

SUN SENIOR NEWS

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Eileen VanEss — Executive Extraordinaire

BY JENNIFER (JEN) MARTIN

“Thank you for saving my company from bankruptcy.” These words were uttered by Bob Haas, the Chairman of Levi Strauss, to SCR resident, Eileen VanEss, who was instrumental in the refinance of the company’s bank debt which at the time was more than \$3 billion.

Eileen was born in 1959 on the south side of Chicago, the third of four children. The family moved to Mount Prospect when Eileen was in the first grade. Her father, an accountant, became the Chief Tech Officer for an oil company and then the CFO of the Field Museum in Chicago. He taught Eileen and her siblings everything he learned from work. “By the time I was fourteen, I knew what a database was,” she says. Her mother was brilliant, achieving the third highest score in the state’s SAT exam. She told her children to marry for love, not financial security, and to expect to work outside the home because the



Eileen VanEss

cost of raising children would be high.

After attending a local Catholic grade school, Eileen attended Marillac High School, an all-girl college prep high school. In the summer between her freshman and

sophomore years, she won a scholarship to live with a family in France. The program, called the Experiment in International Living, offered Eileen an opportunity to expand her knowledge of the French language, culture, and country. She and her group were sent to Brittany in northern France where she lived with a family that had an apartment in Rennes and a summer home in St. Thual—a real live chateau—the Chateau de St. Thual.

When she returned home, she announced to her family that she was going to go into international finance and live and work in Paris. “My dad later said he didn’t laugh when I said that because he knew if I said it, I would make it happen,” she recalls.

When the time came to go to college, there weren’t any undergraduate programs in International Business at the time, so she

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SCR Foundation 2025

BY ELIZABETH JARRETT—SCR Foundation Board Member

Where did all the time go in 2025? Every year, the days, weeks and months between the beginning and the end of the year seem to rush by at an accelerated pace. The feeling of how time is experienced is as subjective as it is objective when we check the actual time on our phones. Earlier in life, I was told, the older you get, the faster life goes; I also heard the old saying of “time flies when you’re having fun.” For an end of the year question to ponder: Does that mean here in Sun City Roseville, that the faster our life goes, the more fun we’re having?

The Sun City Roseville Foundation Board has been busy, and time did fly for 2025. It literally feels like just last week we were assessing community needs and planning for the year. We will recap and summarize our participation in different grants and programs sometime during January when the end of the calendar year 2025 information will be available.

We have already moved our calendars enthusiastically into 2026 and look forward to new and creative ways to support our Sun City Roseville neighbors through the Foundation. An example of this is our hope to work, when possible, in more collaborative partnering with some already existing Clubs and Groups. “The power of a team pulling together for the same goal, striving to reach a common destination, is far greater than the sum of its parts.” Plaque



Dinner



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Save the Date: Our first BINGO fundraiser of 2026 will be on Sunday, January 18th. We will be selling tickets on Courier Day January 2, 2026.

We are experimenting with materials in our new literature rack by the library. Along with Foundation information and resources, what we put in the rack, will be based on what

(cont’ on page 26)



BY JACKIE PROETT

It’s December and time to come to our WINTER WONDERLAND concert on December 1, 7:00 pm. At our Timber Creek Ballroom. Hope you have tickets, they go fast! What does that title mean in our busy lives? It means that though winter can be dark, cold and lonely, we can make a wonderland in other’s lives by sending a card, a phone call, or a visit. It doesn’t have to be an expensive gift. A hug will do.

The Singers have enjoyed a wonderland all year. Fun parties, like our Luau in October. Our concerts have been well attended and we’ve received wonderful compliments. Of course, much of this is because of the careful instruction from our Director, Paul Melkonin and Accompanist Andre who was replaced by John Hazelrigg. Thanks, John, you have added much to our happy home.

We are so pleased to have new members who have helped fill our ranks and have taken

(cont’ on page 5)

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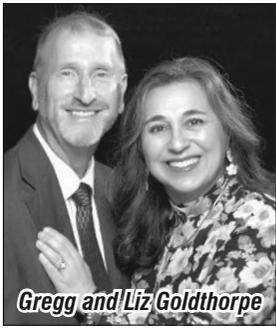
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From the Editors...



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 Merry Christmas and Happy Holidays!
 Gregg & Liz Goldthorpe*

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

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

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Singers

(cont' from page 1)

on some jobs that needed filling. There are so many ways to make a wonderland!

It is time for our winter nap. For those of you who saw our concert and want to join, come see us in January when we start up again. We meet on Mondays at 2:30, back of the Ballroom. You will be handed a package of spring concert music. You can come three times before joining. So come try us out. You'll find, not only music, but a bunch of new friends.

Merry Christmas!

• • •

All Tuned Up

BY PEGGY WELLS

The big news from ATU is that we put on a great show on November 1 – one of our best ever. Everything went smoothly; no last-minute glitches! We all had a lot of fun and hope that the audience did as well. We had a wonderful variety of music – solos, a trio, instrumentals, and several sing-a-longs. We all want to thank the audience for coming out, and giving us a very enthusiastic welcome (and forgoing the 7th game of the World Series!).

In December our thoughts turn to the holidays, with celebrations of family, friends, and home. My thoughts center on the music of the holidays – the modern secular classics (White Christmas, Jingle Bell Rock, etc.) and the traditional religious carols (Silent Night, O Come All Ye Faithful, etc.) But however you celebrate, we at ATU wish you love, friendship, peace, and beautiful music!

• • •

Harmonicoots

BY JO ANN STOOKSBERRY

Did you know the harmonica was one of the first musical instruments played in space? On Christmas Eve 1965 astronauts played Jingle Bells with a harmonica and a bell. This Thursday, Dec 4th, the Coots will be playing Jingle Bells and many more of your Holiday favorites in the Timbers Lobby from 5:30 - 6:30 pm. So come on over and grab a songbook and join us for a "Jolly Good Time"!

It's time to thank the groups and clubs who have asked us to play this year. Thank you to the Sun City Association for asking us to participate in Opening Day Men's Softball, the Holiday Golf Parade and Art Show. Also, a big thank you to Sharon Mowry for our e-blasts for our lobby shows and Beth Acre for booking our lobby shows for the year.

Our Octoberfest had a great turnout. We played about 20 songs, but the highlight of the night was people dancing to the chicken dance! We love to entertain and would love to have you join us at our meetings. We saw 2 new faces at our last meeting! For more information on meeting times or to book a gig call Jo Ann Stooksberry at 916-749-4425. As we head into December we think about friends,



Our fans doing the Chicken Dance.



Octoberfest

family, traditions, holiday food, sharing, and giving. The Harmonicoots wish you and yours the best holiday season ever! Dec 20th is the Holiday Golf Cart Parade. There might be a Harmonica sighting in store — Harps Up!

• • •

Music and Laughter

BY JANE BOHN

Our last month's gathering turned into another lively "Open Mic" show with a colorful mix of entertainers including: Jan Given, Lem Llapitan, Gary Mills, Dave Wammer, Dale Melberg, Peggy Wells, Ed Lick, Bruce Barley, Jack McGurk, Nanci Woody, Mike Ewing, and lastly a surprise visitor, our youngest daughter professional singer/guitarist, Lisa Marie Bohn. Though space here limits specifying each one's contribution, the talented guitarists, saxophone players, piano player, singers, jokesters, poetry reading and fun sing-a-longs kept our spirits high.



Gary, Jane, and Lem

Special thanks our audience, our entertainers and our helpers Jill Aggersbury, Pam Moll, Eric Shipp, Doug Hull and Dwight Rose. Without you there would be no Music and Laughter.

Congrats to our Prize winners Pat Llapitan, Dick Gehrler, Peggy Wells, Sandi Morea, Eric Shipp, and Ernie Bell.

Don't miss our festive Christmas Open Mic Wednesday evening December 10, 7pm (doors open at 6:30) at our Sierra Pines Lodge, corner of Del Webb Blvd., and Whistlestop Way. Your \$1 donation entrance fee is for the prize raffle at the end of the show. Come share the cheer, the laughs, and the music that makes the season shine!

• • •

Drama Club

BY LENORA DAVIS

Happy Holidays from the Second Act Studio Drama Club to you and yours. We are in all aspects of rehearsals and preparation of stage, sound and lighting for our upcoming Sierra Pines production. It will be one performance the evening of March 24 and matinee plus evening performances on March 25. Our script selection committee has selected 3 sketches we hope you will enjoy. We expect that they will take approximately one hour, so intermission will not be necessary.

As with most Clubs, we will not hold our usual Sierra Pines meetings in December, but many of our members will be gathering elsewhere to rehearse and otherwise prepare.

We have again added new members to our "Drama family". Some will be acting and others performing background functions. See attached photos. They offer these comments regarding why they have joined us:

Karen Williams - I have been involved with drama since high school and enjoy it immensely.

Pam Tellier - I joined because it looked like a fun group and it is!

Tim Levitt - After seeing my cousin Renelle Jorgensen and her husband, Bob Jorgensen playing many different parts and meeting people in the Drama club. It's an absolute blast We are having a wonderful time.



Valarie, Tim and Angela



Marilyn, Karen, Pam T and Pam N

(cont' on page 7)

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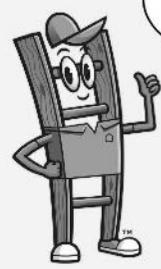
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Drama Club

(cont' from page 5)

Angela Levitt - Organized drama is more fun than ordinary drama.

Valerie Thompsett - Hoping to have fun and learn some new skills

I encourage everyone to visit our SCR website and view our photos of past productions, events and parties. See the good times.

Finally, a reminder that our performances usually sell out early, so mark the performance dates in you calendar and watch for announcements that tickets are available. More details on this as soon as they are finalized. For more information about our Club, contact Susan Glover at 530-388-6367 or Lenora Davis at 707-350-1357.

• • •

Dance Club

BY VIKKI CLARK

The Sun City Dance Club wrapped up October in spooky style with the Eat, Drink & Be Scary dance on October 27th. The energy was electric as the band Four Barrel rocked the night away! Their performance was absolutely fantastic — they not only played great music



but also joined in the Halloween fun by performing in costume and interacting with the crowd. Dancers came dressed to impress, from ghouls to glamorous witches, filling the floor with laughter and lively moves. It was a night to remember! See the Dance Club website for more pictures of the event.

November 17th brought a change of pace with a Ballroom Workshop led by the talented Sandi Kremer and Paul Albert. Sandi and Paul's instruction was engaging and fun, helping dancers of all levels improve their steps and confidence on the floor. These workshops are a great way to build skills while connecting with other members who share a love of dance.

Looking ahead, the excitement continues with our Holiday Party – Forever in Step on December 2nd. If you haven't reserved your table yet, it's too late — this event sold out quickly as we come together to celebrate and honor Jim and Jeanie Keener, beloved members and longtime dance instructors. We'll take a moment to reflect on their lives before joining Sun City and their many contributions to our dance community.

And don't pack away your dancing shoes just yet! On January 19th, we'll kick off the new year with Dancing into 2026, a lively social featuring line dancing and Country Couples. It's sure to be a fun and festive way to start the year right — with great music, friends, and plenty of dancing!

The Sun City Dance Club keeps the beat going strong — come join the fun!

• • •

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>

• • •

SCR Needle Arts Club

BY PEGGY VOAKES

Just like that we are immersed in the Holiday season! While the retail industry wants us to be buying and giving, let's take this time to give thanks for what we already have. I am thankful for all of you, our Needle Arts members, who do so much to make our club the wonderful place for us to be. I am thankful for all the friendships with you, your kindnesses and generosity, your greetings when I am out in the community.

I hope all of you enjoyed the Craft Faire as much as I did. I want to thank our committee members, again, for all their hard work, as well as all of you who volunteered and baked.

Our November Show & Tell was bigger than ever, with so much beautiful work. Thank you all for sharing!

Be sure to peruse our newsletter to discover all the many ways we can contribute to our larger community, not just during this giving season, but throughout the year. Also, look for all the fun coming up in the new year!

Remember that we have no General Meeting in December, but I look forward to seeing you in the Ballroom on January 7, 2026 at 1:30. We always welcome new members and guests. Wishing you peace and joy for the Holidays!

• • •

Fine Arts Club

BY NANCY VAVUL

As we approach the end of the year, the Fine Arts Club is thrilled to reflect on the success of the Holiday Boutique held in November. With enthusiastic crowds and a diverse selection of handcrafted items, the event was a resounding success, celebrating the creativity of our talented members while fostering a warm, community spirit.

Mark your calendars for our upcoming Holiday Luncheon on December 12! This year's theme is "Songs of the Season," and we will enjoy tables decorated by our members fitting this musical spirit. This event promises to be filled with joy, laughter, and camaraderie.

In addition, our Fine Arts room will

showcase winter-themed artwork created by our members. Most pieces will be available for purchase, perfect for those looking to add a touch of artistic warmth to their holiday décor or to give as unique gifts.

We are excited to feature the inspiring photography and watercolors of Alan Foden in the card room this month, adding to the enchanting atmosphere of creativity.

A special congratulations goes out to our esteemed member, Steve Walters, who is featured in the Winter Edition of Watercolor Magazine. We are incredibly proud of his achievements and recognition.

Please note that there will be no formal classes in December, but the studio will be open for members wishing to work independently. This flexibility allows for potential Pop-Up sales events in the Fine Arts room throughout the month, so keep an eye out for those exciting opportunities.

Looking ahead, we are finalizing our January classes, featuring Donna teaching acrylics, Renee on watercolor, Maria with colored pencil as well as Drawing on the Right Side of the Brain, Sherry guiding alcohol ink, and Gail leading Zentangle. As always, be sure to check the room for times and details for these events. Happy holidays to all!

• • •

Roseville Stamp Club

BY TIM MILES

The holiday season is upon us and there are no meetings in December 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 w/ 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

(cont' on page 9)

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Ambassador Committee

BY DAWN HASKIN

Whensomeonesaysthe word“December,” what memories or things does that word trigger? The colors of red and green, or perhaps blue and gold. Evergreen and fir trees, big and small. Childhood holiday specials like “Rudolph,” “Frosty,” even “A Charlie Brown Christmas.” Music, so much music triggers memories. Holidays such as Kwaanza and Hanukkah and Christmas – each with their own set of customs and traditions.

Whatever this month means to you, I hope you are able to take the time to celebrate and spend time with loved ones. Whether it be family or friends or neighbors, make a connection with others this month.

Take a drive around Sun City – you will find “Candy Cane” Lane (Green Grove), and whimsically decorated wooden geese on Goose Meadow, wooden railroad signs on Whistlestop, paddle wheels on Paddlewheel Court, just to name a few. Whether you are new to Sun City or have been here for a long time, it is easy to find something that piques your interest!

Our next New Resident Orientation will be held on January 3, 2026. If you moved into the community during Sept., Oct. or Nov. you should receive an invitation to this event. We urge you to reply as soon as you get the invitation to ensure your spot in this fun event. On behalf of the Ambassador Committee, we wish you a wonderful holiday season and may the new year be a good one for you!

Village Games Coming in 2026

BY JEFF CARASKA

Aspartofthe30thanniversarycelebration of Sun City Roseville, the Sports Activity Committee will host The Village Games, a sports competition beginning in April among the 13 SCR Villages. The sports include bocce, cornhole, croquet, golf, pickleball, table tennis and tennis.

The goals of The Village Games are to increase engagement in these sports and to strengthen the relationships within each village.

“We’re really excited about The Village Games,” said Ian Fellerman, Chair of the Sports Activity Sub-Committee. “We hope it will provide an additional opportunity for our residents to participate in these sports.”

The Village Games are open to all, including those not currently members of any of the clubs or groups that host the planned sports. It is the organizers’ hope that SCR residents will use the Village Games as an opportunity to try a sport for the first time.

Fellerman said each club or group will determine its format for the Games. “It will be up to them if they want to offer a competitive or friendly division or both,” Fellerman said. “It’s also up to each sports club or group if they want to limit the number of participants or offer training sessions for those trying a sport for the first time.”

Signups will begin in the first quarter of

2026, and will be offered by the clubs or groups that oversee the seven Village Games sports.

Additional information will be available at the December 1 Courier Days in the lobby of Timber Creek Lodge. You may also contact Fellerman at 510-846-5137 or fellermanian@gmail.com. You may also contact representatives of all seven participating sports, which are listed in each issue of the Courier.

Sunshine Services

BY LINDA CILENTI

As the holiday and winter season approaches, remember “We’re Here to Help.” This is a wonderful time to share more about our team and the services we provide.

We are a Community Services Group with the purpose of offering our Sun City neighbors information and resources to assist them to engage in their daily activities comfortably and independently. We strive to ensure that everyone regardless of age can thrive and feel at ease in their homes and the community.

Medical Equipment Loan Program: For a short-term loan of a wheelchair, walker, cane, knee walker, crutches, or ice machine, call 1-916-960-8091 and leave a message. A volunteer will call and arrange a time for you to meet at our on-site storage unit.

Arrow Discounted Tickets: Arrow, run by the City of Roseville, provides door-to-door

transportation using smaller, wheelchair-accessible buses. To purchase a ten-ride ticket for \$10 call us at 1-916-886-7008. For ride reservations, call the City of Roseville Transit Office at 1-916-745-7560.

Personal Care Home Items: We have donations of new personal care items, like moist towelettes, washcloths, adult briefs, and under pad bedding protectors. If you need any of these items or want to donate, please call Sharon at 1-916-261-1181.

Cover-ups/Adult Bibs: Thanks to Needle Arts, we have materials to make cover-ups, also known as adult bibs. We’ve been busy crafting them and have a few available for sale at \$10 each. Feel free to check them out and buy them at Courier Days!

Adult Bereavement Support Group: Meets on the first Tuesday of every month from 10:00am to 11:30am in the Timber Creek Lodge Card Room. For more information, reach out to Kate Craig, LCSW, at Sutter Health Hospice, 1-916-918-3025.

We genuinely appreciate serving you and look forward to continuing in the new year. Warm wishes for a wonderful holiday season.



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Executive Director Comments

BY GEOFFREY BROWNE

Happy Holidays to everyone!

As usual, the Board of Directors and staff are preparing for a busy season full of special events, parties, and fun social activities. We're building up momentum and looking into the future, planning for events and projects that we know are coming up. And the New Year brings new fitness classes and events, new bus trips and activities, concerts and shows – so much to look forward to!

And of course, we are preparing for some special Holiday Events, as we do every year. Thanksgiving has just passed, but Christmas and New Year are just around the corner and we'll be ready to ring in 2026. Once again, we will be decorating the Timbers Lodge with festive lights (thank you Sun City Roseville Foundation!) and trim, and hosting community events that we hope will bring us all together in our common purpose of celebrating our goodwill.

Other projects are starting to take shape, including some that have been in planning for over two years. Our Phase B expansion of the Fitness Center is one such project. We've completed much of the preliminary work and area now starting to get the project into the Construction Phase. Staying organized and keeping the momentum going over the few months will be the key to success. There is just a few short months before we are ready to put the first shovel in the ground! Importantly,

we are working on putting together a more detailed communication plan so we can keep you all in the loop. Please read the article in this month's Courier written by Fitness Director Elaine Zilonka for some great information.

We're busy planning several other possible projects, too. The Strategic Planning Committee is working to put together more details and costs on some of the projects they have recommended, including the installation of shade structures, construction of a new Cart Barn, a possible expansion of the Timber's kitchen, and a large-scale irrigation replacement project for both golf courses. Those projects will likely be three or more years in the future, but getting ahead of the game means we can move faster when it's time, and ensure funding is available when we will need it.

As always, to be successful in our journey ahead, we will need your input, participation, and support. We invite you to get involved wherever you feel is right for you, whether in a club or group, on a committee or just by dropping in to say hi!

More immediately, I hope you have some fun plans for the Holidays. No matter whether fall is your favorite or not, I hope everyone has a safe and positive month, with friends and family nearby, and with high hopes for the future. Here's to the Holidays, and the road ahead.

Roseville Stamp Club

(cont' from page 7)

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 January meetings.

• • •

Meditation Group

BY ED CERVANTES

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

Since 2022 the Heart of Gold has been providing the residents of Sun City the opportunity to learn a simple method of meditation that uses soothing mantras and music to ease the stress and anxieties of daily life. For over 47 years mantra meditation has

been a focal point in our lives and it is our pleasure to share it with you.

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

We have one date scheduled in December and we hope to see you there. Bring a friend and come make new ones.

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

Have a happy holiday season and we look forward to getting together in the New Year.

With all good wishes, Ed and Eileen Cervantes, The Heart of Gold Meditation Group: mantramedclub@gmail.com

• • •

Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

A special thank you with appreciation to Sherry and Larry Bleiweiss for leading the Shabbat (Sabbath) Friday night service and to Nancy Schubach for hosting the Oneg (a sweet table following the Shabbat service) in October.

Now that it is December, our Jewish Fellowship Circle looks forward to this month and 2026 with our fun events in friendship and camaraderie.

Our last event of this year will be our annual Hanukkah dinner on December 18, 2025 at 6:00 pm and the lighting of the Hanukkah menorah at Sierra Pines. Our dinner will be

(cont' on page 11)

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Rick Grove
Masters Club Member
Email: rickgrove@sbcglobal.net
PH: 916-296-7752
DRE #01177945

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.

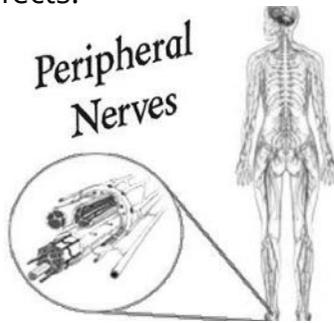


Figure 1: Notice the very small blood vessels surrounding each nerve.

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:

1. Underlying cause?
2. Amount of nerve damage sustained?
3. How much treatment is required?

Three goals of treatment at Lincoln Acupuncture:

1. Increase blood flow
2. Stimulate nerve fibers
3. Decrease brain based pain

The main problem is that those with Neuropathy have been given limited options for treatment: medications which often make you feel

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.

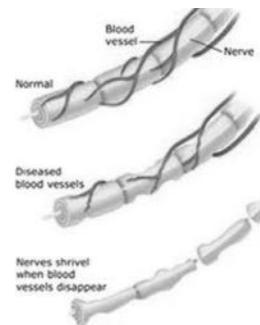


Figure 2: When blood vessels become diseased, they shrivel and are no longer able to provide nourishment to the surrounding nerves.

The treatment to increase blood flow utilizes Acupuncture, ATP Resonance BioTherapy and O3 Regenerative Therapy. Acupuncture helps to stimulate the blood vessels and the peripheral nerves such that they are able to receive proper nutrients needed to heal and repair. Collectively, these treatments function to increase blood flow and expedite recovery and healing.

The amount of treatment needed to allow nerves to fully recover varies from

person to person and can only be determined after a detailed neurological and vascular evaluation.

We will conduct an exam that consists of detailed sensory vascular testing and an analysis of neurological findings. After the exam, you will meet with the practitioner to discuss your results and determine if you are a good fit for our program.

This life impacting condition affecting millions of individuals can be helped and even reversed. Whether the neuropathy affecting you is chemical in nature, due to diabetes, or mechanical such as disc disease or arthritis, treatments are available to help you alleviate your suffering.

Call **916-884-0398** to make an appointment to determine if the peripheral neuropathy affecting you can be treated.

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YOU DON'T HAVE TO JUST LIVE WITH IT

Jewish Fellowship Circle

(cont' from page 9)

catered by Elena's Kitchen and Catering which will include their delicious homemade latkes. Details will follow in an email to all JFC members.

We will also have the lighting of the Hanukkah menorah by our JFC Board members for each night of Hanukkah at the Timbers Lodge in the lobby.

On January 9, 2026 at 6:00 pm we are having a Shabbat dinner before the Shabbat services at Sierra Pines. The dinner is free to all JFC members. Details will follow in an email to all JFC members.

Hanukkah (Chanukah) is the Jewish eight-day wintertime "Festival of Lights" celebrated with a nightly menorah lighting, special prayers and fried foods of potato pancakes (latkes) and jelly donuts (sufganiyot). The Hebrew word Chanukah means "Dedication" and is named because it celebrates the rededication of the Holy Temple. On the first night of Hanukkah one candle is lit on the right side of the menorah. On the following night a second candle is placed to the left of the first, but it is lit first. Families gather to share meals, sing songs and play games with a spinning top called a "dreidel." Hanukkah is a time for gift giving.

• • •

Solo Friends Group

BY NIKKI COMBS

The October Social dinner was a riot of costumes, making judging difficult. The winners were: Bente Frydendahl - Viking, Cal Conley - Homeless person, Jennifer Martin and Sharon Hearden - Witches. Thank you to the gracious host, Jean Taylor, and everyone who participated.



Cal Conley
looking for a
handout.

The November General meeting featured resident Diane Wilson speaking about "A Life Worth Living, A Legacy Worth Giving." Diane is a Health and Wellness Chaplain, Certified Bereavement Companion, and an Adult and Child Development educator.

Diane states, "Our spiritual legacy is a gift we leave behind after our well-lived lives." She defines spiritual legacy as our purpose, mission,

and way of life that we must communicate with our loved ones while preparing for our final transition.

Don't forget the Holiday Party on Tuesday, December 9 from 5:00 to 9:00 pm, featuring dinner from Timbers, games, prizes, singing, and dancing; a great way to celebrate the holidays with solo friends. Remember, this event is subsidized, making dinner more affordable. Each year the Council pays \$25 per meal. Considering dues are only \$15, it literally pays to be a member of Solo Friends.

Speaking of membership, it's time to pay your annual dues. A membership form including your activity number is required for all members, existing and new. Sun City requires your number which can be found on your activity card. Payment may be delivered to Roberta Simpson's home.

Please note, Roberta and Social dinner coordinator Sharon Hearden have locked security boxes on their porches for payment checks. It's reassuring that the Council was concerned about your safety so provided the boxes.

Happy Holidays no matter how you celebrate. January starts with a new Vice President, Heather Kendall, new Social Dinner hosts, and special group activities. The January speaker is CPA Eileen Vaness. Stay tuned for all the information.

• • •

Sun City Democrats Group

BY MARTY BOYER

Our Holiday Jingle Mingle is coming up on Wednesday, Dec. 17, 4-6 p.m. in the partial ballroom at the Lodge. Come join us for casual fare and spirit shared with like-minded friends. Timbers Catering is providing hot and cold appetizers. Tickets are \$25 per person. We will have a no-host bar in lobby if enough register. Otherwise, you can buy drinks at the bar. No big speeches - just celebrating the season and each other. Signup closes Dec. 10. Send checks made out to Sun City Democrats Group to Cheryl Thyken, 7147 Lost Lake Lane, or drop in box at porch.

A huge shoutout to members who helped staff an 11-day voting center in Granite Bay. The passage of Prop. 50 should offset the Texas redistricting. Big wins by Democrats in other races bode well for Midterms.

October's speaker was Paul Mitchell,

head of Redistricting Partners and architect of Proposition 50. Paul shared the painstaking collaboration and set of ethical values followed to create the new map, which did not divide communities of interest and followed the principles used by the Independent Commission.



Paul Mitchell

The January 28 meeting will explore the challenges facing public broadcasting in the era of Trump defunding, remedies, and the outlook. Our speakers will be General Manager David Lowe and Associate General Manager Ryan Lillis of PBS' Sacramento affiliate, KVIE. Ryan was a longtime political reporter for the Sacramento Bee.

Finally, if you haven't paid your \$15 dues for 2026, please get your check to Cheryl ASAP.

• • •

Socrates Café

BY STEVEN GUSTAFSON

Last month, Socrates Café discussed global population growth. The volunteer discussion facilitator presented several fascinating slides. One alarming slide showed the human population on earth from thousands of years ago to the present. In the year 0 (about the time Jesus was born) the population of the earth was less than the current population of the United States. Over the following 1000 years the global population nearly doubled. But over the next the 1000 years (ending about now) the global population didn't just increase a few more times - it increased about 10,000 times!

This explosive (or exponential) population growth was the focus of our discussion. As usual, about 20 of us were around tables positioned so we could all see and hear each other (everyone had a name tent and a microphone). Questions asked included the following. Is explosive population growth a serious problem? If so, what can be done about it? Will the population become too large for the earth to support? What areas of our planet have greater population or population growth than others?

Some thought that explosive population was not a serious problem, mostly because

history indicates that technology advances (such as machinery for agriculture) have largely kept up with population growth. There was much discussion about the distribution of both population and population growth. For example, India is much more densely populated than Australia. Also, many wealthy countries (including the US) have population growth below the replacement level (less than two children per couple), but many poor countries have population growth far above this level.

If you think you might find our discussions interesting, you are welcome to join us. We meet on the first Monday of every month at 10:00 in the Timbers Lodge.

• • •

Computer Club

BY BARBARA EICHTEN

Happy Holidays!

The Computer Club will not meet in December or January. The Genealogy Group will meet in January.

PHOTO SIG; Please join our enthusiastic photographers and be challenged to share knowledge and improve skills. Photo SIG (photo club) will meet on Friday, December 19 at 10:00 in the Club Room. Only Photo SIG members may submit photos for the monthly contest. Submit a medium of three photos, send to scrphotosig@gmail.com by Monday, December 15. The photos are juried at the regular monthly meeting. December's theme is "Minimalism" with a time frame of the last three years (2022-2025). Contact Carmela Kube for further information.

There will be no Open Sessions during the month of December. Call if you need immediate help. Barbara Eichten (901-626-9821) or email barbara.eichten@gmail.com.

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(more Club News cont' on page 12)

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.



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Veterans and Patriots Club

BY ELIZABETH JARRETT

November 2025 was busier than most months for Veterans and Patriots. Our last General Meeting of 2025 was held on November 5. That meeting included Officer Elections as well as a wonderful presentation by RRUFF Service Dogs. RRUFF will be returning for another presentation early 2026 with at least one Service dog and a trainer. As soon as that date is confirmed, we will make everyone aware of it.

On Veterans Day, we had a Flag Raising Ceremony at the Sun City Roseville Flagpole

in front of the Lodge. Thank you to Michael Hau for arranging the Bagpiper to attend. Congressman Kevin Kiley also attended. It was a beautiful Fall morning to pay respect to all our living Veterans and those that are no longer with us.

The evening of Veterans Day, Capitol Pops returned for a concert in the Ballroom. Our outgoing President Steve Stansberry's wife Joanne is a Capitol Pops member and shared her musical gifts at the concert. We thank her and all the Capitol Pops Orchestra for a great evening.

At the time this article was written, we were planning the Holiday Dinner/Dance on

December 3. Our deadline for reservations has passed. However, tickets sometimes become available. If you are still interested and did not get tickets, check with one of the Officers or Council to see if any tickets are available. Installation of new Officers is also planned for that evening.

Do you like talking with neighbors and other residents? Consider volunteering to sit at our Courier Day Table for a couple hours and interact with people that want to join or learn more about the Club. Email Elizabeth if you want to know more about serving the Club this way. ejarrettmft@gmail.com

As a reminder, we will not have a General Meeting in December. The next General Meeting will be January 7, 2026.

Conservative Action Group

BY SHERRI SCOTT

Our last meeting of the year was held on November 3. And what a great meeting it was with our dynamic speaker, Morgan Gire, Placer County District Attorney. This man loves solving criminal cases and his passion for the law was on full display during his presentation. More than just this, however, is his compassion for the victims of crime - the driving force behind all he does. He is a native of Placer

County, has been a prosecutor for 26 years, and our county District Attorney since 2020.

He is particularly proud of three major accomplishments of his office: disrupting and stopping fentanyl distribution; reducing retail theft; and interrupting human trafficking in and through our county.

Kids turned to fentanyl for recreation during the pandemic lockdown. The first death was a 15-year-old girl. Morgan led the effort, and provided the model to other counties, on charging murder to the seller that kills someone with a lethal dose. He now has four convictions out of six in the state and is prosecuting five more suspects with this offense.

Retail theft is also down. Proposition 36 was an enormous victory by reelevating low-level crimes as misdemeanors back up to felonies. Retail thefts are now charged with consequences. Morgan was a major player in developing Prop 36 and endorsing its approval with the electorate.

Human trafficking is a problem here because of interstate travel through our county

(cont' on page 13)



Veterans and Patriots November 5th meeting, with guest presenters from RRUFF on stage.



Morgan Gire

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Conservative Action Group

(cont' from page 12)

with cheaper motels along the thoroughfare. He has personally talked with these motels about the laws and consequences associated with this crime. "When the DA shows up it gets their attention."

There will be no meeting in December as all Sun City facilities will be used for holiday celebrations. Our next meeting will be on January 5, 2026, at Sierra Pines starting at 6:30 pm.

• • •

Travel Club

BY PAM SCHEEL-HEMINGWAY

Viva Las Vegas! That's the theme of our December 7th Holiday Party. Sure hope you made your reservation as it's going to be a gala affair. Remember to wear your "glitz"!

Your Travel Club Council has grown and now welcomes Shirley Meloy as our newest

member. Shirley is our club photographer and will be posting photos from trips, socials and meetings. Check out your Council hard at work here and also check out our photo gallery on the web page!

Our VP, CJ Johnson, hosted a meeting for all members interested in serving as Trip Coordinators and Group Leaders. It takes a village and we've got a great one!

Trips now available for booking for Travel Club members include:

European Christmas Markets—December 4-11 (Collette)

Southern Italy/Sicily—March 6-18, 2026 (Collette—note date change!)

Australia – March 8-26, 2026 (OAT)

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

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

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

Broadway Experience – June 8-12, 2026



(Champ Tours)

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

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

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

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

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

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

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

The Travel Club meets the 4th Monday of most months at 3:00 pm in the Ballroom, Our next regular meeting is January 26, 2026. Happy holidays to all. See you next year!

• • •

Birders

BY JANET MORELLI

Most, if not all leaves will be off deciduous trees by this month and bird watching will be much easier - birds will be out in the open and many migrating species will be stopping by for a refreshing visit on their long journeys. SCR Birders will begin visiting Sacramento Valley wildlife areas and preserves that are on their 2025-2026 Field Trip Schedule and find thousands of migrating geese, ducks, and other migrating birds. The schedule, with a list of these trips, has been posted to the Birders'

web site at scres.com.

Twenty-two species were identified on the Birders' visit to Mahany Park Roseville in mid-October, including the Ring-necked Pheasant, American Goldfinch, Says Phoebe, and White-breasted Nuthatch. Two weeks later, the scheduled field trip was to the Nimbus Fish Hatchery in Gold River. There, Birders identified 20 species, including the Double-crested Cormorant, Spotted Sandpiper, Belted Kingfisher, and Black-crowned Night Heron.

A Belted Kingfisher is a pigeon-sized bird with a bushy grey-blue crest and upperparts, a white chest with either one gray-blue chest band (male) or two bands (female - one band is gray-blue, the other band is rust colored)



and a large head and bill. They are usually found perching on a branch over a pond or lake looking for a fish. When sighting one, it will fly off the perch, hover over the water,

(cont' on page 16)

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*LINCOLN SHUTTLE TO SHIP AVAILABLE!					
11 Day MEXICO From SFO! PRINCESS 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.					
*LINCOLN SHUTTLE TO SHIP AVAILABLE!					
16 Day PANAMA CANAL- PRINCESS Island Princess ~ 2200 Passengers	Jan. 24 & Feb. 25, Dec. 12, 2026	\$1,799	\$2,149	\$3,449	
Sail from Fort Lauderdale, Florida to Cartagena, Columbia; Panama Canal Full Transit; Fuerte Amador, Panama; Puntarenas, Costa Rica; Puerto Chiapas, Mexico; Huatulco, Mexico; Puerto Vallarta, Mexico; to Los Angeles, California. Ask about Princess Plus! Call for pricing and availability on other dates.					

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November 2025





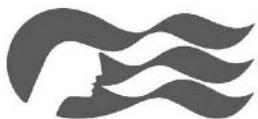
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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean-View Balcony
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10 Day COUNTRY ROADS OF NORTHERN ITALY Insight Vacations Luxury Escorted Land Tour Package includes 1 night 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, Portorage, and Local Specialists!	May - September 2026 *INCLUDES ROUND TRIP SACRAMENTO AIRFARE!	\$6,549
15 Day BEST OF IRELAND AND SCOTLAND Trafalgar Escorted Land Tour 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, Portorage, and Local Specialists! Ask about extending to PLAY GOLF in Scotland!	April - October 2026 *INCLUDES ROUND TRIP SACRAMENTO AIRFARE!	\$5,849
15 Day BEST OF SPAIN AND PORTUGAL Insight Vacations Luxury Escorted Land Tour Package includes 2 nights Madrid, Spain; 1 night Salamanca, Spain; 1 night Porto, Portugal; 2 nights Lisbon, Portugal; 2 nights Lake Seville, Spain; 2 nights Costa Del Sol, Spain; 1 night Granda, Spain; 1 night Valencia, Spain; 2 nights Barcelona, Spain. Visit Museums, Universities, Wine Tasting, Fatima Pilgrimage, Cathedrals, Flamenco School, Gibraltar, Villages, Olive Oil Tasting, Paella, Peniscola Castle, Vineyards, Gaudi and More! 14 Breakfasts, 2 Lunches, 5 Dinners Including a Be My Guest Meal, Dedicated Travel Director, Driver, Portorage, and Local Specialists!	January - November 2026 & 2027 *INCLUDES ROUND TRIP SACRAMENTO AIRFARE!	\$5,449
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The Most Popular Option is to Combine a Portugal River Cruise with the Best of Spain and Portugal Escorted Tour!		
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November 2025



VIKING

Birders

(cont' from page 13)

and then dive into the water to catch its prey and return with its catch to its favorite perch. A Belted Kingfisher is noisy and conspicuous with its loud rattling call. Nesting is in the end of a tunnel dug in a sand or gravel bank by the water. The tunnel can be up to 8 feet long!

• • •

Garden Club

BY CHRIS WATT

Our November 4 meeting was a presentation on Fall Planting, including pruning and winter maintenance suggestions, given by Debbie Buehler, a Nurseryman from a local establishment. Many questions were addressed with practical solutions.



Caption: Debbie Buehler, Speaker at our November meeting.

The December meeting will be the Garden Club Holiday Breakfast on Tuesday, December 2 in the Aspen, Birch and Cedar rooms at

the Lodge. Doors will open at 8:30 am, the Breakfast Buffet will be at 9 and will be followed by our Gift Exchange (\$25 gift encouraged but not mandatory). Entertainment and door prizes too! The deadline to reserve your seat has passed but please use this as a reminder to attend or put on your calendar for next year. We do have fun.

Regular meetings are the first Tuesday of the month at Sierra Pines, doors open at 6:15 pm for refreshments and socialization with the meeting starting at 6:45 pm. We are dark in July and August.

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

It is time to pay your \$10 annual dues for 2025-26 if you have not already done so. You can get the registration form at our meeting or on the Garden Club website, as well as in the Garden Club folder inside the Lodge.

• • •

SCR Hiking Group

BY SILVANA HUGHES

The mild fall weather made for some very enjoyable hikes. Recent outings included the Bobelaine National Audubon Sanctuary near Yuba City where hikers tasted wild grapes, Bullards Bar Reservoir with its stunning turquoise water and colorful shoreline, and Dry Creek trail near Roseville.

As the year comes to an end, we want to thank our trail master Donald Stoye and our dedicated hike leaders for scouting and planning all these outdoor adventures. We also appreciate our carpool drivers who make it easy for us to enjoy the scenic routes and beautiful hikes!

We look forward to this year's holiday celebration to be held in the Solarium room at the lodge on Tuesday, December 9 at 6:00 pm. A big thank you to Dori Zuchold for planning this event! The next Hike Group meeting will be on Monday, March 9, 2026.

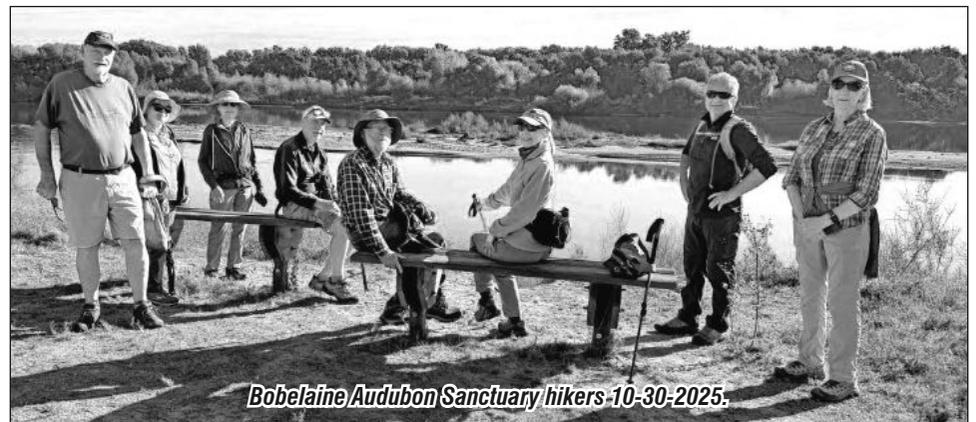
Below is the December schedule, subject to change depending on weather and trail conditions. Bring water, snacks/lunch, and a change of shoes to keep the driver's car clean. We meet at 8:45 am in the lodge parking lot near the tennis courts for carpooling and a 9:00 am departure. Happy trekking!

December 4 - Empire Mine, rated #4.5

(cont' on page 17)



Ray Fellows on the rope swing 10-9-2025.



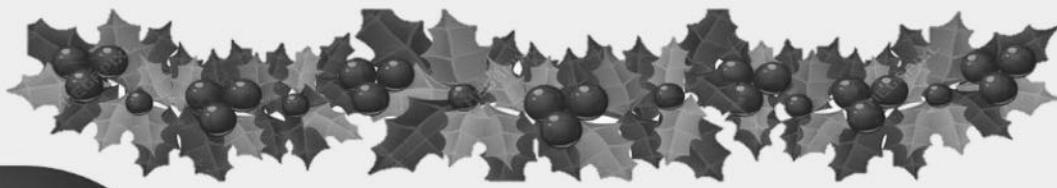
Bobelaine Audubon Sanctuary hikers 10-30-2025.



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SCR Hiking Group

(cont' from page 16)

(easy to moderate), 6 miles, elevation gain 750 feet, \$8 carpool ride.

December 11 - Rattlesnake Bar to past Avery's Pond, rated #4 (easy), 6 miles, elevation gain 500 feet, \$8 carpool ride.

December 18 - Cool to Quarry Trail Head, rated #4 (easy), 5.5 miles, elevation gain 350 feet, \$8 carpool ride.

December 25 - Christmas - no hike.

• • •

He & She Golf

BY JAHNA HOLMES

Happy Holidays, everyone! 'Tis the season for gathering with friends and family! In just a few days, Friday the 5th, we'll be frolicking at our Christmas in Paris themed He and She party! Hope you are all coming! In November, we had our one General Meeting of the year and voted in our Council for 2026. The results will be in January's issue.

We had a good turnout at our fall tournament and Hawaiian Luau dinner on October 13th. Most came dressed in colorful Hawaiian-themed garb, matching the lovely décor. The food was good, and the wine flowed! Julie Harris, our President, had us compete by tables to see how many Hawaiian words we knew! Winners got to get in the food line first! And there were several very nice gifts given out in a drawing. Good time all around!

On October 27th, the 18-hole group first place team, scoring 117, was Shirley Libis,

John Ladas, Joan Munn, and Fred Fesersen. Second place, scoring 124, went to Jim Lynch Connie DeBlaquiere, Mark Gregson, and Yolanda Lawrence. Third place scoring 134 was Stephanie Tran & Brian Gorman, Ed Van Patten, and Marsha Suter. CTP for men was Rich Aug at 2'0", and Stephanie Tran at 8' 11" for women,

The 9-hole group first place team scoring 43 was Leon & Linda Osgood, Leon Futran & Blind Draw. Second place tie scoring 44 was Don Cook, Raquel Godfrey, Johanna Anderson, and Arlene Lizotte. And Tony & Janet King with Steve & Elizabeth Gustafson. Third place scoring 45 was Michael & Pam Hemingway and Marty & Bobbie Hostler. CTP 1st place men was Charlie Baughman at 17'4", and 1st place woman was Bobbie Hostler at 13'19". Here's wishing you all a joyful Christmas season!

• • •

Sierra Pines Ladies Golf

BY JOAN ROSE

December will be a fun month for the Lady Niners. We will start the month with our Christmas party in the Ballroom on Tuesday December 2nd at 11:30am. The party, being chaired by Pam Skarg, will feature awards for Eclectic, Putts for Points and birdies and chip ins. Each of the tables will be decorated by a group of ladies. So, no two will be the same. Looking forward to seeing the creativity of our group.

December play will be a 9:00 shot gun regular play on December 3rd, 10th and 17th.

There will be no play on December 24th or 31st.

The results for the October chips ins are: October 8th, Bobbie Hostler hole #5, and Cindy McCray #7. October 15th Pat Horning #6, October 22nd Dana Eggerts #6 and October 29th Deni Randell #6 and Bobbie Hostler #2. Congratulations ladies. Keep up the good work.

As of this writing, there are still two positions available for next years board: Publicity, which requires writing this article for the Courier and the Sun Senior News and Fallfest Chair which requires organizing the Fall Social at the Pines. If you are interested in either of these positions, contact our new Captain, Cathy Hurst.

A special thank you to our outgoing Captain Janet King. Janet moved to Sun City in November of 2014. She had never played golf before moving here and joined the SPLG group about two years later. She was Co Captain for 2 years and then captain for 2 years and now she will be advisor to the board for another one or two years. She has been a good Niner by taking on tasks that are needed to keep the club running. She has been very dedicated to our club. Next time you see her, say thanks!



Janet King

• • •

Timber Creek Women's Golf Club

BY LATRICIA NICHOLSON

Congratulations to our 54 hole Club Champions, first place for the Red Tees was Cindy Gray with Cindy Murphy coming in second. The White Tees champion was Karen Shahoian!



2025 Club Champions

After residing for many years in our trophy case, the Sunheim Cup trophy is now with the Lincoln Hills ladies. We had a great turnout from our Timber Creek ladies with 36 golfers participating in the two round tournament. We hosted the tournament on October 29th and thank the Timber Creek Men's Golf Club volunteers who took the Lincoln Hills ladies bags to their carts, the Pro Shop who was on top of everything we needed and the marshals who were helpful in directing our guests. We may have lost but we did it with class!

The first combined Timber Creek Women's Club and Timber Creek Men's Club the "Harvest Hootenanny" tournament was a huge success! The 115 golfers enjoyed perfect

(cont' on page 19)

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Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT & RON MASCIOVECCHIO - PROGRAM COORDINATORS

Just a few reminder from Neighborhood Watch as we go into the holidays – Be Aware Common Holiday Scams in 2025

Holiday Charity Scams are looming – Scammers often set up fake charities during the holiday seasons tricking victims into donating money for a good cause. Always verify the legitimacy of a charity by checking if it is registered and has a good reputation before donating. Charities can be verified by the BBB through Wise Giving Alliance.

Fake Vacation Rentals & Booking Site – BBB accreditation process for businesses in the vacation rental industry suggests that BBB that accredited businesses are held to higher standards for customer service, transparency and ethical business practices.

Holiday E-Card Scams – Scammers may send unsolicited e-cards that contain links or attachments designed to compromise your personal information. Be wary of unexpected e-cards, especially from unknown senders.

Tips to Protect Yourself

- **Verify Charities:** Before donating, check if the charity is registered and look for reviews or ratings.
- **Use Trusted Platforms:** Only book accommodations through well-known and verified websites.
- **Be Skeptical of Deals:** If a deal seems too good to be true, it probably is. Research the property and the host before making any

payments.

- **Check Email Sources:** Always verify the sender's email address and avoid clicking on links from unknown sources.

- **Report Scams:** If you encounter a scam, report it to local authorities or consumer protection agencies to help prevent others from falling victim.

By staying informed and cautious, you can enjoy a safer holiday season in 2025 while avoiding common scams.

The following are borrowed from Reolink Blog for Holiday safety –

The hustle and bustle of holiday shopping can make you vulnerable to potential risks, so here are some key funny holiday safety tips to keep in mind:

- **Whenever you are in crowded stores or shopping centers,** know your whereabouts at all times.
- **For the sake of security,** keep your wallet in your front pocket or at least a secure and zipped bag to sidetrack those pickpocketing desires.
- **Do not carry large amounts of cash;** use credit cards for better fraud protection.
- **Shop during the daytime and in an area that is well-lit and full of people.**
- **Be sure to use a secure payment method** when online shopping and refrain from placing online transactions using public Wi-Fi.

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Timber Creek Women's Golf Club

(cont' from page 17)

weather, fun games and meeting new people. Over 50% of the players won with four flights and four winning teams per flight! It was a great time, and we look forward to having more of our ladies participating in next year's Harvest Hootenanny.

Our last major tournament of the year is the Holly Jolly Tournament on December 3. Remember to wear something "jolly".

The Most Improved Players for October are: Lynn Pearsall (1st Flight); Kim Aaron (2nd Flight); and Pat DeCroix (3rd Flight). Congratulations ladies!

We end the year with our Holiday Luncheon on December 10 in the ballroom with the presentation of awards, good food and great fellowship.

Have a very merry holiday.

...

Timber Creek Men's Golf Club

BY MIKE MURPHY

Warmest greetings from the Timber Creek Men's Golf Club! We have been extremely fortunate with beautiful weather this fall. The golf courses are in fantastic condition; the greens are running fast, true, and now is the time to go

out and have a great time playing golf with friends and family. It is time to renew our Men's Club memberships so please do so by contacting Mark Gregson, our Membership Director, at 916-835-0107 or email him at ma02bui@gmail.com. You can also leave a check in the lock box in the team room adjacent to the Pro Shop. If you are interested in joining the Timber Creek Men's Golf Club, give Mark a call or send him an email, you will not regret it! We would love to have you join us!

Our final tournament of the year will be held on December 16. The Last Chance Tournament is always popular so sign up early to get your spot. We recently had our first annual Hootenanny Tournament on October 14. This event was a collaboration



October Veteran of the Month — Lieutenant USN (Ret.) Fred Haseley. Thank you for your service!



Hootenanny Committee: (L-R) Bill Thyken, John Ladas, Mike Carroll, Jay Dameron, Karen Shahoian, Kathy Hamilton, Trisha Nicholson, and Dan Nicholson. Not pictured Sherry Hilger and Linda Stenvick.

between the Men's and Women's Clubs and was a resounding success. Two men and two women were paired as teams, and we competed in several flights. There was a putting contest between the teams after the event followed by a nice lunch at Sierra Pines. In my opinion, this was the best and most enjoyable event of the year. The committee that put this tournament together, led by Kathy Hamilton from the Women's Club and Mike Carroll from the men's club did a fantastic job. Thanks to the entire committee from all of us that attended, job well done!

Our next general club meeting is pending a time and location, watch your e-mail for updates.

See you on the links in 2026!

...

Golden Niners

BY KEN HANSEN

Fore Please! Heads up Golden Niners!! This month's report now driving!!!

We have a new player, Barry Klein. Now 151 total Niners. We averaged 85 players in 3 weeks in October. 118 guys played and 94 shared in the \$1020 purse. big money winners: Dave Lamon \$27, Steve Schmidt \$26, Ralph Friend \$25, Doug Ladd \$25, and Duane Kruen \$24

Stages of aging: first you forget names, next you forget faces. Then you forget to zip up. But then you forget to zip down.

During WW II, in a POW camp, Left III, an amazing miracle took place. Luft III is where the Great Escape took place. But this

story involves a special game that was played there: golf.

It starts with a prisoner, Sydney Smith, opening a Red Cross package containing a hickory shafted golf club. Sydney made a golf ball using shoe leather filled with rubber from shoe soles and stitched. Soon other prisoners were making improvised clubs and balls. They built a 9 hole, 850 yard course around the camp, even using the swimming pool as a hazard. One hole was played over the mess hall. St. Andrew's sent a full set of clubs. They formed the Sagan Golf Club and held regular tournaments. When a ball sailed into "no man's land", guards gave the prisoner a white jacket to safely retrieve it. When the Escape happened, 79 prisoners tunneled out. Only 3 made it home, 50 were executed, the rest imprisoned. Hitler was so infuriated that he ordered the golf course destroyed. It was built back two weeks later. Amazing what these men did to help them stay sane and healthy, playing a game, we love and enjoy today.

Until we meet again, gentlemen.

...

Softball Club

BY PATRICK MAGLIONE

Our Council had a productive meeting on October 28. Some notable decisions were made, including: a Wednesday one game per week schedule; single elimination tournament; increase playing fee from \$90 to \$100 when paid by January 28, \$115 afterward; increase team sponsor fee from \$450 to \$500; increase

(cont' on page 21)

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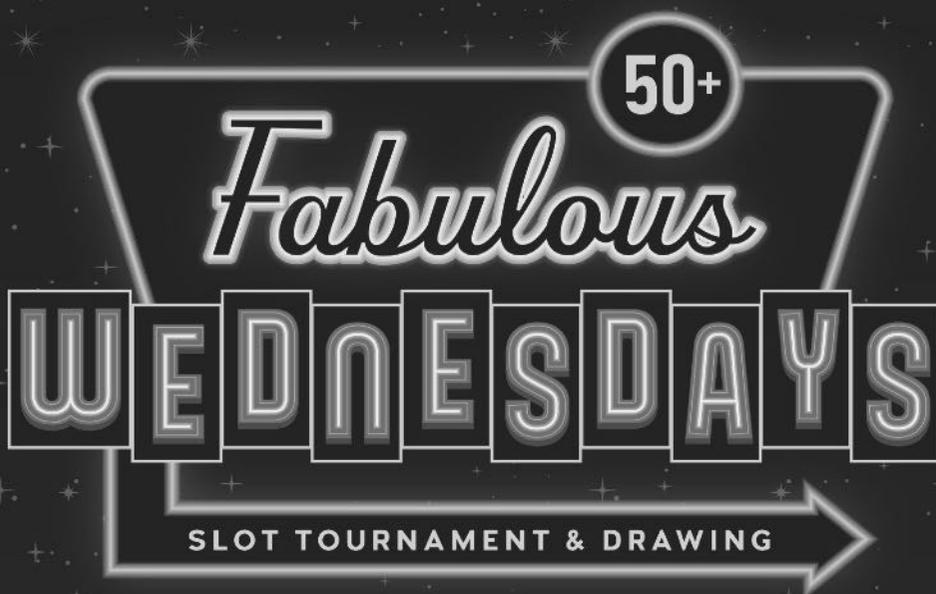
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Eileen VanEss —

(cont' from page 1)

created her own by combining an accounting degree with a French major, along with some extra econ and other classes, at St. Ambrose University in Davenport, Iowa.

At St. Ambrose, Eileen joined the music ministry, which provided music for daily mass, and the choir. During Pope John Paul II's visit to the US, her college choir was chosen to sing at the event. The assistant dean, Ed Rogalski, taught the choir the Polish equivalent of "For He's a Jolly Good Fellow" in Polish, ahead of the event. As the Pope passed by her group, they sang the song and to their delight, the Pope stopped the car to talk to them, complimenting them on their "good Polish." "It was a real thrill," says Eileen.

The thrill of singing for the Pope was exceeded in her senior year when she had the opportunity to sing for and talk to Maria Von Trapp who was speaking at the college. Maria told the students that the secret to happiness was discovering the will of God and doing it. "I went up to her afterwards and basically commented about how hard it was to figure out what was the will of God," Eileen remembers. "Once you knew what you were to do with your life, doing it was the easy part."

When speaking to the chaplain at the university about her intention to go into the business world, he questioned her choice because he considered her to be a very moral person. She told him that she thought she could do more good in the world by being an ethical business person than a social worker. Later opportunities came that would prove that she made the right decision.

One of the advantages of going to a smaller school was that Eileen wasn't intimidated to try out for plays and musicals. She appeared in many productions such as the King and I, Kiss Me Kate, Fiddler on the Roof, and Carnival.

After graduating from college in 1981, Eileen worked for one of the large CPA firms for four years before joining McDonald's. When she was first interviewed at McDonald's, it was for a traditional accounting role. But when she mentioned her French degree and the experience of living in France, they ended



Eileen VanEss at Grand Canyon this year.



Eileen VanEss with her twins on their 9th birthday, 2002.

up changing the job description and offered her the role of the finance liaison between the corporate headquarters and the French speaking countries. Through a series of serendipitous events, she found herself living in France a little over a year later, the first time McDonald's had sent a non-operations person overseas. "Going to France put me on the map," she says. "Professionally, it changed everything." She remembers being referred to as "the young American who spoke French so well" by the local employees.

Upon returning to the US, she was no longer one of the legions of accountants at McDonald's but "the one who went to France." She was asked to join their treasury department, which at the time was focused on financing the international expansion of the company, and with it, hedging the company's foreign exchange and interest rate risk. Eileen soon found herself in the midst of Wall Street's best and brightest. She had dinner with the chairman of JP Morgan and met Jamie Dimon,

when he was a kid investment banker. She knew the senior most bankers at Merrill Lynch, Bank of America, Credit Suisse, Deutsche Bank, and every major financial institution one can think of. When getting her MBA at the University of Chicago in 1993, she had established relationships with teachers who later were connected with CBOT, IMF and the Federal Reserve Governors, some of whom she still keeps in touch with. Throughout her career, she interacted with the head of the European Investment Bank, World Bank and many other international bodies and banks.

Eileen remembers, in particular, her experience helping Levi Strauss avoid bankruptcy. At the time, in 1999, she worked for them in their San Francisco office and lived in Danville with her husband, Alan, and their twins, Alex and Sarah. The company was heavily in debt, and their profits had fallen to a mere \$5,000. Eileen worked tirelessly for six months with no days off until the bank debt was refinanced and the company avoided insolvency. That's when she earned a thank you and a kiss from the CEO for saving the company, a very gratifying moment for Eileen.

During her years as an accounting, treasury and investor relations executive, Eileen focused on "cleaning things up." She became good at setting up new infrastructures and managing equity issuances. Her work took her all around the world. She's been to the Netherlands, Japan, Singapore, UK, Abu Dhabi, Germany, Australia, and Argentina, to name a few. One memorable visit was to the incomparable Iguazu Falls in South America. Now retired, she's managed several trips—this year, back to France and Chicago, then to Canada and the Grand Canyon.

Eileen is active in Solo Friends, Boomers, Bocce and the Travel Club. She's already got a trip planned for Scotland and is looking forward to visiting her children who live in the Bay Area. On January 5th, she'll be speaking about financial issues facing seniors at a Solo Friends' meeting, open to all residents.

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

Softball Club

(cont' from page 19)

all-star sponsor fee from \$250 to \$300; re-establish one scorekeeper sponsor at a fee of \$400; re-establish the all-star game; reduce the age of all women players from 60 to 55; and recommendation to increase club membership dues from \$12 to \$15, requiring membership approval.

Club membership dues and sponsor fees have not increased in over 16 years and have become necessary due to: increase in playing field costs, rental of storage unit for equipment (previously stored by members), and general cost of living and minimum wages increases.

Our November 5 membership meeting was well attended and produced great discussions, and the needed approval of the club dues increase from the current \$12 to \$15 for at least the 2026 calendar year.

Practices will resume mid-January. A practice game was played at our November 3 practice using a one-one starting count on the batters, as has been considered. It was reported that it was well accepted. Additional trials and considerations will be made prior to a final decision.

The 2026 registration forms have been completed and were available to those in attendance, many of whom had their checks ready and signed up after the meeting.

It has been confirmed that there will not be a membership meeting in December; the next being January 7, 2026. Our next Council meeting was announced to be on November 25, at 2pm in the Cedar Room, and all are welcome to attend.

For more information, visit our web-site at: <https://rosevillesseniorsoftball.org>.

Happy and healthy holidays to all.

•••

Table Tennis

BY JEFF CARASKA

Ron Houston can't really recall a time when he wasn't physically active.

As a youngster there was basketball with his brother. During his 40-year teaching career, he played in a weekly game. Oh, and also softball and tennis. And backpacking. Lots of that.

"As a teacher I got involved with an

(cont' on page 22)

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Table Tennis

(cont' from page 21)

outdoor education program. I'm very proud of that program." With good reason. When district funding for the program halted, Houston and others raised funds themselves and kept it going.

Houston spent his 40-year career in the San Ramon Unified School District. In 2006 he was a Contra Costa County finalist for Teacher of the Year. He was also one of three nominees for the Warren Eukel Teacher Trust. "When I walked into teaching, my thinking was I needed to do more," Houston said.

Houston and his wife Pam moved to Sun City Roseville in 2014. He was pleased to see table tennis offered as an activity. It was there he reconnected with a fellow teacher.

"Frank Tom and I were summer school principals almost 50 years earlier," Houston said. "I had no clue he was here."

Houston previously served as president and vice president of the Sun City Table Tennis Group. "Number one, I enjoy the people in our group" he said. "The game is fun, it's competitive, but it's a friendly group of people to share stories with and that's what I enjoy."

That enjoyment is an anomaly. At age 7, Houston developed amblyopia, and is legally blind in his right eye. "A couple of doctors are surprised I can still play table tennis."

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

• • •

Pickleball Club

BY MARILYN PLUTH

Welcome to our new Pickleball Club members: Louise Durej, Susan Green, Marie Huntington, Joyce Mokhtary, Donna O'Neil, and Nancy St James.

Join us on the courts Monday through Saturday from 8:00 am to Noon for friendly games, and participate in any of our upcoming tournaments, social events, and great parties. For those who aren't members and would like to join, dues thru the end of 2025 is \$10.

Thanks to ALL for making our FIFTH Annual Rookie Tournament in October such a super success. 18 brave souls entered the courts with great attitudes and lots of smiles. We heard laughter, and saw some really great rallies. A BIG "Thank You" goes to our volunteers, too. Our seasoned members stepped up and helped make the event the fun time that it was. It all went so smoothly! AND Congratulations to the winners! They were in 1st Place Steve Girard, 2nd Place Cathy Cramer, and 3rd Place Tim Aquino.

October also brought a Halloween "Trick or Treat on the Pickleball Courts" event that was fun, and with perfect weather. The trick was that members played while dressed in costume, and the treat was the food snacks and camaraderie afterwards, and there were additional treats for those who won prizes



Rookie Tourney — 3 Winners

from our raffle drawing.

We're having a 2026 Pickleball & Prosecco event on January 26 and hope to see many of our club members there. Spouses are welcome and tickets are \$35 per person. Checks should be made payable to Pickleball Club and can be dropped off at 6241 Rose Garden Lane. Contact Judy Coldani at 408-691-4866 with any questions.

Happy Holidays to All from the Sun City Roseville Pickleball Club!

• • •

Bocce

BY DAVID MOORE

After more than a thousand matches, the Fall mini-league of 2025 is in the record book. The winners and runners-up were:

Sunday night: First, Team 2: Katie Brett, Jerry Fredericksen, Connie Lugo and Christine Prentice. Second, Team 9: is Linda Fredericksen, Bill Johnson, Marjorie McGee, Susie Rivera and Salli Scott.

Monday night: First, Team 9: Mary Jorgensen, Alan Morgenstern, Sandi Nordquist and Irwin Perry. Second, Team 5: Richard Cellamare, Michael Foote, Jennifer Morgenstern and Linda Osgood.

Tuesday morning ladies: First, Team 2:

Jacki Burdick, Rosemary Dinse, Medina Lane, Arlene Lizotte and Judy Myers. Second Team 7: Connie Kincaid, Janet Patrick, Diana Rischling and Pam Skarg.

Tuesday night: First, Team 13: Kathy DelGrande, Faye Klein, Douglas Ladd, Rob Schroeder and Judith Shively. Second, Team 8: Michele Estabrook, Greg Gonzales, Kathy Hamilton, Paula Happe and Peter Tellier.

Wednesday night: First, Team 2: Rick Fischer, Al Savery, Mary Scott and Sue Sequeira. Second, Team 16: Julie Fitch, Royce Harnsberger, Vi Wan and Rick Workmon.

Thursday morning: First, Team 7: Aud Bair, Leo Crosta, Larry Herndon and Bev Lewis. Second, Team 12.: Doug Amsden, Lise



Friday night bocce mini-league players know how to party after their games.

Bonomi, Bev Cutler and Kris McGushin.

Thursday evening: First, Team 11: Mary Burns, Gail Franklin, Terry Lane, Mike Murphy and Shelly Trawick. Second, Team 15: Ralph Friend, Stella Maynard, Mike Polini and Carol Vickerman.

Friday evening: First, Team 3: Bud Haddix,

(cont' on page 23)

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Bocce

(cont' from page 22)

Janet Harris, Gary Kern and Arlene Lizotte. Second, Team 5: Mike Bubbico, Ginny Davidson, Ralph Faust and Kathy Schroeder.

Saturday evening: First, Team 6: Brian Baxter, Vikki Clark, Sue Lewis and Chris Nicholson. Second, Team 4: Dan Arriola, Vi Arriola, Michael Foote, Mike Rueb and Linda Slaven.

Last month's report mentioned the coat drive conducted on the bocce courts organized by Mary Scott. Bocce club members contributed over 1800 pieces of clothing!

• • •

Croquet Club

BY JIM WILLSON

The Croquet Club hosted a catered dinner from Skipolini's, Rocklin, at our November 23 meeting, which consisted of Tuscan Chicken over Angel Hair Pasta accompanied by a green salad, bread, and a special dessert. Later on in the evening we played a fun-filled rollicking game of Mr. and Mrs. Wright. An enjoyable time was had by all.

The main item of business conducted was our annual election of officers. As of this posting, the newly elected officers for the Croquet Club are as follows: President, Patrick Maglione; Vice-President, Susie Willson; Secretary, Judith Shively; and Treasurer, Louisa Maglione.

In reading about croquet, we found a number of fascinating side articles that may

be of interest to some of you. One such article mentions Lewis Carroll, the author of Alice in Wonderland, who loved the game of croquet and played it at Oxford University when he was a student. In the pages of Alice in Wonderland, he even created an anarchic version in which a hedgehog was used as the ball and a flamingo as the mallet, while playing cards were doubled over to make the hoops.

Another famous author, Leo Tolstoy, was also a fan of croquet and used croquet parties in many of his writings to bring some of his characters together. It is also a fact that Billy the Kid played croquet, as well as the Queen of England, as evidenced by these photos. So, if you are anywhere in between a criminal and British royalty, what's stopping you from playing?

For those of you who are interested in joining the club, check the kiosk in the lobby of the Timbers Lodge for an application, or contact Patrick or Louisa Maglione, both of whom are officers of the club.

• • •

Billiards Club

BY TERRY SATCHELL

I was so pleased with our Lincoln tournament victory that I thought you might like to see who earned the right to play. Dave DeNinno, Ron Judd, David Zan, Bob Cecil, Ken Lane, Terry Satchell, Ken Neal, Don Warden, Wayne Peterson, Jerry Crosby, Barry Markman and Jeff Mapes. 26-19 if you forgot!

I am going to write some tips and facts for us to learn about. This month, I am going to

explain cue tips. Its job is to grab the cue ball consistently to hit the cue ball in the exact place the shooter wants. Tips are layers of leather, molded, glued and pressed together. They are



Ladies Member Quarterly Luncheon.

usually tapered to a nickel size arch or a dime shaped arch. The cone shape is a shooters choice. Games like Snooker use a different cue with a much smaller tip. Oh, by the way, tips LOVE chalk.

We would really like to involve more women in the club, and we have a friendly play night on Thursday evenings. Picture is of the Ladies Member Quarterly luncheon. Several couples play that night as well as players who would like to try their skills against others and/or socialize. Please come by and visit and perhaps meet new friends.

You do not have to be a member to use the Billiards room. It is open play for all residents except for the Tuesday afternoon tournament. Please sign in when you enter the room so we can make sure we track the room usage.



Wayne Peterson, Ron Judd, Barry Markman and David DeNinno were winners 9-9-25.

- September Winners —
- 9-2 David Zan, Jerry Crosby, Tony Cordosa, Ken Neal, David DeNinno
 - 9-9 Wayne Peterson, Ron Judd, Barry Markman and David DeNinno
 - 9-16 Tony Cordosa and David DeNinno
 - 9-23 Wally Cameron and Ken Neal
 - 9-30 Don Warden, David DeNinno, Ron Judd, Wayne Peterson, Barry Markman

• • •

Cornhole

BY STEVEN GUSTAFSON

In colder months (starting last month) we play cornhole at 3:00 every Tuesday on the Sierra pines horseshoe lanes. A line from the "Cheers" theme song says, "where everybody knows your name, and they're always glad you came". This line is a good description of our cornhole group. You are welcome to join us!

You may have heard about the Village Games, a series of tournaments to be held in Sun City from mid-April to mid-May that will feature many different sports. Cornhole will be one of them. We must practice our cornhole skills relentlessly between now and April!

• • •

(more Club News cont' on page 25)

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SCR Library News

BY ELIZABETH GUSTAFSON

Christmas is coming and we have some new Christmas books and a lot of older ones on the shelves. In *A Ferry Merry Christmas*, Avery gets stuck on a disabled ferry on her way to visit her brother for the holidays, but the inconvenience turns into an expression of the true Christmas spirit as well as a little romance. And to *All a Good Bite* is the latest mystery involving Andy Carpenter and his dog. The Secret Christmas Library has competing book sellers snowed in at a crumbling Scottish castle looking for a priceless antique book hidden there. Romance ensues.

Please welcome our newest library monitors, Karen Williams and Judith Shively.

Library hours are 10-4 daily. Come visit us!

New Books – Fiction: Albom, Mitch – *Twice*; Carr, Jack - *Cry Havoc*; Coben/Witherspoon - *Gone Before Goodbye*; Colgan, Jenny - *The Secret Christmas Library*; Connelly, Michael - *The Proving Ground*; Cornwell, Patricia - *Sharp Force*; Grisham, John - *The Widow*; Johnson, Adam - *The Wayfinder*; Kellerman, Jonathan - *Coyote Hills*; Newman, Catherine – *Wreck*; Penny, Louise - *Black Wolf*; Rosenfelt, David - *And to All a Good Bite*; Sparks,N/Shyamalan -

Remain: *A Supernatural Love Story*.

Large Print: Albom, Mitch – *Twice*; Coben/Witherspoon - *Gone Before Goodbye*; Connelly, Michael - *The Proving Ground*; Cornwell, Patricia - *Sharp Force*; Flynn, Vince - *Denied Access*; Grisham, John - *The Widow*; King, Lily - *Heart the Lover*; Macomber, Debbie - *A Ferry Merry Christmas*; Martin, Madeline - *The Secret Book Society*; Patterson, James - *The Picasso Heist*; Sparks, N/Shyamalan - *Remain: A Supernatural Love Story*.

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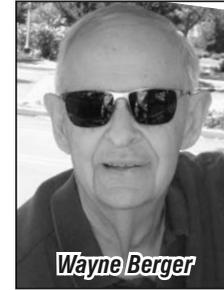
You are invited to join us for our quarterly meetings for some camaraderie, coffee and terrific guest speakers.

We were formed in 2002 and have approximately 120 members.

Please contact Chuck Schmidt, the RLEO Group coordinator at: 530cms@gmail.com

Cribbage Club

BY BRUCE AHNBERG



Wayne Berger

It was a busy month in the Cribbage Club. Many new players came in and played with our old players. One day we had so many players, we used up all our boards and decks of cards and almost all the free space in the card room!

It was good to introduce the new players to our style of play and to get new competition. It keeps the competitive juices flowing, and we make new friends at the same time. Cribbage was invented in the early 1600s by English poet Sir John Suckling, who derived it from an older game called Noddy. Suckling modified Noddy by adding the “crib,” a discard pile, and is credited with popularizing the modern version of the game around 1632. The game spread widely and became a favorite of sailors, and its popularity endures today through casual play, online platforms, and organized groups like the American Cribbage Congress. We hold a monthly tournament the last week of every month, and our President Wayne Berger won with fine play, gaining 1 more point than several other competitors. This isn’t the first time Wayne has won, he is quiet but deadly at cribbage. You have to be on your toes when you play him. We welcome players

to our games in the Timber Creek card room every Friday from 1:00 to 3:00 PM. For a small stake, we play several games each week, switching partners each time so that everyone plays everyone. We keep score of high and second highest hand, and games won. Come and join us for an enjoyable afternoon.

• • •

Mah Jongg

BY BECKY MATSON

The Mah Jongg Club had our Fall luncheon on October 24 at Sierra Pines. It was another fun afternoon of lunch and play that brought our Monday and Friday groups together. Thank you to our hostesses Susan Pretel, Pauline Radar, Sharon Andrews, Sheila Lovato, Lauri Mookman, Angie Gamle and Pat Jednorozec.

Our 2026 dues are \$15 and we will start collecting the dues in January 2026. There will be a sign-up sheet and envelope for checks in the Card Room on Mondays and Fridays.

It is also time to order our 2026 Mah Jongg cards. Card purchases begin January 2. There will be a folder for each available in the Card Room. Please follow directions on the outside

(cont' on page 26)

The Salvation Army Partners with The Giving Machine this Christmas, Providing a New and Easy Way to Donate

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 Sacramento and Roseville 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

Toys for Tots Donation Locations

Give a child the gift of joy this holiday season by donating new, unwrapped toys for those in need during Toys for Tots.

The following locations will have drop off boxes at their sites:

- All of our Roseville Fire Stations
- Maidu Library 1530 Maidu Drive
- Riley Library 1501 Pleasant Grove Blvd.
- Downtown Library 225 Taylor Street
- Roseville Fire Administration 316 Vernon Street

Donations are needed for kids of all ages and will be distributed by local nonprofit organizations to those in need. In order to have time to distribute the toys, we kindly ask for donations by December 12, however, donations will be accepted through Christmas.

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Mah Jongg

(cont' from page 25)

of the folders. The last day to order is January 30, 2026. Standard size cards are \$14 and Large Print cards are \$15. If you do not play Mah Jongg in the Card Room, you may mail or deliver your order and check (made out to SCRMCJ) to: Jackie Spencer, 7613 Timberrose Way, Roseville, CA 95747. Checks will not be cashed until the end of January. Cards will be mailed to you in the spring. Remember, \$5 from each order is donated to the Sun City Roseville Foundation, so we encourage both members and non-members to purchase their cards through the Mah Jongg Club. Due to your generosity, last year we donated \$735.00 to the Foundation, which benefits all Sun City residents. Happy Holidays!

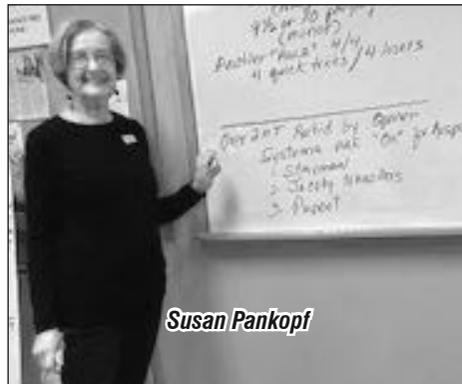
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Bridge Club

BY JOYCE WADE

The photograph is of Bridge Club president Susan Pankopf teaching a session of the fall refresher lessons. Beginning bridge lessons will start in mid-January on Wednesday mornings from 9:00-11:00 in the card room; sign up and registration will be taken at the January Courier days.

The Bridge Club annual holiday luncheon buffet will be held Monday, December 15, at 11:30 in the ballroom, with three levels of bridge play following. Signups and checks will be taken by Susan Pankopf at duplicate, Sue Tuana at fun & friendly, and Elaine Casal at social.



Results of the Lincoln Exchange duplicate bridge event are as follows: first place Bill Huber and Dan Blatt; Ella Bosse and Sherry Hilger third place; Joyce Wade and Anne DeWitte fourth place, all from SCR.

• • •



SCR Foundation 2025

(cont' from page 1)

we think might be helpful to residents. If you have input on what would be helpful, please let us know. scrfoundationjw@gmail.com

In the spirit of community collaboration with our Veterans and Patriots Club the Foundation needs help to answer this question. How many Veterans or surviving spouses of Veterans need caregiving support? If you have that need, or know another resident that does, please contact us. You do not have to be an official member of Veterans and Patriots to respond. scrfoundationej@gmail.com

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

We ask that Sun City clubs/groups that are, or could be perceived as political, to limit submission content to basic meeting/event/link info, and avoid advocacy.

All club/group submissions should focus on that organization only.

Submissions should be 300 words or less and due by the 15th month (unless the 15th falls on a weekend or holiday) then the submission should be submitted before then for the following month's issue. Email to: SunSeniorNews@gmail.com

In Memory —

Thelma "Nonni" Whiteside
March 3, 1931 - November 8, 2025

Thelma Stefani Whiteside, 94, passed away peacefully on Saturday, November 8th in Roseville, California. Known as "Nonni" to her large family, she was a source of love and joy for all who knew her.



Born in San Francisco on March 3, 1931 to Carminina and Giuseppe Stefani. Thelma and her brother, Joe, grew up surrounded by a loving Italian family. Thelma had a successful career at Hibernia Bank and Bank of America and raised three children in San Mateo. She later met and married the love of her life, Joe Whiteside, originally from Belfast, Ireland. Thelma and Joe moved to Sun City in Roseville in 1997 and enjoyed decades of holiday parties, 4th of July Floats, and community activities. They loved to travel, crossing the country three times and visiting Ireland and Italy.

Thelma was beloved by her devoted husband, Joe; three children, Sharon, Dianne and Steve; seven grandchildren; and seven great grandchildren. She made each person in her life feel special and loved.

A celebration of life will be held 12/16 at Pleasant Grove Community Church at 11 a.m., followed by lunch at Timbers Restaurant. In lieu of flowers, donations can be made to American River Hospice.



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Observations on Tech and Progress

BY MARTIN GREEN

Many years ago, my TV, internet, and phones were provided by a local company whose name I forget. I don't remember having any problems with the internet or phones, but there were a few with the TV. I'd call, get somebody, and a tech would come out and fix it. Then the local company went national or was taken over by a national one, but I still had a phone number I could call which went directly to their tech department, and in case of a TV problem they would either fix it on their end or send somebody out to fix it.

Recently the national company changed its name and went to a supposedly new and improved system for the internet and phones. A tech came to install the new system, and I told him it was my experience that when any tech improvement was made trouble ensued. Sure enough, after only a few weeks my phones stopped working. Instead of getting a dial tone when I tried to make a call, I got a busy signal. This meant I had to call "customer service" and again had to fight my way through the automated phone system to get to a real person. When I finally did, a lady said someone would call me back. Nobody did that day, but early the next morning my phone rang and a guy said he was from their tech service and my complaint had filtered down to them, and he

thought the problem was on their end and the fact that his call had gotten through indicated that it was fixed. So, he gave me his number, I hung up, made a couple of test calls and they went OK, so I called him back. He told me that customer service had several levels and the first level could do nothing.

So, all was well. No, a few weeks later my phones again went out. I went through the usual routine of calling "customer service" and this time a tech came out, told me the first guy had installed a wrong battery, and for the time being my phones were back in business.

The experience led me to thinking of those primitive days when a telephone was a clunky black object on a table or maybe even something hung from a kitchen wall. There was never any question of the phone not working. When it rang, except for the occasional wrong number, it was a real call, not a robocall. If you had to find a phone number, you called the operator, and a real person would get it for you. Your TV set was also something you turned on by hand, and if there was a problem you took it to a TV repair shop. Of course, back then there were no computers, iPads, iPhones, internet, modems, routers, wifis, or any of those things to worry about. Look at how far we've progressed. Or have we?

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.

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

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

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

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

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

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

- Contact name and phone number.
- Which category to place your classified ad in: (Service, For Sale, Wanted, Announcement)
- 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 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

SSN WRITER...

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



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



George Brown



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

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