

SUN SENIOR NEWS

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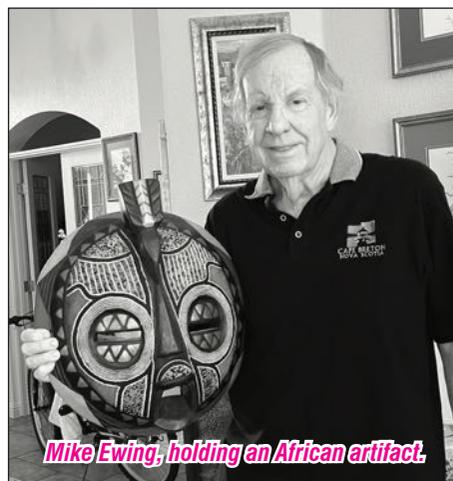
Mike Ewing — Life-Long Learner

BY JENNIFER (JEN) MARTIN

“Jambo jambo karibu.” That’s what you’ll hear when you first visit Mike Ewing, who moved to our SCR community earlier this year. That’s Swahili for “hello, hello, welcome.” Exactly what you’d expect from someone who loves learning languages and who has traveled to 140 countries and all seven continents.

Mike was born in 1947 in St. Louis, Missouri, which he euphemistically calls a “third world country.” He shared early family life with a sister, Susan, who lives on the east coast, and a brother, Donald, who is now deceased.

After graduating from Hazelwood High School in 1965, Mike went to the University of Missouri Tech Center to earn a degree in Electrical Engineering, in 1970. He started working at Lockheed and then was hired in 1972 by Hewlett Packard to work in Semiconductors. He subsequently earned a



Mike Ewing, holding an African artifact.

Master’s in Electrical Engineering and an MBA by 1974. All in all, Mike’s earned nine college degrees.

His 25 years of work in Silicon Valley in International Marketing of Semiconductors

gave Mike an opportunity to travel the world and generated his lifelong interest in learning languages. Once when Mike was on a cruise to Japan, his cruise line offered a tour of “Ground Zero”; where the thermonuclear bomb was detonated in Nagasaki. Mike’s knowledge of Japanese came in handy because he found a way to tour Ground Zero and the nearby museum for \$6 (for a tram ticket for two) instead of \$100 which the cruise line was demanding.

Throughout his life, Mike found opportunities to learn new things every step of the way just by following his curiosity. As a young child, he remembers watching the TV program, Sky King where the main character flies a Piper Apache. That inspired him into becoming a pilot. Over his lifetime, Mike has earned four pilot ratings and is a multi-engine instrument flight instructor. He smiles when he

(cont’ on page 23)

SCR Foundation 2025

BY ELIZABETH JARRETT — SCR Foundation Board Member

The Races are on in Roseville! SCR Foundation’s Annual fundraiser is now just a few days away. We have multiple ways to have fun on October 16th. Whether you are going to play Whack a Ball Night Golf, or Ride a Horse at our Sierra Pines inside racetrack, don’t let these opportunities to win big pass you by.

Join us for an exciting evening of fun. Our starting gate opens at Sierra Pines at 5PM, followed by catered dinner from Buckethead BBQ at 5:30. Golf and Horse Racing at 6:30. You can be a winner just by buying your ticket. Tickets are \$75/per person which includes dinner, (2) drink tickets, (1) Raffle ticket. Your table of eight can become a racing team. Your team can buy a horse, pick a jockey and place bets on a race. There will be Win, Place, or Show Payouts as well as an Overall Winner of the Night! Make sure and bring your cash as we will also be selling tickets for a 50/50 raffle.

Tickets for our fundraiser are still available at the time this article was written. You can make checks out to SCR Foundation and drop it off at: Kathy DelGrande, 608 Blackstone Court. If tickets are still available, they will also be sold on October 1st Courier Days.

We want to call attention to SCR Foundation’s new Literature Rack. We have now moved all SCR Foundation and Community Partners’ information from the

(cont’ on page 25)

Drama Club

BY LENORA DAVIS

Are all ya’ all ready for fall? Me too! I love this time of year when the leaves are changing colors and everything seems to be winding down from the summer activities – the lull before the holiday rush, a peaceful interlude.

But, no such lull for the Drama Club. We are back at it, finalizing our script selection and auditions for our next performances in Sierra Pines – one on March 24 and two on March 25. More details will follow, but mark your calendars – we just keep getting better and you do not want to miss out. Remember that each performance can seat only about 110 people in this venue. As was the case the last two times we performed in the Pines, we will feature cabaret style seating at tables for four. You are invited to bring your own beverages (beer, wine, or non-alcoholic).

As for our members, we do not miss out on a good post-performance cast party, as you can see in the photo here featuring



Renelle Jorgenson



Cast party celebrants.

members Tina Kinghorn, Marilyn Pluth, Marily Phelps Brian Sutton, Jennifer Martin, and also Renelle Jorgenson. No one can put together a soiree better than Renelle. The delicious food was catered by Elena, with chicken wings and other treats being provided by member Tim Levitt - nothing but the best for us.

We wish to share our appreciation of the SCR community for your continued support as we strive to produce quality entertainment for you, and hope that you enjoy our productions as much as we enjoy presenting them to you.

For more information contact Susan Glover (530-388-6367) or Lenora Davis (707-350-1357).

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Singers

BY JACKIE PROETT

It’s October and the Masquerade begins! It’s time to get rid of all your old tricks and time to start with the treats. The white pants

(cont’ on page 4)

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Greg and Liz Goldthorpe

EDITORS
 Gregg & Liz Goldthorpe

ADVERTISING
 Gregg Goldthorpe

CONTRIBUTORS

Jennifer (Jen) Martin, Elizabeth Jarrett, Lenora Davis, Jackie Proett, Elizabeth Gustafson, Peggy Wells, Jo Ann Stooksberry, Jane Bohn, Vikki Clark, Carol Kovach, Bridget Whitaker, Nancy Vavul, Peggy Voakes, Tim Miles, Nikki Combs, Lois Arlen, Karen Levine, Sherri Acott, Geoffrey Browne, Dawn Haskin, Frank Tom, Linda Cilenti, Linda Gordon, Barbara Eichten, Pam Scheel-Hemingway, Marty Boyer, Ed Cervantes, Elna Ragan, Janet Morelli, Suzette Austin, Silvana Hughes, Patrick Maglione, Jeff Caraska, Joan Rose, Latricia Nicholson, Mike Murphy, Ken Hansen, David Moore, Jim Willson, Marilyn Pluth, Joyce Wade, Bruce Ahnberg, Linda Vincent, Ron Masciovecchio, Becky Matson, Pat Oberlander, Martin Green, City of Roseville, Roseville Police Department.

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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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SCR Library News

BY ELIZABETH GUSTAFSON

In this article we list the newly purchased books for the month. In the SCR Courier article, there is a brief description of the new books. A copy of that article is also available at the library monitor's station. If you want to check to see if we have a certain book or author, you can search our holdings on the Library website (under Amenities on the sres.org website).

Our library is open daily 10:00-4:00 and there is a drop box for book return when the library is closed. Remember to check out your books and limit yourself to one book at a time from the new release section - the ones with the white dots on them. Books should be returned in three weeks.

New Books - Fiction: Cameron, Marc - Dead Line; Donlea, Charlie - Guess Again; Dorey-Stein, Beck - Spectacular Things; Gardner, Lisa - Kiss Her Goodbye; Jackson, Holly - Not Quite Dead Yet; Slaughter, Karin - We Are All Guilty Here; Steel, Danielle - For Richer For Poorer; Williams,

Beatriz - Under the Stars.

Non-Fiction: Selby, River - Hotshot: A Life on Fire (Memoir); Whitcomb, Christopher - Anonymous Male (Memoir).

Large Print: Berry, Steve - The List; Clancy, Tom - Terminal Velocity; Harmel, Kristin - The Stolen Life of Colette Marceau; Jackson, Holly - Not Quite Dead Yet; Patterson, James - Billion Dollar Ransom; Pekkenan, Sarah - The Locked Ward; Rawle, Aisling - The Compound; Rothschild, Loretta - Finding Grace; Slaughter, Karin - We Are All Guilty Here; Steel, Danielle - For Richer For Poorer; Thor, Brad - Edge of Honor.s.

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

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

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

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Singers

(cont' from page 1)

and bare tops and tees are in the wash. Drag out the turtle-necks and boots. Put away those summer blues and like the trees, drag out red, orange and gold. It's fall, Ya'll!

The Singers find that autumn fills us



Singers

with new energy and excitement. One thing that we are really excited about is that the Performance Committee has already decided the Theme of our Christmas Concert, WINTER WONDERLAND. Our new Graphic Designer has shown what he can do and you will be seeing flyers, posters, and tickets soon. This theme not only embraces all our music but it warms up our imaginations and allows us to conjure up dozens of winter scenes in our minds. The audience will do the same.

The date of our Christmas Concert will be Monday December 1, 7:00pm. Timber Creek Ballroom. Tickets are \$20. Text/Call: Steven Sanchez at even.steven@att.net/650-868-0328 or Gail Hixson at msgemh@aol.com/209-

479-2981. Get your tickets early, Christmas can be a sell out!

Hold on! That is not all of our treats. Hospitality, headed by Marla Shuman has a neat party coming up. Early October will be the time to drag out your old Hula skirts, Mumu's and Hawaiian shirts. It's our Mahalo, Aloha Luau! Details and a sign up sheet will

follow. The Singers adore parties almost as much as concerts.

Newcomers who love to sing, Join us now. We meet every Monday at 2:30 back of the Ballroom. You'll be able to add a concert and a party to your empty calendar! Now how's that for a treat?

All Tuned Up

BY PEGGY WELLS

Save the date – ATU is putting on a show! The date is November 1 at 7:00 pm at Sierra Pines. We're still working out the details (i.e., theme, format, tickets, etc.), but it promises to be a terrific evening of music and fun. More

details will be forthcoming in future issues and keep an eye out for posters advertising the show.

All Tuned Up is a group of 25 members who make music. So, we invite anyone who likes music and enjoys a fun group of people should stop by our regular meetings at 9:30 on Thursday mornings in the Ponderosa Room at Sierra Pines. We welcome anyone who wants to make music – vocalists and instrumentalists. You don't need to be a great performer to have a great time! As the song goes "Don't worry if you're not good enough for anyone else to hear, just sing... Sing a song!"

Harmonicoots

BY JO ANN STOOKSBERRY

The Coots had a great time entertaining you at our first TV Tune Trivia show on September 6th. A good time was had by all!

Our next performance is this Thursday, October 2nd at 5:30 pm in the Timbers lobby. It's our annual Octoberfest. Find a seat, grab a songbook, and get ready to sing! We are going to roll out the barrel and have a barrel of FUN!

One of the future performances to put on your calendar is Thursday, December 4th at 5:30 in the Timbers lobby. It will be our Christmas performance.

A harmonica player can be called a harmonica player, harmonicist, or informally, a harp player or mouth organ player. There are also slang terms of the harp, such as lickin' stick, Hobo Harp, gob-iron, misery stick, tin

sandwich, blues harp, Mississippi Saxophone, and harpoon, referred to in Janis Joplin's *Me and Bobby McGee*. Whatever name you call it – the Coots call it Fun, Fun, Fun! If you want to be part of something great come by on Thursdays from 1-3pm at Sierra Pines. Remember no experience necessary!

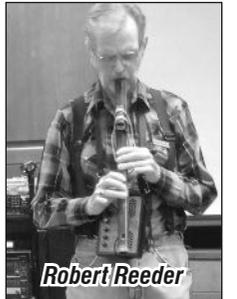
Lastly, the Coots want to wish Bill and Sally Kimura a Happy 70th Anniversary!

Music and Laughter

BY JANE BOHN

What a blast. Another full house with entertainers ready to perform. These talented neighbors of ours included Jan Given, Joe Given, Charlie Kidd, Gary Mills, Lem Llapitan, Ken Roberts, Robert Reeder, Jan Montero, Ed Lick, and Jack McGurk. Space here limits me to specific fun renditions of their songs, jokes and sing-a-longs. Since our show is for one hour in order to get all that Music and Laughter in we ran over fifteen minutes to include the following enthusiastic prize winners; 1st prize Irwin Perry, 2nd Barbara Eagle, 3rd John Demarco, 4th Ernie Bell, 5th Norma Horrell, 6th Ken Roberts and 7th Joann Lamantia.

We'd like to express our heartfelt thanks



Robert Reeder

(cont' on page 5)



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Music and Laughter

(cont' from page 4)

to all our entertainers, our fan club, our prize winners and our steadfast helpers; Rebecca Hellman, Dennis Hellman, Arlette Bennett and Doug Hull. You all continue to add joy to my life and make my job a true labor of love. If those of you who have not tried us out and you desire more Music and Laughter in your life, we hope you'll bring your \$1 entry for the raffle and come join this awesome group at our next gathering on Wednesday evening, October 8 at 7pm (doors open at 6:30) at our Sierra Pines lodge, located on the corner of Del Webb and Whistlestop Way.

• • •

Dance Club

BY VIKKI CLARK

The Sun City Dance Club is bringing exciting opportunities to dance, celebrate, and connect with friends this fall. Mark your calendars and join the fun!

On Sunday, September 15th, the club presented the Line 1 Social & Dance, hosted by Bill Swayne. This was a wonderful chance for dancers at every level to step onto the floor, enjoy great music, and share the camaraderie of the Sun City dance community.

October brings a festive favorite—Drink, Dance and Be Scary on Sunday, October 27th. The dynamic live band Four Barrel will keep the energy high all evening with their mix of rock and dance hits. Visit their website at fourbarrelrocks.com to get a preview of their



sound. Costumes are highly encouraged, so come dressed to impress (or spook!). Tickets are on sale now for just \$15, so be sure to get yours early.

The year concludes with a very special evening. On Monday, December 2nd, the club hosts its annual Holiday Dinner/Dance, themed “Forever in Step.” This memorable celebration will honor longtime instructors Jim and Jeanie Keener, whose dedication and passion have helped generations of Sun City residents find joy on the dance floor. It will be a heartfelt night of dining, dancing, and gratitude as we recognize their incredible contributions to the club.

Whether you're a seasoned dancer or just discovering the fun, the Sun City Dance Club has something for you. These events promise lively music, good friends, and plenty of time on the dance floor. Don't miss a chance to be part of the excitement—see you out there!

• • •

Square Dance Club

BY KRIS KNUTSON

As I write this column our Square Dance Club is preparing to host its first club dance (Hoedown) in several years. No one is sure how this will go. It's a little like having a large dinner party but no one RSVPs. I'm sure it will be a good learning experience. Our club is hosting this dance because we think Hoedowns are special. They celebrate an American Folk Art that thrives on participation, not performance. They fuel energy and joy. Besides Square Dancing Hoedowns always have a festive atmosphere, great callers, excellent food and are a lot of fun.

The Hoedown is being held on October 4 at Kilaga Springs Lodge -1167 Sun City Blvd, Lincoln, CA. Rounds 6:00 – 7:00pm, SSD & Plus dancing 7:00 – 9:00pm.

For more information about Sun City Squares visit selhsquares.weebly.com or call Tom Bolton 818-321-7708.

Our Club dances Monday afternoons SSD & Plus levels 1:00 – 3:00 pm. Tuesdays 3:00 – 5:00 pm Advanced levels. Thursday 1:00–3:00 pm Round Dancing. All dancing is at Kilaga Springs Lodge, 1167 Sun City Blvd, Lincoln CA.

• • •

Creative Arts Club

BY CAROL KOVACH & BRIDGIT WHITAKER



Mosaics are back! In August, the creative glass group's Deb Hesse taught a dozen club members to create a unique piece of mosaic art.

Starting with a large terracotta planter saucer, members created designs on paper and then moved on to selecting and cutting their tesserae. The second session saw folks cutting, arranging and then gluing pieces to the saucer, often using tweezers to carefully place them. The third session involved grouting the whole creation, filling in all the space between the tesserae to create a finished watertight bird bath or feeder.

The class was great fun with members helping each other to learn how to break glass and tile into small pieces and then put it back together in a whole new and beautiful way.

Deb and her husband, Andy, moved to Sun City six years ago. Married for 50 years, they have five children, four living in California. With her father in the Air Force, Deb moved a lot while growing up. Living in France, England and Germany (where she attended a year in a German high school), Deb speaks German and some French and is fluent in Spanish! She credits her early exposure to different cultures for her willingness to try new art forms.

(cont' on page 6)

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Three Generations Strong

Creative Arts Club

(cont' from page 5)

Prior to retirement, Deb held a variety of interesting positions in California, serving on the staff of several Governors and state agencies. From holding management and leadership roles in employee relations and environmental hazards organizations to being the administrator of the CLEFT Program at the California Department of Justice (which maintains the integrity of computerized information in patrol cars), Deb counts as her greatest achievement; persuading Governor Deukmejian to make California the first state to celebrate Martin Luther King's birthday as a holiday before it became a Federal holiday.

• • •

Fine Arts Club

BY NANCY VAVUL

As the vibrant colors of autumn approach, we're excited to celebrate creativity and community at our Fine Arts Club. Join us for the reception of "Brushstrokes Across Time" on October 3 from 5-7 p.m. This special exhibition will showcase the remarkable talents of our longest-standing members, with their artworks adorning the gallery walls throughout the month.

This October, the Card Room will be graced with the stunning photos and paintings of Robert Chaponot. His unique perspectives promise to inspire all who visit.

Mark your calendars as we prepare for our annual Sun City Holiday Boutique on

November 1 from 9:00 a.m. until 2:00 p.m., where we team up with Needle Arts and Creative Arts as well as many vendors from around town. Here you can find fabulous gifts and support our local artists.

Our general meeting on October 9 will feature guest artist Abundio Mondez, who will share his innovative approach to watercolor techniques. It's a wonderful opportunity to gain insights and inspiration.

Class schedules continue to offer diverse artistic experiences: Donna Self leads acrylics on Monday mornings and afternoons, while Renee Hawkyard's watercolor classes take place on Tuesday afternoons. Edward Mallory will guide oil painting classes on Thursday mornings, Pat Jordan will offer drawing classes on Friday afternoons, and Sherry Bleiweis will lead an engaging alcohol ink class on October 23. Edward Mallory will also host a special Color Workshop on the afternoons of October 4 and 11. Check the art room for sign-ups.

Lastly, be sure to save the date for our holiday luncheon at Sierra Pines on December 12. The plans are in motion, and it promises to be another fun addition to the holiday season. We look forward to a month filled with artistic expression, talent celebration, and community spirit!

• • •

SCR Needle Arts Club

BY PEGGY VOAKES

It's almost time for one of the most highly anticipated events of the year! The Needle Arts Club Holiday Craft Faire, Saturday, November

1, from 9:00 AM to 2:00 PM. Tell your friends and family to mark their calendars for this date! As always, it will be a day of shopping one-of-a-kind, hand-crafted items from our own talented residents and crafters from the local community. In addition, there is an amazing bake sale, sure to satisfy your sweet tooth! Don't miss out on your opportunity to pick up some great gift items for the upcoming holiday season as well as a little something for yourself at the Holiday Craft Faire! See you there!

Our September meeting brought us many new members, as well as an amazing program by Jean Cross, featuring some of her spectacular one-of-a-kind items from her personal wardrobe. Those of us who wear clothes were in awe, some of us wishing her items were for sale!

Our October meeting will feature the second annual No Tricks-All Treats Back Table Bonanza. Be sure to contact Chris MacAdams ahead of the meeting to let her know if you are bringing items for the back table!

Our October program will be by Erica Caldwell from PACE on their program to assist seniors to stay in their homes. We welcome guests and, of course, new members. That meeting will be Wednesday, October 1, 1:30 PM, in the Ballroom.

• • •

Roseville 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.

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(more Club News cont' on page 7)

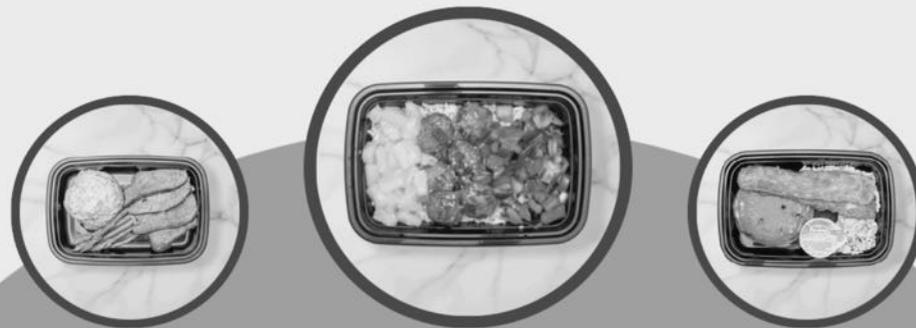
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Solo Friends Group

BY NIKKI COMBS

Recently the Council conducted a survey asking what is working and who is willing to step up to continue or improve the Group. Out of 225 members, 33 surveys were returned, a 14% response rate.

Most respondents attend the General Meetings and the Social Dinners. But only a few are willing to host a dinner or serve on the Council. These functions are the heart and soul of Solo Friends. Without a Council or Social Dinners, Solo Friends cannot remain a vibrant, fun group.

President Mary Dial states, "Volunteering is the backbone of Solo Friends. We are all volunteers, and the success of SF depends on member participation. The Council offers as much support as we can, but we can't do it without you."

A suggestion to encourage new dinner hosts is to match a new host with a seasoned one. This way the experienced host can mentor the new host. Contact Social Dinner Coordinator Sharon Heardon for more information.

It was heartwarming to see 11 people are willing to become Council members. They will have to wait for an election next year as the current Council serves for another year.

"The Council thanks all who participated in this endeavor to assure we are offering as many opportunities as we can to make your



Members enjoying the games after the August Social Dinner.

membership in Solo Friends a pathway to friendship in an enlightening and entertaining way. We welcome your suggestions and will consider them valuable information as to your needs." President Mary Dial

Kelly Peterson, Program Director of Placer Artists

Tour will speak about their upcoming tour at the next General meeting. Pat Martin, retired local DJ and participating tour artist, will join her. Tour Guides and postcards will be available. The meeting starts at 6:00 pm in the Timbers ballroom on Monday, October 6.

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Jewish Fellowship Circle

BY LOIS ARLEN & KAREN LEVINE

A big thank you with special appreciation to the JFC Board members for leading the Shabbat (Sabbath Friday night) service and to Irwin Perry for hosting the Oneg (a sweet table) in August.

The traditional Break the Fast dinner after Yom Kippur will be on October 2 at 7:00 pm at Sierra Pines. Some of the customary Break the Fast non-meat (dairy) foods that will be served are lox, bagels and cream cheese, noodle kugel, tuna, egg and fruit salads, herring and cheesecake.

October is a significant month for the Jewish Community as it is filled with important holidays and observances: Yom Kippur is the Day of Atonement where Jews fast and pray

for forgiveness. Sukkot is a weeklong festival commemorating the Israelites journey through the desert. The word "sukkot" literally means "booths" or "huts" referring to the temporary shelters used during the 40-year desert wandering. During the holiday of Sukkot it is traditional to sit in the "sukkah" which is decorated by hanging fruits from the ceiling. Simchat Torah marks the end of the Sukkot festival and the completion of the annual cycle of reading Torah. These holidays are celebrated with prayers, festive meals and dancing.

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

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Conservative Action Group

BY SHERRI ACOTT

Our last meeting of September 1, yes Labor Day, was very productive in that action plans for 2025 and 2026 were discussed. Members signed-up for those areas where they wanted to commit their efforts. But the fun part was the interaction between our new and long-time members with cookies and cupcakes served.



Gwen and friend Dee

The liveliest discussion of the evening concerned Proposition 50 and the Special Election to be held on November 4 of this year. This legislative-written proposition reconfigures current congressional district boundaries and maps that will stay in place until the 2032 election where the Citizens Redistricting Commission maps should again be used. The movement to get a Voter ID proposition on the 2026 ballot was supported by those present.

Our next meeting will be held on Monday, October 6, starting at 6:30 pm, in the Sierra Pines Ponderosa room.

Now for a special event! A going away party will be held for Gwen Myers, a long-time resident of Sun City and co-founder of CAG. It will be held on Saturday, October 11 starting at 12:30 pm at Sierra Pines. In addition to CAG members, the many colleagues Gwen developed over the years through her community service activities

have been invited. Please come by and give her your best wishes by RSVP to Amy Cho or Sherri Scott at their telephones listed in the Sun City Community Directory.

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(more Club News cont' on page 11)

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Executive Director Comments Phase B Fitness Center Project – Update

BY GEOFFREY BROWNE

When the Sun City Roseville community approved the Fitness Center Expansion and Renovation Project back in July of 2023 (with over 80% of votes in favor), we knew this was going to be a long and complicated project. In these scenarios, to be successful, it's always important to be organized and communicate frequently.

At the time, we promised that this project would not be paid for with your assessments, or a bank loan, or a special assessment, but with funds raised from the Special Use Fee and from unallocated excess business revenues generated mostly through our Golf and Food and Beverage operations. This remains the case, and current funding levels of the Common Area Improvement Account show that we are on track to successfully begin the project in April 2026.

The first thing we did was firm up the two main contracts that we will need, one for the Architect/Designer and one for the General Contractor (GC). In a series of meetings over the past year, the team (Architects, GC, and the Construction Subcommittee (including staff) of the Strategic Planning Committee) reviewed the preliminary schematic design and obtained the required entitlements from the City of Roseville. Design development continued, and we now have a full 100% set of documents we will use to formulate the actual construction process.

The Construction Documents (CDs) are being developed along with cost estimates, with the GC providing input regarding constructability and cost decisions. Various city agencies will then undertake the required

plan review, revisions are made and finally, a permit is issued (after all the fees are paid, of course!). This part of the process can take up to several months, depending on how long the reviews take or how many revisions need to be made, but we anticipate a final set of CDs will be available by the end of the year.

Then comes the General Contractor part. Once the construction drawings are finalized the contractor will understand what work needs to be completed and can go out to find all the subcontractors that will be needed to work in the various different fields. Bidding a larger contract such as this can take time as we require the GC to get several bids for each specialty in order to ensure we are getting the best quality for the best cost. Once all the bids are gathered (often a 6–8-week task), the GC can then provide the Guaranteed Maximum Price (or GMP) contract for final Board Approval. The final construction start date will depend on several factors such as contractor workload, weather, and/or supply chain concerns. The cost estimate will also allow any adjustments or changes to the project to ensure we have budgeted correctly, and the final project meets our plan objectives.

Along the way we will be meeting with the team regularly (daily or weekly, once construction starts) to ensure a smooth process, and to provide timely updates and information to the community. Keeping everyone informed about the progress, and about our planned alternative fitness programming, will help the community stay confident, healthy, and excited about this very important improvement to Sun City Roseville's amenities.

Safety First — How Knowing Your Neighbors Helps Prevent Crime

BY ROSEVILLE POLICE DEPARTMENT

In today's busy, often disconnected world, one of the most effective ways to prevent crime doesn't require high-tech gadgets or costly security systems—it's simply getting to know your neighbors.

Strong neighborhood connections create a safer environment by encouraging residents to look out for one another and act when something seems suspicious.

Why familiarity matters

When neighbors know each other:

- They notice changes, such as unfamiliar vehicles or people.
- They recognize threats early and can alert others or call authorities.
- They build trust-making it easier to share important information.

This "natural surveillance" makes it harder for criminals to blend in or operate unnoticed.

Neighborhood Watch: Proven Results

The National Sheriff's Association reports that areas with active Neighborhood Watch programs see crime reductions of up to 16%.

These programs:

- Encourage neighbors to connect.
- Provide information on spotting and reporting suspicious activity.

• Build a visible deterrent to criminals.

Small actions can have a big impact

You don't have to organize a formal program to make a difference. Simple steps include:

- Greeting your neighbors regularly.
- Exchanging phone numbers.
- Informing each other about travel plans.

Even these small actions signal that people are connected—and watching out for one another.

The bottom line

In a world where screens often replace face-to-face interaction, community connection may feel old-fashioned. However, it remains one of the most effective and low-cost tools for keeping neighborhoods safe.

Strong communities are safer communities—and it starts with a simple "hello."

Ambassador Committee

BY DAWN HASKIN

The Ambassador Committee is off to a great start as members have been assigned their roles for the coming year. Mary Porter is the incoming Chair and Dawn Haskin is her Co-Chair. Tracy Carr, Sharon Kambestad, Judy Myers and Lyn Amerine will oversee New Resident Orientations. In charge of Realtor Relations, Tours, Publicity & Photographer will be Donna Edwards, Donna Weigelt, and Rebecca Dugan. Suzie Ladas will take care of Activities and Events and Laurie Morkert will be the Call Coordinator.

We look forward to another fun and active year. We recently hosted our final New Resident Orientation of the year. This is always a great opportunity for brand new residents to meet one another and hear from various heads of committees in the community such as the HOA Board, Citizens Patrol/Neighborhood Watch, Golf, Activities, Website, Leadership Academy and the Foundation. They also have an opportunity to win some great prizes such as Timbers Gift cards, dinner for two at Timbers and rounds of golf.

Other Ambassador duties include visiting open houses and talking to realtors, giving tours of the lodge to potential new residents, collecting tickets at the monthly concert events and, in general, being the public face to our community.

Charter Club Committee

BY FRANK TOM, *Chair*

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

The Governing Documents Group reviewed the proposed changes to the Guidelines at their meeting on September 9, and the final review was vetted by the Association's Attorney. The CGRC and CCC representatives will draft language for a Board Resolution to address the changes to the Guidelines.

As a bit of history regarding the Chartered Club Guidelines, it was first approved through Board Resolution 95.05 (June 15, 1995), and the Board directed the Association to begin chartering clubs. Since then, there have been 20 revisions to the Chartered Club Guidelines. You might ask, why so many revisions? The Governing Board, Management Team and CCC listened to its residents and recognized and understood the need for the many guideline revisions over the past 30 years to address the concerns and interests of Chartered Clubs.

You might also ask, historically, why was

there a need to move some of the Chartered Clubs into a new classification titled Resident Groups? In 2002, Barb Woolman Chair, CCOC (Clubs and Community Organizations Committee) felt that some of the clubs only had a handful of members, didn't have dedicated space, and had a small amount of revenues. As such, the CCOC and the Activities Department made a recommendation to the Board through Resolution to create a second classification titled Resident Groups. Moreover, a separate set of guidelines were drafted and approved by the Board to simplify what was required of Resident Groups. (Courier Article, Barb Woolman, p 35, 2002)

Sunshine Services

BY LINDA CILENTI

Thank you for the positive comments received following our August speaker event, "Successful Aging: It Takes a Plan," presented by Maureen Lawrence, Outreach Coordinator with ElderCare Management. This article aims to highlight her discussion on Physician Orders for Life Sustaining Treatment (POLST).

POLST is a "medical order that helps individuals with serious illnesses to have greater control over their care during a medical emergency. POLST can help make sure you get the care you want and also protect you from getting medical treatments you do not want." (Reference - capolst website)

POLST is a form that clearly states what

kinds of medical treatment patients want toward the end of their lives. Printed on bright pink paper, and signed by both a patient and physician, nurse practitioner, or physician assistant, POLST helps give seriously ill patients more control over their care. POLST also helps you talk with your healthcare team and your loved ones about your choices. (Reference - capolst website)

Please visit www.capolst.org or call 916-489-2222 for further information. Check out the Key Facts sheet, which outlines what a POLST is and why it should be considered by you and your loved ones. Find information on the difference between an Advanced Health Care Directive (AHCD) and a POLST. The POLST can complement your AHCD by providing specific details about your treatment wishes.

Familiarize yourself with both documents. Discuss them with your family, legal representatives, and healthcare care teams to determine the best course of action for your unique needs.

The POLST form is available online, and we will have a limited supply at our table on October 1 during Courier Days.

Save the date: November 19 at 10am, Sierra Pines for our next speaker event. Topic TBD.

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

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

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S.W. from Sacramento



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Veteran's and Patriots Club

BY ELIZABETH JARRETT

Congressman Kevin Kiley will speak at the next Veterans and Patriots Club General Meeting on October 1. He is committed to providing the support and services Veterans have earned and deserve.

The Fireside Chat combined with the Wine and Cheese Event will be held on October 12 at Sierra Pines. This is a casual, interactive setting for Veterans, Patriots and guests. Come and share favorite memories or stories and make new friends. Tickets are \$10 for Members, \$12 for Non-members. Doors open at 5:30. Drop your Reservations with checks, made out to Veterans and Patriots, to Michael Hau, at 7400 Pineschi Place. If available, tickets will be sold on October 1 at Courier Days.

As we get closer to Veterans Day, I cannot think of the word Veteran without thinking of the word Service. We define "Service" in many ways. It is the action of helping or doing work for someone or something. It is "helpful activity." If we also look at the word "Serve" it is to perform a role to help or assist.

We use the words Service and Serve to describe various acts from someone bringing food to our table, to a person describing military Service. We all Serve every day in various ways. Sometimes we Serve because we really want to and sometimes, we Serve because it's what is needed.

Our Veterans and Patriots Club is at risk of being dissolved. It remains challenging to have enough volunteers, including Officers and Council members, to support the Club. We need people in multiple areas just for the Club to function.

I encourage anyone reading this to reflect on how you might be able to support the Club by volunteering to serve.

To be continued.

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Healthcare Professionals Group

BY LINDA GORDON

On September 3 the Healthcare Professionals Group enjoyed Part 2 of "What you should know about Medicare" presented by Deborah Tyler, the HICAP Regional Coordinator for Placer, Nevada & Sierra Counties. She reviewed what we had covered

in her first presentation as well as explained how to access the Medicare website and utilize it to select the proper Medical & Drug Plan for you. All very valuable information,

Our next meeting will be Wednesday November 5. At this meeting we will celebrate 4 successful years as a SCR Group. At our first meeting in January 2022 we had 19 members, most of whom did not know anyone in the room. Now, after many friendships have been formed, we have a roster over 70 with an average of 30 attendees at our meetings. The November meeting will be a social meeting without a formal speaker. However if anyone has something that they would like to present to the group they may do so. Each should be no more than 10-15 minutes. If you wish to do this let Linda know beforehand.

The Healthcare Professionals Group is a social group of SCR residents who have worked in any capacity in the Healthcare Field. We meet the first Wednesday of every other month at 11:00am in the

Spruce Room in Sierra Pines. The speaker will start at 11:30 and lunch and social time will be at 12:00. Cost is \$10 for lunch. Our next meeting will be Wednesday November 5. RSVP by November 1.

Nurses from our group hold a Blood Pressure Clinic for Residents on the second Wednesday of the month from 9:30-11:00am in the Fitness Center. This is open to all residents to have their Blood Pressure checked and to discuss any issues they may have. Our next clinic will be October 8.

For more information, to get yourself on the mailing list & to RSVP for the meetings contact Linda Gordon at garlind77@gmail.com or 510-813-7815 (call or text).

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Computer Club

BY BARBARA EICHTEN

The Computer Club will not meet in October. The genealogy Group will meet on October 9 at 2:00 in the Club Room.

PHOTOSIG: Please join our enthusiastic photographers and be challenged to share knowledge and improve skills. Photo SIG (photo club) will meet on Friday, October 16 at 10:00 in the Club Room. Only Photo SIG members may submit photos for the monthly contest. Submit a medium of three photos,

send to scrphotosig@gmail.com by Monday, October 13. The photos are juried at the regular monthly meeting. October's theme is "Shadows." The time frame is within the last 3 years (2022-2025). Contact Carmela Kube for further information.

Open Session will be Friday, October 10, 17, and 24 from 1:00-3:00 in the Club Room. These sessions are to assist individual residents with their iPhone, iPad, or computer. For further information, call/text Barbara Eichten (901-626-9821) or email barbaraeichten@gmail.com.

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Travel Club

BY PAM SCHEEL-HEMINGWAY

We sure had fun at the Summer Social, going "Around the World in 80 Days." Lorraine Welk and her committee did a great job, and we loved being able to choose Mexican, Italian and/or Asian cuisine from Elena's Catering. Some of us chose all three!

As I write this, members are sailing through Croatian islands on a private yacht. As you read this, members are setting off for the "Islands of New England." Cannot wait to see the pictures!

Trips now available for booking for Travel Club members include:

Branson Holiday Spectacular: November 4-10 (Collette)

European Christmas Markets: December 4-11 (Collette)

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

Australia: March 8-26, 2026 (OAT)

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

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

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

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

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

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

Spectacular Scandinavia: September 9-22, 2026 (Collette)



Summer Social Committee

for the "back table" at all of our Ballroom meetings.

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Democrats Group

BY MARTY BOYER

The Democrats Group couldn't have a more timely guest for its Speakers Series' at the October 22 meeting. Paul Mitchell, the architect of the new congressional map to be voted on in the Nov. 4 special election, will share the latest information about Prop. 50: How the map was formed, how it will affect California's chances of retaining or flipping crucial seats and here in Placer County specifically, what redistricting efforts are being considered or happening in other states, and the latest polling (this event will be just two weeks before the election).

In late August we enjoyed a delicious dinner catered by Leandro Cucina's Italiano Catering. More than 60 people attended the sold-out event. Special shout-out to Marisa

(cont' on page 12)



Paul Mitchell



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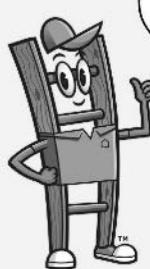
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Democrats Group

(cont' from page 11)

Berneti and her committee of volunteers who made the event happen, and to Dave Willis who created a fun video gallery remembering the hard work, good times, and great guest speakers we have enjoyed over the past couple of years.

Meanwhile, Proposition 50 has everyone from supporters and opponents to election officials in all 58 counties scrambling to pull an election together. Our Group leadership has been in frequent contact with Placer's Elections Office, and it appears we will have enough help from dedicated members that we will be able to share responsibility with the Placer Women Democrats Club for staffing a voting center in Granite Bay. (There are no close-by polling centers available). If we do this, we will earn revenue needed for the Midterm work ahead.

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Meditation Group

BY ED CERVANTES

The Heart of Gold Meditation Group of Sun City cordially invites you to join us for a peaceful hour of mantra meditation, music, refreshments, and good company.

Since 2022 the Heart of Gold has been providing the residents of Sun City the opportunity to learn a simple method of meditation that uses soothing mantras and music to ease the stress and anxieties of daily life. For over 47 years mantra meditation has been a focal point in our lives and it is our pleasure to share it with you.

By this simple process we begin to experience an ever-deepening inner peace, increasing insights and happiness. The program is donation based and the meditations will be practiced seated in chairs. Bring a friend and come make new ones.

Here are the dates and locations for our upcoming meetings.

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

Wednesday, Oct. 29th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

Wednesday, Nov. 12th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

We look forward to meeting you. Ed and Eileen Cervantes, The Heart of Gold Meditation Group, mantramedclub@gmail.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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Birders

BY JANET MORELLI

The new birding field trips schedule for SCR Birders can be found on the Birders' web site. Twenty- one trips have been planned for this birdwatching season, starting in mid-September 2025 and ending in May 2026, and mostly on the 1st, 3rd, or 5th

Thursday mornings of each month.

Three field trips have been scheduled for the month of October. The first one will be to Hidden Falls Park in Auburn on October 2, the second one will be to Mahany Park in Roseville on October 16, and the third will be to Nimbus Fish Hatchery in Gold River on October 30. A Birders eBlast will be sent to SCR residents who are on the Birders' email list a week before each scheduled trip providing the meeting time and place, the expected duration and walking distance, and carpool driver and park/refuge fees. To be added to the Birders' email list, contact Janet Morelli at 916-782-6393.

The Western Meadowlark is a robin-sized bird with brown streaks on its upperparts, a bright yellow breast with a black V-shaped necklace, and a rather short wedge-shaped tail edged with white feathers. Their song is a series of flutelike notes of variable notes. They forage in prairies, meadows, and plains for insects and dig insect larvae from the ground with their long, heavy bills. They build nests of grass on the ground shaded by a roof of tall grass. Farmers

welcome Western Meadowlarks during the summer growing seasons because they eat the beetles, cutworms, and grasshoppers that cause damage to their crops. That may be why Meadowlarks are the most popular state bird in the country.

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(more Club News cont' on page 13)



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Garden Club

BY SUZETTE AUSTIN

The Garden Club started our new fiscal year with Lorraine Ewing speaking to us about Phalaenopsis and Cymbidium Orchids. Lorraine has been a president of the Napa Valley Orchid Society, and she demonstrated to us how to repot an orchid during her presentation.



Lorraine Ewing

Our October 7 meeting will be a look into container gardening. Our Co-presidents will present the elements of successful container displays.

Our meetings are on the first Tuesday of the month at Sierra Pines. Doors open at 6:15 pm, the meeting begins at 6:45 pm and ends by 8:15 pm. Please join us and enjoy cookies prior to the meeting. Guests are always welcome.

We have a table at our meetings to “Share the Bounty.” If you have a garden and have extra fruit, herbs or vegetables you are invited to share. You may want to add serving suggestions, such as “allow to ripen on the counter” or “chill and enjoy” as well as the name of the donor.

It is time to pay your \$10 annual dues for 2025-26 if you have not already done so. You

can get the registration form at our meeting or on the Garden Club website, as well as in the Garden Club folder inside the Lodge.

Hiking Group

BY SILVANA HUGHES

On our recent excursions in the Sierra hikers visited serene mountain lakes and observed many wildflowers, berries, and butterflies. Our hike master, Donald Stoye, arranged a special easy “bonus hike” in addition to the regularly scheduled Thursday hikes. He proposed an excursion to Sugar Pine Reservoir where the group used to have their summer picnic. A big Thank-You to Don for all his efforts! Starting in late October, with cooler fall temperatures, we will keep to lower elevations and closer travel distances.

Below is the October schedule which includes an “easy” hike to the lush Bobelaine Audubon Sanctuary along the Feather River near Yuba City, where more than 200 species of birds have been observed, including Black-crowned Night Herons, Wood



Castle Valley Loop Hikers 8-28-2025

Ducks, and Swainson’s Hawks. (<https://www.sacramentoaudubon.org/bobelaine-audubon-sanctuary>)

For additional information, please contact President Pete Grady (see SCR Hiking Group web page). Dress in layers and remember to bring water, sunscreen, insect repellent, and lunch. We meet at 7:45 am in the lodge parking lot near the tennis courts for carpooling. Please pack a change of shoes to keep the driver’s car clean. Starting in November, we will be meeting at 8:45 am. Happy hiking!

October 3 - Bullards Bar (Vista Point to Dark Day), rated #4 (easy to moderate), 5.5 miles, elevation gain 500 feet, \$10.00 carpool ride.

October 9 – Malakoff Diggins - rated #5 (moderate), 7 miles, elevation gain 900 feet, \$12.00 carpool ride.

October 16 – Point Mariah - rated #5.5 (moderate to difficult), 6.25 miles, elevation gain 975 feet, \$12.00 carpool ride.

October 23 – Lower Lola Montez Lake - #5.5 (moderate), 7 miles, elevation gain 950 feet, \$12.00 carpool ride.

October 30 - Bobelaine - rated #2.5 (easy), 5 miles, elevation gain 150 feet, \$8.00 carpool ride.

Softball Club

BY PATRICK MAGLIONE

The month of October marks the beginnings of a new Council and preparations for the 2026 season.

Elections were conducted at our

September 3rd meeting. Commencing October 1st, our club will be led by two new officers, President Ray Harrison and Vice-President Frank Tom. Returning to complete the foursome is Secretary John Woodbury and Treasurer Jack Porter.

The club will be in very good hands with these experienced officers, especially since they have held officer positions in the past – Ray, Frank, and John all having been president at one time or another. Once completing the council by appointing three Members-At-Large, they will be up for the challenge that next season presents.

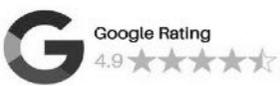
The most challenging will be recruiting a sufficient number of players to field at least four teams. That requires a minimum of forty eight full time players... a bare minimum. Better yet would be five teams with a total of sixty plus players. We will also need team sponsors; of which preliminary reports indicate there is sufficient interest... mostly from assisted living facilities (are they betting on the future?)

Frank Tom has volunteered to organize fall practices for those interested. Practices were to begin on Wednesday, September 10th, 9:30-11AM, at Mahany field North, and run each Wednesday through mid-November, weather permitting.

Tune in to the November issue of the Courier for updates and news from the new council. Be on the lookout for registration information, possible changes in the frequency of games, and other motivating ideas to

(more Club News cont' on page 17)

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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/	Inside	Ocean-View	Balcony
15 Day HAWAII From SFO! PRINCESS					
Ruby Princess ~ 3080 Passengers	Dec. 01, Dec. 17, 2025 & Jan. 29, Feb. 19, 2026	\$1,398	\$1,473	\$1,998	
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Hilo, Hawaii; Ensenada, Mexico; San Francisco, California. Prices based on Dec 1, 2025. Call for pricing and availability on other dates.					
*LINCOLN SHUTTLE TO SHIP AVAILABLE!					
11 Day ALASKA From SFO! PRINCESS					
Ruby Princess ~ 3080 Passengers	May 23, Jul. 12, Aug. 11, 2026	\$1,098	\$1,430	\$2,649	
Sail round trip from San Francisco, California to Skagway, Alaska; Juneau, Alaska; Glacier Bay National Park, Alaska; Ketchikan, Alaska; Prince Rupert, BC, Canada; San Francisco, California. Prices based on Sep. 13, 2025. Call for pricing and availability on other dates.					
*LINCOLN SHUTTLE TO SHIP AVAILABLE!					
11 Day MEXICO From SFO! PRINCESS					
Ruby Princess ~ 3080 Passengers	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, Saudi 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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7 Day TASTE OF BORDEAUX WINE Cruise AmaDolce Longship ~ 140 Passengers 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!	October - November 2025 & 2026 *INCLUDES ROUND TRIP SACRAMENTO AIRFARE!	\$4,889
15 Day TRADE ROUTES OF THE MIDDLE AGES Viking Ocean Ship ~ 998 Passengers Package includes your home to the Sacramento Airport, Round trip Sacramento Airfare, Airport Meet-And-Greet with transfers, WIFI, an Included Excursion at each port. 15-day Viking River Cruise in balcony accommodations. Sail from 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.	May - September 2025 & 2026 *INCLUDES ROUND TRIP SACRAMENTO AIRFARE!	\$7,499
8 Day MISSISSIPPI Cruise Viking Mississippi- 386 Passengers Package includes your home to the Sacramento Airport, Round trip Sacramento airfare, Airport Meet-And-Greet with transfers, WIFI, an included excursion at each port. 8-day Viking River Cruise in standard accommodations with a window. Sail from New Orleans to Memphis visiting Darrow, St. Francisville, Louisiana; Natchez, Vicksburg, Greenville, Rosedale, Mississippi; Memphis, Tennessee. Ask about pre and post extensions and upgrading your cabin!	December - December 2025 & 2026 *INCLUDES ROUND TRIP SACRAMENTO AIRFARE!	\$5,399
9 Days COLUMBIA AND SNAKE RIVER Cruise American River Boat~ 180 Passengers Package includes 1 night hotel in Portland Oregon, 7-day Columbia & Snake Cruise with American Cruise Lines, shore excursion at each port, WIFI, and beverage package. Sail from Portland, Oregon; Cruise Columbia River; Astoria, Oregon; Kalama, Washington; The Dalles, Oregon; Cruise the Columbia River Gorge; Richland, Washington; Snake River; to Clarkston, Washington.	October - November 2025 & March - November 2026 *INCLUDES ROUND TRIP SACRAMENTO AIRFARE!!	\$6,614
7 Day DREAMS OF TAHITI Cruise Windstar Yacht ~ Star Breeze ~ 312 Passengers Board your Windstar Yacht and sail round trip Papeete, Tahiti visiting the French Polynesian Islands of Moorea, Raiatea, Motu Mahaea (Tahaa, Bora Bora, Huahine, and back to Papeete in an Ocean View Suite. Don't put it off any longer. Book your Tahiti trip today!	October - December 2025 & January - December 2026 *INCLUDES ROUND TRIP SAN FRANCISCO AIRFARE!!	\$5,488
10 DAYS TULIPS & WINDMILLS Cruise Viking Longship ~ 199 passengers Package includes your home to the Sacramento Airport, Round trip Sacramento airfare, Airport Meet-And-Greet with transfers, WIFI, an included excursion at each port. 10-day Viking River Cruise in standard accommodations 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!	March - April 2026 & 2027 *INCLUDES ROUND TRIP SACRAMENTO AIRFARE!!	\$3,450

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Softball Club

(cont' from page 13)

enhance the season and keep things fresh. As for me, Patrick Maglione, your outgoing President, it has been a pleasure to serve the club this past season. I wish you all the best the game and life has to offer. Stay healthy and happy. Many blessings, as I bid you "ciao."

• • •

Table Tennis Group

BY JEFF CARASKA

Should you ask Kathy Hagiwara what plans she has, please excuse her when she consults the Calendar function on her smartphone. As busy as her days are, the app would be necessary for someone one-quarter her age.



Kathy Hagiwara

Table tennis is the most recent addition to her many activities. "It's sort of a new thing for me," she said. "Maybe less than a year (since I started), but I'm enjoying it so much because the people are so friendly." Hagiwara also attends an exercise class, plays Mah Jongg with two monthly groups, and plays bridge. She previously took part in a variety of art classes. "There's so much to offer here," she said. "If it makes you happy, it's good for you."

Her active lifestyle began long before she moved to Sun City. Raising three children kept her busy for years. But Hagiwara had unfinished business. Literally. "In 1981, I went back to Cal State Stanislaus and finished my business administration degree." Eventually, she retired from her real estate job.

Before moving here from Turlock, Hagiwara and her husband Al, a retired electrical engineer, traveled the United States and Canada with three other couples on golfing vacations. "When we moved to Sun City we both joined clubs here," she said. When 18 holes became too much, she adjusted. "I joined a nine-hole group, and the reason I like it is because you can walk. You don't need a cart."

Hagiwara enjoyed tennis and pickleball as well, but eventually had to stop because of the strain those racquet sports were putting on her back. Table tennis has been a good fit. "It's a lot of fun," she said.

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

• • •

Sierra Pines Ladies Golf

BY JOAN ROSE

Fall is in the air and the ladies are ready for some cooler golf days. There are five Wednesdays in the month, and they will all be 9:00 am shot gun play: Fun and Games Tournaments on October 1 and October 15. Putts for Points on October 8, regular play on October 22 and Choose your own Foursome on October 29.

The chip ins for August were: August 6 Pam Hemmingway on hole #7, August 20 Kathy Hagiwara on #8, Joan Rose and Rhonda Bubbico on #6, August 27 Pam Cabezas on #2, Rhonda Bubbico on #6 (again) and Janet King on #8. The only birdie for the month was recorded by Elizabeth Gustafson on August 20 on hole #5. And on August 20 Debbie Behrens broke 50 for the first time. She received a pin at the September General Meeting. Congratulations ladies. Keep up the good work.

Also at the September Meeting, we were introduced to our new Head Pro, Tommy Murphy, Tommy was born in Roseville and has lived here his entire life. He attended Woodcreek High School where he played football and baseball. He didn't take up golf until he turned 25 and instantly became passionate about the game. He started part time at Sierra Pine in 2022 and began in the PGA Professional Golf Management Program in 2023. He is currently in level two of the program. His number one priority as the new Head Golf Professional is to enhance the experience for all members of the golfing community at Sun City Roseville



Tommy Murphy

The Club Championship was held on three consecutive Wednesdays, September 10, 17 and 24. Winners will be announced in next month's article.

Be sure to attend the General Meeting on October 15 at 2:30 at Sierra Pines, where we will elect new officers for 2026.

• • •

Timber Creek Women's Golf Club

BY LATRICIA NICHOLSON

Congratulations to the 36 Hole Better Ball Tournament winners: Red Tee winners Susan Green and Becky Green, and the White Tee winners Stephanie Tran and Raquel Godfrey. A special thanks to Denise Randall and Rhonda Slusser for their help at the luncheon.

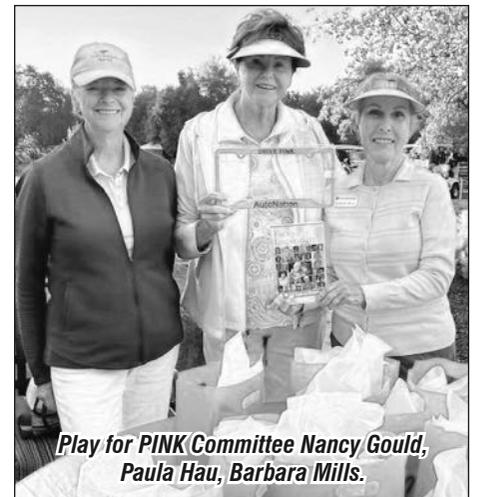
Our most improved golfers for August were Joan Munn (1st Flight), Roxanne Warloe (2nd Flight); and Peggy Mucci (3rd Flight).

The Club Championship will be a three day, 54 hole tournament held on October 1, October 6 and October 8.

The first combined Timber Creek Women's Club and Timber Creek Men's Club tournament the "Harvest Hootenanny" is on Tuesday, October 14.

In 2013 Timber Creek and Lincoln Hills created an annual challenge between the two Sun City developments, the Sunheim Cup modeled after the Solheim Cup. Due to Covid the Sunheim Cup hasn't been played since 2019. This year the Sunheim Cup will be a 2 person better ball on October 23 at Lincoln Hills and on October 29 at Timber Creek.

October is Breast Cancer Month, and our Club will be supporting Play for PINK. Barbara Mills is chairing this wonderful charity event



Play for PINK Committee Nancy Gould, Paula Hau, Barbara Mills.

for her 7th year! Barbara and her committee members Nancy Gould and Paula Hau will be at the Play for PINK table to collect donations on Wednesday October 15 and October 22 (only two Wednesdays this year due to the Club Championship). For your donation you will receive a nice goodie bag and 100% of the donations go toward breast cancer research. You are encouraged to wear pink and play with a pink ball on October 15 and October 22.

Our next General Meeting will be on October 15 at 1:30.

• • •

Timber Creek Men's Golf Club

BY MIKE MURPHY

Greetings from the Timber Creek Men's Golf Club! We are rapidly approaching the Fall season! We have been enjoying cooler weather as of late and that means more golf! As always, we would like to invite anyone that may be interested in meeting new people with the same passion for golf, camaraderie and fun to please contact Mark Gregson, our new Membership Director at 916-835-0107 or email him at ma02bui@gmail.com. Our courses were aerified last month and the healing process is underway. We would like to bid farewell to Ian Glass, our head golf professional, he will be leaving October 1. He is relocating to Idaho, and the club wishes him all the best in the future! Congratulations to Tommy Murphy who will take over as the head golf professional.

Our event schedule is beginning to wind down for the year. Our NCGA schedule is

complete as is the Central Valley Seniors play. We certainly look forward to these great events next season. The annual Turkey Shoot will be held on Tuesday November 18 so sign up early and get one of those turkeys! I would like to congratulate our Match Play/Club Championship winners for 2025. The Red Tees winner was Ken Ivie; Mike Thomason took home the title from the Gold tees and Frank Taylor won the Blue Tee championship. Our 2025 Club Champion playing from the Black Tees is Greg Gonzales. Congratulations to all of you and I'm sure I speak for the entire club when I say well done!

Our next general club meeting will be held on Wednesday November 5 at Sierra Pines. We would like to invite anyone interested in our club to come by and meet the membership. As always, free coffee and donuts are served at 8:00am. See you on the links!

• • •

(more Club News cont' on page 18)

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
GEORGE BROWN
gbrown@thompson-brown.com



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Golden Niners

BY KEN HANSEN

Welcome back golf aficionados. The tale I'm about to tell is true and unbelievable. It involves the legendary Arnold Palmer playing in the 1986 Chrysler Pro-Am. In Tuesday's practice round, on the par 3 third hole, Palmer used a 5 iron to ace the 186 yard hole. There was no video coverage that day, but a crew was sent to cover that hole the next day. Spoiler alert! He used the same club to hit another hole in one. Chi Chi Rodriguez said he now knew what walking on water looked like: Arnold Palmer.

The shortest will ever written: Being of sound mind, I spent all my money.

Senior prayer: God, give me the senility to forget people I didn't like anyway, the good fortune to run into those I do, and the eyesight to know the difference.

I'm not sure this next item is for everybody. I was really struggling hitting iron shots. I played with Don Meyers who uses all hybrids to y and he was awesome. So I bought a hybrid set 3-PW and what a difference. Still in learning mode, but slow swing, better contact, and improved aim. Still user error.

During August we had an average of 83 players/week, 57 winners/week who shared in the \$1330 payout. Big money: Jerry Fredricksen \$29; Leon Futron \$33; Frank Lahde \$27; Sherm Walker \$25.

Our player for September is Dwight Rose. A native of Washington, Dwight lived with his wife Joan for 40 years in Chicago: big Cubs

fans-went to the 2016 World Series. Moved here in 2012. The Roses are responsible for the wildly popular Bocce Club we enjoy today.

That's it. If you have an item of interest about a member or a golf topic, don't be shy.

• • •

Bocce

BY DAVID MOORE

Following ten preliminary competitions, the tournament season culminated with the two qualifying tournaments and the club championship.

In the Women's Qualifying Tournament on a very warm August 24 five ladies advanced to the finals: Medina Lane (first), Terry Lane (second), Debie Smith (third), Linda Fredricksen (fourth) and Janet Patrick (fifth). Bobbi Dunk was the alternate.



**2025 Women's Champion—
Diana Rischling (center),
Linda Fredricksen (right) placed second
and Medina Lane (left) was third.**

In the Men's Qualifying Tournament on August 31 the five men who advanced to the finals were: Gregg Hutchison and Jerry Fredricksen (tied for first), Lynn Jones (third), Bill Pagano (fourth) and Kenny Smith (fifth). Kevin Myers was the alternate.



**2025 Men's Champion—
Lynn Jones (right), Kenny Smith (center)
placed second and Gregg Hutchison (left)
finished third.**

The Club Championship was held on September 6 with beautiful weather and a light breeze. Each of the competitors played five games to 10 points.

The Men's 2025 Champion is Lynn Jones, very impressive as he is a relative newbie having only played bocce for two and a half years. Club President Kenny Smith finished second while Gregg Hutchison placed third.

The Women's Champion is Diana Rischling, who was also our 2024 champion. Diana finished with a perfect score of 50 for her five games. Linda Fredricksen finished second and Medina Lane placed third.

The tournaments couldn't have been put on without our dedicated flaggers, one of whom, Robin Shaffer, went far beyond expectations by being hit with an errant golf ball from the driving range.

The champions were celebrated with a tasty potluck lunch following play.

As you are reading this, the Fall Mini-league is in full swing with a record 519! members participating in games every night of the week plus Tuesday and Thursday mornings.

The mini-leagues are put on thanks to a large group of volunteers and are coordinated by Joan and Dwight Rose.

The awards party will be held on November 9 at Sierra Pines.

• • •

Croquet Club

BY JIM WILLSON

Each year the Croquet Club hosts four meetings accompanied by a catered dinner on the fourth Sunday in February, May, August and November. The most recent dinner was held on August 24 and was well attended and received.

The Croquet Club in Sun City Roseville offers residents the chance to participate in a challenging game of strategy and tenacity which is ideally suited for seniors as it is not overly physically demanding so that practically everyone can participate and enjoy.

The US Croquet Association has announced the new USCA YouTube channel, which will provide an array of new content that caters to both seasoned players as well as newcomers to the game. Here you will find instructional videos that cover the basics of croquet, advanced techniques and strategic insights which will make it easier for players to improve their skills. The best part of this is that access to the channel is free.

To visit or subscribe to the new USCA YouTube channel visit the following website: www.youtube.com@uscroquetassociation.

(cont' on page 19)



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Croquet Club

(cont' from page 18)

During the warm summer months, the morning session commences at 8:00am and lasts until approximately 9:15am when the second group starts to play. By playing at these hours, our participants beat the heat of the day and the games are over before it gets too hot.

At our next meeting on November 23rd, in addition to a special meal, we will also conduct our election of officers who will assume their positions on January 1, 2026. You are encouraged to run for a position or nominate someone who is interested. Please contact the President.

Want to play a fun sport and attend fun socials, join the Croquet Club. For additional information, contact Louisa or Patrick Maglione, both officers of the club.

• • •

Pickleball Club

BY MARILYN PLUTH

Welcome to our new Pickleball Club members: Debbie Behrens, Nick Brooks, Cathy Cramer, Maggie Hickinbotham, Robin & Steve Hutcheson, Ilyse Klavir, Rob Lajara, Rich Lippis, Lisa Rogers, Bruce Smith, and Dave Schwartz.

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

We celebrate Rich Lippis, as our 200th Member to the Pickleball club! Rich joined



August 22, and has lived in Sun City Roseville since October, 2024. He was invited onto the courts to play in July, 2025, had a good time, and decided to join. Congratulations Rich.

The Newbie-Newcomer Pickleball Tournament will be held Saturday, October 18, at 8:00 AM. There is a \$20 entrance fee and you must sign up by Friday, October 10. Checks should be made payable to "Pickleball Club." Referees will be provided at each court to keep score, watch for kitchen faults, and make line calls. Qualifiers must play at a 1.0 – 2.5 rating. If you're a 3.0 or above, please do not sign up. Contact Pam Wingo at wackywingo@gmail.com.

There will be no Rookie Play Date in October, but will resume in November.

Step it up to the next level! There can be a "gap" from the beginner/rookie playing to the more intermediate/advanced players. The "step-up" lesson(s) are for those players that would like to transition to a higher level of playing. The lessons will provide more offensive and defensive strategies to help increase skills to a higher level of playing. The lessons are for players that have already taken the beginner lesson(s) and have continued to play consistently (2x/wk). We recommend the players feel fairly comfortable with keeping the ball in play, serving, positioning and scoring (1.5-2.5 level). If you are interested in the "step-up" lessons, please contact Mo via txt: 530-864-6923.

• • •

Bridge Club

BY JOYCE WADE

The Bridge Club hosted its annual Labor Day BBQ, chaired by Cynthia Cecil, followed by bridge play. ACBL duplicate results: first place Brence Davis and Sharon Kambestad; second place Marilyn Cameron and Ella Bosse; third place Joe Albert and Ralph Faust. Fun and Friendly duplicate results: first place Karen Cochran and Virginia Lynam; second place Irene Lynn and Richard Lynn; third place Judith Shively and Sue Bianco. Jan Killingsworth took first place in Social bridge.

Bridge refresher lessons will resume for six weeks on Saturdays from 10:00 to noon beginning October 18 through November 22, taught by Susan Pankopf and Ella Bosse.

Members will receive an e-blast with

information on lesson goals.

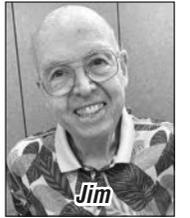
Wednesday, October 22 is the annual Lincoln Exchange event when the SCR Bridge club will be hosted by the Lincoln Hills Bridge Club for an afternoon of ACBL sanctioned duplicate play. Signups will be taken at Monday duplicate and Fun and Friendly duplicate.

• • •

Cribbage Club

BY BRUCE AHNBERG

We held our monthly tournament the last week of August, and a resident player that hadn't been seen in a while came in and



won the tournament! Some great playing and pegging led to the high point total for most games won. Jim posed for our photo and went home happy with his winnings. Some sad news: Our member Bill passed away recently. He was featured in the Courier a couple of months ago, for holding the "Perfect Hand" which scores 29 points. This hand is almost never seen, and we are glad Bill got a chance to celebrate that remarkable achievement, akin to a hole in one in golf on a long par 3. We welcome players to our games in the Timber Creek card room every Friday from 1:00 to 3:00 PM. We play several games each week, switching partners each time so that everyone plays everyone. We keep score of high and second highest hand, and games won. Come and join us for an enjoyable afternoon.

• • •

(more Club News cont' on page 25)

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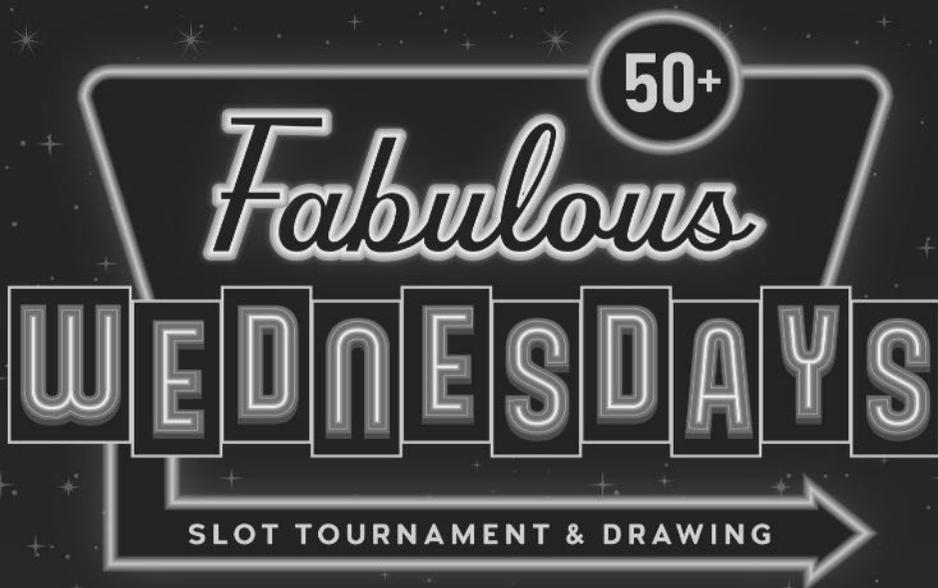
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Sun City Roseville

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BACKGROUND: The Leadership Academy, established in 2022, is a successful program designed to educate and encourage graduates to become involved in the activities and leadership of the Association.

WHAT'S INVOLVED: Participants attend seven interactive sessions (3-4 hours each) between January and March 2026, in addition to several committee meetings, and participate in a team presentation prior to graduation.

WHO CAN APPLY: Any interested Association member (Property Owner). Seats are limited and filled on a first-come basis. Registration packets are available on the website and in the Association Office.

MORE INFORMATION: Detailed information about the Academy is available on the Association's website (<https://sres.org>). Click "Board & Committees" on the homepage and select "Leadership Academy".

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Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT & RON MASCIOVECCHIO - Program Coordinators

Sun City Residents - Did You Know???

The following are excerpts from our Roseville Police Department regarding Golf Carts –

- A “golf cart” is a motorized vehicle
 - having not less than three wheels in contact with the ground
 - having an un-laden weight less than 1,300 pounds
 - is designed to be and is operated at not more than 15 miles per hour
 - is designed to carry golf equipment and not more than two persons, including the driver unless it is equipped with a bumper seat.

Currently, the only roads designated for golf cart use in Roseville are within Sun City Roseville. This is due to legislation passed in 1994 that established a Golf Cart Transportation Plan Agreement between Del Webb, the developer of Sun City, and the City of Roseville. Golf carts are not legal to drive on any other public street in Roseville. Within Sun City, golf carts must be registered with the police department, display a permit, and follow other specified rules.

A golf cart is a motorized vehicle requiring the driver to have a valid driver's license, must be registered with the City of Roseville, and be insured. They also must be certified to meet

Federal Motor Vehicle Safety Standards.

A golf cart must follow all the rules of the road that apply to vehicles and drivers including yielding right of way when appropriate to other vehicles, Stopping at Stop Signs, yielding to bicyclists and pedestrians,

Golf carts can only be driven by a licensed driver

Golf carts must be currently registered with the City of Roseville

Golf carts cannot be driven outside of Sun City Roseville. The only exception would be driving to the new Safeway & complex on Pleasant Grove & Fiddymont Road.

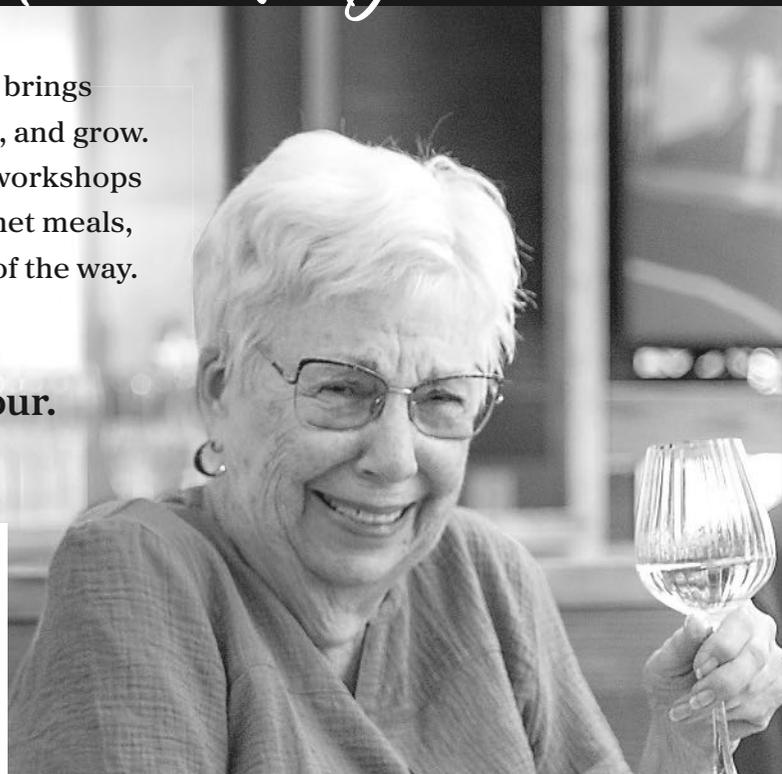
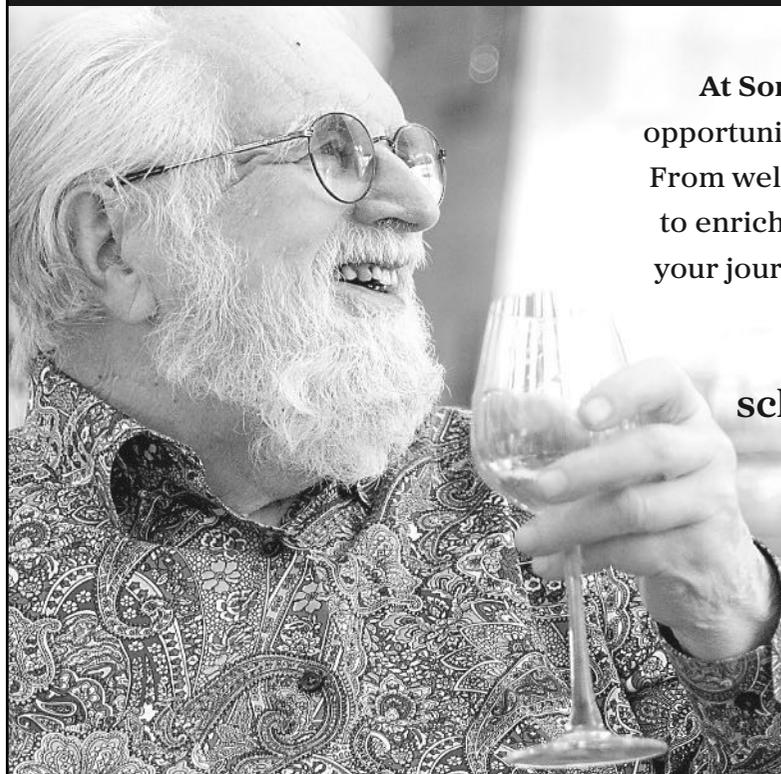
Golf carts in Sun City have designated lanes on the roads within Sun City. They are not to be driven on sidewalks within Sun City and have designated parking slots in our lodge(s) parking lots. Please do not park them in a regular vehicle space. We don't like it when cars park in our golf cart spots.

And.....if you haven't noticed our new Citizens Patrol vehicles patrolling our streets in Sun City – maybe it is time for you to step up and volunteer as a once a month driver/rider? This program gives you a sense of “being a big part in giving back”. Call Citizens Patrol today and get started – 916-774-3853 / 916-774-3817

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

Mike Ewing

(cont' from page 1)

thinks that Sky King's Piper Apache was the exact plane in which he got his multi-engine instructor's license.

When Mike worked at Hewlett Packard, his good friend, mentor, and flight instructor was also the president of Flying Doctors, a volunteer-organization which offered medical health care in impoverished areas of Mexico. He encouraged Mike to put his piloting skills to good use, so Mike flew them to 16 medical missions to Sonora, Sinaloa, and Baja.

Another influence was Lloyd Bridges' TV show, *Sea Hunt*. After watching that program,



Mike Ewing's favorite plane that he flew the Flying Doctors in 1977.

I worked with loved the fruit I brought for them," he recalls. He added on to his house until it reached 6,500 square feet in size, creating what he called "a chateau." After he sold it and moved to SCR, his house here was

Mike considers himself a lifelong volunteer, starting with the Flying Doctors and the Palo Alto Jaycee's which supported the Stanford Children's Hospital. For years, he volunteered at the Napa Valley Opera House where his son, David, learned sound and lighting. He also volunteered at the Marin Symphony, at several other live theater venues, and for three political campaigns.

After his partner of 23 years, Lidija, passed away in January of this year, Mike was encouraged by family and friends to move to Sun City Roseville. He joined Boomers and the Travel Club, likes to play golf once or twice a week and swims half a mile every day. He's interested in finding an avenue for ballroom dancing in the future.

Mike's words to live by are something he used to tell his students all the time: Never stop learning! His favorite advice to young people



Mike Ewing with his daughter Laura in 1977, posing for a tintype photo.

same time earning an associate arts degree in Real Estate and Spanish. He also got a teaching credential so he could teach Physics. "It was easier than chemistry or math," Mike quips. He also taught math and foreign languages full-time at three different school districts in Napa, St. Helena, and Fairfield.



Mike Ewing teaching son David to scuba dive in the 1980's.

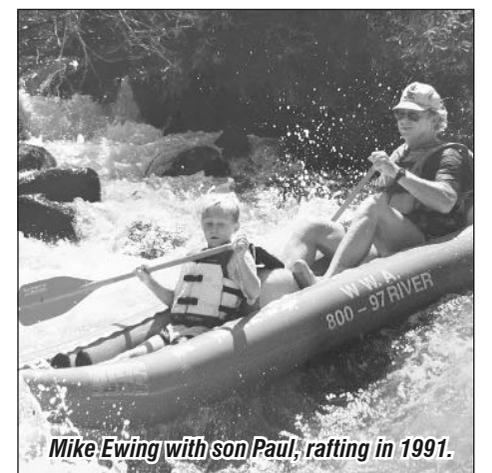
considerably smaller, making it necessary for him to donate his collection of 2500 books to the Napa Valley College Library.

Along the road, Mike was married twice and had three children. His daughter Laura, a nurse practitioner with her own private practice, lives in

Phoenix. David, a sound and lighting director, is married and lives in Citrus Heights. And Paul, a computer software engineer manager, lives in Reno with his wife and daughter. Mike's proud of his children's many accomplishments, especially the Eagle Scout rankings and college degrees they've earned.

Always passionate about traveling, Mike's been out of the continental United States 212 times of which 70 were cruises. The 212 trips included two cruises to Antarctica, 10 trips to the African continent, and three dozen trips to Europe. East Africa was a favorite and he wouldn't hesitate to return there.

Another passion for Mike has been skiing, a sport he's done in the Andes, the Alps, and New Zealand. He was even on Ski Patrol at Alpine Meadows. Unfortunately, knee surgery sidelined that activity. "Once you don't ski," he says, "you have no use for winter anymore."



Mike Ewing with son Paul, rafting in 1991.

Mike decided to become a diver and, later, a diving instructor. This experience launched a trip to Tahiti to dive which, in turn, got him interested in learning French, the language spoken in Tahiti. Of course, he didn't just stop at learning it. He earned a degree in it.

After working at Hewlett Packard, Advanced Micro Devices, and Fairchild, Mike had a second career from 1991 to 1999 as an independent financial portfolio manager. He remembers being in the north tower of the World Trade Center two and a half years before it was destroyed on September 11th.

Then his third career, teaching, kicked into gear. He started teaching engineering parttime at Foothill College, a two-year college in Los Altos Hills, California, while at the

is to do what you're good at and what you like to do. That's what he's done all his life. He's always had a natural curiosity and a drive to constantly learn—qualities which he believes are at the heart of science. What he noticed about his life's path is that his interest in one area led him to new experiences which, in turn, led him in new directions. "I just followed where everything led me," he says. And now he's excited about new possibilities for his retirement years at SCR and where it will lead him. With Mike's penchant to find new things to learn, the possibilities are endless.

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Mah Jongg

BY BECKY MATSON

Everyone enjoyed our August 22 salad bar luncheon. Thanks to our hostesses Janet Riley and Salli Scott. Our next Mah Jongg luncheon for the fall will be held at Sierra Pines at 11:30 on Friday, October 24. There will be a sign-up sheet in the card room on Mondays and Fridays during MJ play, with more details. These luncheons are such a great opportunity to see many of the members of the Mah Jongg Club all in one place and get to play with different people. Everyone seems to enjoy the camaraderie, the food and the play.

We play Mah Jongg on Mondays from 12:30 pm to 3:30 pm and on Fridays from 9:00 am to 12:00 pm, with some meeting for lunch in the Timbers Restaurant at 11:30 am Mondays and at 12:00 pm on Fridays. Nametags are encouraged.

If you'd like to learn this critical thinking game, please contact the Mah Jongg Club's President, Pat Oberlander at 916-929-5582. Each game you play can be a different experience!

Happy Halloween to all!

• • •

Bunco

BY PAT OBERLANDER

Please join us on the 2nd and 4th Mondays in the card room at the lodge. Sign-in starts at 8:30am and we started rolling the dice at 9am. It's a lot of fun, good way to meet your neighbors. Monday no longer has to be laundry



Bunco Winners!



day. Hope to see you soon!

Winners— August 11: Sidney McKinney, Cindy Jones, Judy Delgrande, Margrit Grenier, Linda Solomon, Yoshi Polgar. August 24: Debbie Phillips, Susan Moore, Sue Bianco, Barbara Perry.

• • •

SCR Foundation 2025

(cont' from page 1)
wall outside of the Administration Office to a new location, directly outside of the library doors close to Lobby desk. It is now visible and easy to find. We did this because SCR Foundation is an independent, non-profit entity which is not a part of the HOA. We heard and appreciated resident feedback that finding SCR Foundation materials could often get confused with HOA materials. Our new literature rack has addressed that issue. All identifying headings and labels for information

on the literature rack will be done as soon as possible.

Just as the literature rack in the Lobby, is an improved way to communicate with residents, so is our website. It is evolving into a more resident -friendly process for sharing/ delivering and receiving information. The website is available for residents to learn more about SCR Foundation and what the Board has been doing in Sun City to support residents. www.scrfoundation.org

Hope to see you at the Races!

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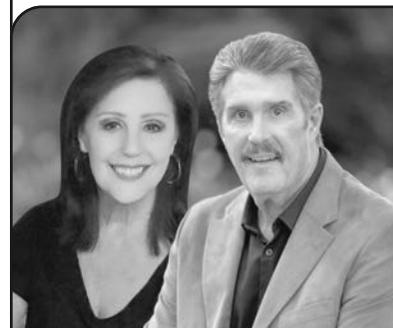
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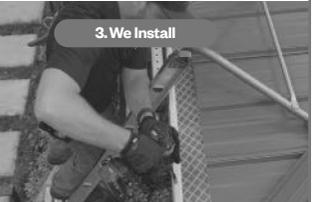
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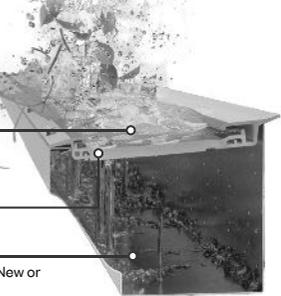
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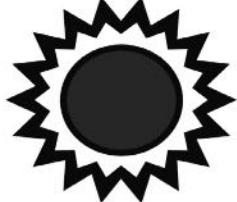
Thirty-five (35) poets, including 17 “Young Poets,” ages 12 through 16, will read 38 poems expressing their thoughts on the following topics: Wishes Do Come True Open Your Mind To Change Rise To Life’s Challenges Do A Good Deed Smile Every Day.

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

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Observations on Walking, Sitting and Lying Down

BY MARTIN GREEN

Walking: I've written about this subject before, primarily quoting various notables on its benefits. For example, Friedrich Nietzsche said, "All great thoughts are conceived while walking." Henry David Thoreau said, "An early morning walk is a blessing for the whole day." Thomas Jefferson said, "Walking is the best possible exercise. Habituate yourself to walk very far."

I also noted that I liked to walk, starting at an early age in New York City, a good walking city, and later on in such places as London and Paris, also both good walking cities. More recently, even as oldsters, Beverly and I would take walks in Schoolhouse Park, with our canes. I can't say that I conceived any great thoughts but I did get a lot of good exercise.

Now I've found out that scientific studies have concluded that, as many such studies do, what we've instinctively felt is true; walking is indeed beneficial. It "reduces the risk of chronic diseases like type 2 diabetes, cardiovascular disease, and certain cancers. Walking also improves bone health, lowers blood pressure, and enhances mental well-being by reducing stress, anxiety, and depression." So, now I'm really glad that I did all that walking.

Unfortunately, getting old and then really old is not conducive to doing a lot of walking, especially, as in my case, you develop a bum knee, little or no cartilage. So now most of my walking is in my house and with a walker. (There's also the matter of not wanting to fall down.)

Sitting and Lying Down: So, what about these two activities, both of which I must admit I'm doing a lot of now? The health experts, and I think also we ordinary folk, agree that too much sitting is not good for you. However, I was happy to find that sitting does have its benefits.

According to Google, it helps your body's essential functions such as digestion and cellular repair. Sitting also produces creativity

and productivity. And it enhances memory and focus I'll add that when you're a really old guy and have been on your feet for a while doing something it feels good to collapse into a chair. Just don't stay there for the rest of the day.

So, what about lying down? It turns out that lying down is almost as good for you as walking, maybe even better for us oldsters whose walking days are about over. Google says it provides significant mental and physical benefits, including stress reduction, muscle relaxation, and improved spinal alignment. It activates the body's parasympathetic nervous system, shifting it from a 'fight or flight' state to one of 'rest and digest'. This helps lower cortisol levels, slows the heart rate and eases physical tension. Also, the physical act of lying down signals to your brain that it is safe to relax."

Without realizing how beneficial it is I've been having what my Irish daughter-in-law calls a lie-down almost every afternoon, simply because it feels good to stretch out on the bed. And a lie-down is usually a prelude to a nap, which health experts agree is extremely good for people of all ages. Google says benefits include improved alertness and performance. Naps can help recharge energy levels and improve alertness, leading to better cognitive function, focus and productivity. Naps also boost the production of feel-good hormones and reduce the risk of heart disease.

Previously here, I've cited notable nappers such as Napoleon, Aristotle, Winston Churchill and Einstein. I'll also mention my father, who when visiting us would head for a lie-down and nap every afternoon and who lived to almost ninety-nine. And this reminds me. I believe this is sufficient for this month's Observations and it's time for my afternoon lie-down.

specifically designed for disposing of yard debris like leaves, grass, and branches. By placing yard waste in these bins, it is diverted from landfills to composting facilities, where it is transformed into mulch or organic compost. This reduces methane emissions from landfills and recycles nutrients, promoting healthier soil.

Choose low water-use plants: Replacing traditional, water-intensive grass lawns with drought resistant landscaping can significantly reduce the water demand. Drought-tolerant plants require less maintenance, reducing the amount of yard waste.

Opt for non-toxic fertilizers: Using non-toxic fertilizers minimizes the risk of harmful chemicals entering waterways through runoff. These fertilizers are also safer for pets, children, and wildlife. Composting yard clippings is another practice that enriches the soil, improving plant health naturally and reducing the need for synthetic fertilizers.

These simple actions help safeguard our creeks and waterways while promoting a sustainable garden and lawn care approach.

Visit roseville.ca.us/stormwater for more information.

SUN SENIOR NEWS CLASSIFIEDS

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From the City of Roseville

Go Behind the Scenes at our Wastewater Treatment Plant

Ever wonder what happens after you flush? Take a closer look at the science and systems that keep our city clean and sustainable. Join us for a free guided tour of the wastewater treatment plant on October 16 or November 13, from 9:30 to 11:30 a.m.

You'll walk over a mile as you explore the step-by-step journey of wastewater, from the pipes under your home to the final treatment process. Learn how our operators protect public health, the environment, and help recycle water for reuse. Space is limited, so register today at roseville.ca.us/utilitytours.

Keep Storm Drains Clear

To further improve the health of creeks and waterways, there are simple things you can do at your home to enhance sustainable practices in yard maintenance:

Use green bins: Green waste bins are

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

**FREE ADS — INCLUDE:

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

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

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

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

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

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

BUSINESS ADS:

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

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

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

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

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

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



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5752 Red Willow Lane	1198 Sq. Ft.	\$479,000
6169 Burnt Cedar Way	1198 Sq. Ft.	\$485,000
7472 School House Ln	1198 Sq. Ft.	\$ 499,500
5305 Dreamgarden Loop	1367 Sq. Ft.	\$545,000
348 School House Court	1476 Sq. Ft.	\$550,000
7040 Hayride Lane	1869 Sq. Ft.	\$590,000
4741 Cottage Lane	1869 Sq. Ft.	\$658,000
4833 Pinecone Lane	2287 Sq. Ft.	\$675,000
5034 Dragonfly Lane	2362 Sq. Ft.	\$762,500
7576 Whistlestop Way	2362 Sq. Ft.	\$880,000

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