albuquerque in 2024 at a balloon festival.

Voices of Lincoln Poetry Contest Attracts 146 Poets from 59 Cities in 14 States and 6 Countries

BY ALAN LOWE

The 21st Annual Voices of Lincoln Poetry Contest was very successful again this year. The theme of the contest was "Believe In The Power Of Words Brought To Life Through Poetry." The five (5) contest categories included the following: Wishes Do Come True Open Your Mind To Change Rise To Life's Challenges Do A Good Deed Smile Every Day.

The contest attracted 146 poets. Poets submitted 283 poems in the five categories. Poets came from 38 California cities and from Mesa, AZ; Normal, IL; Spring Valley, IL; Laporte, IN; Baton Rouge, LA; Barnstable, MA; Belfast, ME; St. Paul, MN; Pots Camp, MS; Albuquerque, NM; Bronx, NY; Durham, NC; Hallsville, TX; Mansfield, TX; and Glen Allen, VA. International submissions came from Burnaby, British Columbia, Canada; Dundas, Ontario, Canada; London, England; West Kowloon, Hong Kong; Agra, India; and Karmiel, Israel.

Judges selected 38 winning poems, submitted by 35 poets, including 17 "Young Poets," ages 12 through 16. Seven Placer County residents, one from Auburn, two from Rocklin, and four from Roseville did very well in the competition. These seven received three 1st places, two by young poets; two 2nd places, one by a young poet; and two 3rd places, two by young poets. Young poets came from Cavitt Junior High School, Granite Bay; Spring View Middle School, Rocklin; Rocklin High School, Rocklin; and West Park High School, Roseville.

The Voices of Lincoln Poetry Contest special event, at which winning poets will read their poems, will be held on Sunday, October 19, 2025, from 3-5:30 pm, at The Salt Mine, 590 Lincoln Blvd, at 6th Street (Enter building on 6th Street), Lincoln, CA. Everybody is invited. This event is free to the public.

Winners will be presented with a commemorative chapbook of the winning poems.

The Voices of Lincoln Poetry Contest is presented by the Poets Club of Lincoln.



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Letters to the Editors...

Authors are solely responsible for the content of their letters.

A Wake-Up Call to the Community

The responsibility of the Board of Directors (BOD) of SCLH is to be a collaborative and cohesive group of individuals who have the best interests of the 10,000 plus residents as their priority.

The resignations of three Board members at the August 28th Board meeting brought to the forefront that the days of the BOD looking out for what is best for all our residents have diminished. There are members who view the resignations as disruptive, but in truth they are an inflection point for this community and an opportunity for the greater membership to take note of what exists and delve into what and who is driving the agenda of the future of SCLH.

The resignations are a symptom of serious issues with the governance here, a Board divided and driven by the interests of a small group who have their own agendas. The Board is fractured, uninformed, and disconnected from the overall community who they took an oath to serve.

The Board members who resigned came to the Board hoping to drive positive change for the community in the form of better 2-way communication, process improvement, decision making aligned with the strategic plan, plus a keen awareness of the fiduciary hurdles forthcoming.

There are self-interest disruptors here who are willing to both sue and continually threaten to sue the Association which

ultimately is suing their neighbors, and also intimidate those poised to stand in the way.

Disagreements and differing opinions will always occur but no one who volunteers should have to accept being vilified, defamed and referred to as "criminals, liars or cult members," yet we have a group of residents using social media who continually hurdle insults along with widespread misinformation to gain attention.

We acknowledge that the resignations come at a time of turmoil for the community. We hope that those who are selected to serve in the vacated spots go into it with their eyes wide-open regarding the reality of the situation and the fact they may very well be vilified if they don't "toe the line" of the dissenters and the Board members who serve them.

We are a 25-year-old community with significant deferred maintenance, and a serious lack of process and accountability. There will be high expectations of the "new" Board to make sound business decisions and represent the entire membership.

This inflection point is an opportunity for residents to get involved. We encourage members to attend Board meetings, speak up, ask questions, and hold the Board and staff accountable and demand they serve the entire membership.

Leadership should reflect the community's values, thoughtful, inclusive, and accountable. It is time we demand better. We deserve a Board that listens, learns, and leads with

integrity. Let these resignations serve not as a footnote, but as a turning point to further a better future for our community.

Please be aware, involved, informed and VOTE when needed.

Sincerely, Tom Brutting,
Marie Barnes and Don Bowden
• • •

AARP Foundation Seeking Tax-Aide Volunteers

AARP Foundation Tax-Aide is seeking volunteers as counselors, greeters, and schedulers to help taxpayers complete their 2025 income tax returns in Lincoln during the 2025 tax filing season. Some knowledge of computers is required to assist in providing our tax free e-file service. Volunteers need to commit four hours in one day per week from mid February through April 15. To volunteer or get more information, please email philhermanson1@gmail.com. Please provide your name and phone number and position (s) you are interested in.

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

Placer County Grand Jurors' Association

The Placer County Grand Jurors' Association (PCGJA) staffed a table at the Placer Protect Senior Resource Fair. The PCGJA promotes education and outreach for the Placer County Civil Grand Jury. This event was held on September 11, 2025 at the



Maidu Community Center in Roseville. The Placer County Civil Grand Jury investigates and acts as a "watchdog" on local government, investigates citizen complaints, and assists in criminal matters at the request of the District Attorney. The PCGJA information table was staffed by Al and Carol Witten. The Final Report for the 2024-2025 is published and the

2025-2026 Grand Jury Panel was seated in July. Applications for Grand Jurors are accepted all year. The link to the Final Report is: www.placer.courts.ca.gov/general-information/grand-jury/grand-jury-reports-resolutions.



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Cribbage

BY MEL SWITZER

I Want To Hold THE Hand
 Oh, yeah, I want that somethin',
 I think you'd understand.
 When I'm dealt that somethin',
 It's a winning hand!
 A really good cribbage hand,
 Yes winning is the plan.
 And when I see it
 I'll feel happy inside!
 It's such a feelin' that I love,
 I can't hide!
 I can't hide!
 I can't hide!

We play the great old game of Cribbage every Tuesday at 8:30AM in the OC Card Room.

We get all excited to see a full room, because we can see dollar signs balloon. We chat, we laugh, boast and brag and hope not to come in last as we sing and play and talk about the days of the past. We are a friendly group of seniors, who can count to thirty one. We get so happy when we get a double run. And fives make our day, because they almost always pay. New players are welcome, there's always a seat. So come and join because the fun is hard to beat.

These folks had the winning hands lately. 8/12 Jerry Carlson, 8/19 Lynn Bell, (tying the highest point total ever in one session at 766), 8/26 John Ford and our leader, Rae Cook, winning two weeks in a row on 9/2 and 9/9.

Sadly, one of our dearest and best cribbage players, Pat McGough passed away recently. Her husband Rich McGough still comes to play and

he recently brought his daughter to play, who is a very good Cribbage player herself. We all miss Pat and her wonderful smile, which would light up the room when she would get that winning hand.

• • •

Euchre Club

BY SUSIE SMELSER

Feeling "tricky" or needing a "treat"? This October Euchre fun continues monthly on the 2nd and 4th Thursdays in the OC Card Room. Each month we welcome old and new friends that enjoy this quick paced, fun game. Anyone can learn in a few minutes, we provide helper guides on the tables, and we enjoy teaching this long-time favorite trump-based game of the midwest. You can find out more online, the basic rules are listed in the club handout that can be found in the club handout area at the OC lodge. For more information contact Susie Smelser 707-362-6518, susiesmelsers@gmail.com

• • •

Pedro Group

BY BONNIE KING

Pedro is a slightly challenging bidding card game. If you have never played, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. We meet from 9:00 AM to Noon in the Card Room (OC) on the first and third Fridays. For more information, please call Denise or Bonnie King at 916-303-3525. We look forward to seeing you soon. Contact: Denise Jones, 916-543-3317.

• • •

Update/Meeting on the Former Titan 1-A Missile Site

BY SANDI DOLBEE, Restoration Advisory Board

The Restoration Advisory Board (RAB) for the cleanup of the former Titan 1-A missile base here in Lincoln will meet at McBean Pavilion again for its quarterly public gathering, scheduled to be held from 5 to 7 p.m. Thursday, Oct. 23.

In an effort to reach the broader Lincoln community, the RAB held its July quarterly meeting at the city facility, located on the east end of McBean Memorial Park at 65 McBean Park Drive. Previous meetings were held in Lincoln Hills. The RAB was impressed with the accommodations at McBean and decided to meet there again.

Among the agenda items will be updates on coming up with a plan to eradicate the trichloroethylene (TCE) that has contaminated the groundwater on the former missile site off Oak Tree Lane. TCE was used as a cleaning solvent at the base, which housed three nuclear missiles for three years in the 1960s as part of the Cold War arms race between the USA and the former Soviet Union.

TCE, which is now deemed to be carcinogenic, was discovered in the groundwater in the 1990s. After a years-long delay, the responsibility for cleaning it up was given to the U.S. Army Corps of Engineers (USACE), which also is responsible for cleaning up pollution on other formerly used military sites.

At the July public meeting, an engineer for Parsons, the contracting company working

for the USACE, outlined plans to use a large sonic drill in August to inject a liquid form of zero-valent iron (ZVI) into a small portion of the site to test how well it neutralizes the TCE. That same engineer will be at October's meeting to outline the possibility of using "monitored natural attenuation" (MNA) as another weapon in the overall cleanup plan. MNA relies on natural processes to decrease or "attenuate" concentrations of contaminants in the soil vapor and groundwater.

The pros and cons of various remedies will be the focus of a Feasibility Study expected to be completed later this year and will be used by the USACE to help decide on a cleanup plan.

Also at the meeting, Placer County is expected to give an update on its efforts to remove the lead shells and other debris left behind from when part of the land was used for skeet shooting and a gun range. The county purchased the missile base property from the federal government after it was decommissioned. The removal operation got under way last month and is expected to be completed in November.

Details about the history of this project and the ongoing testing can be found at cleanupTitan1A.com.

The USACE has repeatedly emphasized that the contaminated groundwater does not pose a public risk because it is not part of our drinking supply.

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Sal Zimmitti

(cont' from page 33)

Cup which was Canada vs. New England. After moving to California, he was invited to the annual North/South Senior Cup competition. He was on the winning side with SoCal twice while living in San Diego and also won for NorCal while living in the Bay Area.

Sal's tennis distinctions are not only in USTA singles competition but include #1 rankings in men's doubles as well. He has been on 6 doubles teams in Southern California that advanced to the USTA National Championships. In 2017 and 2018 as co-captain of a 65+ team from San Diego he won back-to-back National Championships in Surprise, Arizona.

Sal is a proud member of the Lincoln Hills Tennis Club, LH SATA Mixed Doubles Team and the LH Men's 70+ USTA team. Under the leadership of Captain Jim Farrell and Co-captain Jerry Dong, the USTA team has won two NorCal Sectional Championships for 2023 and 2024. They are hopeful of a threepeat this year.

Sal has lived in SCLH since 2020. His biggest fan, who has been with him at all his championships since 1980, is his wife and former mixed doubles partner Tricia Zimmitti. She can often be found at the Lincoln Hills Sports Pavillion cheering on the Lincoln Hills team.



PACIFIC SOUTHWEST SENIOR CHAMPIONSHIPS

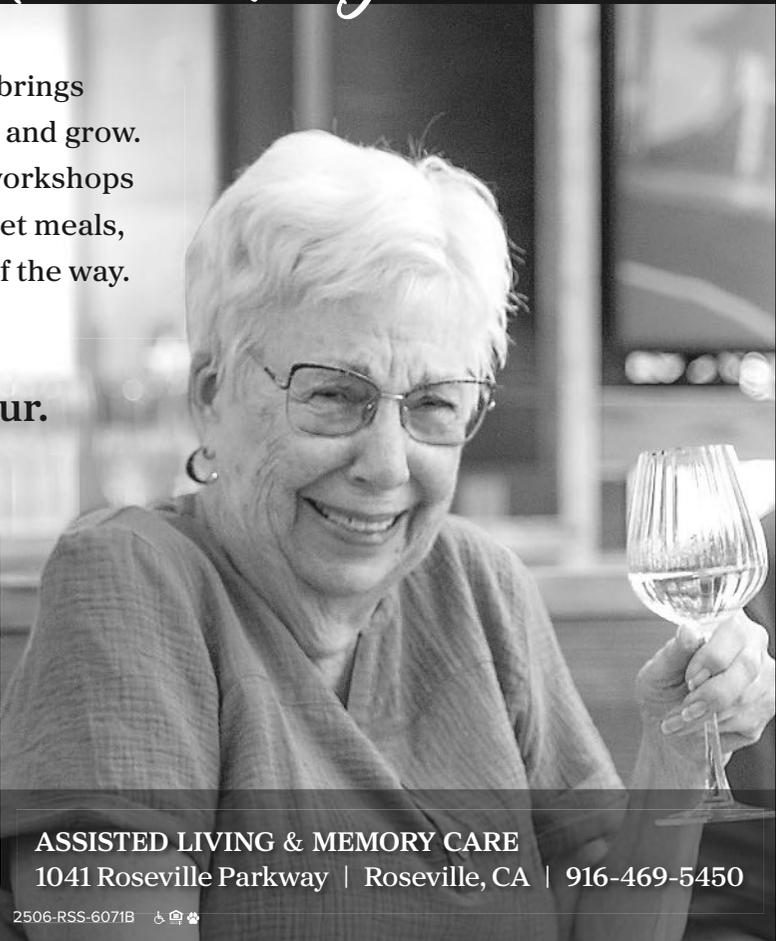
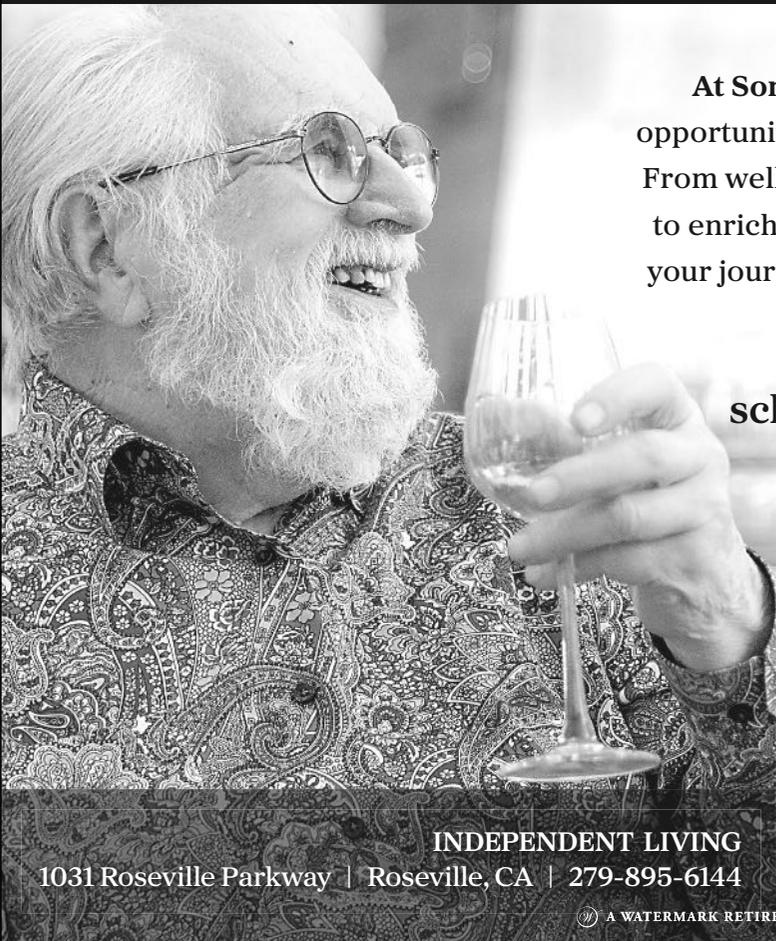


Sal Zimmitti at a recent tournament in Newport Beach.

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Author Event Coming to SCLH

The public is invited to attend when author Todd Borg promotes his new book series "Wilderness" featuring protagonist Josie Strong. The event takes place on Saturday, October 25 at 3:00 pm in the Kilaga Springs Presentation Hall. This event is cosponsored by the Lincoln Public Library, Friends of the Lincoln Public Library, and the Kilaga Springs Library.

Todd has also authored a series of mysteries set in Lake Tahoe featuring Tahoe detective, Owen McKenna. The latest, Tahoe Speed, was published in July 2025.

Todd will hold a book signing immediately after. The author event will follow FOL's Annual Meeting, which begins at 1:30 pm in the Placer Room.

Lincoln Police Department Volunteer Program

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

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

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

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ANNOUNCEMENTS

CRAFT FAIRE AND BAKE SALE on Friday and Saturday, November 7th and 8th, 9 AM to 3 PM, featuring 40+ crafters. Lincoln Community Church, 950 E Joiner Parkway, Lincoln. Lunch available for purchase from 11 AM to 2 PM.

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

LET'S PLAY DUNGEONS AND DRAGONS or other roleplaying games. I've been playing since 1975 and cannot believe I'm the only gamer in Sun City! Have you played before and want to get back to it? Did you never get the chance before but wanted to play? Maybe this is a new way of meeting folks and having fun that you'd like to try? Let's talk. I've got the games, old and new, and am ready to start D&D, Traveller Science Fiction, TOON! comedy and more. Call or email DAVE 916-295-1912 cataract_2000@yahoo.com



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- ◆ 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)
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 SCLH residents get FREE non-business Classified Ads; limited to 15 words; one per household per month.
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 *HINT on Word Counts: A "word" is anything separated by spaces, or as reported by word-process software like Microsoft Word.

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



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