

# SUN SENIOR NEWS

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## IN THIS ISSUE

From the Editors.....	3
Neighbors InDeed.....	5
Meet the Author Lecture Series.....	7
Christmas Eve Luminaries.....	7
Music, Vaudeville, Ballroom, Line Dance, Tap.....	9
Country Couples, Squares, Painters'.....	11
Needle Arts, Mixed Media, Ceramics.....	11
Neighborhood Watch.....	15
Creative Glass, Paper Arts, Photography.....	17
Run for the BOD!.....	17
LH Foundation — Who We Are.....	19
Woodcarvers, Stamp, Genealogy.....	20
Shalom Social, Lavender Friends.....	21
Writers', Apple User, SCHOOLS.....	21
Democratic, Astronomy, Food Adventures.....	22
Italian, Republican.....	22
Veterans, Travel, Airport Co-op.....	23
RV, Sports Car, Telsa, Amateur Radio.....	25
Bosom Buddies, Multiple Sclerosis, Alzheimer's.....	26
Hearing Support, Low Vision.....	26
Garden, Bird.....	27
Letters to the Editors.....	28
Hiker & Walkers, Cyclists.....	29
Swimmers & Water Walkers.....	29
Pickleball, Ladies Golf - 18 Holes.....	31
Water Volleyball, Softball, Table Tennis.....	31
Tennis, Men's Golf, Shuffleboard.....	32
Pedro, Euchre, Cribbage, Duplicate Bridge.....	33
SSNLH Writers.....	36
Neighborhood Watch Night Out.....	38
SSN Classifieds.....	39

And Much More . . .

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## Mark and Nancy DeVincenzi — *Connoisseurs Extraordinaire*

BY JENNIFER MARTIN

“Wine is one of the most civilized things in the world and one of the most natural things of the world that has been brought to the greatest perfection, and it offers a greater range for enjoyment and appreciation than, possibly, any other purely sensory thing.” This quotation by Ernest Hemingway perfectly reflects the sentiments of Mark DeVincenzi, who moved to SCLH this past June with his wife, Nancy.

A sommelier, wine expert and wine educator, Mark was born in 1950 in San Francisco. His father was originally a guard in Alcatraz, then worked in customs at the port of San Francisco, and ended his career work in customs at the S.F. Airport. Mark enjoyed growing up in an Italian family, watching his grandmother cook delicious Italian food and his grandfather make wine. When he was a young boy, his grandfather would put him in a huge wine barrel of Zinfandel grapes to



Mark and Nancy DeVincenzi

help crush the grapes to make the family wine. The purple stain on his legs and feet lasted for weeks, but he relished being a part of the family activity, observing the gnarled hands of his relatives and listening to the stories about winemaking.

After graduating from San Francisco High in 1968, Mark went to San Francisco

State University where he played football and baseball, graduating in 1972. With a degree and credential in Special Education, Mark began a career in education as a teacher and administrator in San Francisco.

Nancy was born in Rochester, New York, in 1947, where she grew up in a family with one brother, who now lives in Tucson. Her father was an optical manager, and her mother was a grocery manager. She graduated from Greece Olympia High School in 1965 and attended nursing school at Isabella Graham Hart for two years. She completed her nursing degree at California State University, Sacramento, in 1972 and worked in its Student Health Center for eight years.

How did Nancy and Mark meet? They waved to each other as they were crossing the Bay Bridge. He paid her toll, then she tried to  
*(cont' on page 35)*

## LH Foundation — *Happy Holidays*

BY DENISE BOWDEN

December is a time for celebration and reflection. The Foundation is proud of the work we have done this year in support of seniors in our community, but we could not do it without the generosity of our donors. Thank You!

As we prepare for the Holidays let's take a moment to recognize organizations that we support for their outstanding service to the community such as The Salt Mine, Del Oro Caregiver Senior Resource Center, Silver Wishes, Lighthouse Counseling, Dial-A-Ride, and resident led groups for hearing, low vision, Bereavement and chronic health conditions such as Alzheimer's/Dementia.

It's a month of festivities so we should pace ourselves as we celebrate Christmas, Hanukkah, Kwanzaa, the Winter Solstice, Pearl Harbor Remembrance Day, New Year's Eve, and we cannot forget Ugly Sweater Day and Festivus.

We are back to Thursdays for Bingo in 2026. Our next Bingo will be held in the ballroom on Thursday, January 22nd, so mark your calendars. Don't forget to bring your water bottles. Doors open at 12:30 and play starts at 1:00. Twelve cards for \$25, with exact change appreciated. Payouts are \$100 for the first eleven games and \$250 for the final game.

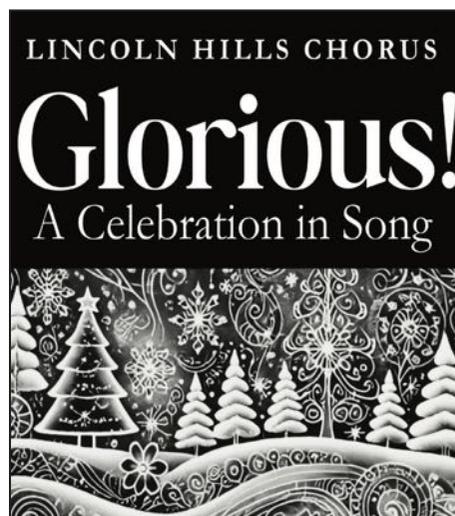
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## LH Chorus

BY GAY MACKINTOSH

“Glorious! A Celebration in Song” is the Lincoln Hills Chorus's holiday gift to you. Come hear your neighbors and friends bringing “Tidings of Comfort and Joy” as we find “Heaven Everywhere” ‘with peace as the song in our hearts’ (“Light One Candle”). For ‘there are melodies in each one of us. Oh, it's glorious’ (“Glorious”).

Mona Stryker's ethereal flute will transport you to ‘Believe in what your heart is saying, hear the melody that's playing... there's so much to celebrate.’ “Believe” like never before with American sign language interpreter Cat Bain's moving accompaniment. Cat's signing will also illuminate “Light One Candle.” And Mona will bring her soulful sound to “Venite Adoremus, Gesu Bambino.”



Joe Nichols as Ebenezer Scrooge is our narrator. Can we melt his miserly heart with “Christmas... In about Three Minutes”? Will Santa and his jolly elf appear as we sing “Run, Rudolph, Run”?

Come celebrate all this and more with us. Good seats are still available for our upcoming performances in the OC Ballroom: Friday, December 12 at 7:00 PM; Saturday, December 13 at 2:00 PM; Sunday, December 14 at 2:00 PM. Get your tickets now at either lodge or online, \$24 premium reserved, \$21 standard reserved.

Visit [lincolnhillschorus.org](http://lincolnhillschorus.org) for more information about us and contact Membership Co-coordinator Adrienne Stenson at [makstens@gmail.com](mailto:makstens@gmail.com)

• • •

## Players

BY SUE VILLARREAL

Endings and New Beginnings! — Laughter exploded in the Grand Ballroom during last month's production of “Moon Over Buffalo,” a farce written by Ken Ludwig. After three months of rehearsals (memorizing lines, building characters, navigating five doors, and expending a ton of energy) Julie Africa and her cast delivered non-stop, fast-paced entertainment for their audiences. After the final curtain closed, the set was dismantled, costumes sorted and laundered, props taken to storage, and memories were tucked safely into our hearts. Some classic lines from the play will stay with us forever. “Yay!”

What's next? Another show, of course!  
*(cont' on page 5)*

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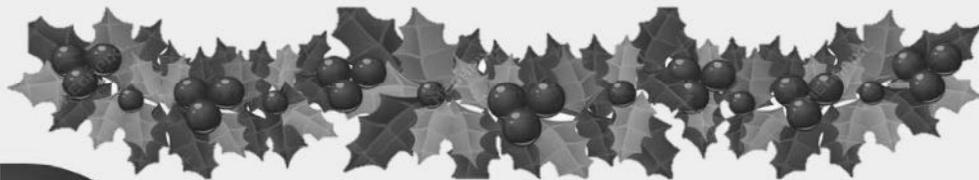
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organizations, non-profit organizations, local government and community events. Also, editorial contributions as well as articles, cartoons and photographs are welcomed and considered for publication. Submissions should be 300 words or less and due by the 15th of the month for the following issue, unless the 15th of the month falls on a weekend or holiday, please submit prior to the 15th, or by the Friday before the weekend. Please submit via email to: SunSeniorNews@gmail.com

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# From the Editors...



*Wishing you all a  
 Merry Christmas and Happy Holidays!*

*Gregg & Liz Goldthorpe*

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 New Year!  
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# Neighbors InDeed

## A Handy Helpers Christmas Eve

(Inspired by *The Night Before Christmas*)

BY DAVE SHORT ASSISTED BY AI

'Twas the night before Christmas and all through the house,  
 Not a creature was stirring — not even a mouse.  
 But chaos had reigned in the hours before,  
 With a list of odd chores that one couldn't ignore.  
 The garbage disposal was dreadfully stuck,  
 The garage doors squealed — just our luck!  
 The tree lay in pieces, the bulbs still unstrung,  
 And stockings were limp, not yet even hung.  
 Down came the boxes from up in the loft,  
 Though the attic was chilly, the snowflakes aloft.  
 The smoke detectors chirped in high-pitched despair,  
 So replacements were needed — installed with care.  
 The furnace was wheezing, the air not so hot,



The filter replaced (we'd forgotten that spot!).  
 The fridge water tasted like rust from a pail,  
 A new filter snapped in without fail.  
 A wheelchair was loaded, delivered with grace,  
 To Grandma, now smiling in her cozy place.  
 The bulbs all were changed from dim to bright,  
 And the mattress was flipped before settling for night.  
 The thermostat blinked — programmed just right,  
 To keep the house warm through the long winter night.  
 Then off drove the crew with a jingle and cheer,  
 "Our Handy Helpers will see you next year!"  
 And I heard them exclaim as they drove out of sight:  
 "Happy Christmas to all, and to all a fixed night!"

### Players

(cont' from page 1)

Our Play Review Committee (PRC) has been busy behind the scenes, reading many scripts in multiple genres, selecting potential plays for the future. The PRC consists of five Players members (two members at large and three with directorial experience). It is their



Director Cathy Shanley studies the script.

job to locate plays that meet the needs, talents and abilities of our actors, and to connect directors with future performances in each of our venues. Great news! Our next production has been selected.

Cathy Shanley, director of last summer's "Short Play Festival," has just cast 15 actors for the upcoming "short play" production of "The History of Dating," a humorous look at dating spanning a variety of historic periods and subcultures. In our short plays, actors may choose to read from scripts or perform from memory in the final performances. Cathy's cast of actors, many of whom are playing double roles, are already beginning to internalize their lines and create their characters as they prepare to portray a hodgepodge of dating conventions across time. Our production is perfect for Valentine's Day weekend, February 14-15. Admission will be FREE!

Come join us Monday, December 8 in Presentation Hall at 4:00 for our next meeting. On-stage, back-stage, or off-stage, we have a role for you!

...

(more Club News cont' on page 9)



If you need help with any of these and other holiday chores, give us a call at 916-223-2763. We will return your call Monday through Friday between 9:00 am and 5:00 pm.

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## Meet the Author Lecture Series

BY SARAH I. KEVIN

Monday, January 5, 2026

Presentation Hall at Kilaga Springs Lodge  
Doors open at 2:00PM, lecture starts at 2:30PM

Discover the Hidden Renaissance Master of Sun City Lincoln Hills!

Prepare to be inspired! James Phillips—sculptor, painter, and author—is a creative force living right here among us. His breathtaking sculptures, all generously donated, can be found at the Kilaga Springs Library, the 12 Bridges Library, and at locations throughout Northern California.

His talent doesn't stop there: James's paintings bring his book covers to life with vivid color and imagination.

And now, get ready to meet James in yet another artistic dimension—as a captivating storyteller. Writing under his name and the pen name Phyllis James, he has authored several young adult and historical fiction books, including the gripping adventure *The Mariner*.

Join us for an exciting, behind-the-scenes look at how James discovered writing later in life, what sparked his creative journey, and how he brought his books into the world.

# Christmas Eve Luminaries

BY JUDY JOHNSON

Village 33 will once again be lighting thousands of red luminary bags on Christmas Eve. This tradition has been going on for 20 years with all streets participating and many homes decorated with Christmas lights as well. Santa will be at the east end but be sure to go all the way to the west end where the whole cul-de-sac will be lit up. Village 33 is located off Spring Valley with the entrances at Elmhurst Lane and Garganey Lane. Happy Holidays from Village 33! (Rain cancels.)



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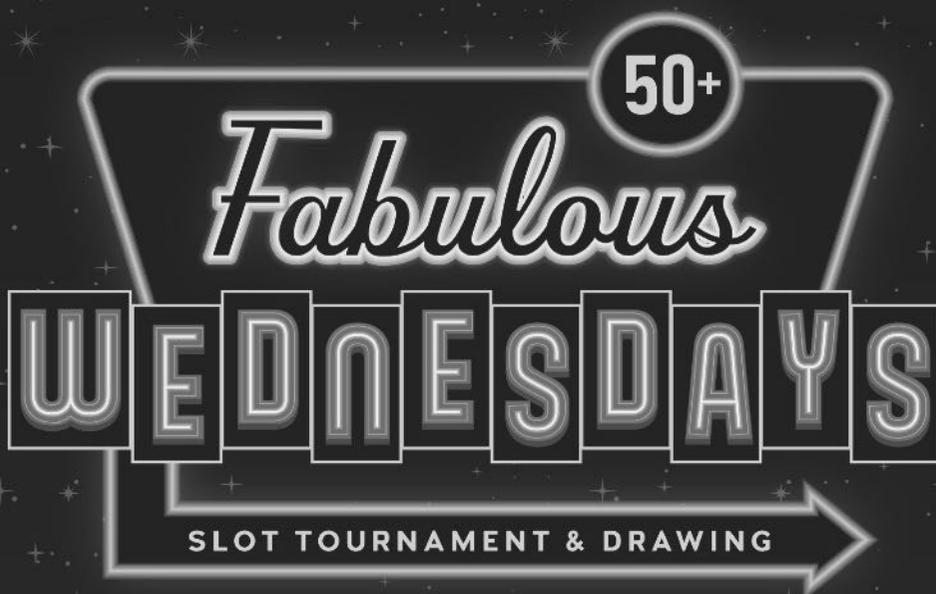
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Admission opens at **10:30am** • Games begin at **1pm**

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## Music Group

BY BRIAN JEWELL

We will be taking our December holiday break, as we do every year. But there are still ongoing guitar classes and informal “jam sessions” continuing for the remainder of the year. The regular Music Group meetings will resume in Orchard Creek starting in January. Watch for information.

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

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

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

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

There is also different guitar classes offered every month, and voice training bootcamps for people who like to sing, starting in September. Consult the Compass for additional information.

Anyone who lives in Sun City is eligible to attend any of these groups or classes. Come feed your inner musician by challenging yourself to learn to play music or enhance the music skills you already have! There are few better ways to maintain and enhance mental acuity than practicing music! We encourage everyone to visit any of our musical activities. We hope to see you at the January Meeting, if not before in one of our events!

• • •

## Vaudeville Show

BY RICHARD HALSEY

Wishing you a joyous holiday season filled with delightful food, wonderful moments, and the blessings of a bright future. Speaking of wonderful moments, Yvonne Halsey, the Director, recently shared the show dates for the 2026 Vaudeville Show, “Anything Goes!” She says, “This year’s show will be a fresh take



on previous years. The performances and acts will be upbeat and hilarious, and there will be a few special surprises for the audience.” You can catch this show at P-Hall (KS) from August 27 to 30. We’ll announce the audition dates and times in future articles. In the meantime, have a fantastic and joyful holiday, and we’ll see you next year. Mahalo!

• • •

## Ballroom Dance Club

BY ERNIE MICHELI

The Ballroom Dance Club celebrated Halloween with creative costumes, delicious food, and of course, plenty of dancing. The Kilaga Springs Multipurpose Room was converted into an eerie dance floor with a haunted house mural. Bats, a broom-flying witch, and trick-or-treaters approaching a spooky cemetery set the scene. Tables were centered with smiling pumpkins, scary witches, and spiders of all sizes.

John Kirkwood served as master of ceremonies and thanked the many participants who organized and made the evening a success. Decorators, kitchen, music, and clean-up helpers were all acknowledged.

The potluck was bountiful with appetizers,



Sal and Ruth Algeri

salads, polenta, and casseroles, to name a few of the main dishes. The dessert table was a treat for our sweet tooth with cookies and pies.

Judging those who dressed for the occasion was incredibly difficult with so many deserving costumes. However, a few were acknowledged for their excellence. Laura Kosbau was selected as the best-dressed female. She was dressed as Mona Lisa. John Kosbau was selected as the best-dressed male. He was dressed as Leonardo da Vinci. The best-dressed couple was Ruth and Sal Algeri. They were dressed as Aladdin and his wish.

The Ballroom Dance Club will take a break from weekly lessons during the month of December. However, there will be our annual Christmas potluck on Tuesday, December 9, from 5-9 p.m. at the Kilaga Springs Multipurpose Room.

Annual membership dues are available to residents and sponsored guests for a nominal fee of \$10. Lessons are held in the Kilaga Springs Lodge Multipurpose rooms each Tuesday. Beginners’ session is at 2:00 p.m.; Intermediate session is at 4:00 p.m.; open dance session is at 3:00 p.m. For further information, please contact Sal Algeri at 916-408-4752 or visit the Ballroom Dance Club website at [sclhbdc.com](http://sclhbdc.com)

• • •

## Line Dance Club

BY SYLVIA FOX

Our club members are celebrating the holidays by dancing every Sunday in our dance labs and dancing to our favorite D.J.’s at our Winter Workshop on December 13th. The past two Saturday afternoon dance events were well attended where we danced to all our favorite line dances. Our weekly Sunday morning labs are from 9:00AM to 10:00AM for beginners. 10:00AM to 11:00AM for level’s 2 & 3 line dancers. The 11:00am to noon session is for those dancers who want to learn and dance to Improver and Intermediate dances. These weekly dance labs are a great way to socialize and meet other line dancers while learning old and new dances. Begin the New Year with a great activity for the body and mind by line dancing and making new friends.

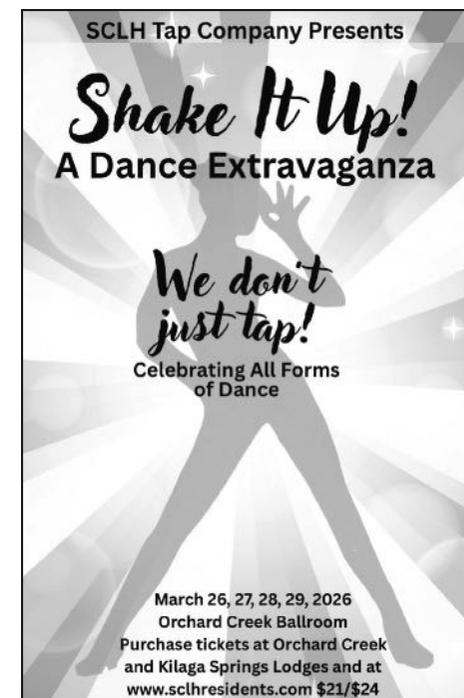
Contact Sylvia Fox [foxsam25@gmail.com](mailto:foxsam25@gmail.com) website [SCLHLDC.com](http://SCLHLDC.com)

• • •

## Tap Company

BY ALISON WOLFE

A big Thank You to everyone who auditioned for our spring show, Shake It Up! Auditions were held on November 11 and we were thrilled by the response from our community. The Tap Production Committee continues to work to make this production an extravaganza of dance promising a fresh, lively, and unforgettable performance for our community.



As we have transitioned into the festive season, we hope everyone enjoyed a wonderful Thanksgiving holiday surrounded by family, friends, and plenty of good food. There will be no tap classes in December. A perfect time to rest those feet and recharge for the new year ahead!

Our Holiday Luncheon will be held on December 16, 11:00 AM to 2:00 PM in the ballroom. Alyson Meador will, once again, be bringing some of her young tappers to perform for us. Always a delight to see.

To All - Happy Holidays and a Wonderful, Prosperous, Healthy New Year!

• • •

(more Club News cont’ on page 11)

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★★★★★ 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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## Country Couples

BY DTIM TATUM

December is known worldwide for winter solstice and celebrations. This December of 2025, however, makes us feel nostalgic for the past since our club became official with the SCLH Association in 2010 and it also marks our farewell to our current chairperson John Bibby who will step down after voluntarily serving in the position for three years!

According to our longtime member Kathy Lopez: "Prior to being recognized as a club, we're so grateful to have Jim and Jeanie Keener as our instructors starting in 2009 and continued to November 2023 when they retired from their teaching. Jim and Jeanie are such a wonderful and kind couple. They have truly become our family! "As long as you're upright and vertical, everything is good," that's always Jim's motto!"

Everything is going to be great in the 2026 New Year as well for our club according to our current chairperson John: "I've been in for this position for three years and I could have done one more year, but Sandra Moulton has stepped up to be our new chairperson completed with the committee ready to move on to 2026!" John also commented his wife Lori who had also voluntarily worked as our club coordinator for three years!

For club membership, dance and social events and more information, please contact: Dtim Tatum 279-966-8551. 2nparadise@sbcglobal.net. Website: www.sclhcc.com



## SC Squares

BY KRIS KNUTSON

Ho ho ho, it's December the one month of the year that Sun City Squares meets once (Dec 8) for our Christmas holiday party and dance.

Mrs. Claus insists only 1 square dance in December because of last year's party. Dasher do-si-doed into the punch bowl, Santa twirled too fast and lost a boot, the elves tried to promenade with the cookie trays and the snowmen melted from a warm afternoon. So

Mrs Claus had to get the janitors help at Kilaga. Only 1 dance in December she says, keeps the holiday chaos in check!



For the rest of the year we square dance: Mainstream and Plus Levels Mondays 1:00-3:00 PM. Advanced dancing Tuesdays 3:00-5:00PM and Round Dancing Thursdays 1:00-3:00 PM.

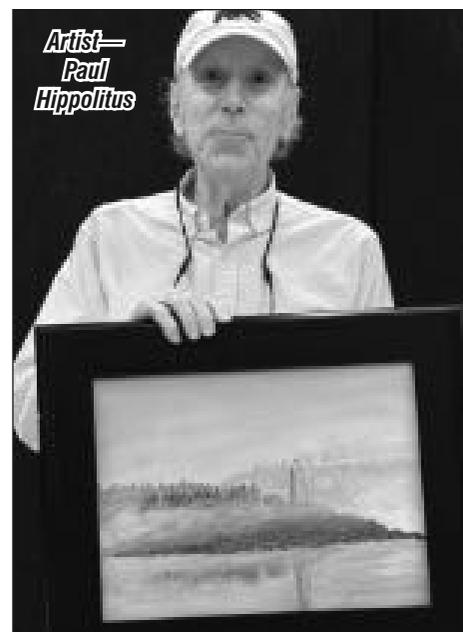
All dancing is at Kilaga Springs 1167 Sun City Blvd, Lincoln. All Square Dancers are welcome.

For more information about Lincoln Hills Squares visit our web site at <https://selhsquares.weebly.com>

## Painters' Club

BY TAMSEN ARMSTRONG

Season's Greetings from all of us at the Painters' Club...let's Party! December 16th at 11:00AM is our annual Holiday Luncheon/Show & Tell at the Turkey Creek Bar & Grill. Bring your appetite, a recent painting to share and wear your name tag. Also, a reminder that our annual club dues (now \$20, still a bargain!) are being collected through February. We ask that you fill in a new membership forms every year, which will be available at the luncheon. Remember to feed your soul! You can't give if you're empty, so maybe go out



and do something nice for yourself as you are preparing for the holidays.

## Needle Arts

BY ALICYN GOUGHNOUR

As we prepare for one of the most festive times of the year, may creativity, inspiration and imagination guide us through a joyful holiday season. To continue to participate in all that NA has to offer, remember to renew your yearly dues of \$25. Our website (sclhna.com) can provide more information. Starting in 2026, all general monthly meetings will now begin at 12:30 at KS.

Our annual holiday luncheon took the place of our December meeting and featured an Italian buffet along with the opportunity for holiday camaraderie. A highlight was a display featuring many originally made seasonal decorations created by our talented members. These items will be featured for all to see in our NA window.

NA workshops continue on the third Wednesday of each month. Consider sharing your special and unique talents with the membership.

We were fortunate to be able to participate in both the Artisans in the Lodge and the annual Holiday Market this year. Both events were very successful for NA and we hope to be able to continue our participation in the future. Kudos to our community service volunteers who continue to create quilts and blankets for worthy recipients. They are always appreciative of the generous donations of fabric and materials to their cause.

May we cherish the memories of 2025 and the joy that has been ours. Come join us in 2026!

## Mixed Media

BY JILL SHORT

The Mixed Media Club was buzzing with glitter and glue one chilly afternoon when President Chris announced, "Elves, I mean artists, it's time for our December break!" Everyone laughed, but before they could pack up their brushes, something magical happened—tiny footsteps echoed through the Fine Arts Room (OC).

As Bonnie was getting ready to lockup the Club's supply cabinets, out tumbled a group of pint-sized visitors—Santa's elves! Each wore paint-splattered aprons and carried

tiny sketchbooks. "We heard this club makes the best art in town," said Sparkle, the lead elf. "Santa needs help decorating the North Pole Workshop!" Without hesitation, the members joined in. Connie and Sheila cut snowflakes from recycled paper, Jill and Peggy sprinkled shimmer on pinecone ornaments, and Nan and Jenny helped the elves design mixed media "nice list" collages with bits of ribbon and gold foil. Even Santa popped in, chuckling, "Ho ho ho! Now this is creativity at its finest!" By the end of the day, the room gleamed like Christmas morning itself. The elves packed their art supplies and promised to return next year with fresh ideas—and maybe a little cocoa. As the club turned off the lights for their December break, everyone agreed: magic happens when imagination, friendship, and a touch of holiday sparkle come together.

See you in January for more creative fun! Happy Holidays to one and all!

The club will continue to meet the 3rd Wednesday of the month in the Fine Arts Room (OC). Please note a change in our time. Our new time will be 12:00 PM-3PM. For more information contact Chris Fetter at 916-276-7895 or email at: mixed.media.chrisf@gmail.com

## Ceramic Arts Group

BY JIM CARNATHAN

As 2025 comes to end, so do the responsibilities of the current CAG steering committee. I would like to say thank you to Al Newton, Sue Reeves, Kimberly Anderson, Debbe O'Brien and Jim Carnathan for their volunteer service and a special "Thank You" to Sue Reeves for all her long hours and dedication in making the organization run much smoother and developing new informational tools to generate current news for our members. She has gone above and beyond, and everyone really appreciates her efforts and dedication.

I would like to welcome our new 2026 steering committee members Carolyn Hughes, Susie Smelser, Diane Bergeron, Mike Brady and Joann Geren. Thank you for volunteering and best of luck for the 2026-2027 journey.

I hope everyone enjoys the holidays and remember to check the Compass and come play in the clay.

(more Club News cont' on page 17)

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Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Hilo, Hawaii; Ensenada, Mexico; to San Francisco, California. Ask about Princess Plus! Call for pricing and availability on other dates.					
<b>*LINCOLN SHUTTLE TO SHIP AVAILABLE!</b>					
<b>10 Day ALASKA From SFO! PRINCESS</b> Ruby Princess ~ 3080 Passengers	May 23, Jul. 12, Aug. 11, 2026	\$999	\$1,299	\$1,999	
Sail round trip from San Francisco, California to Skagway, Alaska; Juneau, Alaska; Glacier Bay National Park, Alaska; Ketchikan, Alaska; Prince Rupert, BC, Canada; to San Francisco, California. Ask about Princess Plus! Call for pricing and availability on other dates.					
<b>*LINCOLN SHUTTLE TO SHIP AVAILABLE!</b>					
<b>11 Day MEXICO From SFO! PRINCESS</b> Ruby Princess ~ 3080 Passengers	Jan. 18, Dec. 15, 2026	\$733	\$899	\$1,299	
Sail round trip from San Francisco, California to Manzanillo, Mexico; Puerto Vallarta, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; to San Francisco, California. Ask about Princess Plus! Call for pricing and availability on other dates.					
<b>*LINCOLN SHUTTLE TO SHIP AVAILABLE!</b>					
<b>16 Day PANAMA CANAL- PRINCESS</b> Island Princess ~ 2200 Passengers	Jan. 24 & Feb. 25, Dec. 12, 2026	\$1,799	\$2,149	\$3,449	
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Package includes flight from Sacramento to Seattle, Washington; 1 night hotel in Seattle, Washington; 2 nights in Portland, Oregon; 1 night in North Bend, Oregon; 1 night in Eureka, California; 2 nights in San Francisco, California; and a bus shuttle to Lincoln, California. Visit famous Pikes Market, Mount St. Helens, International Rose Test Gardens, Multnomah Falls, Vineyards, Light Houses, Farmstead Creamery, Bandon Beach and State Park, Redwood National & State Parks, and San Franciscos Fisherman's Wharf. 7 Breakfasts, 1 Lunch, 3 Dinners Including a Be My Guest Meal. Includes a dedicated Travel Director, Driver, Porterage, and Local Specialists!		
<b>10 Day COUNTRY ROADS OF NORTHERN ITALY</b> <b>Insight Vacations Luxury Escorted Land Tour</b>	<b>May - September 2026</b> <b>*INCLUDES ROUND TRIP SACRAMENTO AIRFARE!</b>	<b>\$6,549</b>
Package includes 1 night Milan, Italy; 2 nights Venice, Italy; 2 nights Cortina d'Ampezzo, Italy; 1 night Trento, Italy; 3 nights Lake Maggiore, Italy. Visit Verona, Italy home of Shakespeare, See the Dolomites, Prosecco Country, Venice Canals and Gondola Ride, Glassblowing, Lake District; Lake Como, Farm to Table Cuisine, and More! 9 Breakfasts, 4 Dinners Including a Be My Guest Meal, Dedicated Travel Director, Driver, Porterage, and Local Specialists!		
<b>15 Day BEST OF IRELAND AND SCOTLAND</b> <b>Trafalgar Escorted Land Tour</b>	<b>April - October 2026</b> <b>*INCLUDES ROUND TRIP SACRAMENTO AIRFARE!</b>	<b>\$5,849</b>
Package includes 2 nights Dublin, Ireland; 2 nights Killarney, Ireland; 1 night Ballina, Ireland; 1 night Derry, Ireland; 1 night Belfast, Ireland; 2 nights Glasgow, Scotland; 1 night Isle of Skye, Scotland; 1 night Culloden, Scotland; 2 nights Edinburgh, Scotland. Visit Waterford Crystal, Irelands Stud Farm, Blarney Castle, Ring of Kerry, Working Farms, Giant's Causeway, Titanic Visitors Center, Distilleries, Scottish Highlands, Castles, Battlefields, St. Andrews Golf Course and More! 14 Breakfasts, 6 Dinners Including a Be My Guest Meal, Dedicated Travel Director, Driver, Porterage, and Local Specialists! <b>Ask about extending to PLAY GOLF in Scotland!</b>		
<b>15 Day BEST OF SPAIN AND PORTUGAL</b> <b>Insight Vacations Luxury Escorted Land Tour</b>	<b>January - November 2026 &amp; 2027</b> <b>*INCLUDES ROUND TRIP SACRAMENTO AIRFARE!</b>	<b>\$5,449</b>
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<b>The Most Popular Option is to Combine a Portugal River Cruise with the Best of Spain and Portugal Escorted Tour!</b>		
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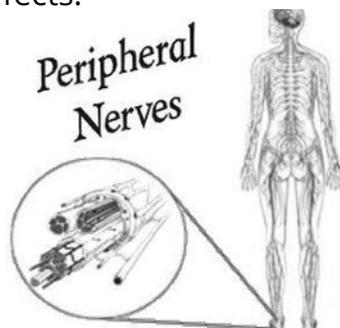
November 2025



**VIKING**

# Neuropathy Relief Is Possible

The most common method your doctor will recommend to treat neuropathy is with prescription drugs. While this may temporarily reduce your symptoms, medications such as Gabapentin, Lyrica, Cymbalta, and Neurontin are primarily antidepressant or anti-seizure drugs. These drugs may cause you to feel uncomfortable and have a variety of harmful side effects.



**Figure 1: Notice the very small blood vessels surrounding each nerve.**

Peripheral neuropathy is a result of damage to the nerves, often causing weakness, pain, numbness, tingling, and the most debilitating symptom, balance problems. This damage is commonly caused by a lack of blood flow to the nerves in the hands and feet. Every part of the body relies on blood via blood vessels, for oxygen and nutrients. Without it, the body begins to lose function.

As shown in Figure 2, as the blood vessels that surround the nerves become diseased, they shrivel. This prevents the nerves from getting the nutrients necessary to survive. The nerves begin to degenerate and no longer conduct sensation adequately.

When these nerves begin to "die" they cause you to have balance problems, pain, burning, pins and needle sensation, and other symptoms.

### Three Factors to consider for Effective Neuropathy Treatment:

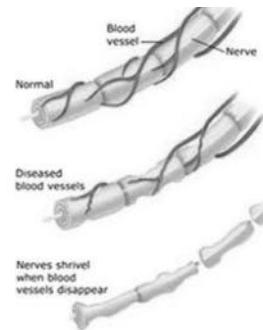
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sick or uncomfortable, or have to come to terms with the idea of "just living with it." There is now a clinic in Lincoln that offers you hope without worrisome side effects.



**Figure 2: When blood vessels become diseased, they shrivel and are no longer able to provide nourishment to the surrounding nerves.**

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# Neighborhood Watch —

## Gives Back Throughout the Year

BY JUDIE PANNETON

The Neighborhood Watch Board of Directors, members, village mailbox captains and coordinators recently connected at the organization’s annual meeting breakfast potluck at the Kilaga Springs Lodge’s Multipurpose Room. The board for the

upcoming year includes: Linda Minor, Executive Director; Suzanne Rosevold, Assistant Executive Director; Renee Plummer, Executive Assistant; Carol Edwards, Treasurer; Patri



Hammer, Director, Volunteer Records; Denise Hexon, Funding Coordinator; and Cheri Jagers, Director.

The annual meeting comes on the heels of other get-togethers including Neighborhood Watch Night Out events. Each year, the gatherings bring neighbors together for fun, socializing, learning safety information, and, in some cases, charity. For example, on Prairie View Lane, cash donations and over 60 bags of food were collected for the St. Vincent de Paul’s Food Pantry. This is the third year in a row that the Prairie View Lane residents gathered for a Halloween stroll and to collect money and food-filled bags as part of their night out together. Those who organized and attended these events throughout Sun City Lincoln Hills deserve credit for bringing residents closer, strengthening their neighborhoods and increasing community safety.

Volunteers are the lifeblood of Neighborhood Watch. They dedicate hours to serving residents, including training sessions they attend. Training for new and experienced mailbox captains and coordinators has been scheduled for January 7th at 1:30 PM in the Fine Arts Room at Orchard Creek Lodge.

Have you received your new and free materials for the new, Safe at Home Program Neighborhood Watch is offering? It enables residents to conduct a home safety check list, learn more about wearable devices and apps to

keep them independent and safe, and provides a list of helpful contacts including government and social agencies. If you don’t know who your mailbox captain is, you can request the name on the Neighborhood Watch website at – sclhwatch.org.

Neighborhood Watch volunteers are looking forward to the year ahead as they continue their dedication to the mission of the organization – To strengthen neighborhood ties; increase personal safety and security awareness; be the eyes and ears of the Lincoln Police and Fire Departments; and encourage emergency preparedness. Thanks to the residents for their support and to the Lincoln Hills Foundation for its donations to the organization’s safety and security efforts throughout the year.



### Lincoln Police Department Volunteer Program

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

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### Creative Glass Club

BY SUSAN HAAS

Join the Creative Glass Club! \$20 a year membership (January 2026). Enjoy a new artistic endeavor with new friends. We invite you to try fused, mosaic, and stain glass projects!

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

Open Studio dates will be as follows:

Dec 16, 6:00-8:30, January 6,

We look forward to meeting you and assisting with the new member kits. Contact Corene Bennett 925-813-8385.

• • •

### Paper Arts Club

BY LINDA LUCCHETTI

Happy Holidays to all! Club members have been as busy as elves. We wrapped up making our holiday luncheon decorations with treat boxes to be placed on the tables that accompany our centerpieces.

Once again, this year, we donated our handmade holiday cards to the Veterans Last Patrol project. Thank you to those who gave their uniquely-designed, festive holiday cards. We provided some



100 cards to the project that distributes to Veterans in Hospice Care facilities throughout the nation. Thank you, June Paquette, for once again organizing the collection.

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

• • •

### Photography Club

BY DIANE MARGETTS

Carol Smith was our spectacular presenter for November. After developing an interest in photography, Carol began taking photography classes. She tried various types of photography and began to go on photography trips with Moose Peterson, a world renowned wildlife photographer who became her mentor. When she went to Costa Rica for the first time in 2015, Carol discovered her passion for photographing birds. To our delight she shared countless numbers of her beautiful bird photos.

Our December meeting was replaced by our annual Holiday Breakfast in the Orchard Creek ballroom. As always, the social atmosphere was exhilarating, the food was wonderful and our President, Vern Rodgers, challenged us to a few rounds of Christmas Song Bingo - we really had to dig deep to recall some of the not-so-familiar tunes!

November brought on photo opportunities including the Sacramento Swan Festival, and in

(cont' on page 20)

## Run for or Nudge Someone to Run for the BOD!

BY JUDY MARTIN, SCLH Election Committee Member

Sun City Lincoln Hills is a community built on friendship, pride, and the power of residents who care. Each year, new opportunities open to join the Board of Directors — your chance to help shape the future of the place we all love to call home.

Serving on the SCLH Board is not just about meetings and rules — it is about teamwork, ideas, and making things better for everyone. Whether it is keeping our amenities top-notch, enhancing community events, or ensuring Sun City Lincoln Hills stays beautiful and welcoming, Board members play a vital role in what makes our neighborhood thrive.

If you've ever thought, "I'd like to make

a difference," this is your moment! Or maybe you know a neighbor who'd be a great leader — give them a nudge to get involved.

Your voice matters. Your energy counts. Together, we can keep SCLH shining bright for years to come! You will be rewarded with a sense of fulfillment knowing that your contributions truly make a difference — today and for tomorrow.

How do I Run?

The Election Committee is ready and willing to guide you through the process, so begin by picking up a Candidate Information Packet for 2026 at the Membership Desk (OC) today.

#### 2026 Election Schedule

Candidate Information Session:	January 16, 2026
Candidate Application Deadline:	February 17, 2026 at 4:00 PM
Announcement of Candidates:	February 18, 2026
Candidate Town Hall/Q&A:	March 13, 2026
Candidate Forum:	March 28, 2026
Ballots Mailed:	April 9-14, 2026
Ballots Due:	May 13, 2026 by 3:00 PM
Election Day/Ballot Counting:	May 14, 2026 at 9:00 AM
Annual Meeting of Members:	May 14, 2026

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# Lincoln Hills Foundation — *Who We Are, What We Do and Why It Matters*

BY DENISE BOWDEN

Our Mission — “To promote and fund programs and services that enhance the quality of life for seniors in Sun City Lincoln Hills and the greater Lincoln community.”

Our Origins — The Lincoln Hills Foundation (LHF) was incorporated in 2002 as a nonprofit public-benefit corporation. Del Webb pioneered his vision of communities for active adults with a defined lifestyle, beginning in Arizona, and coming to California in the late 1990’s with first, Sun City Roseville, and then Sun City Lincoln Hills. As these communities were for active adults older than 55, the Company recognized that at some point in time there would be residents whose needs exceeded the active adult model. Del Webb used a blend of corporate philanthropy and encouraged partnerships with resident-led non-profits to assist with essential services not provided by the Sun City HOA to assist residents whose needs went beyond golf and glee.

In Sun City Lincoln Hills, that support and collaboration began with a donation from the Del Webb Construction Company. A group of Lincoln Hills residents were approached to form the Lincoln Hills Foundation with the support of both the Homeowner’s Association and Del Webb. Del Webb provided \$5,000 in seed money for legal expenses to establish the Foundation as a 501(c)(3) charitable organization. The Foundation was created to help residents whose needs extend beyond the “active adult” lifestyle envisioned in Del Webb’s model communities. That was the genesis of the Lincoln Hills Foundation we have today.

Partnership with the Association — The Lincoln Hills Foundation (LHF) and the Sun City Lincoln Hills Community Association have maintained a strong, mutually beneficial partnership since the Foundation’s inception in 2002. This relationship embodies Del Webb’s original vision for a community that supports residents across the stages of aging. The Association provides the Foundation with



**Lincoln Hills FOUNDATION**

*Serving the Lincoln Senior Community*

[www.LincolnHillsFoundation.org](http://www.LincolnHillsFoundation.org)

invaluable amenities such as meeting rooms, access to communication channels, and use of the Ballroom for fundraising events. In turn, the Foundation invests in projects that strengthen wellness, connections, and support outside of the programs provided by the HOA. Lincoln Hills residents are the Foundation’s largest donor base, as well as recipients of the majority of the services provided, and they benefit directly from the organization’s efforts. Examples of this partnership in action include:

- Automated External Defibrillators (AEDs) throughout Association facilities.
- Financial support for resident-led support groups, including caregiver, hearing, bereavement, LoVision, and chronic condition groups such as Alzheimer’s/Dementia.
- Grants for Wellness and Caregiver Programs that address the physical and emotional needs of aging residents.
- Discount tickets for transportation.
- Sponsorship of special Association events, such as transportation for the 25th Anniversary Celebration, which brought together residents from across the community.

The Foundation and the Homeowner’s Association are separate legal entities. However, they collaborate closely on community welfare, safety, and quality-of-life initiatives. This partnership reflects a shared commitment: the Association provides space, visibility, and access, while the Foundation provides financial resources, programs, and long-term stability for residents’ well-being. From the very beginning, back in November

2002, the Association Board unanimously approved the first, annual, formal Facility Use Agreement for the Lincoln Hills Foundation’s Bingo in the Ballroom events without charge. This model of cooperation continues to this day to make our community strong, connected, and caring.

Governance and Transparency — The Lincoln Hills Foundation is independent and resident-led, governed by a volunteer board of directors and no paid staff. No member dues or assessments fund the Foundation and 100% of donations received go toward programs that benefit the community. All financial records, including IRS Form 990s and Annual Reports, are available at [lincolnhillsfoundation.org](http://lincolnhillsfoundation.org).

Why We Serve Beyond Lincoln Hills — The Foundation’s Articles of Incorporation encourage collaboration within our region. Lincoln Hills residents rely on many city-wide or county-wide services which the Foundation supports through grants, such as Dial-a-Ride, Lincoln Fire and Police AED programs, City of Lincoln Senior Center, food, and senior supplies through Seniors First Meals-on-Wheels and The Salt Mine. These programs benefit Lincoln Hills both directly and indirectly as they are part of the civic structure, we all depend on every day.

Community Impact — The Foundation Board is passionate in its commitment to our mission to enhance the quality of life for seniors in Lincoln. We are deeply grateful to our generous donors who make possible the work of these organizations. Our 2025

- Grants: \$189,524.00
- SCLH Direct Support: \$11,425
  - Multiple Sclerosis
  - Bosom Buddies
  - Alzheimer/Dementia Caregivers
  - Hearing Support
  - Neighborhood Watch
  - Bereavement
  - Low Vision
- These support groups and others help Lincoln Hills residents directly with support, education, friendship, and advocacy.
- SCLH Indirect Support: \$50,000
- Del Oro Family Caregivers Resource Center
  - LHF provides grants for respite care for LH residents who are family caregivers
  - Lincoln Area Services: \$128,099
  - Friends of the Lincoln Library
  - Silver Wishes
  - The Salt Mine
  - Lighthouse Counseling and Family Resource Center

Seniors in Lincoln Hills and seniors in the Lincoln Community benefit from these grants directly

Reserve Fund Stewardship — Since the beginning, the Lincoln Hills Foundation recognized the obligation to maintain and grow a Reserve Fund to sustain the organization in perpetuity, regardless of the changing market and the annual level of donations. The Reserve Fund holds a minimum of five (5) years of budgeted grant funds in reserve. In the event that fundraising donations do not reach the level of proposed or approved grant funding, the Board may withdraw capital from the Reserve Fund to meet current and future needs of our grantees. This approach follows established best practices for community-based charitable foundations and provides assurance to our grantees that they will never be left high and dry for funding of the important work they do supporting our seniors.

Join Us — The Lincoln Hills Foundation is powered by individuals and partners who care about the well-being of our community. Your donations stay right here, serving your neighbors and sustaining the vision that Del Webb began more than two decades ago.

Visit [www.lincolnhillsfoundation.org](http://www.lincolnhillsfoundation.org) to learn more, and see how you can get involved.



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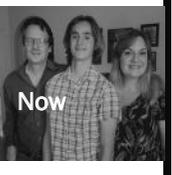


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### Lincoln Hills October Sales Snapshot

Address	Street	SqFt	Orig. Price	Selling Price	Floorplan
2561	Winding	1130	\$515,000	\$508,000	Sequoia
1286	Hillhaven	1155	\$485,500	\$480,000	Sequoia
1605	Delta Wind	1155	\$479,000	\$475,000	Sequoia
150	Lake Crest	1295	\$529,000	\$530,000	Calaveras
109	Ivy Arbor	1298	\$549,000	\$500,000	Bridgegate
1430	Ivy Arbor	1449	\$515,000	\$510,000	Almanor
1613	Avian Hill	1531	\$559,000	\$550,000	Alpine
301	Phoebe	1531	\$549,000	\$549,000	Alpine
1763	Andover	1571	\$564,900	\$564,900	Quail Cove
673	Wagon Wheel	1673	\$549,900	\$535,000	Trinity
3017	Black Hawk	1673	\$590,000	\$580,000	Trinity
102	Azeo	1756	\$579,000	\$523,000	Coronado***
695	Stockman	1791	\$719,000	\$701,800	Tahoe
2250	Walden View	1854	\$749,000	\$700,000	Plumas
1774	Emily	1910	\$725,000	\$739,000	Fremont
888	Slawson	2025	\$725,000	\$725,000	Annadel
1750	Alpenglow	2044	\$788,000	\$801,000	Tahoe**
1589	Dapple Dawn	2049	\$710,000	\$700,000	Annadel
1813	Leander	2151	\$740,000	\$740,000	Sausalito
1728	Leander	2187	\$650,000	\$625,000	Fremont **
2372	Blue Heron	2495	\$898,000	\$850,000	Marin*
1310	Truchard	2504	\$1,025,000	\$895,000	Marin*
2107	Stonecrest	2536	\$899,000	\$855,000	Tiburon*
1821	Carnelian	2618	\$990,000	\$970,000	Sonoma*
2113	Sutter View	2636	\$1,089,000	\$1,060,000	Sonoma*
1536	Dapple Dawn	2955	\$1,200,000	\$1,125,000	Meadowgate*/**

\*Open Space/Golf Course \*\*Casita \*\*\*2 Story

Total Homes sold in Sun City per MLS 10/1/25 - 10/31/25

### Photography Club

(cont' from page 17)

December we will be enjoying Nevada City's beautiful Victorian Christmas field trip. In 2026, we will once again descend on Death Valley with Truman Holtzclaw, who after 14 trips under his belt, will serve as our very experienced host!

Cokie Lepinski, our newly appointed Education Chair, has been busy planning a variety of programs to enhance our photography skills. In October, the focus was on Snapseed photo editing software for beginners and a special learning session on reflections, color and light.

Plan to schedule visits to your Buonarroti's Restaurant and Simple Pleasures. These venues are featuring the stunning works of our photographers as well as serving up some very delicious meals!

Thinking about joining the Photography Club? We always welcome new members. You can sign up at any of our monthly General or Photography Special Interest Group Meetings. For information of meeting times and schedules, please check out our website.

Contact: Diane Margetts; 916-955-1809

Website: <http://www.lhphotoclub.com>

• • •

### Woodcarvers Club

BY LIONEL RANMAN

Woodcarving goes back a long way either as a necessity to make or repair something and subsequently evolved into an art form and/or a recreational hobby. There are several styles of carving: realistic, stylized, caricature, and novelty items like spoons, chains, and puzzles. Woodcarvers obviously carve in wood although some have been known to carve golf balls and even peach pits.



Image credit: Jim Lyke

The woodcarvers in our club have various carving and creative abilities and are always available to assist or advise other members or new carvers as well. Woodcarvers Club members have a large library of carving books, magazines and DVD's for plans and ideas. If you are curious or have an interest in carving please stop by and see what we are doing. We have carving tools that you can try before you buy.

We meet every Wednesday from 1:00 to 4:00 PM in the Sierra Room at (KC). Come on in, our door is always open.

• • •

### Stamp Club

BY TIM MILES

The holiday season is upon us and there are no meetings in Dec due to the demand for holiday meeting space at the Sun City Roseville

Lodge (7050 Del Webb Blvd). Our Tuesday meeting dates for January are the 13th and the 27th (6:30 pm start) We usually have games, door prizes, giveaways, albums, pages, access to all your philatelic needs, usually a dealer or two, you-name-it! The club has a mystery box loaded with stamps and all sorts of goodies at each meeting that goes to a lucky member.

Be sure that our Secretary, Lee Coen (leejcoen@gmail.com) has your email address because he has the timeliest access to club announcements that he sends out.

In November, the club had a wonderful lunch at Eureka Restaurant in Roseville, thanks to Pat Matthews, who did a wonderful job setting everything up.

We want to remind everyone that the \$20 annual dues are being collected for next year. Call Al Capparelli (916-771-8288) and drop the check by Al's house.

We're picking up new members from all over the area.

From time to time, Al Cap has an open house in his garage where a member can specifically enhance his collection. The two dates in January are the 22nd and 23rd. Be sure and call for an appointment time so you can get the special needs you are after.

Know that we are one of the oldest stamp clubs in NoCal so we have access to a lot of sources.

Last, but not least, enjoy a wonderful holiday season and we'll see you at the Jan meetings.

• • •

### Genealogy Club

BY NANCY SWITZER

Happy Holidays! Instead of a Presentation this month, on Friday, December 19th, we will be having a Brunch at Meridian's Solarium. The Brunch starts at 9:45 AM, entertainment starts at 10:00 AM and we will end at 1 PM. The Solarium can accommodate 40, so get your tickets soon as the deadline is 12/5/25! Price is \$5 for members as the Club is subsidizing the remainder.

Thinking of gifts this time of year, here are some items on our Club's Wish list:

- A trip to Salt Lake City to the Genealogy Center
- Ideas for future topics
- Ideas/ Names for Presenters
- More volunteers to help run the Club, especially a Vice President and a Socials Chairperson
- Time to do more Genealogy research
- Brick Wall answers
- The return of the "All-States" Record Binder
- People to read the Website... lots of good information there
- And a new find in your Family Tree!

If you have any suggestions for future Presentations, please contact Kate McCarthy at [starkayak@icloud.com](mailto:starkayak@icloud.com)

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

Contact: Rita Perada 510-710-5704, [ritaperada@gmail.com](mailto:ritaperada@gmail.com)

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(more Club News cont' on page 21)

## Shalom Social Group

BY JUDY GANULIN

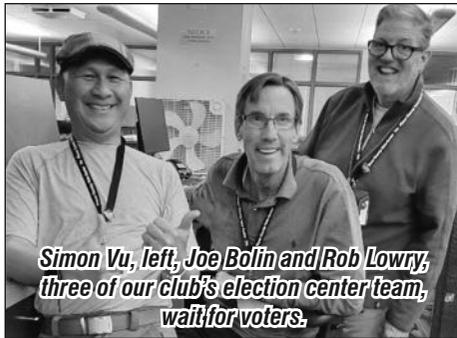
Shalom Social Group members will finish 2025 and start 2026 in a flurry of activity. Our beloved Hanukkah dinner on December 15 features delicious food, holiday music, a raffle, and great camaraderie. At our January 26 membership meeting someone from the Department of Financial Protection and Innovation will provide information about financial scams. This meeting will be held in Presentation Hall from 1:30 to 3:30 PM and will be open to nonmembers too. To help our neighbors in need we have made sizeable donations to Feeding the Foothills and The Salt Mine. For more information please contact Margie Gulko, 916-543-5303.

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## Lavender Friends

BY JOAN LACKTIS

We had several opportunities to get together in November. There were some fun activities, like our Gratitude/Comfort Food



Simon Vu, left, Joe Bolin and Rob Lowry, three of our club's election center team, wait for voters.

potluck and a visit to the Thundering Herd Mandarin Ranch. But a group from the club also volunteered to conduct early voting for five days at a vote center in Auburn. While the work was challenging, it was fun spending time together learning something different.

This month we have a couple of big events coming up. We have 46 members signed up to ride on horse-drawn wagons to look at holiday decorations in the Fabulous 40s in Sacramento. And, of course, we have our dinner dance at Turkey Creek, which brings together members new and old from throughout the region.

The end of the year is a time for looking back and we have had some highlights we should recognize. Our membership grew to the point that we had to start having our business meetings in Presentation Hall. We took our first out-of-state trip on the Snow Train to Reno. And this was our first foray into working at the election polls.

We hope your year was filled with explorations and adventures that kept life interesting and that 2026 brings new joys.

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

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## SCLH Writers' Group

BY RAY BIRGE

I love to write. I'm a proud member of the SCLH Writers' Group. I'm working on my first novel. So far, I have finished the ending. It says, "The End." Now, I'm working on the beginning. So far, I got nothing.

I love to write, but I hate writers block, so I'm always looking for ideas. December brings with it the Winter Solstice and the shortest day of the year. It is also the month of dreams, rejoicing and reflection. It's the perfect time for finding wonderful things about which to write.

Fun writing ideas about December —

- Jingle Bells was originally written for Thanksgiving. On December 16, 1965, it became the first song broadcast from space when Astronauts Tom Stafford and Wally Schira played a prank on NASA during the Gemini 6A mission.

- Santa Clause is based on the 4th century Bishop Saint Nicholas, who originally was the patron saint for children, pawnbrokers, thieves and others.

- Rudolph the Red Nose Reindeer, an advertisement gimmick created by Montgomery Ward in 1939, became Gene Audrey's 1949 hit song.

We're proud to be the SCLH Writers' Group. We want to be the most creative organization possible by providing feedback and constructive suggestions to our members and having fun doing it! Sometimes the social interaction is more important than the project. We author short stories, novels, poetry and even memoirs. Remember, if you can tell it, you can write it!

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

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

• • •

## Apple User Group

BY NINA MAZZO

Are you hoping to receive an Apple device this holiday season? If your wish is granted and you need help setting up the new device, members have two open labs this month in Orchard Creek at 4 p.m. on December 3 and 17.

If you aren't a member, see our website for details on how to join. No presentations or seminars this month. Looking forward, our general meeting on Tuesday, January 13, will feature Ken Spencer (program details TBD). The meeting will begin with Ask the Tech at 6:30 p.m. followed by a presentation at 7:00 p.m. in the Presentation Hall (KS).

Visit our website at [www.LHAUG.org](http://www.LHAUG.org). You will find videos from past presenters, the club calendar, and membership information. Our general information phone number is 916-913-6833 (please note - don't text, voice message only).

• • •

## SCHOOLS

BY PATTI KINGSTON

If you are considering helping in our schools, now is a good time to contact SCHOOLS to let us know you are interested. Volunteers are needed in K through 5 in our elementary schools. Some volunteers help with paperwork but most enjoy working directly with the children. Many volunteers are in the classroom 1 day a week for a few hours. They work closely with the teacher and are

(cont' on page 22)



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📞 916.224.4352 | 🌐 [SteveEvansLincolnHills.com](http://SteveEvansLincolnHills.com)

✉ [SteveEvans11@gmail.com](mailto:SteveEvans11@gmail.com)

## SCHOOLS

(cont' from page 21)

under her direction. For more information on volunteering in Lincoln elementary school, contact Cyndi at ccolloton@yahoo.com. If you are interested in joining the SCHOOLS Steering Committee, contact Patti at pkingston@att.net. Teachers rely on extra help and appreciate every hour the volunteers spend in the classroom. Michael Maul, the Assistant Superintendent of Personnel, has provided the steps needed to become a volunteer; a TB clearance from a medical professional and being fingerprinted. Those things can be easily taken care of. The district pays for finger printing. Phoenix High managed to move into their new building just three days before school started. Things have been going well, and they are now ready for volunteers. Tutors are needed for Math, History and English. For more information contact Irma at jmeidm@aol.com.

## Lincoln Democratic Club

BY JUDY GANULIN

Lincoln Democratic Club members were delighted with November's election results! Not only did Proposition 50 pass, but Democrats won major races in several other states. We felt gratified that all our hard work (canvassing, yard signs, etc.) paid off so handsomely. We now have over 600 members! We hosted a Town Hall in Lincoln with Representative Ro Khanna. Our November

meeting speakers, the Sacramento Bee's Hannah Holzer and Robin Epley, amazed and challenged us with commentary and opinions. Our Holiday Dinner Gala is December 18. For more information about membership and activities, please visit our website, www.democraticclublincolnCA.org

## Astronomy

BY BARBARA SWERDLOW

Space the last frontier! Interested in learning about our solar system, deep space discoveries, and current space projects? These topics and more are presented at our monthly meetings. Meetings are held the first Wednesday of every month except August and December at P-Hall (KS) at 6:45pm. There will be no activities or meetings in December. January will begin a new year of new and exciting presentations and activities!

Our Telescope interest group invites interested people to view space objects at our monthly star parties, which are held, weather permitting, at the upper tennis courts. Check website for updates and times.

Our Cosmology interest group explores the history and development of the universe. Meetings are held monthly at Orchard Creek. Check the website for details.

Website: lhag.org

Contact: Cindy Van Buren, cvbrvb@att.net

## Food Adventures Club

BY GINGER IKUNO

Wow, another delicious year of eating comes to an end. We discovered new friends at formal and casual dinners. We sipped and chatted at wine and appetizer parties. We danced at a Hawaiian Luau. We learned French cuisine at Stonehouse cooking

classes. We learned all things goat and tasted a goat cheeses and milk dishes. We learned the history of early times at Thundering Herd Mandarin Farm. And to finish 2025, we celebrated with Executive Chef David's gourmet holiday meals prepared exclusively for us. We had over 50, yes, 50 events! So many choices, so many new friends, so many new places to discover. No place to go? No one to dine with? Join the Food Adventures Club, new adventures await. Contact Debbie at debdeb53@yahoo.com

## LH Italian Club

BY ANNE (CORSAO) FINN

We hope everyone enjoyed a great Thanksgiving filled with delicious food and wonderful company.

Let the Holiday celebrations continue! Our annual Christmas dinner dance is scheduled



on December 9 at the Catta Verdera Country Club. You won't want to miss out on this wonderful Holiday event! Please bring a new unwrapped toy as we'll be collecting donations for the Toys for Tots program. Do you love crab? If so, dig out your favorite bibs and mark your calendars for our annual crab feed, scheduled on January 9 at the McBean Pavilion. Oh, and you might want to wear your stretchy pants. At last year's crab feed, we went through 800 pounds of crab, 80 pounds of shrimp, 60 pounds of pasta and 25 dozen rolls! Che abbondanza! Check out our website at www.lhitalianclub.org. For membership information, contact Sandi Graham at 916-826-5711.

## Republican Club

BY SUE DUMAS

Merry Christmas & Happy New Year! So much happened in 2025! Since Trump win in 2024, we have seen how MAGA is creating new programs and policies. Discussions between our club members are excited and hopeful. We are following Trumps example, working to build the best Republican Club possible! We have more than doubled our membership. Which has brought back discussion of "where do we go from here...?"

On November 17—Lincoln Mayor, Holly Andreatta was our Guest Speaker. One of two Candidates running for Placer County Board of Supervisors. Holly was outstanding, has proven herself as an exceptional voice for the people

(cont' on page 23)

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- Robert & Jacob, Owners

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### Republican Club

(cont' from page 22)

of our community. She did a lot of good work over the last seven years serving people from the City of Lincoln and will continue to do the same as our next Supervisor.

Wednesday, December 17 – 12:00 PM OC Ballroom – Republican Club Christmas Luncheon complete with festive Holiday Activities and Entertainment. No-Host Bar available. We are confident this will be an exciting end of year celebration for everyone. \$30 per member/\$35 per guest. Your choice of Entree: Salad; Chicken; Salmon; or Beef. Please be prepared to state your preferred entree when signing up. Tickets/RSVP's to: [RSVP@RepublicanClubSCLH.org](mailto:RSVP@RepublicanClubSCLH.org). Checks payable to Republican Club SCLH; mail check to Joan Kippert, 577 Northfield Lane, Lincoln, CA 95648.

Social Director, Michelle Kubo, is planning a more productive and eventful 2026 for our membership. Event dates for 2026 will be posted on our website after approval. January kick off details for are in the works! Details will be noted in our January Newsletter, SSN and Compass.

Last chance for early bird special: Pay your dues on or before December 31, \$15 per person. Pay AFTER 31st, dues increase to \$20 per person, thereafter. [www.RepublicanClubSCLH.org](http://www.RepublicanClubSCLH.org)

• • •

### Veterans Group

BY STEVE WITMER

More than 200 residents and guests paid tribute to our country's past and present military service members on November 11 by attending Lincoln Hills' annual Veterans Day program in the Orchard Creek Ballroom. For the fifteenth year, the Roseville Community Concert Band, under the direction of Stephanie Sugano, provided the energy and spirit for this well-received celebration.

Participation by area youth gave the program an energetic start. Cadets of the Whitney High School Air Force Junior ROTC presented the colors and a vocal quartet from Twelve Bridges High School sang the national anthem. Placer County Supervisor Shanti Landon was the keynote speaker. Her presentation revealed a personal side to the holiday with references to members of her own family who served in the past and her son who is currently on active duty with the Army. She also reflected on the historical nature of the day by highlighting the many contributions of veterans' past and present.

Many thanks are due to Dave Taylor, who planned and organized the program, Phil Cameron, the master of ceremonies, and all the Veterans Group members who contributed to the program's success.

The Veterans Group's popular holiday luncheon is coming up on Thursday, December 18 in the Orchard Creek Ballroom. A cash bar will open at 11:00 a.m. Lunch will be served at 12:00 noon. All members of the Lincoln Hills

Veterans Group and their significant others are invited to attend at no cost as guests of the Veterans Group. Dues must be current at the time reservations are made. The cost for nonmembers and guests is \$35 per person. Entrée selections include roasted turkey breast, pan-seared salmon and butternut squash ravioli. Contact Claire Luke at 916-253-3711 for further information. The deadline for reservations is December 10.

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

• • •

### Travel Group

BY LINDA BEVINS & JOANNE SCHUMACHER

The Lincoln Hills Travel Group wishes all our travelers and their friends Happy Holidays!

Please mark your calendar for our next Travel Show on Wednesday, January 21, 2026, in the Willow Room of the Lincoln Public Library, 485 Twelve Bridges Drive, Lincoln, CA. There will be one session at 1:00 pm.

All travelers are welcome. You do not need to reside in Sun City Lincoln Hills to attend our travel shows or to be a member of the Lincoln Hills Travel Group. So, invite your friends to travel with us!

How to RSVP: email your name, phone number, email address and the number of people in your group. The show is free! Our email is [travelgroup@h@gmail.com](mailto:travelgroup@h@gmail.com).

All our Tours & More can be found on our website: [www.lincolnhillstravelgroup.com](http://www.lincolnhillstravelgroup.com). Most trips (unless indicated differently) include airfare and rides to/from the airport. You can sign up for trips with a secure link from our website.

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

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

• • •

### Airport Co-op

BY GINNY SATO

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

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(more Club News cont' on page 25)



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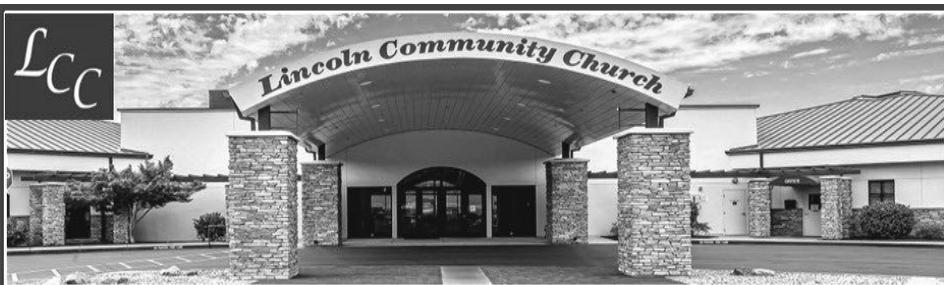
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### RV Group

BY MARY CARBREY

Glamping? An RV rally with this gang isn't always glitz and glamour! In September we ventured to San Diego where, along with the resident skunk, things got a little "ant"sy, leaving many of us feeling really ANTSY! But being the troopers that we are, we made the most of our adventure. We enjoyed an afternoon patio boat ride on Mission Bay, an awesome Omelette Breakfast-in-a-Bag, and our highlight was a surprise Space X rocket launch at sunset, just in time for Robyn's 70th birthday celebration. What a treat! Thanks again to George and Terri Slaats for a fun-filled event.



*Captain Craig, Mark, Gail, Elena, and Roy on Mission Bay.*

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

• • •

### Sports Car Club

BY ROB PHILLIPS

As winter approaches and most of our cars are tucked away in garages, it's the perfect time to reflect on the past driving season. We've created wonderful memories, sharing adventures with friends both old and new. March saw us hit the road for a scenic drive along the delta, culminating in a delightful meal at the Point Restaurant in Rio Vista. April was packed with excitement: our annual Sausage Run to Lockeford kicked things off, followed by an eerie tour of the supposedly haunted Preston Castle in Ione. The month wrapped up with a picturesque journey past the Sutter Buttes and through the beautiful Capay Valley.

Late spring and early summer saw us venturing out to beloved favorites and discovering exciting new destinations. We enjoyed a delicious meal at the Slough House Restaurant in Colusa, embarked on an overnight escape to Lake Tahoe via the scenic Carson Pass, and revisited a club favourite, the Willo Restaurant in Nevada City.

July, August, and early September brought more adventures: we explored the historic charm of Murphys during a two-night



*Sports Car — Ready for fun times with friends.*

getaway, sampled the delights of Tofanelli's in the heart of Gold Country, and returned to an old standby, the Dancing Tomato in Yuba City.

As autumn arrived, a group set off for the breathtaking Mendocino Coast, enjoying a relaxing stay at the Little River Inn. Our final outing was a short but meaningful one, as we took part in our 12th Annual Turkey Drive & Toys 4 Tots, rounding off the season with camaraderie and community spirit.

If you own a sports car and are looking to join an enthusiastic community next year, we'd love to hear from you! Connect with Carol Asnault at [casnault@comcast.net](mailto:casnault@comcast.net) to find out more about our exciting events and adventures. Join us for memorable drives and great company.

• • •

### LH Tesla Club

BY WAYNE FORD

As we now have official recognition as a club from the Association board of directors, we are excited to keep moving forward with growing membership and continued enthusiasm. We have guest speakers and lots of listening, watching, and questions answered. Planning includes more speakers,

trips, ride-alongs and social events. We are skipping the formal meeting for December, but we have been invited to join the informal BOOM group for a Tesla light show and poker run on December 21st, 5:00 PM at the Kilaga parking lot. Should be great fun. In January we will return to a regular meeting, with exact date and time to be announced. We will be holding elections for club officers, in addition to the usual fun. Come and join us if you drive a Tesla or other electric vehicle, or have an interest in acquiring one. See you soon!

Contact us at [LHTeslaClub@gmail.com](mailto:LHTeslaClub@gmail.com) or 916-408-1530.

• • •

### Amateur Radio Group

BY DAN LEHRER, KN6DRN

Several members provided support for the Tour de Lincoln bike event. Driving support vehicles and manning rest stops while providing radio contact throughout was very appreciated by riders and sponsors. These events allow us to test our equipment and hone our skills. In the event a rider needs help either with equipment or has an injury, we can radio into our Net Control Operator and make sure help is provided.

An annual simulated earthquake event called "The Great Shakeout" allowed us to report status via our Winlink Gateway access over the air. Answering questions regarding intensity, broken objects etc. on a Radiogram Form 213 and then transmitting that form over the air provides experience in the event of a

*(cont' on page 26)*



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## Amateur Radio Group

(cont' from page 25)

real earthquake.

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

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## Bosom Buddies

BY DOTTIE SUHRHOFF

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

We had our general meeting on Thursday, November 13. The speaker was Judie Fertig Panneton who wrote a book about cancer survivors and their journey, "The Breast Cancer Book of Strength and Courage." The author has not had cancer but has interviewed



Enjoying the Appreciation Luncheon.

many people who have breast cancer. She believes that patient stories have a powerful healing effect and can provide hope and guidance for others. She is donating 75 percent of her profits to cancer research.

We will have our next core meeting on Thursday, December 4 at Patty McCuen's house. All members are welcome to attend the meeting. We will again have our wonderful Christmas party on December 11. Our regular meeting will be held in conjunction with our holiday party which will be held at Kilaga. Cheryl Hansen, Dee O'Hara and Nanette Sorensen are organizing the party so mark your calendar to attend. Be sure to bring a new, high-quality toy to donate to Toys for Tots.

In January, we will have the core meeting on Thursday the 8th and the regular meeting on Thursday the 15th. We are looking forward to having Dr. Christina Baker speak at our February meeting.

If you have any questions regarding Bosom Buddies, please contact Dottie Suhrhoff (815-236-0197) or Patty McCuen (530-575-2889). "Together we are strong, together we make a difference, together we will survive!"

• • •

## Multiple Sclerosis

BY JERI DI FIORE

What the World Needs Now is Love, Unity, and BINGO, which we'll be enjoying at

the Multiple Sclerosis Holiday Party, Tuesday, December 16, 1 PM, Kilaga Springs Lodge!

At this Holiday gathering, thanks will be given to the many Lincoln Trail Mixer supporters and Corporate Sponsors, who helped us become the #1 Fundraising Team in the Folsom Walk. Corporate Sponsors include: American Senior Mortgage, Hank Rhoads; Donna Judah, Coldwell Banker Real Estate; Star Dental; Roberts Retirement Financial Services.

We wish to also thank the Lincoln Hills Foundation for their constant support over many years! Cheers to enjoying Happy Holidays!

• • •

## Alzheimer's Dementia Caregiver's Support Group

BY DENISE WEBFIELD

Fall has brought many changes to our group. Our moderators Jo Fratessa and Mary Traverna have moved on to their next adventure. Thank you for your years of dedication. Welcome to our new facilitator Kathi Ridley. We remain a support group for caregivers with loved ones with Alzheimers-Dementia. The Women's Group meets the first Wednesday of the month at 1:00 PM in the Fine Arts Room. The Men's Group meets the third Thursday of the month at 10:00 AM in the Fine Arts Room. There's NO General Meeting in December. For more info Contact Kathi Ridley 408 250-6238. Kathiridley@yahoo.com

• • •

## Hearing Support Group

BY JOANNE MITCHELL

For our November meeting we had a presentation on various accommodations at SCLH. Follows a list:

First, there is now a printed document which lists all hearing accommodations and is available at the front desks at both lodges.

Second, should you need an accommodation the contact information is: ADA@SCLH.com.

Third, there is a document on the HOA website which lists all accommodations.

Fourth, on the HOA website, under Resident Center, Hearing Support Accommodations, there is a presentation explaining all the devices available to our residents.

For our December meeting, we will not have a formal presentation; rather we will gather at Meridian's to share a luncheon together.

• • •

## Low Vision Support Group

BY STU SINGER

A few years ago, our community's Glaucoma Support Group disbanded after its leader moved to a new location. Recently the SCLH Low Vision Support Group was surprised when we discovered that a very small number of our members had a Glaucoma diagnosis. As a result, we are reaching out to those in the community who are dealing with

(cont' on page 27)

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### Low Vision Support Group

(cont' from page 26)

this disease. The Low Vision Support Group's mission is to offer programs with a variety of insights to assist anyone dealing with the challenges of diminished eyesight regardless of the cause. Consequently, we are encouraging everyone who has low vision for any reason to attend our meetings on the first Tuesday of every month in Orchard Creek's Fine Arts Room beginning at 2 pm.

**Upcoming Meetings:**

Tuesday, December 2 @ 2 pm, Placer Room, Kilaga Springs Lodge

Join us for our Second Annual Holiday Social which will once again feature free food, free beverages, free music and freewheeling conversations. Bring yourself, bring your partner or your special support individual. All are welcome. (Because we will be serving food, this event will be at Kilaga Springs Lodge)

The meeting on Tuesday, January 6, featuring Dr. Alison Liu, professor of Ophthalmology at the UC Davis Medical School, has been POSTPONED due to a scheduling mix-up by the former Facilities Booking Director. Dr. Liu with the assistance of several of her students, will highlight new breakthroughs in low vision utilizing virtual reality at our June 1 meeting. Consequently, there will be NO Support Group meeting in January.

Tuesday, February 3 in Fine Arts Room at Orchard Creek

Jeff Thom, ADA lawyer and board

member for Society for the Blind will be the presenter.

Tuesday, March 3 in the Fine Arts Room at Orchard Creek

Mike Costa, head of the Placer County Transportation Planning Commission, will bring a panel of his colleagues to discuss new travel options within and beyond Sun City.

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### Garden Group

BY LORRAINE IMMEL

Merry Christmas, Happy Holidays, Happy Hanukkah and Happy New Year! May your Spirit be filled with all the Joys of the Season! As we conclude another successful year at the Garden Group, we extend our sincere thanks to all of you for making it so enjoyable. We are in the process of setting up next year's General Meetings and Events.

We do not have a General Meeting in December. Membership Chair, Marjie Anderson, announced that new and renewal residents may register for the 2026 Garden Group Membership at the Holiday Social for those who have reservations. Any members, who have not changed anything from last year's registration, just need to bring a check or cash for \$20 per household. If you have guests with you who want to join, they will need to fill out a Membership form from the Website (lhgardengroup.org) or fill one out there. Contact: Marjie: 916-408-7685.

Announcement from the Nomination Committee: The following Members have been elected for the new slate of Officers for 2026-

2027. President: Roz Odell, Vice President: Pat Murphy, Secretary: Diane Johnson, Treasurer: Natalie Zeek.

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### Bird Group

BY SHERRY SINGER

One of the most predictable and exciting experiences for Lincoln bird-lovers is the annual arrival of the Sandhill Cranes in the fall in nearby Lodi. These elegant, tall, gray-bodied, crimson-capped birds breed in open wetlands grouped together in great numbers, filling the air with distinctive bugling cries. Mates display to each other with exuberant dance-like moves that reinforce pair-bonding.

On November 7, members of the SCLH Bird Group travelled to Cosumnes Preserve and the Woodbridge Ecological Reserve to observe the migration of hundreds of cranes from their breeding grounds as far away as Alaska and Canada along the Pacific Flyway. The birds then spend months in California wetlands feeding on grain that farmers have left in their fields for the cranes to eat. In return, the birds provide rich fertilizer for next year's crops.

If you wish to see these birds, you still have time to make the trip to Lodi as they will be staying for several more months until they fly back north to breed.

Christmas Bird Count Opportunity: Each year members of the Sun City community participate in this North American event in which small groups of individuals count the number of birds encountered in a specific



Sandhills dancing by Larry White.

nearby location. This year it will occur on December 30. An experienced team leader will keep track of birds sighted. Beginning birders are welcome and encouraged to sign up with Don Fallon (donfallon102@gmail.com). Come with us, meet new friends, have fun and enjoy nature!

**Future Bird Walks —**

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

December 12: Sacramento NWR and Colusa NWR

December 30: Christmas Bird Count

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

December 8: MacKenzie Hollender (a high school student) will give her presentation: "My First 10 Years of Birding".

CONTACT INFORMATION — Visit us at our website [www.sclhbirders.org](http://www.sclhbirders.org)

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

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(more Club News cont' on page 29)

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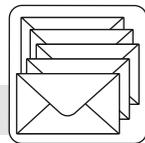
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## Letters to the Editors...

Authors are solely responsible for the content of their letters.

### Consideration must be made of increasing HOA dues

I often use the term “data based” decisions for allocation of funds in our Sun City Lincoln Hills Community. I believe that the use of HOA dues must allow for equal access to obtain free giveaways by departments, not just for those members that are identified as physically active. Data must be used for strategic planning purposes.

With raising HOA dues, it is also critical to prioritize, Cost benefit, return on investment for allocation of HOA funds.

The HOA dues at Sun City Lincoln continue to increase beyond the Cost-of-Living increases for Social Security.

Need to re-define the term “Active” I would like to call attention to what I consider biased marketing and beliefs that the TERM active only relates to being physically active in our over 55 age community SCLH. This perception needs changing to reflect that being active can be interpreted in many ways from playing racquet sports to being mentally engaged and socially engaged with our community. Visual and written descriptions of community members should be sensitive to showing an % of reflective of those who are physically active and those who have disabilities.

Biases - fear of Aging We also must address biases towards aging and the fear of developing a disability. In the past our HOA required guardrails on driveways be removed when a house was sold as there was a perception that it showed the presence of a disabled person which was a negative image which countered the belief, seniors must be physically active. A fee for installing a guard rail was also required.

% of Seniors with disabilities -What the data shows and Impact for event and strategic planning with the goal of being an inclusive community. Approximately 46% of Americans aged 75 and older report having a disability, while the rate is around 24% for those aged 65-74. Disability prevalence increases significantly with age, with rates of 35% for mobility limitations and 71% for household activity limitations reported among the oldest households (age 80+).

Broken down by type of disability:

Mobility Disability 15% of older adults aged 65-74 and 48% of those aged 85 and over have a mobility disability,

Hearing Loss - is very common in seniors, affecting approximately one-third of adults aged 65-74 and nearly half of those over 75. In the oldest age groups, the prevalence is even higher, with nearly two-thirds of adults aged 71 and older having hearing loss, and a staggering 96% of those 90 and older affected Vision Disabilities rising from 6%-9%.

The percentage of seniors with vision problems rises sharply with age, affecting around 6% of those over 65 and about 9% of those over 75.

Conclusion, as the data is considered then an overwhelming case can be made for considering the % of disabilities in an over 55 age population community, and the use

of strategic planning for allocation of funds and ensuring equitable allocation of funding for events that are inclusive for the entire community, not just those identified as active.

Plus, consideration must be made of increasing HOA dues beyond the cost of living increases for Social Security.

Donna Fields

• • •

### Challenges and Disfunction

I have started to watch the Board of Directors meetings recently as I have become more aware of challenges and disfunction here in SCLH. I believe the Board is well-intentioned but it is apparent they are inexperienced, unfocused, and mired in operational detail. The Directors blur the line between governance and management, substituting opinion for strategy and rambling for procedure. The Executive Director remains professional and instructive but it is hard to steer when every director has their own wheel.

Across both the September and October meetings, there is a pattern: too many directors have personal agendas and very little understanding of governance. They are earnest community members who want to “help,” but without a grasp of how boards function, they drift into managing staff, debating procedure, or chasing pet projects instead of setting policy.

There are a Number of Issues that are Impacting the Board’s Effectiveness

1. Role Confusion: Policy vs. Operations— Every director confuses operations with policy. Micromanagement showed up in discussions about light bulbs, pool tile work, and maintenance schedules, matters that belong to staff, not the Board. Directors repeatedly re-visit prior decisions rather than focusing on progress which tells residents there is no progress.

2. Procedural Confusion— Motions were made, withdrawn, amended, and re-amended with no clear understanding of how a motion is managed or even what the board actually decided. Consensus appeared to mean “whoever talks the longest wins.” The result: minutes are frequently challenged in future meetings because motions and votes are not clear to anyone in the room.

3. Personal Agendas — Rather than advancing strategic goals, all seven directors pursue pet issues and personal narratives. Directors function as individuals rather than a cohesive unit and prioritize personal opinion over facts and policy. As an observer the tone of the meetings show growing tension and visible division.

4. Inexperience and Instability — Directors demonstrate limited understanding of the Association’s strategic goals and management structure. Each meeting functions as a stand-alone event. Each director seems unable or unwilling to build on past progress or the strategic direction, so no progress can take place. It is like Ground Hog Day all over again at each successive Board meeting.

(cont’ on page 37)

## Hikers and Walkers

BY LISA MARIOTTI

When the air is crisp and the season's bright, the LH Hikers and Walkers will be out in nature's wonderland. Join us for hikes or walks – we can't wait to meet you! Find out more information on our website [lhhikersandwalkers.org](http://lhhikersandwalkers.org)

A special shout out to Gay Mackintosh for writing this column for the past couple of years. Thank you Gay! While she won't be writing – she will be hiking – so look for her out on the trails. Gay is our Hiking Program Lead, and she has a wealth of hiking knowledge from Sun City to the Sierra Nevada and beyond!

Speaking of trails, we always have a



Happy Hikers — Stagecoach Trail.

good time and welcome new hikers. Looking for a hiking challenge? Want a relaxed pace while taking in the views? We've got you covered with one of our weekly hikes. Check out [lhhikersandwalkers.org](http://lhhikersandwalkers.org) and click on the "Hikes" Tab. Find something you like and need more information? Contact the hike leader listed on the hike description.

Don't forget our Walkers! They meet every Wednesday at 8:00 AM on our own SCLH trails. Choose a brisk 2½-3-mile trek or a slower-paced Walk for Wellness with Karl Aitken, [karlaitken@comcast.net](mailto:karlaitken@comcast.net). Call Coordinator Debbie Schryver, 916-666-1741, with questions about the Walkers.

Here's a "peak" at some of our December hike offerings:

- Stagecoach, Manzanita and Western States – a 7 mile, moderate+ hike in Auburn with 1200' elevation gain. Lovely vistas with some hills!
- Sun City Roseville Trails and Lunch at Timbers. This easy/relaxed hike and lunch is always popular.
- Bruce's Auburn Lookout hike - a moderate 5-6 miles with beautiful views of the American River.
- TBD Hike in the Auburn Confluence area.

Call President Tom Denzler, 530-368-2564, for more information about LH Hikers and Walkers. New members are always welcome: see Membership under the Club tab on [lhhikersandwalkers.org](http://lhhikersandwalkers.org)

...

## LH Cyclists

BY TOM FRADY

October 30 saw a good portion of the membership gather in the Solarium at Orchard Creek for the Annual Dinner. There was a fine Italian Buffet and it was just a short walk to the sports bar for libations. Mr. President kept his remarks short and the chatter from the attendees was joyful. Our thanks to the Social Committee for a fine evening.

From October 20 to 24 several club members and SOBs (Spouses of Bikers) traveled to the Healdsburg area for some great rides, food, shopping and (I'm guessing) wine. All reports are that the group, numbering well over 35, had a great time. LHC has a history of executing fantastic multi-day trips.

The next fun event for the club is our annual business meeting, January 17, 2026 at 10:00am at Kilaga. Start saving your money now, because dues will be due.

We're adding another ride group to our list- I think this makes 10 – called the "Easy Riders" led by Bill Barry. The group is geared to beginners (and maybe those rehabbing for any reason) and will 10-15 miles in distance, mostly staying right in Lincoln Hills. Check the website for more info.

...



Cyclists — Ready to ride in Healdsburg.

## Swimmers & Water Walkers Club

BY ROSEMARY TANFANI

The OC indoor pool is open! The grand reopening was held November 10, with much fanfare. Our president, Kathy Carpenter, was the first person into the pool, with a water walking demonstration.



President Kathy Carpenter mentoring power water walking.

The first club meeting of 2026 will be January 6, 1:00 PM, at the OC Lodge, meeting room to be determined. Election of new officers for 2026-28 will be the main focus of the meeting. Club members interested in the positions of President, Vice President, and Secretary should contact the club now to learn more about the responsibilities of each office.

Club Contact: Kathy Carpenter, [swimmers.walkers@gmail.com](mailto:swimmers.walkers@gmail.com).

...

(more Club News cont' on page 31)

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*Pat D.*

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*Sandra B.*

### Michelle Cowles

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*Lee & Valerie S.*



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## Pickleball

BY DIANE FERRARI

As the holidays approach, we hope you've made plans to shake off those winter blues and join us on the courts for some pickleball fun! This year has been one to remember: from our magical Winter Wonderland event, Drills, Round Robins and cheering on our very own Club Members Diana and Mark Henrickson, Rita and LeRoy Weighall and Terrie MacDonald at the USA Pickleball Nationals in San Diego. We've had so much to celebrate. As we prepare to welcome new Board Members



into Club Leadership, we want to extend our deepest thanks to those who've served with dedication and heart: Dianna Henrickson, Vice President extraordinaire, Cindi and

Ross Underwood, for their innovation and leadership in Tournaments, Ron Greeno, for his commitment as Secretary, Ally Goodwin, for her care in Member Relations, Mark Miller, for nurturing Talent Development and Mike McElroy, for managing our Courts with excellence. A thriving Club is built on the passion and generosity of its Volunteers — and we are so grateful to each and every one of you. By joining the Club, you are invited to participate in so many more activities: Round Robin, Drills, Academy, Social events, Tournaments and Team Pickleball. You still have time to book a class with Pro Ian Dickson through Wellfit. Don't miss out, join the club in 2026- You Know you want to! <https://lhpclub.com> Here's to a joyful, active, and pickleball-packed 2026.

your youth! Softball keeps us active, connected, and having fun — and there's no better way to start the year.

Keep an eye out for the 2026 Player Application, which will be posted on our website, LHSSL.net, in early January. We hope to see returning faces and welcome new ones as we kick off another great season.

Wishing you all joy, health, and plenty of innings in the year ahead. See you on the field in 2026!

• • •

## Table Tennis

BY ILENE MARSHALL

Winter is upon us! The days are getting shorter, the temperatures are dropping and it's time to find inside activities that keep us happy and moving! Table tennis is the perfect solution. You don't need equipment (we have loaner paddles and balls); and you don't need special clothing (non-marking shoes are appreciated). All you need is the desire to have FUN!!!

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

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

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

To join, just sign up on the new member sheet at the play sessions or email [pingpongsclh2@gmail.com](mailto:pingpongsclh2@gmail.com).

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

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

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

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

We set up a 'Robot' table tennis ball machine on Fridays to use for beginner coaching, warm up, training, and practice.

(cont' on page 32)

## Ladies Golf 18 Holes

BY CATHY JAICKS

Fall Golf Wrap-Up

October brought plenty of excitement on the course! Our October Net Chix went to Betty Blaney, who posted an impressive net 71 and joined the year's champions in the November 6 playoff. And after months of friendly competition, our 2025 Net Chix of the Year title goes to our current Co-Captain—and soon-to-be Captain—Lissi Bedford, who outplayed the other monthly winners. Congratulations, Lissi!

Our Witches Brew Play Day on October 30 was as festive as ever, with golfers showing off their most creative Halloween costumes.

1st Flight Winners: Kathi McCoy, Georgia Richie-Lynch, Rosie Warren, and Gay Wold

2nd Flight Winners: Carol Lopez, Julie Guth, Cathy Jaicks, and Kathy Lee

Another highlight of the fall was the triumphant return of the Sunheim Cup, a spirited two-day match against the Sun City Roseville Ladies. We're thrilled to report that we brought the Cup home! You can admire the trophy proudly displayed in the Pro Shop.

By the time this hits print, we'll have wrapped up our 2025 Holiday Luncheon, celebrating the season with awards, laughter, and great company. Look for next month's issue for full highlights and the announcement of our newly elected board.

As our 2025 Play Days come to a close, we're already gearing up for another fantastic year—2026 Play Days and tournaments kick off in January!

Want in on the fun? Call or text Kathy Lee at 925-998-3538 — we're always excited to welcome new golfers to the group!

• • •

## Water Volleyball

BY HOLLIS BISCHOFF

Stay healthy and active over the holidays or get a head start on your New Year's resolutions. Water Volleyball is a fun way to “summer” exercise in the water during these cold months. We welcome all ages and levels of play from purely recreational to competitive and everything in-between - our main focus is healthy fun.

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

• • •

## Senior Softball

BY HEIDI MAZZOLA

As 2025 comes to a close—and with it my final year on the Board — the Lincoln Hills Senior Softball League extends heartfelt wishes for a Merry Christmas and a Happy New Year. It has been an honor to serve our softball community and to share in the spirit, sportsmanship, and camaraderie that make our league so special.

As you look ahead to 2026, consider making a simple and meaningful New Year's resolution: get back out on the field and relive



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## Table Tennis

(cont' from page 31)

Players may use it on a "first come first served" basis, and the signup sheet is located there with the ball machine.

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

• • •

## Tennis Club

BY SUSAN KUUKKA

On October 22nd, we hosted a Fall Interclub event between Sun City Lincoln Hills and Sun City Roseville. Thirty-two people participated in a mini-Triples tournament and a few observers were present to cheer them on. The winners were Liz Stapleton, Nancy Kacey, and Bruce Gant. Members brought plenty of appetizers to share, and everyone had a great time!

On November 15th, we held our Annual Member Appreciation Day where we honor our tennis club members. Everyone enjoyed the games, free lunch and catching up with fellow members throughout the event! Our Member Appreciation Day is our most well attended event of the year.

LHTG has had an excellent year! Our membership is growing, and our expanded tennis activities offer something for everyone, including Live Ball, Ball Machine practice, drop-in tennis, Triples play, social doubles, and WellFit programs. We also added more social events to help past and present members connect. Our membership drive is ongoing

through the end of December so don't miss your opportunity to join and you'll receive the club's benefits for rest of 2025 and all of 2026.

If you're a tennis player looking to get back on the court, join the club and enjoy free activities, tournaments, and many social events. New members receive a free lesson from our own SCLH Resident and Certified RSPA/USPTA Tennis Professional, Eric Garcia. For details on all club activities, visit the LHTG or WellFit websites, or contact Eric Garcia at Eric.Garcia@selhca.com

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## LH Men's Golf Club

BY CARL LYNCH

Happy Holidays from Lincoln Hills Men's Golf Club!

Wishing you and your family peace, joy, happiness, good health, and prosperity in this holiday season!

We had a great turnout of 163 players for our Fall Favorite 4-Man Scramble tournament in October and couldn't ask for better weather! The BBQ, Annual Meeting, and Camaraderie

made for a very enjoyable event!

As always, the competition was extremely close, requiring the USGA tie-breaking method to be applied in all flights. Congrats to the winning teams, and to the individual winners of the Closest-to-the-Pin and Long Drive contests!

Flight 1 Low Gross of 56 went to: Jaicks, McClaskey, Knodt, and Leonard.

Flight 1 Low Net of 56 went to: Overton, Pearson, Green, and Walker.

Flight 2 Low Gross of 64 went to: Brenk, Texiera, Worley, and Erspamer.

Flight 2 Low Net of 54 went to: Sasabuchi, Bellah, Machado, and Dahl.

Flight 3 Low Gross of 67 went to: Ogata, Reasonover, Buffum, and Blumberg.

Flight 3 low Net of 56 went to: Klink, Williams, Wilcox, and (NS).

Closest-to-the Pin (CTP) went to Reed, Bush, Bella, and Noonan, Overton, Knodt, Guth, and Knodt (CTP on two holes!)

Long Drive went to Henry, Wilcox, McClaskey, and Wagner.

Also, a big Penny Carolan closest to the

pin shout-out to Bruce Lyau for displaying his wedge (ok...8-iron) wizardry and winning the 100-yard shootout!

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

• • •

## Shuffleboard Club

BY JON KLINE

New Winter Hours for Club play: Tuesdays and Saturdays: 10:00 to 11:30 AM. New player orientation is offered at every session. We are located on Court #10 in the Sports Plaza, adjacent to the rear of the softball field parking lot. The PolyCourts are virtually hollow and sit 3/8" above ground level, so rainwater goes through them, allowing for safe play when the adjoining tennis & pickleball courts may still be unplayable. For open play and practice, all equipment is in the onsite, unlocked cabinet; instructions for play & equipment use are posted there. For evening play, enjoy the bright LED lighting until 9:00 PM. Upcoming club events include our annual "kickoff" luncheon on January 21 at the OC Solarium. The first tournaments and clinics in 2026 will be held in March. Check the club website for details of all upcoming court and social events.

Do you know why we describe our 5 PolyCourts as "professional grade" shuffleboard courts"? These same American-made courts were shipped to Vienna, Austria, assembled and used for the 2019 Shuffleboard World Championships where 9 countries competed.

(cont' on page 33)



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### Shuffleboard Club

(cont' from page 32)

If your club or social group is looking for a different outing? Contact Wellfit to reserve 2-5 courts in advance and contact us for help setting up the courts or reviewing the basic game rules. We are a no dues club. People of all ages and fitness levels can play shuffleboard because no bending or lifting is required.

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

Club Website: Facebook/SCLH Shuffleboard Club

### Pedro Group

BY BONNIE KING

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

### Euchre Club

BY SUSIE SMELSER

Get into a new routine with the Euchre Club! Each second and fourth Thursday we gather in the OC card room at 6 PM for some laughter filled rounds of Euchre - an

easy to learn card game that is quick paced and fun. This game can be played online too, great for learning and honing skills. Basic rules can be found online or found on our handout located in the club news rack. We usually have 3 or 4 tables of four but can also play with six. We switch partners often to keep things friendly and fun. For more information contact Susie Smelser 707-362-6518, susiesmelsers@gmail.com

### Cribbage

BY MEL SWITZER

It's beginning to look a lot like Cribbage, Everywhere you go!  
 Take a look at the money bin, the pot is big again,  
 With Washingtons that make us all aglow!  
 It's beginning to look a lot like Cribbage, Winning's what's in store!  
 But the prettiest sight for me is the money that I'll see,  
 As I stroll out the door.  
 A pair of fives that jive with two kings, man alive  
 Is the wish of Betty and Ken.  
 Hands that will win and will make faces grin,  
 Is the hope of Susan and Lynn.  
 And Mel and Rae can hardly wait for shuffling to start again.  
 It's beginning to look a lot like Cribbage, Everywhere you go.  
 There's a buzz in the old card room, we all heard the laughter boom.

It's a record crowd that means there's lots of dough!

It's beginning to look a lot like Cribbage, Wins are what's in store.

And the thing that'll make us sing is the hand that will sting,

And we're happy evermore!

Last month, Mark Edmonds (our troubadour) did a Three-Peat, winning three weeks in a row. To our knowledge, that's never been done before. Then Susan Rogers (Rodgers) strolled in (11/4) and knocked Mark off of his pedestal.

We play the great game of Cribbage starting at 8:30 am every Tuesday in the OC Card room. Then once a month, Mark serenades us all and then goes to McDonalds for a Happy Meal, on us.

### Duplicate Bridge

BY MONA STRYKER

Our holiday Luncheon/Bridge game on Wednesday November 19 was very successful!





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# Mark and Nancy DeVincenzi

(cont' from page 1)

lose him, until he held up his business card and she could tell he was probably safe. They both exited on Main Street where she rolled her window down an inch to talk to him. Whatever was said must have worked because they got married in 1987. The couple lived in Loomis where Nancy owned a three-acre property and traveled as a medical equipment salesperson.

For the past 33 years, Mark developed a career in Wine Education, teaching at 5-star restaurants, junior colleges in Palm Springs and San Diego, and now in Rocklin. One of his fondest memories was when he and Nancy had moved to Sonoma County. Mark began teaching at Forestville High School and noticed that there was a five-acre plot of land behind the school campus where he could put in a vineyard so that the students could learn viticulture and vineyard management. Once he got the superintendent's approval,

the hardest part of starting this venture was getting the State of California to accept the class for credit in agricultural science. Once that hurdle was jumped, everything was a go, making Mark's the first high school vineyard in the state. Soon the students were picking grapes and learning new skills that led to their employment.

Always attentive to the esthetics of the environment, Mark designed a path around the vineyard so that teachers could take a stroll during their breaks and enjoy the scenery. The culinary classes in the high school were given grapes to make jams and jellies. And celebrities like Guy Fieri donated money to help enhance the seating in the culinary classroom so students could watch the action in the kitchen on hanging TV screens.



Mark and Nancy DeVincenzi — Italy 2018.



Mark DeVincenzi at Valley of the Moon Winery in 2017.

Mark's first year vineyard earned the students \$36,000 and increased monetarily and in popularity for the five years he ran it. He even arranged for a foreign exchange student from Australia to participate in the class.

After leaving teaching in Sonoma County, Mark accepted a management position with the Valley of the Moon Winery where he managed their tasting room for five years and helped people who had been displaced when a series of fires started in 2017. Beginning in early

October, 250 wildfires started burning across California. Twenty-one of them became major fires destroying 245,000 acres and 5,000 homes. Mark, with the help of his high school students, assembled 25 Weber barbecues that had been

donated by the Weber company to help feed those people who had lost their homes.

In 2018, life changed dramatically when the couple decided to obtain an Elective Residency Visa and move to Northern Italy for a year. They found a beautiful condo

people have fun in a snob-free environment," Mark says, noting that similar classes will be taught in the spring of next year as well. For more information, interested residents can go to the OLLI registration website at [www.sierraolli.org](http://www.sierraolli.org).

Nancy and Mark are already getting involved with the many activities at SCLH. The couple joined the Italian Club, the Food Adventures Club and get together with people who host unofficial wine tasting clubs in their homes. Nancy hopes to rekindle the activities of the wine group she went to in Sonoma County where they held "blind" tasting parties. Each couple would bring a wrapped bottle of wine which was then shared with the rest of the group, then rated and unwrapped. There was no prize offered, but the prestige of winning the best wine was always treasured.

Besides going to Italy nine times, over the years, Mark and Nancy have visited many cities in the US, particularly New York where her daughter from a previous marriage, Laurie Ann, lives. They also have plans to visit Landsdale, near Philadelphia, where their granddaughter, Katherine, lives. Currently they're toying with the idea of going to Paris and traveling to the region where champagne is made so that Mark can expand his teaching repertoire to include champagne.

Meantime, they look forward to sharing their love of wine with others and making new friends.

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



overlooking Lake Como and affording them a spectacular view of the Alps. "It was absolutely gorgeous," says Nancy. Since she and Mark had hosted several Italian students in their home, they had many built-in friends there to greet them when they went to Italy. "When I go there," Mark says, "I feel like I'm home." During their stay, Mark took a special interest in expanding his palate for Italian wines. "I gained an even greater appreciation of Italian wines which I now include in my classes," says Mark.

Since moving to Lincoln this year, Mark has accepted a teaching job with Osher Lifelong Learning Institute at Sierra College in Rocklin. His class, Sensory Techniques for Wine Appreciation, offers students a fun, hands-on journey through the world of Northern California wines. "Students will discover how their sense of smell holds the key to deepening their appreciation and understanding of every sip," says Mark. The class will teach people how to develop their palate and wine vocabulary, as well as how to taste wine and buy wine with confidence. "My main objective I have with every class is that



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## SSNLH WRITERS...

## My Dear Santa Letter

BY JOY S. HUTCHISON

Dear Santa — Am I still on your list? After 86 years I thought that perhaps the ink has faded and you couldn't make out my name anymore. I'm still around, Santa, and just in case you don't recall, my name is Joy. You know, like "Joy to the World," which seems like everyone wants to remind me of this time of the year. Right about now I'm tempted to change my name to April, my birth month, or Lily, my favorite flower!

My list is pretty short this year, Santa, unless you want to leave a crossword puzzle book or directions on how to work all of the buttons on my dashboard. Oh, and then there are all those electronic gadgets I've accumulated over the last few years that I really need some help with. And how about a new dictionary that lets me know what AI and cyber-something means. Also, the dictionary should include all of those new slang words. As an example of what I mean, recently a guest at a relative's home commented that their lakeside bathroom was "all crush." The hostess interpreted to me that he thought the cleanliness of the lakeside bathroom was exceptional. Without that explanation, I wouldn't have known whether his comment was complimentary or perhaps fighting words! Oh, and last but not least, I'm running out of printer paper - again.

Life has been good this year, Santa. Highlights included family celebrations, a few fun trips and meeting new friends. When

you're finished delivering all of the presents on Christmas Eve, why not stop by for a cup of hot chocolate? At our age, we can talk about old times.

• • •

## The Fallout Never Stops

BY STU SINGER

For months I had considered posing the question but always hesitated. This reluctance made little sense; our relationship had always been solid, I had great respect for her, and it seemed like a logical step yet always hesitation. Today, however, I resolved it was going to happen.

"So..." I paused momentarily while searching for the precise wording, "so, let us just say, I mean what if I told you to just ignore my ideas and instead you just go ahead and cut my hair the way you think is best. I mean, would you cut it any differently?"

Without hesitation, my hairstylist of four years responded. "I would make it fluffier on the top, tighten the sides and shorten the sideburns." Based on her instantaneous, detailed response, it was obvious she had long harbored thoughts on what would improve the sparse outcroppings atop my head. She then added, "Oh, by the way that's how George Clooney does his."

Let's stop talking and get this overhaul started.

Hair Today; Gone Tomorrow—

Following the stylist's advice should have been a no-brainer. After all, she has done wonders with my wife's hair. But, alas, in the

five months of sporting my new look, not one person has mistaken me for George Clooney or his hair. This is not my stylist's fault. The minimal strands on my head offer her limited creativity despite her best intentions.

I am not the only man with such challenges. According to the American Hair Loss Association (apparently there is an Association for just about everything) 40-53% of men experience male pattern baldness in their 40s and this number increases to 50-67% in their 50s.

As a member in good standing within the balding majority, I feel well qualified to share some of my considered thoughts concerning the condition. My main observation is that there is a profound lack of survivors' guilt among the non-bald. The bald community incessantly moans about our undeserved plight. Baldness is not the result of poor life choices. It has no relationship to one's weight, diet or bad habits. It is the result of losing a genetic crapshoot. Meanwhile, the beautifully coifed never see a need to acknowledge their amazing good fortune. They regularly employ the combs, brushes, gels and blow dryers my group discarded decades ago, while never taking the time to say to someone like me "I have always admired your courage for being seen in public without a hat."

Perhaps, thick hair robs one of empathy.

The Final Indignity—

Feeling a bit defensive, I have always bragged to my hairdresser about the time when I possessed a hairline to envy. For reasons best known to her, she asked me to bring in photographic proof. Enthusiastically, at my next appointment I brought in a picture of myself age 35. Straight, jet-black, collar-length hair was neatly parted in the middle blending

perfectly with a fashionable Burt Reynolds' mustache. The photo elicited a strong response.

"Oh my, you were so handsome" she exclaimed.

What stood out to me in her response was the use of the past tense "were." Equally disturbing was the sense that the words "so handsome" seemed to be punctuated with a question mark rather than an exclamation point.

But despite these negatives, her comment had a surprisingly positive effect. Obviously, there was nothing anyone could do to transform me into the new George Clooney of Sun City. More importantly, reflecting on my evolving self image, I now understood that despite my continual protestations, I have grown to accept my hair situation. I recalled the words of a wise sage. "There are only a few perfect heads in the world; the rest are covered with hair."

Indeed, there are many more important things to fret about.

• • •

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



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## Challenges and Dysfunction

(cont' from page 28)

5. Leadership — Every director wants to lead, but those in leadership positions seem unable to maintain order. Meetings drift along dominated by mistrust, competing narratives, and no clear plans and procedures.

After watching these board meetings, I can see a consistent pattern of dysfunction caused not by malice, but by inexperience, misunderstanding of governance, and personal agendas. I keep hoping that this Board will ultimately come together, focus on policy and planning instead of light bulbs and personal agendas and function as a unit with the future of SCLH in mind.

Barry White

• • •

## A Call For Accountability and Lasting Solutions

Barry Mackintosh, who identifies as a liaison between certain members of governance and the residents active on social media, has made statements that many residents believe misrepresent the facts. When residents questioned why no staff had been held accountable for the seven-month pool shutdown at Orchard Creek, Mr. Mackintosh posted:

“No one has been fired because of the need for pool repairs because there has been no objective determination that anyone on our staff could have prevented this need.”

However, the facts tell a different story:

A former Board member referenced the September 2024 Town Hall video which showed evidence the indoor pool temperature should have been maintained near 80 degrees. In the same video, WellFit Director McIlvain admitted she “pushed” to raise the temperature to 86 degrees in response to residents requesting a therapeutic pool. This exceeded the capacity of the dehumidifier, leading to poor air quality, rust accumulation, and ultimately the dehumidifier was shut down and the pool closed. Repair estimates—including replacing the dehumidifier—were projected at \$1.1 million.

Mr. Mackintosh also wrote:

“Those who assessed the need and made the repairs have put far more than a band-aid on the pool, and our staff who postponed its reopening by two weeks to ensure that it is fully prepared for use deserve credit for this.”

His statement is contradicted by the facts:

Last summer, a large hole was discovered at the bottom of the pool following a partial replastering. The entire pool bottom has since been replastered, but this is only a temporary fix. Rusting rebar is a serious structural issue, and a full pool replacement is inevitable. In the October 2024 Properties video, a resident asked why the full replacement couldn't be done now instead of waiting. Facilities Director Rosales responded that tile had already been installed and removing it would extend repairs into next year. Many residents found that answer troubling, as it indicates another temporary fix has been chosen over

a long-term solution

Mr. Mackintosh also wrote:

“Reopening the pool with a ribbon-cutting and refreshments is an appropriate way to mark this occasion and will be appreciated by many residents who choose to attend.”

Some residents disagreed and voiced their concerns to Executive Director Sedgwick, arguing that using community funds for Ms. McIlvain's celebration was inappropriate, particularly when the repairs cost residents hundreds of thousands of dollars and no one had been held accountable. The delay in the reopening celebration further suggests that repairs were rushed. In fact, a passing rainstorm resulted in water leaking into the pool from the rebuilt dehumidifier located on the roof.

Residents have been shut out of the pool for seven months. The dehumidifier has been malfunctioning for nearly two years, and rusting rebar threatens another shutdown. Both the dehumidifier and pool structure require full replacement. Meanwhile, the 26-year-old roof has been leaking rainwater for more than 10 years—another case of ineffective temporary fixes.

We appreciate the new Board's efforts to begin addressing these longstanding issues. However, many residents remain unaware of the extent of the problems. Residents deserve clear, factual communication—especially when individuals on social media claim to speak on behalf of our governing body.

With Board elections approaching, residents are calling for a definitive plan that prioritizes long-term solutions. We hope these

issues will not simply be passed on to the next Board. In the meantime, residents will continue to bear the financial burden, including future closures, because temporary fixes have been prioritized over lasting solutions.

J. Ken Newell

• • •

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

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



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# Neighborhood Watch Night Out

BY JERI DIFIORE

A Neighborhood Watch Night Out on Prairie View Lane and Court took place on October 30 this year. This is the third year in a row the terrific neighborhood got together for their Halloween stroll, while collecting food bags for charity, and to socialize. It's a great way to visit and get to know each other, while doing something worthwhile.

Cash donations and over 60 food bags were collected for St. Vincent de Paul's Food Pantry, overseen by Kay Riga. Additionally, we had a chance to socialize in Corene Bennett's driveway with over 30 neighbors.

A fun and rewarding Neighborhood Watch Experience!



## LH Foundation —

(cont' from page 1)

Make an afternoon of it and enjoy lunch at Meridians beforehand.

Our popular olive oil is back, perfect for gift giving at holiday celebrations. See our ad for details on how to order.

A heartfelt thanks to the volunteers who make Bingo possible, we couldn't do it without you!

Bringing a group? We are taking table reservations. Email your request to [lincolnhillsfoundation@gmail.com](mailto:lincolnhillsfoundation@gmail.com)

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**-Kyle S**  
Wesley Financial Group, LLC client

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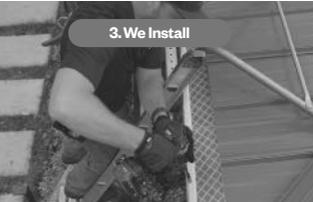




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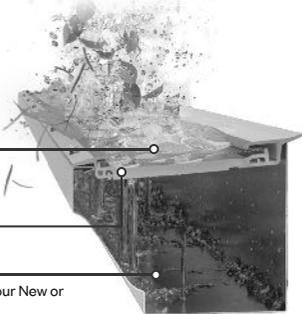
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# SUN SENIOR NEWS CLASSIFIEDS

## The Salvation Army Partners with The Giving Machine this Christmas

BY GRANT HANSEN

This holiday season, The Salvation Army invites the community to experience a new, meaningful way to give back. In partnership with The Giving Machine, The Salvation Army is honored to be one of seven philanthropic organizations making it easier than ever to help individuals and families in need across the area, as well as worldwide.

Now through December 8th, 2025, visitors to the Westfield Galleria at Roseville (1151 Galleria Blvd, Roseville) can stop by The Giving Machine, vending machines with a charitable twist. Located on the first floor near Coach and Gucci, these machines allow shoppers to make instant donations that provide real goods and services to local nonprofit organizations, including The Salvation Army.

Rather than purchasing something for yourself, you can purchase an act of kindness, such as meals for the hungry, blankets for the homeless, or support for families in crisis. Each contribution goes directly to those in need, making generosity both simple and impactful.

"The Giving Machines are a unique, fun, and memorable way to perform an instant act of kindness for someone in need," said Major Peter Pemberton, Sacramento County Coordinator with The Salvation Army. "We're thrilled and honored to be part of this initiative that brings communities together through the spirit of giving."

Since The Giving Machines launched in 2017, more than two million people have visited and donated over \$44 million in goods and services. This year, the initiative expands to 131 cities across 21 countries, helping communities around the world.

The Giving Machines are part of the annual Light the World campaign, an initiative sponsored by The Church of Jesus Christ of Latter-day Saints, which distributes 100% of every contribution directly to the participating nonprofits. The Church covers all operational costs and receives no financial benefit from this effort.

For a full list of participating nonprofits or for more information about The Giving Machines, visit [www.givingmachinesgreatersacramento.org](http://www.givingmachinesgreatersacramento.org)

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## SUN CITY REAL ESTATE UPDATE

There is sluggishness in the region's housing market. We have seen values go down between 1-3% depending on locale, and who you ask, over the past 6 months. Some of it was froth that is no longer there as buyers are much more willing to pass over houses that don't check all their boxes. Sun City, while being somewhat buffered is not immune to the regional dynamic of our housing industry. As such I expect to see the market continue to slow as we go into 2026. There are buyers looking to buy in Sun City but the key to selling your home will be focusing on what your competitors are pricing at, because the best house at the best price wins when the market slows.



WRITTEN BY  
GEORGE BROWN  
[gbrown@thompson-brown.com](mailto:gbrown@thompson-brown.com)



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

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

SCLH residents get FREE non-business Classified Ads; limited to 15 words; one per household per month. **Non-business Ad** items include selling personal used items such as furniture, tools, books, rugs, electronics, personal car, golf cart, etc.

#### BUSINESS ADS:

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

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

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

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

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

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



**Thompson + Brown  
Real Estate**

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BROWN.COM**



**George Brown**

As the year comes to an end, I want to thank everyone in the Sun City Lincoln Hills community for your kindness and support. Wishing you peace, joy, and many blessings this holiday season and in the year ahead.



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