

# SUN SENIOR NEWS

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## IN THIS ISSUE

- Neighborhood Watch, Kilaga Springs Library..... 3
- Neighbors InDeed ..... 4
- Players, Chorus, Music..... 5
- Election News: 2026 SCLH BOD ..... 8
- Ballroom, Vaudeville ..... 9
- Country Couples, Line Dance, Painters' ..... 11
- Mixed Media, Needle Arts, Creative Glass ..... 11
- Paper Arts, Photography, Woodcarvers ..... 15
- Stamp, Singles, Shalom Social ..... 15
- Lavender Friends, Low Vision Support ..... 16
- Bosom Buddies, Multiple Sclerosis, Alzheimer's.... 17
- Genealogy, Democratic, Apple User, Italian ..... 19
- Astronomy, Airport Co-op, Travel ..... 19
- Republican, Veteran, RV ..... 21
- Sports Car, Amateur Radio, Garden, Bird..... 23
- Hikers & Walkers, Cyclists..... 25
- Water Volleyball, Pickleball ..... 25
- Del Oro Caregiver Resource Center ..... 27
- Softball, Coyote Softball, Tennis, Table Tennis... 28-29
- Linsters, Ladies Golf - 18 Hole, Men's Golf..... 31
- Shuffleboard, Billiards..... 31
- Letters to the Editors ..... 33
- Cribbage, Euchre, Pedro..... 35
- SSNLH Writers ..... 35
- Author Lecture Series ..... 37
- SSN Classifieds ..... 39

And Much More . . .

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## Tom and Mary Beth Quallick — Don't Fence Them In

BY JENNIFER MARTIN

When Tom and Mary Beth Quallick moved into SCLH in 2003, they were the first owners and marveled as they watched their home being built. Of most importance to them was the open space adjacent to their backyard. In the past, the couple loved living in homes that had no fences, so when they saw the openness at SCLH, they jumped at the chance to live here.

Born in 1949 in Westbury, New York, Tom grew up with an older brother, Bob. Their father sold Ballantine beer, a sponsor of the Yankees' baseball team. Tom remembers watching the Yankees on black and white TV and noticing the bright colors, in contrast, when he entered Yankee Stadium to watch a game in person—vibrantly green grass, deep brown dirt, and bright white lines. "It was a magical moment for me," he recalls.

While Tom's mother worked in schools and hospitals, he and his brother would ride their bikes everywhere, swim, and play



Tom and Mary Beth Quallick

baseball and stickball, always outside. He and Bob wouldn't go home until the streetlights came on.

Tom graduated in 1967 from Clarke High School in Westbury. After a year at a junior college in Boston, he enrolled in American International College, a liberal arts college in Springfield, Massachusetts, majoring in business administration. That's where he met Mary Beth.

Mary Beth was also born in 1949 and grew up with an older brother, John, in southern Connecticut in a neighborhood where there was an abundance of boys. Like Tom, she roamed the area around her home on her bike, the pony she never had. She played outside until the streetlights came on or until her mother, a teacher, would blow a whistle for her to come home.

Mary Beth's dad was an electrician and a WWII Army/Air Force air photographer. She learned photography from him and admired his ability to create life size wooden figures

(cont' on page 37)

## LH Foundation — March Madness

BY DENISE BOWDEN

March is a month of changes. The big change is that for this month only Bingo is on a Friday, so mark your calendars for Friday, March 20th for this one time only.

We also change our clocks forward for Daylight Savings and mid-month we will be busy celebrating Pi Day (apple or cherry anyone?), Saint Patrick's Day with green beer, and corned beef and cabbage and the Vernal Equinox when night and day are equal in length.

March is also when we celebrate Caregiver Appreciation Day to acknowledge those who give of themselves to take care of loved ones struggling with health issues. Del Oro Caregiver Resource Center is a tremendous resource and one of the organizations the Foundation supports through our grant process. A Q&A with their Executive Director appears in this issue.

We will be shining the spotlight on the Alzheimer's/Dementia Support Group this month at Bingo. This group provides a safe, confidential space for caregivers and individuals with dementia to share experiences, exchange practical caregiving tips, reduce isolation, and receive emotional validation.

Mark your calendar for Friday, March 20th for Bingo in the ballroom. Don't forget to bring your water bottles. Doors open at 12:30 and play starts at 1:00. Twelve cards for \$25,

(cont' on page 33)

## Tap Company

BY PAT ROBINSON

SHAKE IT UP – A Dance Extravaganza  
Think dance is just for the young? Think again!

Join the Sun City Senior superstars for a spectacular dance show, Shake It Up, a high energy dance performance celebrating the talent, resilience, vitality and can-do spirit of our senior dance community. Dates are March 27th, 28th, and 29th. This year's theme, Shake It Up, is more than a call to dance, it's a call to embrace change, to step boldly into new experiences and to inspire others through perseverance and hope. From lively group numbers to heartfelt solo performances, our dancers prove that passion and creativity don't fade with time, in fact, they shine brighter!

(cont' on page 5)



## Free Community Forum — Celebrating the Unique Legacy of SCLH Open Space Preserves

BY GAY MACKINTOSH

"You Have Something Very Special Here That Will Never Be Repeated!" Judy Bennett and Gregg McKenzie, principals in the planning and design of our community, bring firsthand knowledge of the original Del Webb vision for Sun City Lincoln Hills. Gregg, now Administrator of the Placer County Conservation Program, will highlight the many challenges of realizing this vision on the ground. Together, Judy and Gregg will showcase the unique asset that is our open space and how it evolved from farmland to the environmental oasis it is today at a free Community Forum on Monday, March 23, 2:00-4:00 PM, Kilaga Springs Presentation Hall.

The pioneering concept of 40% open space for new communities was launched right here. Our 500 acres of open space are special in comprising four wildlife preserves along east-west watercourses. As development encroaches on every side, these protected wildlife corridors are increasingly critical for many animals, including both resident and migrating birds.

Did you know our preserves are havens for a number of rare and endangered plants and animals? Why has our open space become wetter and greener over the years, and what does that mean for wildlife? How does our Community Association as Preserve Manager

(cont' on page 39)



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

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# Neighborhood Watch — Neighborhood Watch Provides Safety Forum for Residents

BY JUDIE PANNETON

A Community Safety Event will be held in the Orchard Creek Ballroom on April 14, from 1:30 - 3:30 PM. This is your opportunity to interface with representatives from the Lincoln Police and Fire Departments, Placer PROTECT, and Placer 211. They will answer your questions as well as update you on new scams, tools to deal with troublesome e-bike riders who don't live here, resources that you can use to be safer and informed, and much more.

At a recent Neighborhood Watch presentation, attendees learned that most victims of financial crimes know or are related to the perpetrators and that most seniors who report being fleeced are residents of Sun City Lincoln Hills. Representatives from Placer Protect, the District Attorney's Office and the Lincoln Police Department shared powerful tools to financially protect ourselves and avoid scams. Some suggestions included using credit cards instead of debit cards, freezing credit accounts, ignoring computer screen pop up alerts, and opening a separate bank account if someone is helping with check writing for your expenses. Other ideas included hiding valuable items in your home instead of leaving them out in clear sight; like wallets on nightstands, purses on hooks, and jewelry in containers that are easily accessible). There were also tips about being approached by strangers in parking lots. See the presentation here: <https://selhwatch.org>

Statistically, the experts noted that about 74% of the most common scams target people 65+ and that almost half of those who reported financial crimes in the last three years in Lincoln live in Sun City Lincoln Hills. If you become a victim, they ask that you call the fraud hotline at 916-SCAM-7226 or contact [elderfraud@placer.ca.gov](mailto:elderfraud@placer.ca.gov).

Did you know that every resident of Lincoln Hills is a member of Neighborhood Watch?

The volunteers work hard to keep you informed so that residents can feel as safe in their neighborhoods, as possible.



A neighbor recently learned a lesson the hard way when firefighters had to break down her door in a medical emergency. She wasn't able to open the door and didn't have a lockbox. She has one now.

Residents can register their lockboxes and other entry/alarm devices with the Lincoln Police Department, which will use them only when residents are unable to open the door in an emergency. Register online: <https://forms.lincolnca.gov/Public-Safety-Forms/Lock-Box-Registration> or by phone 916 645-4040. You can also call Neighborhood Watch if you have questions about lockboxes for your home – 707-235-0778.

## Kilaga Springs Library

BY SARAH I. KEVIN

Happy Spring, Everyone!

If you're feeling like tidying up, now's the perfect time! As you know, the Kilaga Springs Library and Orchard Creek reading room are overflowing with your wonderful donations. I wanted to quickly go over our guidelines for accepting donated books.

We welcome fiction and non-fiction, both hardback and paperback, and books on CD. Just a heads-up: the books should be in pretty good shape, with no inside markings or water damage. We are looking for books published in 2020 and newer, except for some popular authors and older books that we keep.

We're not able to accept cookbooks, gardening books, or DVDs.

If you're planning to donate and there's no library volunteer around, please drop off your donation on the gray cart.

If you have a large number of books to donate, more than a shopping bags, consider donating directly to 12 Bridges Library.

You can find their hours on their website. <https://www.libraryatlincoln.org/about-us/donations/>.

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### Lincoln Hills January Sales Snapshot

Address	Street	Sq.Ft.	Orig. Price	Selling Price	Floorplan
286	Lariat Loop	1120	\$510,000	\$500,000	Sequoia
248	Saddlehorn Loop	1148	\$519,000	\$483,300	Millpond
2012	Gatehouse Lane	1155	\$485,000	\$463,250	Sequoia
1640	Crocker Lane	1155	\$498,500	\$510,000	Sequoia
302	Timberland Court	1190	\$479,000	\$460,000	Calaveras
485	Snapdragon Lane	1195	\$495,000	\$460,000	Calaveras
153	Whitehall Lane	1195	\$470,000	\$455,000	Calaveras
151	Stags Leap Lane	1349	\$550,000	\$529,000	Madera
1319	Secret Lake Loop	1473	\$550,000	\$520,000	Almanor
1975	Mary Rose Lane	1491	\$599,950	\$552,500	Pine Hill
1530	Topanga Lane	1509	\$439,000	\$395,000	Condo
2729	Woodacre Lane	1539	\$554,900	\$534,000	Pine Hill
1856	Farmgate Lane	1539	\$549,900	\$544,900	Pine Hill
649	Wagon Wheel Lane	1549	\$549,000	\$544,000	Alpine
1221	Longhorn Lane	1673	\$588,000	\$590,000	Trinity
2293	Swainson Lane	1673	\$558,000	\$560,000	Trinity
1028	Wagon Wheel Lane	1674	\$598,000	\$545,000	Trinity
320	Snapdragon Lane	1674	\$579,000	\$556,300	Trinity
1826	Grand Pheasant Lane	1785	\$634,999	\$582,315	Tehama
2171	Nighthawk Lane	1793	\$609,000	\$589,000	Tehama
1175	Greenleaf Court	1845	\$625,000	\$625,000	Echo Ridge*
3113	Black Hawk Lane	1935	\$645,000	\$635,000	El Dorado
1913	Audubon Hill Lane	1935	\$789,000	\$789,000	El Dorado
892	Bridalveil Lane	2049	\$795,000	\$782,800	Annadel
1266	Hillhaven Lane	2068	\$740,000	\$590,000	Tahoe**
1816	Barn Valley Lane	2073	\$735,000	\$700,000	Annadel
1146	Secret Lake Loop	2151	\$929,900	\$890,000	Sausalito*
2600	Blue Heron Lane	2258	\$940,000	\$880,000	Napa*
2317	Sutter View Lane	2635	\$1,099,000	\$1,099,000	Sonoma*

\*View \*\*Casita

Total Homes sold in Sun City per MLS 01/1/26 - 01/31/26

# Neighbors InDeed — Spring Forward in so ManyWay

BY RICK CARREIRO

Spring is a season of Renewal and Renovation, so let's start with our home's exterior.

Cleaning the rain gutters and downspouts helps prevent water overflowing onto the base foundation area. This is a good time to check for loose or cracked roof tiles which can cause roof leaks and potentially severe damage and costs. Next, a check on your windows, screens, and drip vents maintains their security and smooth operation.

Gardens and lawn care are next to review. Pruning of bushes, trees, and plants will provide strong growth and a strong start to healthy, beautiful blooms. Supplemental mulch adds beauty, water conservation, and weed control as a bonus. Check your sprinkler system for broken or poorly aimed sprinkler heads or drip spouts. You might want your lawn care professional to aerate and fertilize your lawn.

Interior work starts with basic filter replacement of the HVAC system, the refrigerator, and sink or shower filters. Check the attic for effective insulation, proper ventilation, and any possible leaks to avoid future damages and costs. Another consideration is checking smoke and CO alarms for battery replacement and life span. Manufacturers suggest a maximum 10 year



lifespan for smoke alarms and 7 years for CO monitors. As a reminder, Handy Helpers from Neighbors InDeed are able to do many of the basic jobs mentioned. They can also lubricate your garage door so it operates smoothly.

Taking these steps to protect your home and exterior property avoids emergency situations that might lead to costly repairs. Being aware and practicing many of these recommended steps, will keep you and your home, safe, comfortable, and happy.

If you need any help or support from Neighbors InDeed, call 916 223-2763, leave a message with your name, address, and request. We will call you back between 9 to 5 Monday through Friday. Spring forward my friends.

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Thursdays at Noon | Woman's Club of Lincoln

## Tap Company

(cont' from page 5)

Enjoy dazzling costumes, vibrant choreography, infectious music and pure joy! Adding to the excitement, the dynamic Lincoln High School Dance Team, under the direction of Carrie Pereira, will electrify the stage with a hip-hop number, reminding us that dance truly bridges generations. A portion of the proceeds will benefit the Lincoln High School Performing Arts program.

Come be a part of a fun, uplifting evening that will leave you smiling and inspired to Shake It Up no matter your age. Seats are limited and tickets are selling fast. Get your tickets today at the Lifestyle desk (OC/KS) or on the website, [www.sclhresidents.com](http://www.sclhresidents.com). Event open to the public.

• • •

## Players

BY SUE VILLARREAL

Last month The Players Club presented "The History of Dating" to a packed house. The two productions were free and gave the audience lots of laughs. Now, costumes have been laundered and packed away, set pieces are tucked safely into storage, and the show has become part of our



*Creative Minds at Work with David Africa, Jennifer Carroll, Russ Pinomaki.*

*Photo by Cindy Griswold*

own history! Congratulations to the cast and crew on a job well done!

As we roll into March, the talents of many of our members are coming together to recreate that special feel of days gone by. One hundred years ago, in 1926, Route 66 opened, bridging the Midwest to the Pacific! Our June show, "It Happened on Route 66" written by Todd Wallinger and directed by Sue Villarreal, is a light-hearted "Rom-Com" set in "Cookie's Diner", in Winona, Arizona in 1955. Our memories and imaginations are hard at work as we travel back in time.

It takes many members of our club to create the magic that happens on stage. Songs from the 1950's, sound effects and special lighting will be selected and programmed. Sets are being designed, built and painted. (See photo) Furniture and memorabilia are being gathered to bring the diner to life, and once casting has been done, costumes will be built to transform our actors into waitresses,

travelers, celebrities and more. Over 30 of our members will help "set the stage" for the cast of 16. It truly takes a village. Auditions for "It Happened on Route 66" take place on Monday, March 16th at 5:30. (Check our website for details: [www.lhplayers.org](http://www.lhplayers.org))

Want more information? The

Players meet the 2nd Monday of each month at 4:30 in Presentation Hall, Kilaga Springs. Please join us on stage or behind the scenes. We look forward to playing with you!

• • •

## Chorus

BY KARIE GEIGER

A Choral Tribute to Country Legends: "How The West Was Sung"

Get ready to trade your tuxedo for denim as the Lincoln Hills Chorus prepares for a musical event unlike any other. This spring, the 75-member Chorus will take center stage to present "How The West Was Sung," an ambitious choral production that traces the rugged, emotional, and triumphant history of country and western music. This isn't just a concert; it's a journey through the heart of the American country western music landscape. The chorus will breathe new life into the works of the genre's "Mount Rushmore" of icons. Expect the rumbling, baritone depth of Johnny Cash, the yodeling spirit of Hank Williams, and the velvet-smooth heartbreak of Patsy Cline. The program strikes a perfect balance between the "high lonesome" sound of the past and the stadium-filling energy of today. Fans can look forward to the storytelling prowess of Dolly Parton and the modern-day anthems of Tim McGraw and Garth Brooks, all reimagined with the spirit that only the Chorus can provide. From soaring multi-part harmonies to foot-stomping rhythm sections, the arrangements promise to satisfy both traditionalists and new-country listeners alike. The production runs

for three days only, offering three chances to catch this vocal showdown.

Performance dates are May 1, 2, and 3. Tickets go on sale March 17, and are expected to move quickly, as the Chorus is known for sold-out performances that blend high-caliber vocal technique with genuine, down-home fun. Whether you're coming for the nostalgia of a lonesome whistle or the high energy of a Nashville hit, "How The West Was Sung" is the must-attend event of the season. Dust off your boots and get ready to hear the legends of the West in beautiful choral harmony!

• • •

## Music Group

BY BRIAN JEWELL

"Music is love in search of a word."

The Music Group meets on the first Monday of every month in the Fine Arts Room (OC) at 2:00.

The first part of the gathering is for the group sing-and-play. This is a popular event, as it provides people of all different proficiency levels a chance to play along with other people in a casual environment. Participants typically play various instruments, including guitars, piano, accordion, flute, percussion, etc. All instruments are welcome. The list of sing-and-play songs is posted before every meeting on the Music Group website. Songs are selected from the Music Group library (on the website) and are popular tunes that everyone is familiar with. To view the lead sheets (chords and lyrics)

(cont' on page 9)



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

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

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

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



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# Fibromyalgia Solutions

Common experiences of those living with Fibromyalgia often include:

Pain that is difficult to identify or pinpoint.  
 Pain that seems it has a life of it's own.  
 The feeling that others expect so much from you because they can't see that you're sick.  
 The feeling that everything hurts.  
 Feeling of brain fog.  
 Overwhelming pain and fatigue that causes you to avoid social or family activities.

Maybe you've tried physical therapy, pain pills, injections, burning off the nerve, back cracking, or massage, which provided some relief at first but is no longer working.

Are you afraid your pain is getting worse?  
 Are you tired of not getting any answers?  
 Does your doctor tell you the pain is "all in your head" and to "just live with it"?

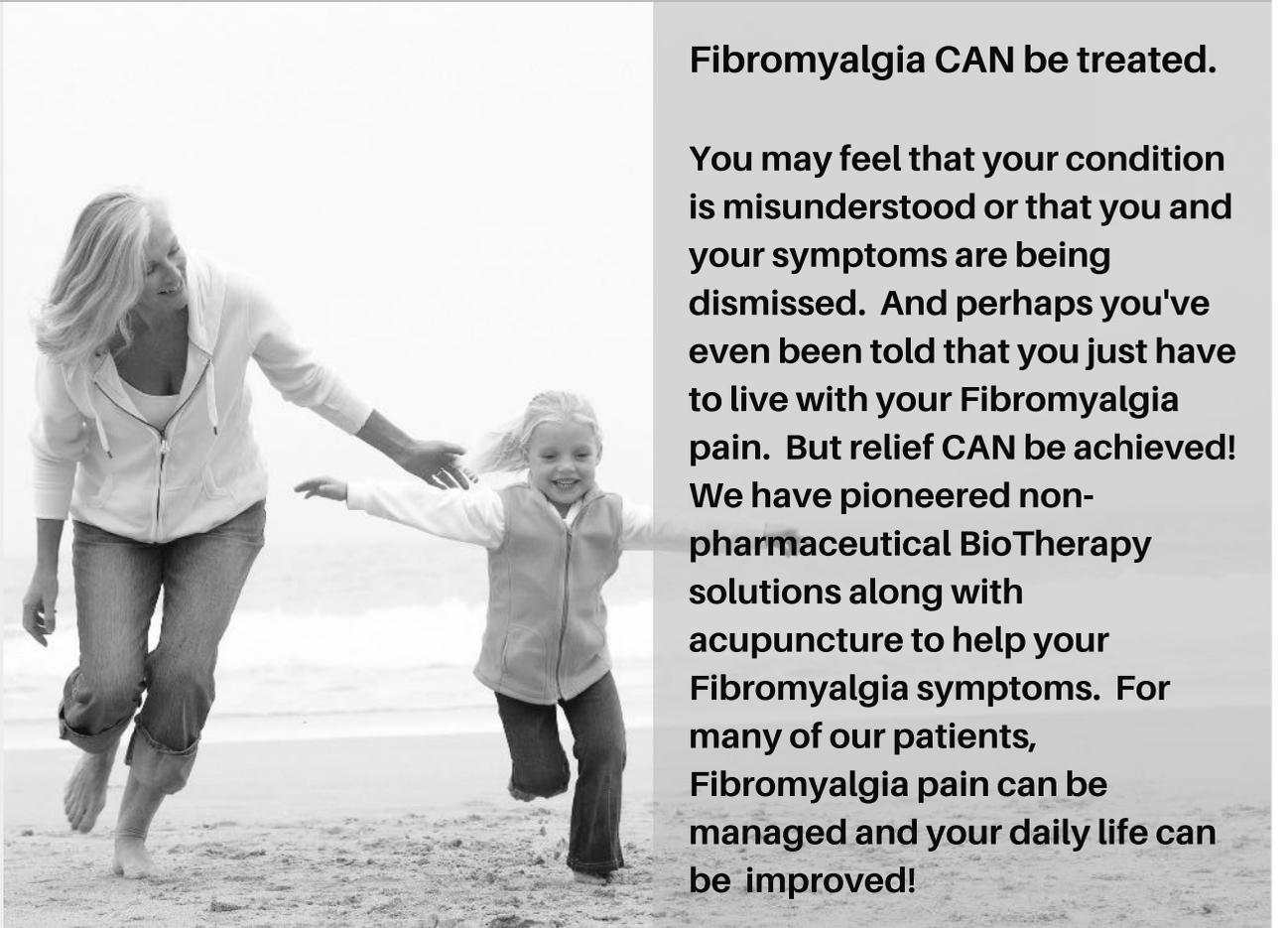
## What Causes Fibromyalgia?

The exact cause of Fibromyalgia are not fully understood, but a variety of factors could be working together that may cause the body's pain signals to go awry, including:

**Genetics:** There may be certain genetic mutations that may make you more susceptible to developing the disorder.

**Infections:** Some illnesses appear to trigger or aggravate Fibromyalgia.

**Physical or emotional trauma:** Fibromyalgia can sometimes be triggered by a physical trauma, such as a car accident. Psychological stress may also trigger the condition.



***"I've had fibromyalgia for 15 years. My first symptom was upper back pain, then slowly everything felt like a bruise. When it all began, my doctors told me I was fine, and I needed a therapist. Then I tried acupuncture and found real support. She really listened to me and with her treatments I'm able to manage to my pain and live my life!"***

***- Tonya L.***

Fibromyalgia affects the entire body, and even more complicated, it affects everyone's body a little differently. Symptoms are often difficult to predict and usually change on a daily basis. Symptoms can make everyday life incredibly difficult. Mundane, daily tasks feel nearly impossible.

**Fibromyalgia CAN be treated.**

**You may feel that your condition is misunderstood or that you and your symptoms are being dismissed. And perhaps you've even been told that you just have to live with your Fibromyalgia pain. But relief CAN be achieved! We have pioneered non-pharmaceutical BioTherapy solutions along with acupuncture to help your Fibromyalgia symptoms. For many of our patients, Fibromyalgia pain can be managed and your daily life can be improved!**

## What to Expect.

Because there is no simple laboratory test to diagnose Fibromyalgia or determine it's severity, we rely on really listening to your concerns and eliminating the possibility of underlying conditions that might otherwise be causing your symptoms.

Then, a COMPREHENSIVE treatment plan will be developed, CUSTOMIZED for YOUR Fibromyalgia symptoms. Our treatments have been shown to increase blood flow and expedite healing and recovery. Our clinic has an 87% success rate in treating Fibromyalgia.

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# Election News: 2026 SCLH Board of Directors

BY JUDY MARTIN, *Election Committee Member*

Election Committee News —Sun City Lincoln Hills Board of Directors Election

By Judy Martin, SCLH Election Committee Member

Sun City Lincoln Hills is approaching its annual Board of Directors election. This year, we are pleased to announce three open Board positions.

Candidates (in the order determined by a random drawing) are:

- Dr. Frank Menkel
- Jack Harris
- Scott Boore
- Eliana White
- Gary Kawula

Important Dates —

• March 1: Candidate biographies and photo introductions will be posted on the SCLH member’s website.



- March 2: Printed candidate materials will be available at designated locations in both Orchard Creek (OC) Lodge and Kilaga Springs (KS) Lodge.
- March 13: Town Hall, 1:00-3:00 pm., Presentation Hall KS Lodge. Candidates will

be introduced and residents will be encouraged to ask questions. Please plan to attend.

• March 1–21: In preparation for the Candidate Forum, residents may submit candidate questions via collection boxes at OC and KS Lodges or email electionscommittee@sclhca.com

• March 28: Candidate Forum, 10:00 a.m.–Noon, Presentation Hall, KS Lodge. Candidates will be stating their positions and responding to selected questions submitted by residents. Residents are encouraged to attend.

• April 9–14: Ballots will be mailed to eligible voting members

• May 14.: Election Day (completed ballots due by 3:00 p.m.) Please follow the directions carefully to avoid an invalid ballot.

Your vote matters. The election is an important opportunity for members to help

shape the future of our community. Become an informed voter and return your completed ballot by the deadline.

For more information, contact electionscommittee@sclhca.com, or visit sclhresidents.com (Committees — Elections Committee).



## — Candidates Biographies for SCLH BOD 2026 Election —

*Statements made are those of the candidate and do not necessarily reflect views, rules, or policies of Sun City Lincoln Hills Community Association*



**Dr. Frank Menkel**

I studied Biochemical Engineering in Germany and the United Kingdom before relocating from the UK to California in 1994. Throughout my professional career, I worked in the pharmaceutical industry with companies such as Bayer, Genentech, and Roche, gaining experience across a broad range of disciplines. My roles spanned Plant Engineering, Capital Planning, Project and Strategic Planning, Procurement, and Risk Management, providing me with both technical depth and organizational perspective. I became a U.S. citizen in 2003.

I married in 1995, and in September 2024 my wife and I moved to Lincoln Hills. I retired in March 2025 and, shortly thereafter, joined the Lincoln Hills Finance Committee, where

I contribute my professional experience in planning and financial oversight. Earlier in my career, during the late 1990s, I also served as President of a Homeowners Association in Walnut Creek, further strengthening my background in community leadership and governance.

Beyond my professional life, I maintain a strong interest in creative and outdoor pursuits.

Photography has been a long-standing passion, and I recently published a photography book on Amazon. I also enjoy running, hiking, and mountain biking, which keeps me active and connected to the outdoors. To further explore my artistic side, I design and create sculptures using driftwood, found objects, and a generous dose of imagination, blending natural materials with creative expression.

• • •



**Jack Harris**

Four-plus years serving on the Board of Directors, including all duties inclusive and required.

Key participation in Standing and Ad Hoc Committees, and Board appointed Task Force’s, including Strategic Planning, Food and Beverage, Open Space, and others.

Extensive experience and training in management techniques, leadership, personnel evaluation, and negotiations.

Thirty-five years of experience as an administrator and educator in secondary education, including the Principal role managing approximately 175 staff, and all duties inclusive.

Various significant participation in Service Organizations including the Board of Directors role for Lions, Kiwanis, Rotary, and others.

• • •



**Scott Boore**

My name is Scott Boore. My wife, Eileen, and I moved to Lincoln Hills five years ago from Novato, California.

I bring extensive experience in nonprofit and higher education governance. As a Trustee of Stetson University, I served on the Finance Committee, overseeing a \$300 million budget, capital projects, and bond issuance, and on the Committee on Trusteeship, evaluating and recommending prospective board members. I also served as President of the Stetson Alumni Board, leading a restructuring effort that included rewriting bylaws and implementing a strategic plan to broaden representation among 45,000 alumni.

In the community, I served as President

*(cont’ on page 9)*

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**Scott Boore**

(cont' from page 8)

of the Novato 4th of July Parade organization, guiding the group through formalizing bylaws, securing 501(c)(4) status, fundraising, and strengthening risk management practices and as parade police liaison, I helped ensure a safe and successful event for thousands of residents annually. I have also chaired the Score Fore Kids Golf Classic benefiting UCSF Benioff Children's Hospital Oakland.

Professionally, I built and led high-performing sales and marketing teams, some national in scope, ranging from 12 to more than 200 members. My focus has been on strategy, accountability, collaboration, and leadership development. Presently, I work in a consulting and marketing role with a national benefits brokerage firm.

I am a current SCLH Board member, having been appointed last September.

• • •



**Eliana White**

As a current member of the Board since September 2025, I am: Researching governing document revision cost overages

Recommending updated policy on streaming and recording meetings

Developing Executive Director goals and objectives

Serving as board liaison to CCRC, CCOC, and Open Space Ad-Hoc Committees

For the past 10 years I have attended most of the Board, Properties, Finance, CCRC and CCOC committee meetings.

Until 2021 I shared my meeting notes from these meetings with the community.

Neighborhood Watch Mailbox Captain and Village Coordinator

Served on numerous Association task forces, including survey and website development through CCRC and the F&B task force

Live in SCLH since 2002.

Professionally: As a certified nurse-practitioner I established a program for the homeless in transitional housing. Director and developer of Occupational Health Center in

Santa Rosa.

Member of the Board of the medical group while growing the Health Center.

Moved from the East Coast in the 1980's. While there I initiated new programs in a hospital setting.

I stay active and connected in our community. I ride a recumbent bike and my colorful 22-year-old golf cart, walk my dog Zen daily, and enjoy table tennis, lap swimming, bocce, and corn-toss. I value the simple joy of seeing neighbors smile and I'm an active listener! More info: ewhite4BOD@gmail.com

• • •



**Gary Kawula**

HOA INVOLVEMENT & LEADERSHIP  
Resident, Sun City Lincoln Hills since 2021  
Director, SCLH Board of Directors

(2024 to Present)

Member, SCLH Strategic Planning Advisory Committee

Former neighborhood representative in Sugarland, TX

PROFESSIONAL EXPERIENCE & QUALIFICATIONS

Executive leadership in private-sector hospitality and healthcare organizations

Oversight of multi-site teams, large staffs, complex budgets, and long-term financial planning

Directed cost control, operational improvement, and high-value vendor contracting and outsourcing initiatives

Led commercial and retail food and beverage projects and managed large-scale operations, including United Airlines

Elected President of two professional associations and Chair of a national food service organization

United States Army Captain; Responsible for personnel and facility operations

EDUCATION

Michigan State University; Food Technology/Restaurant Management

University of Minnesota; Registered Dietitian

University of Colorado; Master of Public Administration

CONTACT: Gary4SCLH@yahoo.com

• • •

**Music Group**

(cont' from page 5)

for the sing-and-play songs, visit the Music Group website and drill-down on the meeting date you are interested in.

The second half of the meeting is dedicated to open mic performances. Anyone can perform in a non-judgmental environment, where the goal is simply to have fun and allow people to display their talents. Performing in front of other people is often difficult, but the Music Group provides a friendly environment for anyone wanting to step out of their comfort zone to sing and/or play. A signup sheet is available at every meeting. Spectators are always welcome.

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

Every month, there are several guitar classes, the Guitar Ensemble for anyone interested in reading music, and a seasonal vocal training workshop for people who like to sing.

Consult the Compass for class information. Contact Sal Caruso at 916-343-5810 for the Guitar Ensemble. Contact Ron Peck at 925-788-5869 for the Ukulele Ohana.

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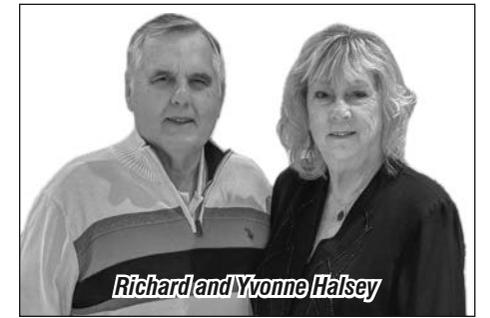
**Ballroom Dance Club**

BY ERNIE MICHELI

The Ballroom Dance Club had its first dance party of the year on Valentine's Day. It was all about the heart and soul of the season, with a theme that perfectly captured the spirit of love and romance. We had a delightful spread of desserts to munch on while we danced to a variety of ballroom music. The Multipurpose Room (KS) was decked out in festive decorations with hearts and the color red on full display.

Now, let's talk about a peppy Ballroom Dance. The East Coast Swing, a dance that's as energetic as it is fun. The East Coast Swing is a bouncy, rotational dance that's perfect for faster music. It's a great way to let loose and have some fun.

By contrast, the West Coast Swing is a smoother, slotted dance that's ideal for slower music like Rhythm and Blues and Top 40. It's a more linear and flowing dance.



Dancing is not only a great way to stay active, but it's also a fantastic way to meet new people and have some fun. So, if you're looking for a way to get your heart racing and your spirits lifted, come on down to the Multipurpose Room (KS) and join us on Tuesday afternoons.

And if you're a resident or a sponsored guest, you can join our annual membership program for just \$10. Lessons are held in the Kilaga Springs Lodge Multipurpose rooms each Tuesday. If you have any questions or need to reach out to us, feel free to give Sal Algeri a call at 916-408-4752 or visit our website at sclhbdc.com. We're here to help you make the most of your dance experience.

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**Vaudeville**

BY RICHARD HALSEY

Last year a performer told us their skit was about procrastination and they were 3 days late for the audition. "Better late than never," they said. Oh well, maybe next year.

Mark your calendars! As spring approaches, Director Yvonne is encouraging all performers to begin their process of dialing in their performances.

It's already March, people! Our tech teams have recently started their lighting and sound preparations. There are still appointment times available for auditions and are handled first come, first served. Auditions will be held on May 13 and 14 from 6:00 p.m. to 8:00

(cont' on page 11)

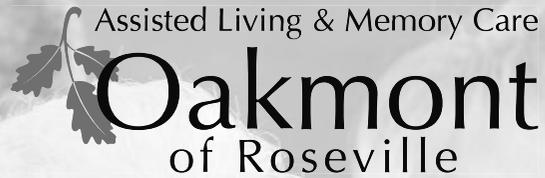
**Vaudeville Variety Show Auditions**  
Wednesday, May 13  
Thursday, May 14  
Kilaga Presentation Hall  
6:00-8:00 PM  
Call Director, Yvonne  
For An Audition Time  
916-408-2040  
Vaudeville Show Dates  
August 27 & 28 at 6:00 PM  
August 29 & 30 at 2:00 PM

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Join us for a hearty breakfast and this informative special event in the **Solarium Room at Sun City Lincoln.**

**Thursday, April 30<sup>th</sup> 9:00am - 11am**

Kindly RSVP to (916)771-6700 by April 24<sup>th</sup>, as space is limited.



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## Vaudeville

(cont' from page 9)

p.m. at Presentation Hall (KS). Call Director Yvonne for appointments and information at 916-408-2040

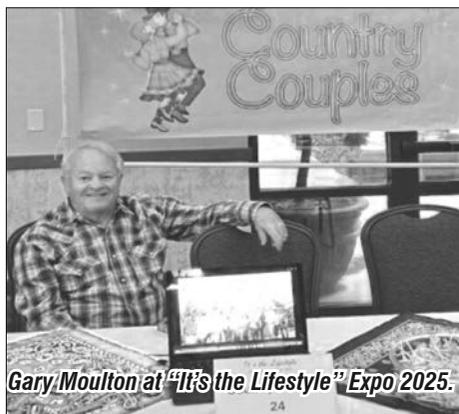
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## Country Couples

BY DTIM TATUM

Certainly, the celebration of Chinese New Year 2026 – Year of the Horse (Lunar New Year) in February has bestowed on us for March and even in the beginning of April! Indeed, we will have so much to celebrate with the presentation of our Country Couples Dance Team at the upcoming 2026 Tap Company Dance Show “Shake It Up” on March 27th, 28th and 29th in the Sun City Lincoln Hills Orchard Creek Ballroom. Our dance team this year consists of five couples – Ellen & Jeff, Laura & Gary, Deb & Jim, Lori & John, and last but not least, Sandra & Gary. In fact, it was Sandra Moulton, our Club Chair who started putting the dance team together in November 2025 following by the lengthy process of finding the dancers and the two dances for the show that would compliment each other. Then, Gary Moulton, our music man had stepped in to work his magic with merging the music. So, folks, please mark your calendar and get your tickets to enjoy this wonderful show and a great chance to support our dance team!

Next exciting news is “It’s the Lifestyle Annual Club and Community Expo” event that will be held on Wednesday, April 1st from 10:00 AM to 1:00 PM at Orchard Creek. So, please don’t let this April 1st fool you either especially if you have been planning to join us for a long while. Here’s the chance to check us out in person at the Expo just right at the



Gary Moulton at “It’s the Lifestyle” Expo 2025.

end of March. Or shall we encourage you to get on your horse (remember that this is the year of the horse) and galloping to meet our music man Gary Moulton along with other members who will be answering any question you have about our club and sharing with you, photos of our dance and social activities. Or if you prefer, for more information, please contact Dtim Tatum at 279-966-8551 or visit our website: [www.sclhcc.com](http://www.sclhcc.com).

• • •

## Line Dance Club

BY SYLVIA FOX

When you dance, you move stress out of your body. Dancing can strengthen your heart while lifting your mood. Dancing in adulthood is great for your body and mind.

We are looking forward to an evening of dancing on Friday March 13th at Kilaga Springs Lodge 6pm. This is an association sponsored dance where all residents and non-residents are welcome to enjoy an evening with our favorite D.J’s T&T.

Our club offers line dance labs on Sunday mornings from 9AM to Noon. Lab sessions are for beginners, improver and intermediate dancers. We also have a Saturday morning lab for Improver and Intermediate dancers. These weekly dance labs are a great way to socialize and make new friends. The Line Dance club membership application can be found on our website: [sclhdc.com](http://sclhdc.com)

Contact: Sylvia Fox, [foxsam25@gmail.com](mailto:foxsam25@gmail.com)

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## Painters’ Club

BY TAMSÉN ARMSTRONG

Simple Pleasures, that cute little café that serves up amazing food (I’m obsessed with their homemade Caramel Apple Pie!) is once again displaying our paintings until early June. Congratulations to Ann Beede and Susie Crawford for their early sales! Many thanks to Marianne Oliphant, Joan Kline, Janette Olcott, Rudi Franke and Christopher Olsen for a job well done in putting it all together so beautifully. This month is our Paint Challenge on the theme “Up Close”. It’s wonderful to see all the different interpretations in all the various mediums, sizes and styles. We are also looking forward to having lots of fun at the annual Art Supplies Auction during our meeting on April 21st. Bring your gently used



Tracey Bolton, oil painting instructor.

or new art supplies to donate and/or some cash and bags to carry away your incredible finds!

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## Mixed Media Club

BY JILL SHORT

The Mixed Media Club continues to be a welcoming space where creativity, connection, and community come together through art. Each month, members gather to explore new techniques, experiment with materials, and share ideas in a supportive environment that encourages artists of all experience levels.

February’s project featured a Kintsugi-inspired collage, inviting participants to reflect on the beauty of imperfection. Using layered papers, and metallic accents, members transformed “broken” elements into meaningful compositions and celebrating repair. The project offered gentle guidance while still leaving plenty of room for personal interpretation, making it both accessible and inspiring for everyone involved.

The Mixed Media Club meets on the third Wednesday of each month in the Fine Arts Room (OC). Please note our updated 2026 meeting time: 12:00 PM–3:00 PM. An RSVP is required for all meetings when requested. Unfortunately, there is no setup time between the group scheduled before us and our meeting, so it is essential that we know exactly who will be attending by the RSVP deadline. No exceptions can be made, as we want to ensure that every attendee has a seat and the necessary materials prepared in advance. If you find that you need to cancel after RSVPing, that is completely understandable—just please let

us know as soon as possible so we can adjust accordingly. For more information, please contact Chris Fetter at 916-276-7895 or email [mixed.media.chrisf@gmail.com](mailto:mixed.media.chrisf@gmail.com)

We look forward to creating with you at our next meeting!

• • •

## Needle Arts

BY JAN HESS

Come meet new friends or reconnect with old friends. We meet the second Tuesday of the month at 12:30 PM in P-Hall (KS). Home design will be the topic presented at our March meeting by an instructor from our local Lincoln store: “Sew Katie Jean.” In April, Laurel Anderson will demonstrate hand and machine appliqué. A class making aprons will be offered to members on March 18. Contact Leslie Sheets to enroll. There is always something new to learn. In addition to our monthly meetings, Needle Arts has several subgroups which meet weekly for specific needle skills. Check the calendar posted at the door of the Sewing Room for days and times. It is time to think about our Spring luncheon in April. Sign-ups will begin in March. Stop by the Needle Arts table for more club information on Wednesday, April 1, 2026 between 10:00 AM and 1:00 PM at the “It’s the Lifestyle” event held at Orchard Creek.

Contact: Brenda Wright 925-786-3702  
[sclhneedleartsres@gmail.com](mailto:sclhneedleartsres@gmail.com); Website: [www.sclhna.com](http://www.sclhna.com)

• • •

## Creative Glass

BY SUSAN HAAS

Join the Creative Glass Club! \$20 a year membership, and enjoy a new artistic endeavor, and meet new friends.

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

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

We look forward to meeting you and assisting with your projects!

Any questions about our club contact Corene 9258138385

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(more Club News cont’ on page 15)



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<b>15 DAY HAWAII from SFO! PRINCESS</b>		\$1,199	\$1,449	\$1,799
<b>Ruby Princess ~ 3080 Passengers</b>	Oct 23, Nov 29, 2026 & Feb 12, 2027			
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California.				
<b>*ROUND TRIP LINCOLN SHUTTLE TO SHIP AVAILABLE!</b>				
<b>10 DAY ALASKA From SFO! PRINCESS</b>	May 23, Jul 12, Aug 11, 2026	\$1,099	\$1,599	\$1,749
<b>Ruby Princess ~ 3080 Passengers</b>				
Sail round trip from San Francisco, California to Juneau, Alaska; Skagway, Alaska; Hubbard Glacier, Alaska; Ketchikan, Alaska; Victoria, BC, Canada; San Francisco, California.				
<b>*ROUND TRIP LINCOLN SHUTTLE TO SHIP AVAILABLE!</b>				
<b>15 DAY CARIBBEAN PRINCESS</b>	Aug 8, Sep 5, Sep 19, Oct 17, 2026	\$988	\$1,068	\$1,458
<b>Regal Princess ~ 3560 Passengers</b>				
Sail round trip from Fort Lauderdale, Florida to Roatan, Honduras; Belize City, Belize; Cozumel, Mexico; Amber Cove, Dominican Republic; San Juan, Puerto Rico; St. Maarten; Fort Lauderdale.				
<b>22 DAY PANAMA CANAL Reposition CUNARD</b>	Sep 24, 2026	\$1,499	\$1,749	\$2,389
<b>Queen Elizabeth~ 2081 Passengers</b>				
Sail from Seattle, Washington to Miami, Florida visiting Los Angeles, California; Cabo San Lucas, Mexico; Puerto Quetzal, Guatemala; Fuerte Amador, Panama; Transit the Panama Canal; Willemstad, Curacao, Oranjestad, Aruba, Miami, Florida.				
<b>16 DAY EUROPE Reposition HOLLAND AMERICA</b>	Dec 5, 2026	\$1,149	\$1,249	\$1,399
<b>Nieuw Statendam ~ 2666 Passengers</b>				
Sail from Rotterdam, The Netherlands; Zeebrugge (russels), Belgium; Dover (London), England; Cherbourg (Normandy), France; Le Havre (Paris), France; Portland (Weymouth), England; 9 Days At Sea, Fort Lauderdale, Florida.				
<b>16 DAY PANAMA CANAL PRINCESS</b>	Sep 29, Oct 4, Dec 3, Dec 28, 2026	\$1,939	\$2,399	\$2,699
<b>Various Princess Ships</b>				
Sail from Los Angeles, California to Fort Lauderdale, Florida visiting Puerto Vallarta, Mexico; Puerto Chiapas, Mexico; Puntarenas, Costa Rica; Fuerte Amador, Panama; Transit the Panama Canal; Oranjestad, Aruba; Fort Lauderdale, Florida.				
<b>26 DAY SOUTH PACIFIC Reposition ROYAL CARIBBEAN</b>	Sep 26, 2026	\$4,237	\$4,837	\$5,147
<b>Quantum of the Seas ~ 4180 Passengers</b>				
Sail from Los Angeles to Brisbane, Australia visiting Catalina Island; Kailua Kona, Hawaii; Honolulu (2 Days in port), Hawaii; Raiatea, French Polynesia; Papeete, Tahiti; Moorea, French Polynesia; Cross the international Dateline; Brisbane, Australia. Call for details.				
<b>26 DAY JAPAN</b>	Sep 19, 2026	\$5,632	\$5,832	\$6,142
<b>Royal Princess ~ 3560 Passengers PRINCESS</b>				
Sail from Seattle, Washington to Singapore visiting; Juneau, Alaska; Hubbard Glacier (Scenic Cruising); College Fjord (Scenic Cruising); Anchorage (Whittier), Alaska; Tokyo, Japan; Shimizu (For Mt. Fuji), Japan; Taipei (Keelung); Hong Kong; Da Nang/Hue (Chan May), Vietnam; Singapore.				

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

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CST # 2033380-40 Updated March 2026



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<b>15 DAY GRAND EUROPEAN RIVER CRUISE</b> April through October <b>Viking Longships ~ 190 Passengers</b> Sail from Amsterdam, The Netherlands to Budapest, Hungary visiting Kinderdijk, The Netherlands; Sailing Holland's Waterways; Cologne, Germany; Koblenz, Germany; Sailing past castles on the Middle Rhine River; Sailing the Main River; Miltenberg, Germany; Wurzburg, Germany; Banberg, Germany; Transit the 16 locks from Kelheim to Bamberg; Nuremberg, Germany; Regensburg, Germany; Passau, Germany; Melk, Austria; Sailing the Wachau Valley; Krems, Austria; Vienna, Austria, 2 Days, Budapest, Hungary.		\$4,999 \$7,199 <b>INCLUDES ROUND TRIP AIRFARE!</b>
<b>8 DAY RHINE GETAWAY RIVER CRUISE</b> April through October <b>Viking Longships ~ 190 Passengers</b> Sail from Basel, Switzerland to Amsterdam, The Netherlands visiting Breisach, Germany; Stasbourg, France; Speyer, Germany; Rudesheim, Germany; Sailing the Middle Rhine; Koblenz, Germany; Cologne, Germany; Kinderdijk, The Netherlands, Amsterdam, The Netherlands.		\$2,999 \$4,299
<b>12 DAY PARIS TO THE SWISS ALPS RIVER CRUISE</b> April through October <b>Viking Longships ~ 190 Passengers</b> 2 Night Hotel in Paris Sail from Trier to Basel, 2 Night Hotel in Zurich, Switzerland, visiting Reims, France; Trier, Germany, Bernkastel, Germany; Cochem, Germany; Koblenz, Germany; Sailing the Middle Rhine; Mainz, Germany; Speyer, Germany; Strasbourg, France; Basel, Switzerland, Zurich, Switzerland.		\$3,299 \$3,799
<b>10 DAY TULIPS &amp; WINDMILLS RIVER CRUISE</b> March & April <b>Viking Longships ~ 190 Passengers</b> Sail round trip from Amsterdam, The Netherlands to IJsselmeer; Enkhuizen, The Netherlands; Arnhem, Kinderdijk, Rotterdam, The Netherlands; Antwerp, Belgium; Middleburg, Vere, Zeeland; Amsterdam, The Netherlands.		\$3,799 \$5,799
<b>12 DAY PHARAOHS &amp; PYRAMIDS RIVER CRUISE</b> January through December <b>Viking Longships ~ 190 Passengers</b> 2 Night Hotel in Cairo, Egypt, Sail Round Trip from Cairo, Egypt visiting Luxor, Egypt; Qena, Egypt; Esna, Egypt; Aswan, Egypt; Kom Ombo, Egypt; Edfu, Egypt, Cairo, Egypt. 2 additional Night Hotel Stay in Cairo, Egypt.		\$7,499 \$8,499
<b>8 DAY ICONIC WESTERN MEDITERRANEAN OCEAN CRUISE</b> March through November <b>Viking Ocean Ships ~ 930 Passengers</b> Sail from Barcelona, Spain to Rome, Italy visiting Sete, France; Marseille, France; Monte Carlo, Monaco; Florence/Pisa (Livorno), Italy; Rome (Civitavecchia), Italy.	n/a	\$3,599
<b>15 DAY AUSTRALIA &amp; NEW ZEALAND OCEAN CRUISE</b> Nov, Dec, Jan, Feb <b>Viking Ocean Ships ~ 930 Passengers</b> Sail from Sydney, Australia to Auckland, New Zealand visiting Melbourne, Australia; Tasmania (Hobart), Australia; Sail the Tasman Sea; Dunedin, (port Chalmers), New Zealand; Christchurch (Lyttleton), New Zealand; Wellington, New Zealand; Napier, New Zealand; Rotorua (Tauranga) New Zealand; Auckland, New Zealand.	n/a	\$3,599

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

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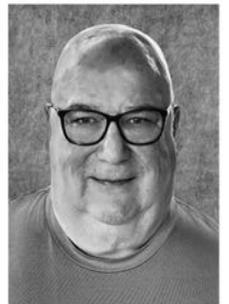
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## Paper Arts Club

BY LINDA LUCCHETTI

Quote of the month: “Craftiness is happiness.”

Our March project includes three fancy-fold cards created by Sue Dambrosio. Project proceeds will be donated to Gigi’s Playhouse that provides educational, therapeutics and development programs for individuals with Down syndrome. Our club is once again inspired to be part of this opportunity. Thank you, Sue, for organizing the project and helping us support and contribute to this valuable program!

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

## Photography

BY DIANE MARGETTS

At our February general meeting, Truman Holtzclaw gave a fabulous presentation on Death Valley. Truman has been a Death Valley visitor for over 20 years and knows all of the hotspots plus the secret spots which he shared with us via his fantastic photographs! This presentation was in preparation for and to build energy for the club’s upcoming Death Valley field trip. Subsequently, in March, twenty-four club members had the unique opportunity to actually experience Death Valley and we are very much looking forward to seeing their incredible photos!

In March, Bill Kress, one of our club’s fabulous photographers will make a presentation on a recent trip he took to Newfoundland, a province where centuries of history and quaint fishing villages live alongside modern design and outdoor adventure. Bill’s presentations are always spell-binding and laced with some of the most incredible photography you will ever see!

In April, Yvonne Carter, will give us a tour of the Galápagos Islands, followed in May with a presentation by Laurie Friedman on Burning Man.

Our club offers easy-to-follow classes on smartphone photography, from the basics of taking better pictures to learning handy tips that can instantly improve your photos. We also

offer Special Interest Groups specifically for iPhone and Android users. If post-processing is your passion, we offer editing classes using popular smartphone apps, showing how a few simple adjustments can turn a good photo into a great one.

We always welcome new members. Whether you prefer a digital camera or a smartphone, the greatest news is you don’t need experience; you just need curiosity and a willingness to have fun. So come learn, laugh, and see the world a little differently—one photo at a time. You can sign up at any of our monthly General or Photography Special Interest Group Meetings. For information of meeting times and schedules, please check out our website.

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

## Woodcarvers Club

BY LIONEL RAINMAN

To some people a block of wood is just that, a block of wood. To those that carve, a block of wood could become a Santa Claus, a fish, or a four-legged animal. Every carving project is an adventure... something that will emerge, at a time later, as a carving masterpiece.

Everyone has the ability to carve and those that do carve have a desire to create an image in their minds and try to create it with a knife and/or chisel. A wood carving, like any form of art, is an individual thing. It can be somewhat duplicated, but never exactly.

Many of the members of the Woodcarvers Club enjoy the camaraderie and the challenges wood carving provides.

If you are curious or have an interest in carving please stop by and see what we are doing. We have carving tools that you can try before you buy.

Woodcarvers Club meet every Wednesday



Spoon carved by James Lyke.

from 1:00-4:00 PM in the Sierra Room at (KS).  
Contact: Lionel Rainman 916-253-9534

## Stamp Club

BY TIM MILES

March is a busy month for the Club. We’ll meet on Tuesday, March 10th and 24th, as usual (6:30 pm) at the Sun City Roseville Lodge meeting rooms (7050 Del Webb Blvd). The April meeting dates are the 14th and the 28th. Our meetings are full of door prizes, stamp albums, pages, sheets, protectors, and anything needed in the hobby. We have guest speakers, games related to philatelic issues, usually a collector or two, and just about anything you need to solve a problem.

Anybody who hasn’t paid his 2026 dues (\$20) can pay at the meeting.

From time to time, we have “garage days” where you can bring your album to Al Capparelli’s house (916-771-82880 for reservation) and fill specific needs. Our meetings feature a full set of catalogs for viewing to identify stamps. Garage days are March 19 and 20 and April 23 and 24.

Of course, anyone who has an “old” album passed down thru the family can go to a meeting and we can give you a pretty good idea of value.

The Sacramento Philatelic Society has a “Spring Show” scheduled for April 10th -11 at Northminster Presbyterian Church Hall, 3235 Pope Ave, Sacto (betseyjaney@sbcglobal.net) for info.

Our Secretary, Lee Coen (leejcoen@gmail.com) sends out timely notifications as needed about meetings, garage days, etc. Make sure he has your email address as he is the quickest source for any news.

## Singles

BY KATHY SHADDOX

We will have our monthly activities meeting on March 3rd at 4:00 pm in the OC Computer Room. Have any new ideas for an event? Come and share your thoughts.

Our monthly Business Meeting led by our President, Chuck Pineau, will be held on Wednesday, March 11th at 5:30 pm at Kilaga Springs MPR. For your pleasure, we always have a no-host bar. Following the meeting we have a fun activity to enjoy. Want to know what it will be? Join us and be surprised!

Don’t forget to join us at our 2nd Saturday breakfast on March 14th at 9:00 am in the OC Sports Bar. Our host is Dennis Reid, who will greet you. What have you never joined in? Great way to meet other members and get to know each other while enjoying anything you want off the menu! Hope to see you there.

Our end of the month Social will be on Wednesday, March 25th at 5:30 pm at Kilaga Springs MPR. For the first time we are having a Sadie Hawkins Day Dance. Music will be provided by our new member, DJ Tom playing 50-60s music. A chance for women to ask men to dance!!! There will also be sweets and snacks provided. Be sure to pay your \$10 cash for a reservation, which if you attend, you will get your \$10 back.

Bocce Ball is played every Wednesday at 2:00 pm. Join us it is a lot of fun!

For those residents that are reading this article each month, do you wish you could join? Don’t waste any time thinking! Pick up a membership form in the OC cubbles in the lobby. Fill it out, write a check for \$20, and mail it to our membership chair. Or better yet, call Donna Hartigan 916-408-1405 and ask any questions you have. Then, you can enjoy all the activities you wish to join in!

## Shalom Social Group

BY JUDY GANULIN

Shalom Social Group members continue to enjoy a wealth of varied activities. We celebrated our Purim holiday with a breakfast meeting where Mike Agron’s music program had our faces smiling and our feet tapping! Our Women Together heard Wellfit Manager Danielle Merrill in February; June will mark the group’s tenth anniversary! Dr. Mark Blum will discuss medications at the April 12 Men’s Club brunch. On April 15 our men’s and women’s groups will meet jointly to hear Lincoln Mayor Richard Pearl. Other future events include our Passover Seder, always a highlight of our year, on April 2. We focus on Jewish history, culture and food, but membership is open to all. For more information, please call Margie Gulko, 916-543-5303 or Deanne Iliff, 530-518-3704.

(more Club News cont’ on page 16)

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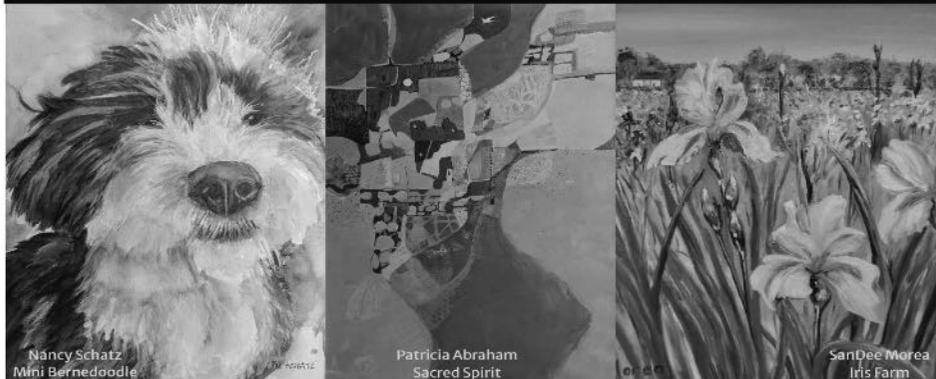
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### Lavender Friends

BY JOAN LACKTIS

It's not just all fun and games with Lavender Friends. While one of our main functions is to provide social activities in a safe environment for LGBTQ residents of Lincoln Hills, our bylaws include other goals as well. Among them are raising awareness of LGBTQ issues and providing help and support to our greater LGBTQ community.

Following some successful fundraising last year, we are in a position to offer a bit of financial assistance to such groups. At our January biannual business meeting in Presentation Hall, we designated an amount and discussed having the Steering Committee develop a process for identifying who might benefit from a little boost.

It was a packed agenda at that business meeting, with several major issues up for decisions. Among them: we are planning to move our very successful annual holiday dance to a larger venue next year; we also will start requiring participants in Lavender Friends activities to sign liability waivers; and, we are gathering volunteers to help staff a voting center in Placer County for this year's elections. After all the hard work, we headed across the hallway for a pizza party and conversation because, after all, some of it is fun and games.

Lavender Friends is a club for LGBTQ residents and their allies; check out our website at [lavenderfriends.com](http://lavenderfriends.com)

...

### Low Vision Support Group

BY STU SINGER

It only takes one trip down Route 65 toward Galleria to see the problem—numerous, yet to be completed housing developments sprouting up along the highway while the traffic around you is moving at a snail's pace. While transportation is already a major problem for this region, this explosion in population will undoubtedly exacerbate the current crisis in the future. The math is unavoidable; it only takes months to build homes, the creation of the highways to serve them is measured in years.

For individuals with low vision, these issues are even more acute. Finding ways to freely navigate inside Sun City and beyond is extremely difficult for those who either struggle to obtain a driver's license or do not feel comfortable driving under certain conditions.

With these issues in mind, the Low Vision Support Group is welcoming Mike Costa, Chief Planner for the Placer Transportation Department and several of his staff members to present at their March 3 meeting at 2 pm in the Fine Arts Room at Orchard Creek Lodge. Mr. Costa, who has addressed the group annually for the past three years, will be exploring the new programs his group has implemented to aid all residents of SCLH in dealing with this problem. He will place an emphasis on those programs that make travel especially difficult for people with disabilities.

(cont' on page 17)

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## Low Vision Support Group

(cont' from page 16)

In addition, Mr. Costa has requested that attendees share their own concerns about navigating throughout the region as the housing boom continues.

On April 1 our speaker will be Cory Hanosh, owner of Northstate Technologies, who will be demonstrating the latest devices designed to aid individuals with low vision.

• • •

## Bosom Buddies

BY DOTTIE SUHRHOFF

Bosom Buddies is a support group for those who have survived or are experiencing breast cancer. We are there for each other in good times or when needed for support. Our phone tree and our monthly meetings are so important to determine who needs support at any given time. We meet on the second Thursday of each month at 1 PM in

the Multipurpose Room at Orchard Creek. We have speakers who talk about things related to breast cancer or other items of interest.

In February we had a wonderful general meeting. We did not have a speaker, so we pulled the chairs in a circle and spent the time sharing our experiences, talking to each other and comparing notes. We talked about feeling good and understanding ourselves. We learned about cancer markers, the importance of being a good self-advocate, wellness clinic opportunities, how diet and exercise help us, and how to address harmony in our hearts. We learned to ground ourselves to the floor when anxious, and we practiced breathing to relax and bring in more oxygen to the body.



Peggy Ryan and Mae Gagnon



Virginia Day, Julie Colvin, Ann Beede and Paula Chaffee.

In March we will have the core meeting on Thursday, March 5, at Patty McCuen's house. All members are welcome to attend. Our regular meeting will be on Thursday, March 12, at 1 pm at Orchard Creek. Many of our ladies go to lunch at Meridians just prior to the meeting. All are welcome to go

to the restaurant with us. It gives us a chance to talk to different people and get to know each other better.

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

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

• • •

## Multiple Sclerosis

BY JERI DIFIORE

Downsizing, Rightsizing, we are pleased to have Diane Kidwell, New Leaf Senior Transitions Specialist, help us with decision making. Members and guests are invited to the Tuesday March 17 Multiple Sclerosis Meeting • 1 PM • Kilaga Springs Lodge • Sierra Room.

Great News - Captain Joni Deutsch will inform us of the final plans for the Multiple Sclerosis Walk, right here from our Sports Plaza, Saturday April 11, 9:30 AM.

Bring \$15 for your sandwich order to this meeting.

All residents, family, and pup are invited to this popular fundraising event.

Please support the Lincoln Trailmixers Corporate Sponsors, who helped us become the Number 1 Folsom Walk Fundraising Team twice in a row: Donna Judah, Coldwell Banker Real Estate; Star Dental; Roberts Retirement Financial Services; Hank Rhoads, American Senior Mortgage.

Our MS Group appreciates the Lincoln Hills Foundation for their constant support.

• • •

## Alzheimer's-Dementia Caregiver's Support Group

BY DENISE WEBFIELD

This group provides an opportunity to meet with others in a similar situation of caring for someone with dementia. We share experiences, discuss resources and offer support to each other. The Women's Group meets the first Wednesday of the month (March

(cont' on page 19)



Lincoln Trail Mixers MS Support Group SCLH



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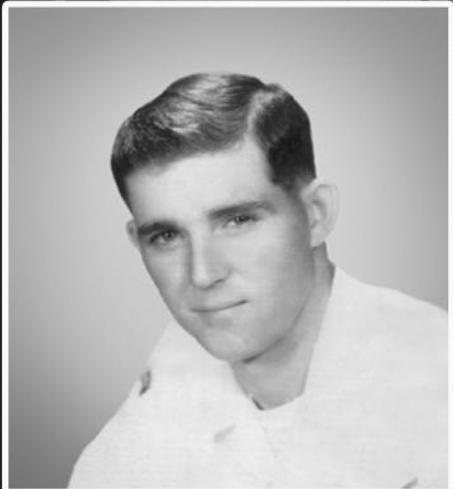
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## Alzheimer's-Dementia

(cont' from page 17)

4th) at 1:00 PM in the Fine Arts Room (OC). The Men's Group meets the third Thursday of the month (MARCH 19th) at 10:00 AM in the Multipurpose Room (OC). There will be no general meeting in March. We are grateful to the Lincoln Hills Foundation for their ongoing support. For more info contact Elizabeth Farley 916-521-9968

elizjohnfarley@gmail.com

## Genealogy Club

BY NANCY SWITZER

Have you ever felt the urge to start researching your roots? Maybe Aunt Gertrude is the family history expert, and you don't think there is anyone left for you to find. Maybe you just don't know where to start? Well, here is an idea for you—the SCLH Genealogy Club! Our Friday, March 20th meeting will feature Ken Caswell, who will give a short introduction to the world's largest genealogy resource, Family Search. It will help you learn the basics of finding and building your family tree. We meet at 10 AM in the Presentation Hall at Kilaga Springs.

Ken began his genealogy journey in the early 1970's, when his father was earning a degree in genealogy - a time when research meant libraries, microfilm and careful handwritten notes. That early foundation sparked a lifelong interest in family history that has only deepened over the decades. Over the years he has volunteered in several genealogy libraries and currently serves as a certified Family Search volunteer. Ken has taught many classes on Family Search, as well as on third party tools that integrate with the Family Search platform.

Ken looks forward to sharing practical skills, proven methods, and a lifelong love of family history in this class. Afterwards, please join us for Cookies, Coffee and Chat in the Café.

If you have suggestions for future Presentations, contact Kate McCarthy at starkayak@icloud.com. Kate offers a Genealogy workshop open to all residents, 2nd Mondays from 1-3 PM, Media Room (OC). Questions, contact Kate at 916-975-5052 or starkayak@icloud.com and leave your question with contact information.

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

## Lincoln Democratic Club

BY JUDY GANULIN

New year, new leadership, and new possibilities! We kicked off 2026 with a member-led workshop packed with energy and great ideas for the new year. We continue our community service with Feeding the Foothills and now with a diaper drive to benefit the Lighthouse Counseling Center – and yes, we showed up at the ICE rally too. March is busy, with a Democracy Workshop and a Wine & Pie event. Be sure to check our website, LincolnCADems.org, for more activities. And join us at our next monthly meeting, 6:30 PM at Kilaga Lodge. Help us defend democracy!

## Apple User Group

BY NINA MAZZO

As Apple announces new updates for their product line, you can check our club website for our tech support team's recommendations on each product.

If you have been procrastinating renewing your club dues, please see our website for renewal information, as we will begin deleting non-renewals on April 1st.

Here's a snapshot of what's happening this month.

Thursday, March 5, Jim Moon will present Part 2 of Numbers is to Apple as Excel is to Microsoft (you need not have attended Part 1). He will continue to explore some easy ways to analyze and chart your expenses without writing formulas and you will discover using the Numbers App is easier than you might think!

Ask the Tech 6:45 p.m. with presentation at 7:00 p.m. in the Presentation Hall (KS).

Tuesday, March 10 (monthly General meeting), Ken Silverman will present "iPad's OS 26 brings new design, intelligent experiences, and more improvements."

Ken will guide you through the key upgrades that simplify iPad usage and discuss potential adjustments for optimization.

Ask the Tech 6:30 p.m. with presentation at 7:00 p.m. in the Presentation Hall (KS).

Monday, March 23, Ken Caswell will discuss iCloud.

Ask the Tech 10:15 a.m. with presentation at 10:30 a.m. in the Presentation Hall (KS).

Club website: www.LHAUG.org. General information phone is (916) 913-6833, please remember that we only accept voice messages, not texts.

## Italian Club

BY ANNE (CORSAO) FINN

We hope you had a wonderful Valentine's Day, celebrating with that special someone. If not, you can make up for it now! Don't miss out on LH Italian Club's rendition of "Romeo and Juliet" scheduled for March 15 in the Ballroom (OC). It will have just enough romance and comedy to satisfy everyone's discerning tastes. Come support your fellow club members as they show off their thespian skills. A delicious dinner will be included in the ticket price. Buy your tickets now! Some other events coming up over the next few months are Tombola, the ever-popular Bocce tournament and barbecue and our yearly Member Appreciation lunch. Please be sure to check out our website at ww.lhitalianclub.org for details on these and other exciting events. For membership information, contact Sandi Graham at 916-826-5711.

## Astronomy

BY BARBARA SWERDLOW

Space the final frontier! Interested in learning about our solar system, deep space discoveries, and current space projects? These topics and more are presented at our monthly meetings. Meetings are held the first Wed. of every month, except July and December, at P-Hall (KS) at 6:45pm. Our February speaker was Michal Warzecha updating us on the Artemis missions. The March speaker will be Raj Dixit talking about the spring sky. We invite people to view space objects at our monthly star parties, which are held, weather permitting, at the upper tennis courts. Check website for updates and times.

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

Website: lhag.org; Contact: Cindy Van Buren, rvbcvb@att.net

## Airport Co-op

BY GINNY SATO

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

## Travel Group

BY LINDA BEVINS & JOANNE SCHUMACHER

March is chasing away clouds and filling the hills with colorful tulips and golden daffodils!

Some of the exciting tours that the LH Travel Group is offering include an all-time favorite: Holland and Belgium Springtime River Cruise

(April 20-28, 2027). This tour always sells out a year in advance due to the limited blooming time of the colorful Holland tulips. Signup deadline is April 26, 2026! Fly to Amsterdam and board your ship for a 7-day cruise to see vibrant tulips and iconic windmills.

And this year is the 250th Anniversary of America. Collette designed a very special tour to celebrate the beginning of America with the American revolution "shot heard around the world" in 1775. The tour follows the history of America from Boston to West Point enroute to the Big Apple (New York) stopping to see the awarding winning show, Hamilton. It continues to Philadelphia, Valley Forge and 3 nights in Washington DC. We offer 2 departures: June 1-9, 2026, and Oct 12-20, 2026.

Perhaps a trip to Discover Utah's Mighty Five and The Rockies - (September 21 -29, 2026). Travel across the Southwest to visit Five National Parks, ride the Canyon Spirit Train for two days, enjoy an air tram ride in Zion, and so much more.

(cont' on page 21)

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### Travel Group

(cont' from page 19)

Sign up on our website - lincolnhillstravelgroup.com for these trips and others.

All trips include airfare and rides to/from the airport.

All Travelers on the trips must be members, but you do not have to live in Sun City LH to be a member. Membership application on the website; dues are \$15.00 per year.

Next LH Group Travel Show is April 29!

Mark your calendars. All travel shows are free to attend at Lincoln Public Library, Willow Room, 1-3 pm.

LH Travel Group Leaders: Joanne Schumacher 415-999-1242 jkschumacher1@gmail.com; Lisa Viviano 916-798-7462 lisav4747@gmail.com; Pam Speck 925-389-6302 joepamspeck@gmail.com; Linda Bevins 916-666-7627 djbevins17@gmail.com

• • •

### Republican Club

BY SUE DUMAS

Social Chair, Michelle Kubo is a busy lady helping members get to know one another one-on-one; creating cohesive teams. We live in an environment and time when teamwork is critical. We all need to do what we can, as we can, to save our children, families, state, and country. We have a President who takes saving this country seriously - daily, and we need to support him! This year our focus is on getting more Republicans voting! Please volunteer

to do what you can for the best Republican turnout ever! Volunteer opportunities are unlimited. If you haven't done it before, we will train you, sign up on website or at meetings, you are needed!

We enjoyed two functions in February; dinner at Kobe's, fun and delicious; and, Assemblyman Carl DeMaio as our guest speaker, sharing his depth of knowledge and insights into California's most pressing challenges current and future. His message was one we all needed to hear to get us motivated for this mid-term election.

Happy St. Patrick's Day!

We'll be celebrating St. Pat's Day - Friday, March 20th - 5:00 to 8:00 PM in Placer Room (KS). Traditional corned-beef and cabbage dinner; No-Host Bar. Festive, great food, fun, games, prizes, and like-minded friends.

Speaker night - Thursday, April 23 - 6:00 PM doors open; 6:30 PM program. Watch email or check website for update on speaker(s)! Q and A, coffee, tea and cookies.

Remember, June Primary will be a "jungle"! The two top vote getters will compete on November Ballot! We must make sure that every race, including the all-important Governor race, has a Republican candidate winning in the top two. If you do not like what has happened to California... you know there is no time for apathy... you need to vote and get your family, friends and neighbors to vote as well!

www.RepublicanClubSCLH.org

• • •

### Veterans Group

BY STEVE WITMER

It's not too late to sign up for the Veterans Group's annual St. Patrick's luncheon in the Orchard Creek Ballroom on March 17. A no-host bar will open at 11:30 a.m. Luncheon will be served at noon.

The price of \$30 per person includes a choice of three entrées: corned beef and cabbage with potatoes; lemon caper chicken; or eggplant parmesan (vegetarian). All meals include rolls and butter, iced tea or coffee, and cake for dessert. Contact Lois Gilbert at 650-759-5583 for further information. Reservations are needed by March 6.

Residents whose American flags took a beating over the winter months can pick up a bright, new flag on the 15th of the month when the Veterans Group sells replacement flags in the Orchard Creek lobby from 8:00 AM to 4:00 PM. Flags are \$20 each.

• • •

### RV Group

BY MARY CARBREY

Spring is almost here, and we are anxious to get back on the road for another adventurous RV season. At last month's club meeting we had a full house and welcomed several new members. This month our group will be at the Jackson Rancheria RV Resort. With 24 rigs participating, we have booked the entire new section of the resort. Oh, what fun! Our own little village! So far our schedule for 2026 includes RV rallies in Jackson, Paso Robles,



Robyn, Janet, and Steve enjoying the campfire outside of Albuquerque.

Angels Camp, Central Point in Oregon, Heber City, Utah, and McCloud. To learn more about this adventuresome group, see our website. All types of RVs are welcome. Come join us on the second Thursday of the month at KS, 4:30 PM, in the Placer Room.

To learn more about this adventuresome group, see our website at www.lhrvg.com. For general information contact our club president, George Slaats at 916-257-3372 or georgeslaats@gmail.com. For membership contact Cara Roberts at 925-330-9397 or constance.roberts@gmail.com. All types of RVs are welcome! Come join us on the second Thursday of the month at KS, 4:30 PM, in the Placer Room.

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(more Club News cont' on page 23)



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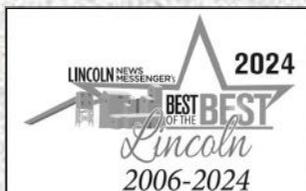


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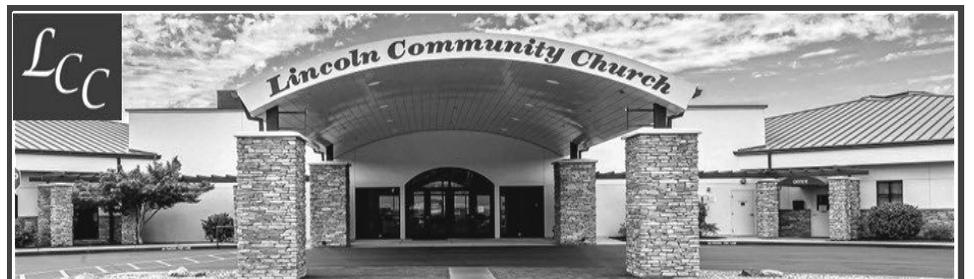
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	\$800,000	\$20,000	\$12,000	\$8,000
	\$900,000	\$22,500	\$13,500	\$9,000
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## Sports Car Club

BY ROB PHILLIPS

While the weather still isn't quite ideal for long drives, our club is gaining momentum—fine-tuning plans and gearing up for an active and exciting 2026 season ahead.

Jeanne Cervantes organized our first social event of 2026, and it was a tremendous success. Fifty members gathered on February 23 to celebrate the Year of the Horse and Chinese New Year at China Villa in Rocklin - a beloved local restaurant that has served the community for more than 20 years. This marked our second annual Chinese New Year celebration at China Villa, and once again it proved to be a wonderful evening of great food, fellowship, and festive spirit. Kung Hei Fat Choi to all!

April promises to bring us back on the road with two enjoyable outings. On April 3, we'll tour the scenic Capay Valley, taking in its rolling hills and springtime beauty. Then on April 24, we'll make one of our traditional

runs to Teresa's Italian Restaurant in Jackson, followed by a stop in Lockeford to visit the Lockeford Sausage Market—a favorite destination that never disappoints.

A brief automotive history note: The Mercedes-Simplex 60, built by Daimler-Motoren in 1903, is widely regarded as the first true sports car. Unlike earlier automobiles designed merely for transportation, the Simplex was engineered for performance. Its 60-horsepower engine was extraordinary for its era, and its low center of gravity and racing-focused design set a new standard. Originally priced at about \$3,000 when new—a substantial sum at the time—one example sold at auction in 2020 for more than \$12 million, underscoring its enduring legacy and historical significance.

Join us - New members are always welcome! If you're interested in joining or learning more about the club, please visit our <http://lhsportscars.com> or contact Carol Asnault at [casnault@comcast.net](mailto:casnault@comcast.net)

• • •

## Amateur Radio Group

BY DAN LEHRER, KN6DRN

Calling CQ, calling CQ, a familiar radio greeting we utilized recently in several contests and events. Over 20 States and a Canadian Province were successfully contacted in the RTTY Contest. We also participated in Winter Field Day. Although not nearly as cold by far as the rest of the Country, our fingers still felt numb as we contacted stations across the US.

One of our favorite events is New Resident Orientation. This event allows us to talk about Ham radio to new residents and the many facets of the hobby. Occasionally we re-ignite an interest in the hobby or introduce Ham radio to residents open to new experiences.

Meetings are held at the South Tower every Monday night at 6:30 PM. Our club

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

• • •



New Resident Orientation, Art, KI6GYY, Dan, KN6DRN and Sal, WC6SAL

## Garden Group

BY LORRAINE IMMEL



Once again, we are very excited to have Kevin Marini's participation in our Thursday, March 26, General Meeting at 2:00 PM, KS. We look forward to his insights and tips to make our gardening experience more rewarding. Kevin is a UC Community Education Specialist: Home Horticulture. His presentation is: "Firescaping: Get Ahead and Slow the Spread!"

There is a way to organize your landscape and maintain your garden that will help create defensible space around your home. We will discuss what the research is telling us about the best practices we can implement in our landscapes to slow the spread of fire while still being able to enjoy a beautiful garden. Kevin says, "With so many Placer County residents living amongst the wildland interface, the time is now to make a plan for your house and yard to create a firewise landscape."

Kevin Marini graduated from St. Mary's College with a degree in Ethnobotany, then continued to earn a teaching credential while he worked for two years building school gardens and educating youth. He spent a year in Italy for additional learning at a Tuscany agricultural farm and returned to become the Program Manager for the University of California Placer and Nevada Counties' Master Gardener programs and administered the programs for 22 years. His areas of expertise are plant problem diagnosis, soils, vegetable gardening, composting, and, as a Certified Arborist, fruit tree pruning and overall tree care.

Renewal and New Membership for the Garden Group will be available before the meeting along with sign-ups for the Spring Social, Brown Bag Plant Sales, Master Gardening Q's & A's at 1:30 PM, and Door Prizes! Due dates for sign-ups: Spring Social (March 20) and Membership 2026 (March 31).

• • •

## Bird Group

BY SHERRY SINGER

On February 6, during one of our regularly scheduled local bird walks, approximately 30 members of the Bird Group spent a beautiful morning birding on the Ferrari Pond Trail.

We saw over 50 species of birds including a white pelican which was a pleasant surprise for many of us. American White Pelicans can be found in the Lincoln area during winter months. One of the largest North American birds, with a wingspan of 8-9 feet, and a long, massive bill, they do not dive but swim and feed in shallow wetlands.



Sun City residents are fortunate to have so much open space and so many trails in our neighborhood to enjoy nature. The Ferrari Pond Trail includes the Ba Mu Ma Salt Spring where we saw the pelican, Black-Necked Stilts, several species of ducks and both Great and Snowy Egrets. The salt spring once served as a critical resource for the indigenous Nisenan Tribe for thousands of years. In the summer months when the water levels are low, salt deposits become clearly visible as a white crust which the Nisenan used for food seasoning, medicine and a commodity to trade with neighboring tribes. The Nisenan are the first known settlers in the Lincoln area.

Future Bird Walks:

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

March 6: Morgan Oaks & Manzanita Cemeteries

March 13: William B. Pond Recreation Area (Carmichael)

March 27: Twelve Bridges / Wilson Park Future Meetings:

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

March 9: Zoom meeting with Scott Harris - Chasing America's Raptors

April 13: Ed Pandolfino - "Achieving Immortality through Birdwatching"

Contact information: Visit us at our website [www.sclhbirders.org](http://www.sclhbirders.org) or contact Don Fallon, our chairperson at [donfallon102@gmail.com](mailto:donfallon102@gmail.com)

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(more Club News cont' on page 25)

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## Hikers and Walkers

BY LISA MARIOTTI

As the March trails shift from winter to spring, it feels fitting to honor the people—and the path—that brought us here. Our hiking club was founded 25 years ago by a small group of dedicated outdoor enthusiasts who came together after moving to Sun City. Sue Geisler, along with Marty Goff and Larry Wood, was instrumental in getting it started.

Two years later, David and Monique Wood joined the club and have supported it ever since with wisdom, leadership, and enthusiasm. David also developed the club's website, which faithfully served members for more than 20 years.

We also recognize early members Fred Crofut, a great hiker and leader, and Dennis Ratay, whose creativity and dynamic leadership was greatly appreciated.

It's important to remember that in the club's early days there was no GPS — hikers researched routes and navigated by map and compass. Trails were rarely pre-hiked, and members thought nothing of driving to Point Reyes or Marin for a full day on the trail, followed by dinner on the way home. Many hikes were strenuous, often averaging 10 miles or more along adventurous routes.



*Hikers and Walkers—David and Monique Wood.*

The club also gave back to the community, spending many weekends clearing brush and building trails at Hidden Falls Regional Park, where our efforts are recognized with an honorary plaque.

In speaking with David and Monique Wood, Gay Mackintosh, and Steve Valeriotte about the club's history, it was inspiring to hear their memories of the camaraderie and closeness that defined those early years — a spirit rekindled in our club today. Their guidance and continued involvement are a testament to the friendships formed along the trail and to the restorative, life-enhancing power of hiking and walking in nature.

Won't you join us?

Visit [LHhikersandwalkers.org](http://LHhikersandwalkers.org) or call President Tom Denzler, 530-368-2564, for more information.

• • •

## LH Cyclists

BY GREG SANDUSKY

Our inaugural 2026 get-together (or mingler) for the cycling club was held at Moksa Barrel House in Roseville, attracting over 30 members. This event provided a fun opportunity to connect outside of riding, allowing cyclists and non-cycling loved ones to share in cuisine and conversation.

Our next mingler will be on March 11th at High Hand Brewery from 4-6 PM so come join us! It's a great chance for current and prospective members to come together in a relaxed setting. For more details, contact Lisa at [lisaeto@yahoo.com](mailto:lisaeto@yahoo.com). We look forward to

seeing everyone there!

Due to the growing popularity of our Easy Riders group, we are expanding our focus to include not just short-distance riders (7 miles or less) within Sun City, but also those interested in exploring longer rides on dedicated bike paths and lanes just outside the community. Safety will be a top priority, with pre-ride briefings on best practices and essential gear recommendations.

So whether you ride 7 miles or 70 and want to know more about our club, go to our website at <https://www.lincolnhillscyclists.com/> to find out more information or sign up!

• • •



*Cyclists—New and seasoned members, along with our invaluable non-cycling partners, sharing great food and conversation at Moksa Barrel.*

## Water Volleyball Club

BY MIKE CARLSON

Spring is just around the corner and there is no better place to come out of winter hibernation than to join us at the Kilaga Springs pool with the Water Volleyball Club.

We play 5 days a week and have a spot for you no matter what your skill level is. Find out more about us at [LHWaterVolleyball.com](http://LHWaterVolleyball.com) or email Elaine at: [selhwatervolleyball+membership@gmail.com](mailto:selhwatervolleyball+membership@gmail.com).

Around 25 Water Volleyball members



*Water Volleyball members*

enjoyed an exciting night of college volleyball as Jessup University's men's team defeated Simpson University 3-1. Our club looks forward to attending the next match at their Rocklin campus. Please join us!

• • •

## Pickleball Club

BY MARILYN PLUTH

Welcome to our new Pickleball Club members: Thomas Crouse, Robert Greenfield, Cheryl McReynolds, Debra Obryan, Lita Theodore, and Kirby Tynner

2026 could be your year to try out Pickleball. Come to our monthly "Rookie Play Day," being held on March 21, at 9 am. This event is open to all members at a beginner

skill level, as well as activity-card holding Sun City residents who just want to check the game out. We offer "Rookie Play Day," where the basic rules are taught to beginners who want to try out the sport, as well as court time with players at your skill level. Plenty of seasoned members will be there to offer assistance and advice. Watch for our flyer in the club kiosk. Registration is required. Contact Marlene at 815-274-5462.

"Step it Up" lessons are offered to club members who are considered advanced beginners. Not ready to play the most skilled players? No problem. Attend this clinic to get more training on strategies and techniques to

*(cont' on page 28)*

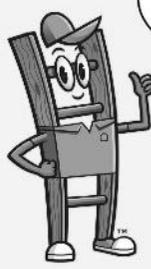


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## 2026 Grand Jury Awareness

The Placer County Board of Supervisors honored the Grand Jury with a proclamation for Grand Jury Awareness Month for February 2026. Eleven sitting Grand Jurors and two past Grand Jurors attended. All fifty-eight California counties have a Grand Jury. Each California Grand Jury is civil and only upon the discretion of the District Attorney can be assigned a criminal case. Nineteen jurors serve on the Grand Jury composed of ordinary citizens, volunteering their time. They serve charged with investigating and reporting on local government, ensuring that government operations and responsibilities are in the public's best interest.

Information regarding the Grand Jury is found on the Superior Court website at <https://www.placer.courts.ca.gov/general->

information/grand-jury. Serving on the Grand Jury is an outstanding way to expand your knowledge of the workings of local government, city and county. It is a one year term and requires a time commitment of about 50 hours per month for meetings, investigations, interviews, and writing the Final Reports to the public.

Current and past Reports and Responses are available at <https://www.placer.courts.ca.gov/general-information/grand-jury/grand-jury-reports-resolutions>

Our support outreach group, Placer County Grand Jurors' Association (PCGJA), comprised of past Grand Jurors, is for Grand Jury recruitment and providing information to the public. Our website is [pcgja.org](http://pcgja.org)



Eleven of the current Grand Jurors, two past Grand Jurors, five Placer County Supervisors, and "Radish" (service puppy in training).

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# Del Oro Caregiver Resource Center – Q and A with Executive Director, Michelle Nevins

Q: What is Del Oro Caregiver Resource Center?

A: Del Oro CRC is a private nonprofit organization that supports family caregivers who care for adults with cognitive impairments or chronic or disabling conditions. We provide guidance, resources, and programs designed to help caregivers manage the emotional, physical, and financial challenges that come with caregiving.

Q: Who does Del Oro serve?

A: Through funding from the Lincoln Hills Foundation, we support unpaid family caregivers caring for adults with dementia, stroke, Parkinson's, MS, and ALS.

Q: Specific to Sun City Lincoln Hills what types of services are available to caregivers?

A: Del Oro begins with a comprehensive caregiver assessment that helps determine a plan of care. Services may include counseling, support, educational workshops, respite assistance, and help navigating community resources.

Q: Why do you think people might hesitate asking for support?

A: There are many reasons. Family caregivers often believe they can manage on their own and may not reach out until their loved one's condition progresses and the demands become overwhelming. We want to

help families avoid crisis situations because decisions are more difficult to make under pressure. Some caregivers may view seeking support as a sign of weakness, but we see it as an important step in maintaining their own well-being.

Q: What is a caregiver assessment?

A: It's a one on one conversation with a family consultant to understand the caregiver's needs, stress level, and challenges. From there, a personalized care plan is created.

Q: Is there a cost for these services?

A: Thanks to an annual grant from the Lincoln Hills Foundation, services are provided at no cost to family caregivers in Sun City Lincoln Hills.

Q: Do you offer respite care?

A: Yes. Del Oro can help caregivers access temporary relief services so they can rest, attend appointments, or take care of personal needs. Respite care comes in the



form of Adult Day Care, In-Home Care, or a Short-Term stay in an Assisted Living Facility, or a combination of these options.

Q: How can someone get started?

A: Caregivers can call the center directly at 916-728-9333 or visit our secure, HIPPA-compliant online portal at <https://www.deloro.org/carenav> to complete an initial screening to begin the process to become a client.

Q: Does Del Oro offer classes or workshops?

A: Yes. We host educational programs on topics such as dementia care, stress management, legal and financial planning, and caregiver self care. A list of upcoming events is available at [www.deloro.org/events](http://www.deloro.org/events).

Q: Are support groups available?

A: Del Oro offers support groups where caregivers can connect with others, share experiences, and receive emotional support. Visit <https://www.deloro.org/support-groups> to find a group near you.

Q: Why is caregiver support so important?

A: Being a caregiver can be emotionally and physically demanding. Without support, caregivers face higher risks of burnout, depression, and health problems. Del Oro helps caregivers stay healthy, resilient, and connected.

Q: What makes Del Oro unique?

A: Our approach is personal, compassionate, and tailored. Each caregiver receives individualized guidance—there is no one size fits all solutions.

Q: How can this community help?

A: Community members can spread awareness by letting friends and neighbors know about Del Oro and the partnership with the Lincoln Hills Foundation. Donations to the Foundation help sustain caregiver programs specific to members of SCLH.

Q: What is the one thing you want people to take away from reading this article about your programs?

A: Do not walk the caregiving journey alone. We are here to support you, and we are honored to do so.

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

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



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## Pickleball Club

(cont' from page 25)

“Step Up” your game. Registration is required. Contact Mo at 530-864-6923.

For those who missed the fabulous video on the big screen at the Pickleball & Prosecco Winter Party in January you can access it in the Pickleball Photo Gallery, on the scres.org website. Special thanks to those who did a great job putting it together.

Announcing “St. Patrick’s Day Pickleball Malarkey on the Courts.” Our first Mixed Doubles Pickleball Tournament of 2026 will be held Tuesday, March 17, at 10 am. Hope to see you there.

Save the Date! Don’t miss out on our much anticipated Quatro de Mayo party on May 4. More information to come.

• • •

## Softball

BY ERNIE MICHELI

Mark your calendars for April 15th, the opening day of softball season! But before that, March is packed with exciting activities. On March 2nd, the newly appointed managers will gather to decide the player draft order and get their hands on the draft materials. On March 4th, the players will be selected and assigned to their teams. Team practices will kick off on March 9th, and each team manager will share the specific time and place. Don’t miss out on the general practice every Saturday morning from 9:00 a.m. to 12:00 p.m.

We’re thrilled to announce that Debbie



Steve Kain

Photo by  
Tony Machado

Ney and Carol Brehm will join Lanette Stratton on the Women’s Division Board. And guess what? The Women’s division announced their schedule. They’ve got practices scheduled every Sunday starting at 10:00 a.m. and Thursdays between 2:00 p.m. and 4:00 p.m. Oh, and they’ve already set the date for their first hot dog sale on April 7th and 8th at the Pickleball Courts. Can’t wait!

Softball season is shaping up to be a real treat, with a full schedule of Monday and Wednesday games for the co-ed program. Karl

(cont' on page 29)



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### Softball

(cont' from page 28)

Hess is working hard to assemble Coyote Travel teams at the 70, 75, and 80-year-old levels. Once those teams are ready, there will be several Coyote tournaments scheduled for weekends.

Del Webb Field is a fantastic place to play softball, and it's also a great spot to catch a game. Come and join us for some fun and friendly competition.

Our website is a treasure trove of information, including the latest standings, team rosters, photos, and more. You can find it at lhssl.net. If you have questions, write President Bruce Briggs at bbriggsrsoftball@global.net or call 916-543-3401.

• • •

### Coyotes Softball

BY GAGE JOHNSON

A revived Coyotes travel softball program will feature three teams for the 2026 season with 70's, 75's and 80's teams. Karl Hess is managing the 70's and 75's, assisted by Gage Johnson. Jim Mikaelson is managing the 80's, assisted by Bob Fernandez and Dale Stephens.

All three teams plan to host a tournament at Del Webb Field. Dates and formats will be decided soon. Last year, the Coyote 75's posted a record of 12 wins and four losses, finishing first in two of the four tournaments they entered.

• • •

### Tennis Club

BY PAULA GRIFFIN

The tennis courts will be in full swing for the upcoming St. Patrick's Day Tournament on March 14th and the Spring Fling Tournament on April 18th.

(In case of rain on the day of the event, the tournament will be held one week later on March 21st or April 25th.) Don't miss out... these tournaments are open to members only. Thankfully, it's easy to join or renew your membership on the club website at https://SCLHTG.com. Check out all club events at the website.

Tennis is truly a sport that you can play well into your older years. Our club players have a wide variety of skills; from first-timers to seasoned competitive players. The Lincoln Hills Men's 7.0 USTA team (70+ Years) won the NorCal Sectional Championships in 2023 and 2024, the first time that any team out of LH has done this. Pictured in the accompanying photo (L to R) are Jeff Coupe, Rod Parsons, Carl Lynch, Jim Farrell (captain), Jerry Dong (co-captain), Sal Zimmitti, Doug Hiraga, and Russell Smith. Not pictured: Frank Gonzales and Phil Vick.

See you on the courts!

• • •



### LH Table Tennis

BY ILENE MARSHALL

February was a busy month for the Lincoln Hills Table Tennis Club. And we're keeping the momentum going into March with three fun events.

Sunday, March 15: (3rd Sunday): Doubles RR Ladder #1.

Tuesday, March 17: Club Expo Booth Orchard Creek. (St. Pat's Day)

Sunday, March 22: HOME Interclub vs Sun City Roseville, 10AM- 2 PM

We play in the Multi-Purpose Room (KS) on Sundays 8:00 AM to 5:00 PM, Tuesdays, 6:00 PM to 8:30 PM, and Fridays 8:00 AM to 12:00 PM.

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

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

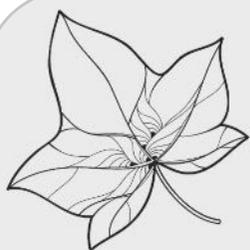
To join, just sign up on the new member sheet at the play sessions or email pingpongsclh2@gmail.com.

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

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

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

(cont' on page 31)



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## LH Table Tennis

(cont' from page 29)

paddles are available.

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

We try to set up a 'Robot' table tennis ball machine on Fridays to use for beginner coaching, warm up, training, and practice. Players may use it on a "first come first served" basis, and the signup sheet is located there with the ball machine. Unfortunately, we don't always have a volunteer to set it up. If you're interested in volunteering to help, contact Carl Lynch at carlynch@live.com

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

## Lincsters

BY LORA FINNEGAN

Our "You're the One Fore Me" Tournament was a go for February 11. The players pairings were set. The score cards were printed. The player's tip sheet was ready. The prizes were purchased and wrapped. Members had decorations for their carts.



Ann Beede

Red and pink outfits were picked out. And then on February 11... rain cancelled the event! Thanks to our chair Ann Beede and her committee for all their organization and hard work. Kudos to Marie Bossert and her sweeps team for organizing this tourney.



Marie Bossert

Without devoted members like these, fun filled events would not be possible. The Lincsters nine-hole golf group welcomes

new members; contact Betsy Williams at bets940@gmail.com or Lincolnhillslincsters.memberplanet.com. Upcoming tournaments: Big Sister, Little Sister on March 25, Bring a Friend on May 20.

## Ladies Golf - 18 Hole Club

BY KAREN ESCOBAR

Congratulations to Patti Tilton, our February Net Chix winner! Patti also captured Closest to the Pin on Hole 16 of the Hills Course, landing her drive an impressive 4 feet, 1 inch from the cup! First-place winners in each flight included Kathy Woodward, Robyn Kain, Yeong Hur, and Maggie Tse.



Cathy Porter

Please join us in welcoming our first new member of the year, Cathy Porter! We're so glad you're here and look forward to seeing you out on the course.

Upcoming club tournaments include Friends and Family (April 9), Interclub Scramble (April 27), Guest Day (June 4), and Red, White and Blue (July 2).

New members are always welcome! If you live in Sun City Lincoln Hills and enjoy playing golf with a friendly group of ladies who share your love of the game, we invite you to join the Lincoln Hills Ladies Golf XVIII. Our club gathers every Thursday for a fun and welcoming Play Day, featuring a different game format each week to keep things fresh and exciting for players of all skill levels. If you're interested in becoming part of our group, please contact our Membership Chair, Kathy Lee, at kathy.lee2@att.net or 925-998-3538—we would love to have you join us!

## Men's Golf Club

BY CARL LYNCH

What a Beautiful day on the Greens for our January Slosfest Tournament. We had very close contests in all 3 flights and had to use the NCGA Tiebreaker in several cases. Congratulations to the winning teams, and to the individual winners of the Closest-to-the-Pin

and Long Drive contests!

Flight 1 Low Gross of 60 went to: Jaicks – Black – McClaskey – Leonard.

Flight 1 Low Net of 57 (-15) went to: Fox – Kugel – Brown - Gomes.

Flight 2 Low Gross of 63 went to: Davies – Gorley – Citarella - Warner.

Flight 2 Low Net of 56 (-16) went to: Henry – Fallon – Messelbeck - Nabity.

Flight 3 Low Gross of 66 went to: Ogata – Griffith – Zierman - Hulett.

Flight 3 low Net of 57 (-15) went to: Lucas – Monsees – Teixeira - Musial.

Par 3's Closest to the Pin: Hills holes 5, 7, 12, & 16: went to Sylvan Braa, Joel Rayden, Rick Velasquez, and Mark Thompson.

Orchard holes 4, 7, 11, & 16: went to Bob Schoenherr, Brian Fox, Vince Barriero, and Mike Hughes.

Long Drive went to Dan Martin, Rob Davies, Jim Kiley, and Herb Ingraham.

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

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

## Shuffleboard

BY JON KLINE

Club play continues: Tuesday and Saturday afternoons: 1:30 to 3:30 PM. New player orientation is offered at every session. The five professional-grade PolyCourts are located on Court #10 in the Sports Plaza, adjacent to the rear of the softball field parking lot. If you come to play on Saturdays, you can sign up at the court to join fellow players at 3:15 to dine and continue to socialize at various venues nearby. Our popular Basic Strategy Clinics return this year starting on Thursday, March 19th at 10:00 AM. Our first tournament will be on Saturday, March 28th at 9:30 AM, using the fun "Same Side Partners" game format. Check the club website and postings at Court #10 for details of all upcoming court and social events. Never tried to play shuffleboard? Volunteers will be hosting "Introduction to Shuffleboard" clinics. These non-club clinics will teach you the basic safety and game rules; contact WellFit for dates and times. Is your club or social group looking for a different & fun outing? Contact Wellfit to reserve 2-5 courts

in advance, and contact us for help setting up the courts or reviewing the basic game rules. We are a no dues club. People of all ages and fitness levels can play shuffleboard because no bending or lifting is required.

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

Club Website: Facebook/SCLH Shuffleboard Club

## Billiards Group

BY RANDY FANN

Mentoring: Skill Grows but Fun Comes First

Pool is easy to start and endlessly hard to master. A beginner can learn the rules in an afternoon and make a few satisfying shots right away. Then the game starts revealing its layers—stance, stroke, speed control, position play, and safety strategy. That learning curve is exactly what makes mentoring so powerful. A few small tips from someone more experienced can unlock weeks of progress.

Our mentors don't overwhelm new players with jargon. They have played the game. They focus on the basics: keeping your head still, following through, choosing high-percentage shots. "Try slowing your stroke," or "Think one ball ahead." Those simple nudges build confidence and keep frustration at bay.

Learning is relaxed. Instead of drilling mistakes, our mentors frame errors as information. Missed a shot? Great, now you know how that angle behaves. Scratched? Let's talk about speed control. When learning is wrapped in play, people stick with it.

Fun is the real hook. At its heart, pool is supposed to be fun. Laughing after a lucky roll. Groaning when the 8-ball jaws out. Celebrating a run you didn't think you had in you.

We are at the Kilaga Lodge. Tuesday mornings, 9.15 and 10.30. Come early and check in with Cathy, our Mentoring Director. She will help you determine your level of play and the appropriate mentor for you. We have six tables, two for beginners, two for intermediate, and two for advanced players.

Come and join us. You deserve some fun.

(more Club News cont' on page 35)

## SUN CITY REAL ESTATE UPDATE

While the market adjusts continually both up and down, most people don't realize the median sales price in Placer County is roughly the same today as it was in July of 2021. Our median sales price peaked in May of 2022 then fell of as we went into fall of 2022 and never came back. In fact each year since 2021 we have seen prices reach their peak for the year in early spring to early summer only to watch them retreat from August through December. I've always said, the only constant in real estate is change and this new norm for sales appears to be holding on. If you are considering selling your home or a rental, you may want to take the timing into account.



WRITTEN BY  
GEORGE BROWN  
gbrown@thompson-brown.com



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# Letters to the Editors...

Authors are solely responsible for the content of their letters.

## Scorecard

Six Month Scorecard for the Board of Directors in Office Since September 2025

Note: All Board meetings are available for viewing on the SCLH Resident Website.

Some Progress is Visible  
Meeting Behavior Has Improved

- Less visible conflict and fewer interruptions.

- Overall atmosphere is more professional. Trend: Noticeable progress.

Formal Actions Are Cleaner

- Resolutions are read, seconded, and recorded with more consistency.

- Fewer "What did we just vote on?" moments. Trend: Mechanics improving, though some Directors still need procedural education.

Where Progress Is Lacking—Governance Still Takes a Back Seat to Operations

- Directors routinely dive into operational details — lighting, carpets, projects, portals, backlogs. President Mateer continues to drive lengthy discussions on operational topics.

- Discussions remain focused on execution rather than oversight. Trend: No change.

Narrative Still Replaces Oversight

- Previously: "We're good." With no specifics

- Now: "Largely caught up or we are working on it" Still no specifics.

- Never any metrics, motions, or measurable accountability. Trend: No change.

Committees Report, but the Board Doesn't Govern

- Committees deliver information; the Board rarely converts it into direction or policy.

- Data goes in, but no governing output comes out. Trend: No change.

Agendas Remain Reactive and Discussions Unfocused

- Items drift between discussion and action with no clear consensus.

- Major issues end with verbal wrap ups rather than motions, follow ups, or defined outcomes. Trend: Governance discipline lacking.

Risk Remains Siloed

- Legal, financial, and operational risks are discussed separately rather than holistically.

- Example: A \$1.85M accrual is announced without linking it to controls, budgets, or strategy.

- Residents continue to ask for transparency that never materializes. Trend: No progress.

Net Assessment — Tone and decorum have improved though inconsistency remains

in the mechanics of running an effective Board meeting. The biggest gap is a fundamental understanding that the Board is there to make policy not decide on the type of lighting we should purchase. Director Petruzzelli has stated publicly and written in the Compass that implementation of the Strategic Plan is underway but there is no tangible example of what is really happening and any results from actions.

Bottom Line — After six months, residents are justified in expecting a stronger performance. While decorum and procedural mechanics have improved, the Board continues to operate at the staff level rather than the governance level. Transparency and communication remain at their lowest point—particularly striking given that several current Directors campaigned on improving both.

Frank Ball

• • •

## Lincoln Police Department Volunteer Program

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

## LH Foundation —

(cont' from page 1)

with exact change appreciated. Payouts are \$100 for the first eleven games and \$250 for the final game. Make an afternoon of it and enjoy lunch at Meridians beforehand.

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

Looking to volunteer? Interested in being part of our Bingo team? Contact us at [www.lincolnhillsfoundation.org](http://www.lincolnhillsfoundation.org).

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

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

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

*Submissions should be 300 words or less and due by the 15th 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](mailto:SunSeniorNews@gmail.com)*

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### Cribbage

BY MEL SWITZER

Take the last seat at Orchard,  
And I'll meet you at the cash box,  
You should be there by 8:30,  
Cause we have no reservation.  
So don't be slow!

Oh, no, no, no, oh, no, no, no  
'Cause I won last Tuesday morning, and I  
must win once again! I'll take one more chance  
to win it, but if the morning brings some change,  
then I will go

Oh, no, no, no, oh, no, no, no  
And I don't know if my luck will ever show  
Take the last seat at Orchard, I'll be waiting  
in the Card Room! We'll have some time for  
Cribbage practice,

And a bit of conversation!

Oh, no, no, no, oh, no, no, no  
Take the last seat at Orchard  
Now I must turn off the phone  
I can't hear you in this noisy Crib room,  
all alone

I'm feelin' low! Oh, no, no, no, oh, no,  
no, no.

And I don't know if I'll ever show the dough  
Take the last seat at Orchard!

The recent winners were: John Ford (718),  
Bruce Quick (732), Wayne Petersom (724) and  
Eleanor Jones (720)

Come join the fun, every Tuesday at  
8:30AM at the Orchard Creek Card Room.  
Be there by 8:30 or you may have to sit at the  
Kiddies Table! Oh, no. no no! The last good  
chair is usually gone by 8:32.

• • •

### Euchre Club

BY SUSIE SMELSER

Euchre fun continues monthly on the 2nd  
and 4th Thursdays, 6:00 PM to 8:00 PM in the  
OC Card Room. Each month we welcome  
new friends that enjoy this quick paced, fun  
game. Anyone can learn in a few minutes, we  
provide helper guides on the tables and we  
enjoy teaching this long time favorite trump  
based game of the midwest. You can find out  
more online, the basic rules are listed in the  
club handout that can be found in the club  
handout area at the OC lodge. For more  
information contact Susie Smelser 707-362-  
6518, susiesmelsers@gmail.com.

• • •

### Pedro Group

BY BONNIE KING

Pedro is a slightly challenging bidding card  
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Room (OC) on the first and third Fridays.  
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Bonnie King at 916-303-3525. We look forward  
to seeing you soon.

Contact: Denise Jones, 916-543-3317.

• • •

## SSNLH WRITERS...

### Check and Mate!

BY STU SINGER

For the first time in years my wife and  
I were downright giddy.

This response was sparked by what  
we found sitting in our mailbox. It was the  
federally required annual distribution check  
from our retirement fund. This slender piece  
of paper represented the final piece in the  
financial plan that was going to net us our  
shiny new 2026 hybrid car.

Yes, color us giddy.

Embracing the euphoria, we quickly  
decided to go to our local bank and deposit  
the linchpin of our glorious driving future.  
Since the ATM on the right was flashing "Out  
of Service" we marched up to the one on the  
left. The customer at that machine had just  
completed his transaction and nodded at us  
as he left. With the precision learned from  
years of experience, we completed each step  
of the process including inserting the check  
in the appropriate slot when directed.

For a few moments an ominous circling  
arrow flashed on the screen. After a full  
minute, it was clear something was wrong.  
Soon we were inside the bank asking a teller  
for assistance. She walked out to the troubled  
machine, and after a quick glance said, "It's  
out of order, I'll call the repairman to tell  
him the second ATM needs fixing."

"So, can you get us our check back"?

A seemingly reasonable request. After all  
it was resting six inches or so from the slot  
and had to be on top of the pile.

"Oh, I can't do anything about that,"  
she responded. "Nobody can get into the  
machine."

"What about the repairman who is  
coming to fix it," A hint of panic crept into  
my voice. "And doesn't someone add cash  
throughout the day? What about removing  
the deposits?" Disbelief was now blending  
with the panic. "This is a large check."

"If it was that important," she replied,  
"you should have deposited it inside the  
bank". A quick aside: Whenever I call this  
bank the first response is, "Thank you Mr.  
Singer for being a loyal customer for 43  
years." In those four-plus decades I have  
never lost anything at an ATM. How should  
I have known the banking gods would attack  
me today?

Then things went seriously sideways.  
"You need to call the Fraud Division," she  
instructed us, "their number is on the ATM  
and tell them you have a 'disputed claim'".

Fraud... dispute...the check is sitting  
right behind the slot.

"This is insane," my wife murmured to  
me, "I mean this is crazy."

Meanwhile, I contemplated a frontal  
attack on the ATM to somehow release  
our check from its captivity. "Give me ten  
minutes with a hammer and a chisel," I  
thought to myself before my more pragmatic

(cont' on page 38)

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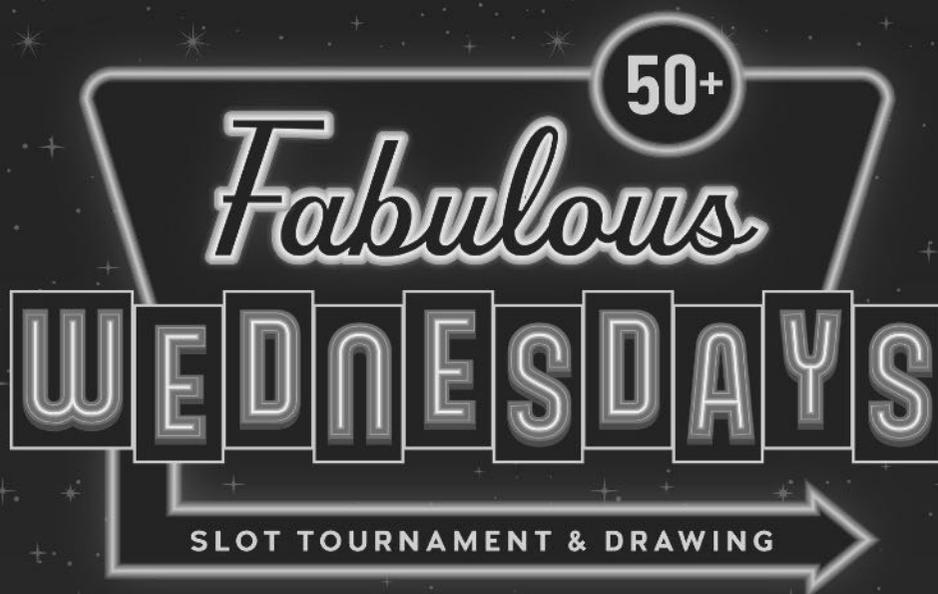
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BY RITA RUTLEDGE

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Read Your Way Through April with a carefully curated collection of 30 books for 30 days! Local author, speaker, and outdoor adventurer Joan Griffin has compiled a book list celebrating April as Earth Month, not just Earth Day. Her illustrated calendar suggests one book per day. And all have nature-or earth-centered themes. There are nonfiction books about the science of trees, animals, and the environment. There are mysteries, thrillers, and historical fiction. There are memoirs and climate-fiction, hiking stories and even one romance. Come hear her talk about her different choices. Which books have you read? Which will you add to your “to be read” pile?

Joan Griffin is the bestselling author of Force of Nature, a gripping adventure memoir of three friends, all over fifty, who set out to hike the 200-mile John Muir Trail. She also hosts Reading in the Wild!, a TV show about books on Auburn Community Television (ACTV) where she recommends awesome books you’ll want to read. You can watch her show on ACTV’s YouTube channel.



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

# Tom and Mary Beth Quallick

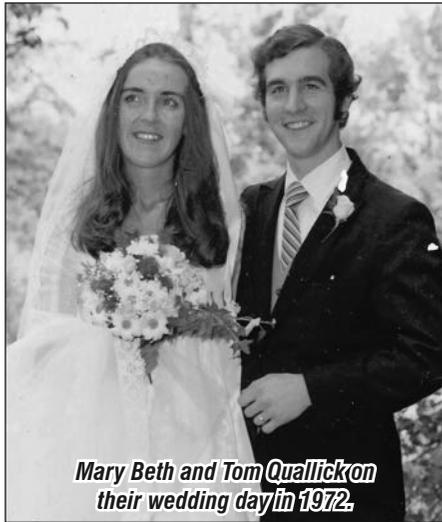
(cont' from page 1)

to decorate their lawn at Christmas. She also got interested in ice skating, performing in shows throughout New Haven. At age 13, she was named a Southern Connecticut swim champ.

After Mary Beth graduated from Amity Regional Senior High School in 1967, she entered American International College, majoring in Psychology because she was interested in the mind/body connection. During summer jobs, she worked at the Yale Psychiatric Institute, talking to young patients to assess their behavior. In today’s world, she wouldn’t get away with driving them in her Impala to concerts to see Janis Joplin or The Doors, but she did back then. She remembers going to see the Beatles who were playing at Carnegie Hall in 1964.

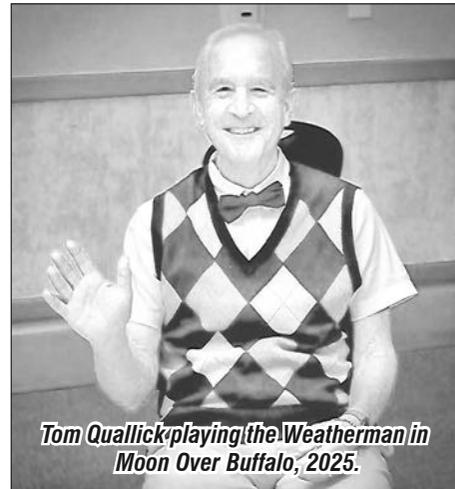
When she was a sophomore in college, she became a Big Sister to the students new to the school. She “adopted” Tom. But it wasn’t until her junior year when he saw her running across the campus in red leather shoes—“I was jumping hedges,” she says—that he became smitten and told her he wanted to be her friend. In his senior year, Tom worked as a DJ at the campus’ radio station. He found a 17-minute song to play (In-A-Gadda-Da-Vida), then phoned Mary Beth to talk, but somehow the words, “I want to marry you” came out. She started to cry. “Is that a yes?” he asked. More crying, but an eventual yes. They were married in 1972 with a momentous reception at the Mill Pond Tavern in Northford, Connecticut. The servers still remembered it years later.

Mary Beth worked as a staff coordinator for Bay State Medical Center in Springfield where her two children, Meghan and Jesse, were born. Meghan lives with her husband in Citrus Heights and is a Forensic Specialist at Alta CA Regional Center, and Jesse, who is married with two children, resides in Brentwood, and works as an estimator for Ariana Auto Body.



Mary Beth and Tom Quallick on their wedding day in 1972.

Tom worked for Curtis 1000, a national printing company, who moved them to Georgia where they found they really enjoyed Georgia’s southern hospitality and large open spaces (no fences) between houses. Tom remembers driving there in his Honda Civic wagon with his sheepdog, Max and Meghan’s giant teddy bear, and having no map or GPS system to help him find their new home. Mary Beth



Tom Quallick playing the Weatherman in Moon Over Buffalo, 2025.

took up competitive tennis and was seeded in tournaments sponsored by the Atlanta Lawn Tennis Association.

Next came a move to California. Starting life over in California was hard on Mary Beth who was reluctant to leave her tennis friends behind but eventually she warmed up to California living. The couple bought a house in Roseville. Tom sold paper, traveling to Denver, Edmonton, San Diego, even Guam. Mary Beth worked part-time as a teacher’s aide, and as an executive director of a 501 (c) (3) tennis association, Tennis Club Management Association, now known as the California Clubs of Distinction.

On a walk, she noticed that the Johnson

Ranch Racket Club would be opening soon, so she applied for and got a job with them, eventually becoming their Activities Director. Then she went on to work at the Gold River Racket Club as a Member Services Manager. She also found time to get her master’s in organizational management from the University of Phoenix where she was the Academic Affairs Manager. She began teaching at night part-time, focusing on behavioral management and ethics. She recalls being asked to be one of four people to teach Team Management in Beijing for a week. “It was quite a thrill,” she says. She still has her lapel pin given to her in China to indicate her status as a teacher, an occupation which is highly regarded there.

Tom and Mary Beth knew they wanted to live in an active community in retirement. When they moved to Lincoln Hills in 2003, they were still working. Tom, who had a highly successful career winning Business Manager of the Year in 2010, was happy to leave his work life behind and even happier when he watched, with Mary Beth, as the foundation of their home was poured.

The couple dove into many activities including tennis, pickleball, walking, hiking, Mixed Media, photography, dancing, needle arts, acting, journalism (Tom writes for Compass magazine) and cycling.

Both also got into volunteer work. Mary devoted years as a docent for the Maidu Indian Museum and for the Ride to Walk organization. She also did fundraising for the Breast Cancer Fund, climbing Mount Shasta, white-water rafting in Utah and hiking the Wind River Mountain Range in Wyoming. Tom volunteered at First Street School where he was known as Mr. Q and read to the first graders there for five years. “It was very rewarding,” he says.

They joined The Players, acting in Twelve Angry Jurors, Damn Yankees, and Old Hams, among other productions. In Moon Over Buffalo, Tom starred as Howard, the weatherman, while Mary Beth played Max, a Musketeer. And they are members of what they call the Foodies Group, consisting of four couples who organize dinners four times a year. Their turn is next and they’re fixing African food which they learned to appreciate when they went on a Safari a few years ago.

They’re looking forward to more years of socializing and gazing at the open space beyond their backyard—with no fences.

Want to share your story — let us know!  
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## Check and Mate!

(cont' from page 35)

wife began taking photos of the appropriate phone numbers.

Goodbye giddy, hello nightmare  
Still in the lobby, we contacted the Fraud Division located in New Jersey to investigate our check resting three feet away in Lincoln, California. Their response was simple—after an investigation, which can last two months, they would let us know if our check was accepted. Until then we would have no access to the funds.

Welcome to bureaucratic water torture.  
One week passed and we were notified that our claim had been received and no further action was needed on our part. Ten days later our “dispute/fraud” (their words) was now at step 2—“research”. Trust me, after seventeen days our check was no longer in that ATM.

One week later our deposit was given “temporary status”, still denied access but possibly progress. Our car had arrived at the dealership; money had to be taken from another account to complete the sale. While we loved our sporty new ride, the bitterness remained.

Finally, one month after the ATM swallowed our check, we received an email that the process was complete. The “Disputed Deposit” was resolved; “Fraud” was no longer connected to our name, and the money was finally ours to spend as we pleased.

## Epilogue

A week later in an act of defiance, we deposited another check at the same ATM. Unsurprisingly, it worked fine. After all, in 43 years it had failed exactly once.

As we headed for the exit, my wife said, “I bet you’re going to make this into an article.”

She knows me so well.

• • •

## The Children’s Table

BY JOY S. HUTCHISON

Do you have memories from your childhood, when visiting relatives meant you were sent to the Children’s Table at dinnertime? I sure do! There were four Sorensen families, and when we all got together and it was dinnertime, my cousins and I knew the routine and headed into the kitchen where the Children’s Table was waiting. There were six girl cousins and only two boys (my brother being one of them). Being at that “show-off” age, the boys would entertain us girls with contorted faces and weird sounds which resulted in giggles and eye-rolling on our part. I think we were all in our teens before we graduated to The Table For Grown-ups!!

After my granddaughter was married last October, the newlyweds decided to establish a new family tradition where she and her new husband, along with their families,

(cont' on page 39)



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**Free Community Forum —**  
*(cont' from page 1)*

steward this precious resource in partnership with the Wildlife Heritage Foundation as Preserve Conservator? What's the remarkable backstory behind our Salt Pond, which now attracts occasional visits by American White Pelicans? The new Open Space Management Ad Hoc Committee and the Communications and Community Relations Committee invite you to come find out — why our open space preserves were created, what makes them unique, and how they continue to shape the character of our community today.

**The Children's Table**

*(cont' from page 38)*

would enjoy an annual holiday meal together. Word got out to other extended family who also wanted to be part of this festive event, and the guest list grew. On the appointed day as people started arriving, I immediately knew my age group was outnumbered, as many guests were part of the circle of friends of the newlyweds.

The great room included a beautifully decorated dining table that had been extended to its full length with a small round table positioned at the end like an exclamation mark. When appetizers and libations were served, I suggested to the few other guests in my age bracket that perhaps we should seat ourselves at the end of the table while we were getting acquainted, as standing for any length of time really wears on me. We settled in and continued our conversation. About that time my daughter, the hostess, had noticed where I was sitting and came over to greet my little group of new friends. "Hey, Mom, this is the Children's Table!" Whoops! All of my new companions made eye contact and laughed! I guess being young at heart qualifies us to have our own little table, even if the guys don't make funny faces and the girls don't giggle and eye-roll!

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

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### RECENT SALES IN SUN CITY ROSEVILLE

<b>7397 Apple Hollow Loop</b>	<b>1119 Sq. Ft.</b>	<b>\$437,000</b>
<b>320 Whisperlodge Court</b>	<b>1323 Sq. Ft.</b>	<b>\$495,000</b>
<b>7285 Clearview Way</b>	<b>1476 Sq. Ft.</b>	<b>\$525,000</b>
<b>6025 Buggy Whip Lane</b>	<b>1676 Sq. Ft.</b>	<b>\$547,000</b>
<b>7552 School House Lane</b>	<b>1676 Sq. Ft.</b>	<b>\$563,000</b>
<b>7561 Whistlestop Way</b>	<b>1645 Sq. Ft.</b>	<b>\$559,000</b>
<b>6185 Element Lane</b>	<b>1994 Sq. Ft.</b>	<b>\$683,000</b>
<b>325 Station Court</b>	<b>2287 Sq. Ft.</b>	<b>\$705,000</b>
<b>4305 Enchanted Circle</b>	<b>2287 Sq. Ft.</b>	<b>\$750,000</b>
<b>7424 School House Lane</b>	<b>2287 Sq. Ft.</b>	<b>\$845,000</b>
<b>7488 Whistlestop Way</b>	<b>1869 Sq. Ft.</b>	<b>\$995,000</b>

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

BRE #01163699