

SUN SENIOR NEWS

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Rick and Sharon Lawin — Mr. and Mrs. Multi-Talented

BY JENNIFER (JEN) MARTIN

When Rick Lawin gathered up enough courage to ask Sharon if she wanted to go out with him, the question was accidentally broadcast over the aviation airwaves all over Los Angeles. They were both riding in the same helicopter at the time, she as a bank courier and he as the pilot, flying off duty from his job at the Los Angeles Police Department (LAPD). Obviously, he thought he was using the helicopter's intercom and was mortified when he started getting asked from multiple fellow pilot listeners "What did she say?" Despite his embarrassment, the date must have gone well because the couple married three years later.

Sharon was born in Sacramento in 1952 and was raised in Rio Linda with a sister and two brothers, all younger than her. In 1970, she graduated from Rio Linda High School where she had been a song leader, cheerleader



Rick and Sharon Lawin in front of one of Sharon's quilts.

and a member of the Debate Squad. After attending several colleges she enrolled at the University of Redlands, graduating with a degree in Business Management.

After moving to Southern California, she worked for the Long Beach City Employees Association, then moved on to the Los

Angeles Sheriff's Union, starting as an office manager then promoting to Executive Director, becoming the first woman to head a police union. She put in 25 years of service there before being appointed to the Board of Parole Hearings where she served two terms, traveling from prison to prison conducting lifer hearings for such notables as Sirhan Sirhan who assassinated Sen. Robert F. Kennedy, cult leader Charles Manson, and Leslie Van Houton, one of Manson's followers.

After serving as a Commissioner, Sharon became a Deputy Commissioner, conducting revocation hearings to determine if a parolee had violated his or her parole in addition to lifer hearings. There were many background factors she had to consider for each person, things like psych evaluations, family history, level of education, etc. She noted that not graduating *(cont' on page 27)*

SCR Foundation 2026

BY KATHI STROPKAI

The Foundation has had a busy first quarter of the year. We worked with the Fitness Center to hold the first CPR classes of the quarter and more will be scheduled throughout the year. Our first year partnered with Del Oro to offer Caregiver Relief to the residents helped numerous residents.

We are still actively working with on Meals on Wheels to deliver balanced meals to homebound residents. The stage for live performances is on its way and the pool area Sun Shade Sail is getting its final inspection. As a home owner you never run out of things to do around the house. It's no different for our wonderful group of volunteers in the Foundation's Home Maintenance Program. They are here to help you with minor home repairs.

We thank all the participants for attending the 1st Bingo of the year. It was a great success and we look forward to seeing you July 12th. Stop by the table at Courier Days, Monday, March 1st between 8:00 am & 11:00 am to purchase your tickets to the 2nd Annual "Derby Day" May, 21st at the Timbers Ballroom. Tickets are \$75.00/pp. Doors open at 5:00pm, No-Host Bar, and Dinner 6:00pm. Purchase at Courier Days and pick your location. We have 150 tickets and it is open to the public. So, invite your friends. All proceeds generated from the fundraiser will go towards projects

(cont' on page 30)

Drama Club

BY LENORA DAVIS

Finally – what you have all been waiting for: Tickets are here and now available for our next performance. Don't hesitate to purchase yours because they always sell out fast.

We will perform in Sierra Pines on Tuesday, March 24 at 7:00 and also on March 25 at 2:00 and 7:00. Seating will again be cabaret style with individual tables each seating 4 persons (no reservations – first come, first served – so you may get to make a new acquaintance). Bring your own snacks and beverage (wine, beer or non-alcoholic drinks) of your choice. We will provide chocolate treats, water and beverage glasses.

We will be featuring 3 short sketches,



Your Girlfriends Know Too Much

totaling about one-hour total time, with no intermission. First up is "Your Girlfriends Know Too Much". Somehow Siri and Alexa get involved and are sure to bring some laughs. Next up is "Backfire" where a high-school reunion results in much confusion. The finale is "Love Connection Dot Com" - a funny twist on looking for love online.

Pictured here are just some of our cast members, taking a break during one of our many rehearsals. Love Connection: Tim Levitt, Tom Roth, Tina Kinghorn, Bonnie Osborne, Pam Wingo, Bob Jorgenson. Girlfriends Know Too Much: Cindi Cotton, Brian Sutton, Jean Saunders, Angela Levitt, Jill Aggersbury, Karen Williams, Shari Goodwin, Cal Conley.

Tickets are NOT available through the Activities Department but *(cont' on page 5)*



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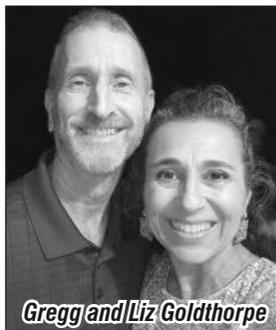


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Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT & RON MASCIOVECCHIO - Program Coordinators

Maybe you don't realize what type of information your Neighborhood Watch has to share with you and your neighbors? Below is information (signage and forms) that we feel is useful to each and every resident here in our community. Come by and get yours today.

- Pet Rescue Sign
- No Soliciting Sign
- Who Should I call Phone Numbers
- Resident Information/Update Form (keep us informed of emergency contacts, email, phone numbers that have changed in your resident – this helps your neighbors also in case of emergency.

- Resident Key Location Information Form – this is very beneficial for police officers and/or fire fighters responding to your home for emergencies or welfare checks where a key is located. This is filed with the police department.

- Vacation House Check Application – service provided on a random basis
- Vial of Life – take medication? This is a must to have in your home.

Educational Information from Roseville Fire Department

That fee is always charged, is that correct? No, the Emergency Medical Services First Responder Fee is only charged to those who

receive medical services from Roseville Fire AND are transported to a hospital.

I was also told that there are two fees now – one from Fire Department services, and the other transport fees. Is that correct?? The Roseville Fire Department does have the Emergency Medical Services First Responder Fee. Transport is provided by a private company that is contracted through the county to provide ambulance services (AMR). Their cost/fees are separate from the First Responder Fee.

Does the city have any information in print or on the website if reference to this? This webpage is a great link to the most frequently asked questions regarding the fee: <https://www.roseville.ca.us/cms/One.aspx?portalId=7964922&pageId=18128119>

There was also a reference to a non-emergency call for lift assist. Does that occur? And no charge? If the call is determined by the caller to be non-emergency, they can utilize the non-emergency phone number 916-774-5000 x1. The phone number still goes to our Roseville Dispatch Center, where our units are dispatched. The phone call is just prioritized differently when calling in. There is no fee for a lift assist. The fee is only charged when our firefighters deliver medical care to a patient, and the person is transported to a hospital.

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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 its 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"?

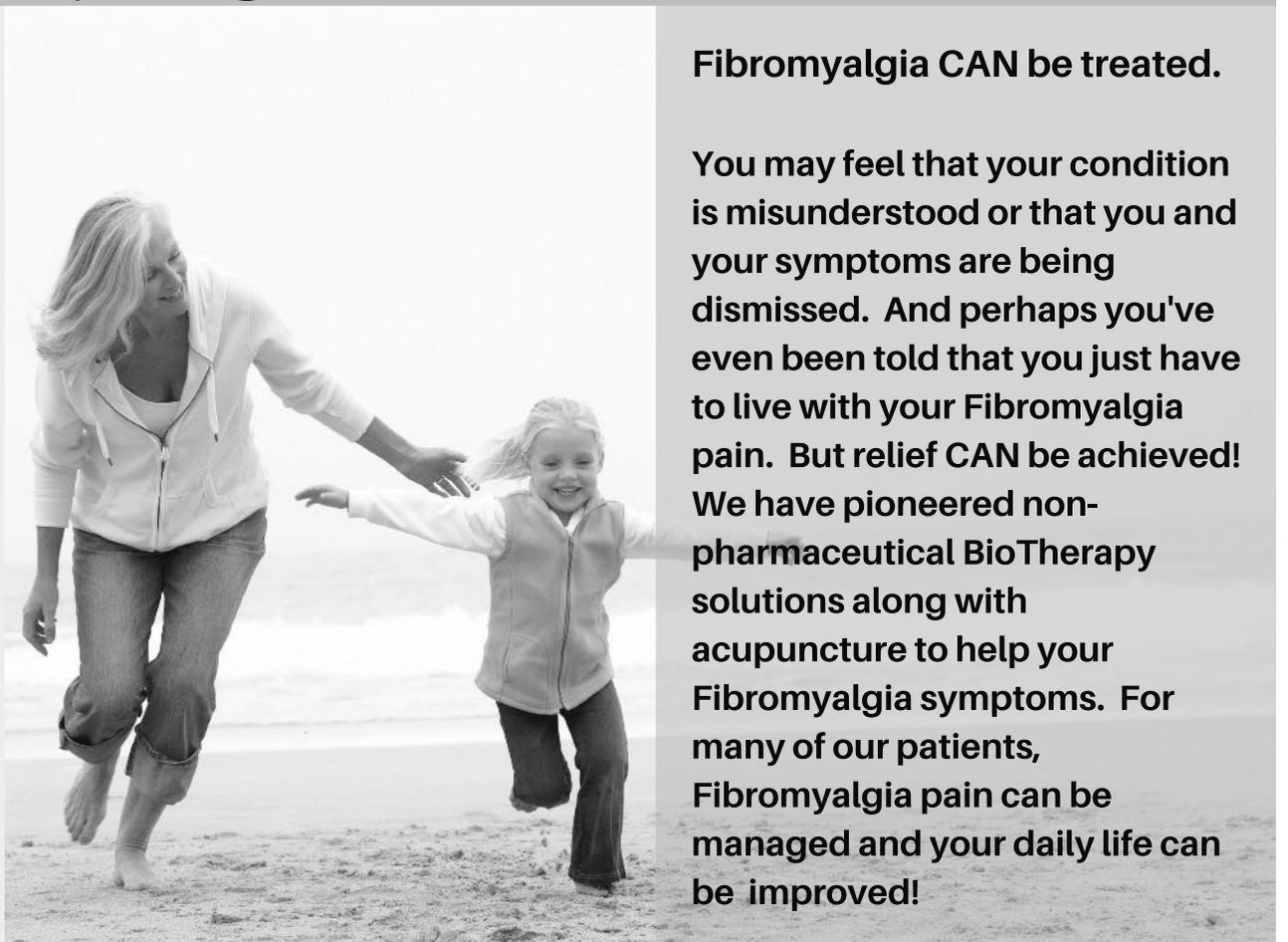
What Causes Fibromyalgia?

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 its 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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Live Life To The Fullest!

Drama Club

(cont' from page 1)

may be purchased for only \$15 through any Drama Club member or by calling ticket coordinator, Karen Cobb (916-764-8378) or Club president Susan Glover (530.388.6367). Then get ready for a great time!

• • •

Harmonicoots

BY JO ANN STOOKSBERRY

H-appy is what we feel!

A-ffordable and portable instrument!

R-eminder: St. Patrick Day tunes at the Timbers on Thursday, March 12 at 5:30 pm

M-emories are made here!

O- mg I can't believe this is so much fun!

N-ew players are welcome!

I-ncreases your lung capacity!

C-all Jo Ann Stooksberry at 916-749-4425 for gigs!

A-re you interested? Meet at Sierra Pines on Thursdays 1-3pm!

Harps Up!

• • •

Sun City Singers

BY JACKIE PROETT

It's March and time to don the green. The trees and bushes also got the message. Look, blossoms and green leaves are showing their shiny faces! Our old friend, Saint Patrick is the guy with the biggest paint brush. He plans to coat us all with a bit of the Irish on the 17th. Green Beer or a Grasshopper is the preferred drink! We only wish that some Leprechaun would steal and run off with Daylight Savings Time! But we'll toast the first day of Spring on the 20th.

The Singers are never green when it comes to concerts or parties. Marla and Hospitality are planning an event. So far, the particulars are still under wraps. News and signups soon.

The brightest shade of green is in new growth, and the Singers are tops at that. New members are Kathie DeVito, Sandee Drapeau, Gail Franklin, Vivian Leinio, Joe Lopez and Sherrie Tueller. Thank you, lovely people, for filling up some empty chairs.

Green lights mean go and this is what we do best. You will be able to buy and sell tickets to our June 1st. Concert in March. Let's go! The production has been perfectly

titled, BLAST FROM THE PAST! The 60's, 70's and 80's are the music of our lives. Every seat should be filled. Ticket Chairs are Steve Sanchez at even.steven@att.net/ or 650-868-0328 and Gail Hixson at msgemh@aol.com or 209-479-2981.

You do not have to be Irish to join the Singers. And we all know it's not easy being green, but we'll find a seat for ye and music to love. We meet every Monday at 2:30 back of the Ballroom in the Timber Creek Lodge. May the wind be at your back. Happy Saint Patrick's Day!

• • •

Dance Club

BY VIKKI CLARK

The dance club kicked off the new year with energy, laughter, and a packed dance floor at our January 19th event, Dancing into 2026. This Country Couples and Line Dance Social brought together dancers of all levels for an evening filled with music, movement, and community. The program featured rotated Intro Line Dances, Line 1 dances, Line 2 dances, and Country Couples selections, keeping the floor active and welcoming for everyone. It was exciting to see how many dancers were able to participate in all the line dances, a true testament to the supportive spirit of our club. Beginners and experienced dancers alike encouraged one another, and the smiles never left the floor. Everyone had so much fun, and the joy in the room reminded us why we gather each month.

Our February 16th Red, White & Blue Presidents Day Dance continued the celebration with another fantastic evening. The dance hall was filled with patriotic colors, lively music, and warm camaraderie. Dancers embraced the theme and the atmosphere was festive and uplifting. The floor stayed busy all night as friends old and new shared dances and laughter. Events like this remind us that the club is more than a place to dance — it's a place to connect and celebrate together.

Looking ahead to March 16th, we'll host a Line 1 Social featuring easy, fun dances that everyone can do. This event is perfect for newer dancers or anyone who enjoys a relaxed, welcoming pace. Bill Swayne will be teaching the dance and then DJing the music, guiding the evening with his signature style and enthusiasm. Bring a friend and introduce

them to the fun!

We truly believe: The Dance floor heals, Unites, and feeds the soul. Movement is medicine. Each event reminds us that dancing is more than steps and music—it's connection, friendship, and joy shared in motion. We can't wait to see you on the floor.

• • •

Fine Arts Club

BY NANCY VAVUL

As we welcome the month of March, we are excited to announce our much-anticipated Fine Arts Gala, set to take place from March 13 to March 15 in the Timbercreek Ballroom, Art Room, and Lodge. Join us for a vibrant reception on March 13 from 5 PM to 8PM with wine and live music, followed by two more days filled with creations of all types—March 14 from 9 AM to 5PM, and March 15 from 10 AM to 3 PM.

This year's show promises to be a feast for the senses. Attendees can explore an array of fine art, including original paintings, ceramics, needle arts, and stunning photography. Additionally, vendors offering unique small items, jewelry, and cards, will be set up in the lobby, providing perfect opportunities to find that special gift. Don't miss our fundraiser drawings for our selected charity, Acres of Hope, where you could win original paintings!

To enhance the experience each day, live music will fill the air, creating a relaxing and exhilarating atmosphere for everyone to enjoy.

In addition to the gala, we are thrilled to invite our members to the March membership meeting on March 12, where our own award-winning photographer, Terri Abel, will share highlights of her incredible journey in art.

Classes will continue throughout the month, although please be aware of potential interruptions due to the Fine Arts Show. Members may choose to join sessions of Donna Self's acrylics, Susan Edie's oils and acrylics, Renee Hawkyard's watercolors, Maria Winkler's colored pencils, Pat Jordan's drawing, and Sherry Bleiweiss's alcohol ink. Be sure to check the calendar for specific days and times and remember to pay by check in advance in the Fine Arts room.

Let's enjoy this March as a celebration of art and creativity!

• • •

Needle Arts Club

BY PEGGY VOAKES

New studies show that 93% of us can't throw away fabric or yarn scraps, you know — "just in case." The other 3% are lying. — Quilting Digest

Our February program, Kristen Kempt from Cultural Threads in Truckee, was fascinating. Those of us who knit, crochet, and weave were in awe of the work she brought from her cooperative in Peru. Kristen's determination, dedication, and passion for her mission are truly an inspiration.

Our Club is, as always, busy working on projects for our members. Lani Cortez has put together a binder with expanded information on all our Special Interest Groups. If you are thinking about joining us or where you fit in, this information is a wonderful roadmap for you. The binder is on the counter as you enter the Needle Arts Room (NAR).

We will have member/vendors in our NAR in conjunction with the Fine Arts Club's Show and Sale. This event is scheduled from March 13 through 15 throughout the Lodge. Be sure to stop by to admire and support the work of our members, as well as those in Fine Arts and Creative Arts. Postcards with more info are located on our counter.

Tickets for our Annual Fashion Show, scheduled for Friday, May 8, will go on sale at 11:30 am outside the Ballroom prior to our March General Meeting on Wednesday, March 4, 1:30 pm. Guests are always welcome, but full tables of 10 must be purchased by a Needle Arts member. More info inside our Newsletter. Back table shopping at the meeting opens at 1:00 pm. I hope to see you all there.

• • •

Roseville Stamp Club

BY TIM MILES

March is a busy month for the Club. We'll meet on Tues 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

(cont' on page 7)



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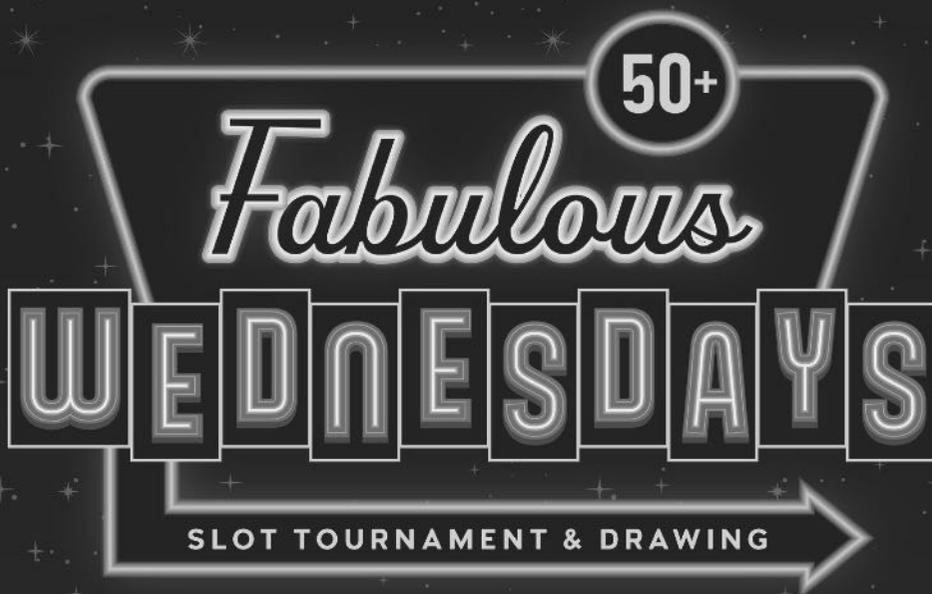
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SCR Library News

BY ELIZABETH GUSTAFSON

Good news!! We are expanding the hours for the library to 9-5 Monday through Saturday and 10-4 on Sunday. We hope you will find this helpful.

Please welcome our newest library monitor, Donna Meitzler!

Some residents are checking out a fairly large number of books and then not bringing them back in a timely manner, or ever. Please take only one or two books and leave the rest at the library for others until you are actually ready to read them.

Come visit us Monday-Saturday 9-5 or Sunday 10-4.

New Books —

Fiction: Dave, Laura - *The First Time I Saw Him*; Elston, Ashley - *Anatomy of an Alibi*; Garcia, Jesse - *The Fair Weather Friend*; Grippando, James - *The Right to Remain*; McLain, Paula - *Skylark*; Mara, Andrea - *It Should Have Been You*; Markovits, Ben - *The Rest of Our Lives*; Meltzer, Brad - *The Viper*; Montgomery, Ross - *The Murder at World's End*; Moro, Javier - *The Architect of New York*; Patterson, James - *The Invisible Woman*; Preston & Child - *Pendergast*; Steel, Danielle - *The Devil's Daughter*.

Non-Fiction: Griffiths, Rachel Eliza - *The Flower Bearers* (memoir).

Large Print: Cook, Robin - *Spasm*; Dave, Laura - *The First Time I Saw Him*; Elston, Ashley - *Anatomy of an Alibi*; Meltzer, Brad - *The Viper*; Patterson, James - *The Invisible Woman*; Preston & Child - *Pendergast*; Steel, Danielle - *The Devil's Daughter*.



Roseville Stamp Club

(cont' from page 5)

need to solve a problem.

Anybody who hasn't paid his 2026 dues (\$20.00) 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.

• • •

Solo Friends Group

BY NIKKI COMBS

How many group perks can Solo Friends' members name? There are the monthly General meetings in the Timbers ballroom, first Mondays at 6:00 pm. There are the Social dinners at Sierra Pines, third Saturdays featuring catered meals, games, prizes, and entertainment. There are opportunities to meet new friends who share similar living experiences. And there are the growing number of Special Activities.

Member Christine Hohmann delighted the February General meeting audience with "Art of Storytelling." Christine didn't lecture on Storytelling 101; she wove her facts in between stories. She reminded us that everyone is a storyteller. Most conversations are "I remember when..."

Stories are as old as humanity. They shape cultures and histories, and teach how to recognize friends, foes, love, danger, and choices. When we listen (not watch) the brain is active and stimulated. We need to listen each day to exercise our brains.



Christine Hohmann telling about grandchildren and wolves.

Stories, like songs, stay in our memories. Christine equates memories to a bookshelf. The oldest memories are on the bottom, moving upwards along the shelves towards the new ones. Dementia and Alzheimer's shake the shelves around. But hearing stories or songs can calm and help the patient remember.

Christine would like to add Storytelling to the Special Activities. Anyone interested should contact her through the Group roster.

With Storytelling, how many Special Activities are there? Christine's group will make fourteen! The recent addition of Nancy Spurlock's Travel Buddies means Solos traveling with the Activities department can add their name to her list to find Solo buddies.

And we may grow even more. There are plans for a woman's social group that will meet quarterly, and a discussion group concerning life as seniors, women, and men. Please contact VP Heather Kendall for more information.

So, members, how many perks do you participate in?

• • •

Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

A special thank you with appreciation to Faye and Barry Klein for leading the Shabbat (Sabbath) Friday night service and for hosting the Oneg (a sweet table following the Shabbat service) in January.

We enjoyed being together for our annual January Shabbat Appreciation Dinner and afterwards Shabbat services at Sierra Pines.

Our Wine and Cheese event will be on March 15 at Sierra Pines.

At our Shabbat services on April 3 we will have a speaker, Maria Winkler, whose father was a Holocaust survivor and made 600 hours of recordings.

In April we will have our traditional Passover Seder at the Timbers Lodge. As of this writing, the date has not yet been decided.

Our Book Club is planning to resume in the Spring.

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

The Festival of Purim will take place on the evening of March 2. Purim commemorates the saving of the Jewish people from Haman (A Persian leader) by Queen Esther (Jewish wife of the King). The foods that are usually eaten are Hamantashen. Hamantashen is a triangular filled pastry and is supposed to symbolize Haman's hat. Haman was the character who plotted to kill the Jewish people. It's a holiday where the "young" dress up as characters of the story.

• • •

Meditation Group

BY ED CERVANTES

The SCR Heart of Gold Meditation Group invites you to come learn a simple method of meditation that uses soothing mantras and music to ease the stress, anxieties, and emotional situations of daily life.

Step away from the busyness of the day and join us for a wonderful hour of meditation, music, refreshments, and good company.

Mantra Meditation welcomes you just as you are, no experience needed, only an open heart and a willingness to relax into your natural joyful state.

The program is donation based and the meditations will be practiced seated in chairs.

Bring a friend and come make new ones. Here are the dates and locations for our upcoming meetings.

Friday, March 13th 1:30pm - 2:30pm in

(cont' on page 9)

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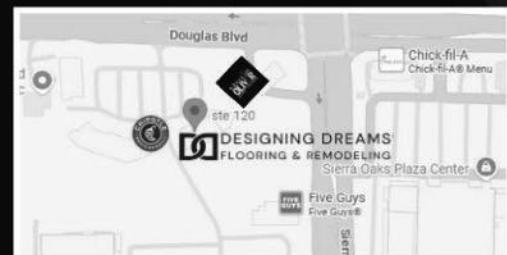
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NEXT CHAPTER GUIDE



FREE ESTIMATE

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Meditation Group

(cont' from page 7)

the Ponderosa Room at Sierra Pines
 Friday, March 27th 1:30pm - 2:30pm in
 the Ponderosa Room at Sierra Pines
 Wednesday, April 8th 1:30pm - 2:30pm in
 the Ponderosa Room at Sierra Pines
 We look forward to meeting you,
 Ed Cervantes and The Heart of Gold
 Meditation Group, mantramedclub@gmail.
 com

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Sun City Democrats

BY MARTY BOYER

Sun City Democrats started 2026 motivated and energized with a slate of intriguing speakers and a growing excitement for Midterm elections. But first, use indelible ink to save the evening of April 22 for our meeting featuring a Pulitzer Prize-winning journalist.

That evening meeting (6:30 p.m.) will star Pulitzer Prize winning political cartoonist Jack Ohman, who will share stories and insights about his satirical cartoons for the editorial pages of the Sacramento Bee, winning him the most coveted award in journalism. He now writes and draws for the San Francisco Chronicle's editorial page and for his Substack site, "You Betcha." Don't miss it!

We kicked off 2026 off with January with David Lowe and Ryan Lillis, President/CEO and Assistant General Manager respectively of KVIE-TV, PBS' Sacramento affiliate. The duo talked about the challenges of providing quality programming and news after being defunded by the Trump Administration. While the defunding has presented challenges for KVIE, it has been especially hard for public broadcasting outlets in rural areas where there is not the population to give the precious dollars needed to sustain a station. It was standing room only for the event.

As of this writing, we expect another big



turnout to hear legendary political columnist Dan Walters at February's meeting. Dan planned to preview the 2026 Governor's race. About 100 attended Walters' first presentation to Sun City Democrats in 2024.

Due to a complicated booking at Sierra Pines by another group, our March 25 morning meeting (9:30 a.m.) will not include a guest speaker. There will be a regular meeting with helpful information about events and resources to engage as we move into Midterms.

• • •

Healthcare Professionals Group

BY LINDA GORDON

The next Luncheon Meeting of the Healthcare Professionals Group will be on Wednesday March 5 featuring Diane Wilson, a Health and Wellness Chaplain, Certified Bereavement Companion, and credentialed Adult and Child Development Educator. She will speak to "A Life Worth Living, A Legacy Worth Giving". Our Spiritual Legacy is a gift we leave behind after our well-lived lives.

The Healthcare Professionals Group is a Social Group of SCR residents who have worked in any way in the Healthcare Field. We meet the first Wednesday of every other month at 11:00 in the Spruce Room in Sierra Pines. Meeting & Speaker start at 11:30 and lunch and social time will be at 12:00. Cost is \$10 for lunch. Guests are welcome. We ask everyone to RSVP.

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

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

• • •

Socrates Café

BY STEVEN GUSTAFSON

Last month Socrates Café discussed "Money, morality, and the ethics of being rich." As usual, a Sun City resident was the discussion facilitator. Three discussion questions proposed by the facilitator were emailed in advance along with background information.

You've probably already heard numbers like this: In America, the combined wealth of the richest 1% of Americans is greater than the combined wealth of the poorest 90% of Americans. The combined wealth of the seven richest Americans is about \$1.7 trillion---they could give about \$50,000 to charity for every man, woman, and child in America, and each of them would still have \$1 billion for mansions and yachts. However, they have in fact given to charity only about \$900 for every American. Collectively, are they Ebenezer Scrooges?

The discussion questions were:

1. How much money is too much for one person to have?
2. Is being a billionaire in a world where people are starving unethical, even if the money was earned by being smart and working hard?
3. Is it ethical to vote against higher taxes for the wealthy?

Socrates Café (usually about 20 of us) meets at 10:00 on the first Monday of every month in the Timbers Lodge. There are no dues and no meetings other than our monthly discussion. You are welcome to join us.

• • •

Travel Club

BY PAM SCHEEL-HEMINGWAY

As you read this, SCR Travel Club members are off to Sicily, Portugal, Spain and Australia. You may have missed out on those, but there are lots of adventures coming. See the list below and sign up on the web site!

Trips now available for booking for Travel Club members include:

- Japan's Cultural Treasures: April 17-May 1 (OAT)
- Chicago and Mackinac Island: April 30-May 8 (Collette--note date change!)
- Broadway Experience: June 8-12 (Champ Tours)
- Canadian Rockies and Glacier NP: June 21-27 (Collette)
- Great Rivers of Europe: August 4-19 (Grand Circle Cruise)
- Utah's "Mighty Five" National Parks and

- the Rockies: August 10-18 (Collette)
 - Spectacular Scandinavia: September 9-22 (Collette)
 - Catalina Island: Sept 14-17 (Alamo)
 - Tahiti with a Windstar Cruise: Sept 28-October 9 (Alamo)
 - Celebration of America's 250th Anniversary: October 19-27 (Collette)
 - New England Holiday trip: December 10-16 (Collette)
 - Wonders of Thailand: January 14-29, 2027 (small group trip--Collette)
- See the Travel Club web page on the SCR web site for details on all trips. Click on the "Trips" button for links to the flyers for all available trips.

Lorraine Welk and her committee are also hard at work planning our Spring Social. The theme is Broadway Bash and it's going to be a party to remember. Mark your calendars for May 25th. Details and sign-up info to come.

The Travel Club meets the 4th Monday of most months at 3:00 pm in the Ballroom, our next regular meeting is March 23, 2026, with Jay Fehan from Collette scheduled to speak. We will also present the results of this year's travel survey. Remember to bring any unwanted travel items (in excellent condition) for the "back table." Donated items are free to attendees on a first-come basis, so check the table as you arrive!

• • •

Veterans & Patriots

BY ELIZABETH JARRETT

Change: Is the process of modifying or making something different from what it was. When change happens in people or in groups, no matter how small the changes are, they can bring concerns or efforts to keep things the same. Status Quo often prevails.

Veterans and Patriots Club has had many changes over time. When the Club started, it was open only to Veterans. Now, Veterans make up just 50 percent of membership. Our database reflects approximately 300 members. However, less than 75 people, or 25 percent of membership participate in any activities of the Club. Events struggle to have minimum attendance. It is a top priority to sustain this very important and valuable Club; that requires member input and participation.

To better connect with and learn more from members about what they want in their Club, we are going to have a different type

(cont' on page 11)



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Ambassador Committee

BY LAURIE MORKERT

It's March! It's hard to believe that in just a few short weeks we will be enjoying the beginning of Spring. As the days get slightly longer, we all seem to become just a little bit busier and those of us on the Ambassadors Committee are no exception.

I was recently at a meeting where one of our members was sharing how many "tours" she sponsors each week... it could be as many as 4 and her counterpart is also providing 2 or more tours each week. That could amount to possibly 32 tours a month. And that is only one activity that two of our volunteers participate in.

In mid- April, all of our Ambassadors



are organizing a first ever Sun City Roseville activity. We are excited to announce that we will be introducing the Interiors Reimagined Home Tour. This is promising to be a very interesting and fun event. Six Sun City residents will be opening their homes to the community so that we can share in their remarkable home remodeling adventures. We have a number of home models represented and they all pursued their project from a slightly different point of view.

Please look for more information in the coming weeks and get your tickets early... it will be a sellout event.

And last but definitely not least, our New Resident Orientation brunch will be held on March 28, 2026. New residents from December, January and February will be receiving an invitation to this get together – you definitely don't want to miss it!

Enjoy Spring!



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What To Do In Case of an Accident

Clubs & Groups Committee

BY FRANK TOM, *Chair*

At its November meeting, the Board approved updates to the Clubs & Groups Guidelines and Clubs Bylaws based on recommendations from a CGRC survey conducted earlier this year. The Clubs & Groups Committee (CGC) and the Board Sub-Committee (CGRC) reviewed the recommendations which resulted in addressing two critical areas for change. (1) Simplify language in the Clubs/Groups Guidelines. (2) Provide flexibility in the Guidelines/Bylaws to accommodate the interests and needs of Chartered Clubs and Resident Groups.

Chartered Clubs and Resident Groups will learn about the updates to the Guidelines and Chartered Club Bylaws at a separate orientation on March 3, held in the Cedar and Birch Rooms.

Chartered Clubs will meet from 1:00 p.m. - 2:30 p.m. Resident Groups will meet from 3:00 p.m. - 4:00 p.m.

The CGC look forward to listening to any concerns and needs voiced by the Chartered Clubs and Resident Groups officers at the Orientation. Thereafter, the CGC will follow up with responses to address the concerns and needs of Chartered Clubs and Resident Groups.

Please note that three of the CGC members will be termed out this year. As

such, we would like to invite any resident who is interested in learning about how our committee supports the Chartered Clubs and Resident Groups to please attend any of our monthly meetings. We meet on the first Thursday of each month in the Cedar Room. If you have an interest, please contact Frank Tom at: frankstom6019@gamil.com, or call/text Frank at 415-261-6816.

Veterans & Patriots

(cont' from page 9)

of General Meeting in March. This is where change comes in. At that meeting on March 4, we will have an opportunity to come together, talk and discuss the directions the Club wants to go in. Because we all learn from each other, this will be in a Conversational format. At last Octobers Wine & Cheese event, several members commented how much they liked getting together and talking. That is what March 4 will be – only minus the wine. Donuts and coffee will be available as usual. We invite and encourage all members, whether you have been active or not, to come and share thoughts on what you would like to see for the Club.

Stop by our table at Courier Days. Watch for Eblasts. Check out our website for updates.

Blue Star Moms' annual fundraiser is coming soon. Flyer and more information

to follow.

If nothing changes, then nothing changes. Happy Start of Spring.

Conservative Action Group

BY AMY CHO

It was with excitement that our group packed the meeting on February 2 to hear Henny Abraham, Chair of the Iranian American Republican Council and Co-Chair of Iranian American Republicans of California, as the featured speaker. Henny Abraham also serves on the Placer County Republican Central Committee and is a valued member of the Roseville community.

During her address, Henny Abraham shared her personal journey from Iran to the United States, highlighting the sacrifices her family made to secure freedom and opportunity. She emphasized the importance of American values and the significance of safeguarding individual liberties, especially

for those who have not experienced the loss of such freedoms. Henny Abraham also discussed the current situation in Iran, noting the courage of citizens who continue to resist oppressive governance.

Henny's talk was well received. It was a tremendously inspiring and patriotic speech!

Additionally, many members recently participated in the Lincoln Dinner at the Rocklin Event Center, where they engaged with Congressional and California representatives. It was fun to meet representatives in person and to hear their thoughts.

The next meeting will feature George Cramer, a Sun City Roseville resident and former law enforcement professional. His experiences extend to corporate investigations and business crimes. Now, George is an author, even writing novels.

The next meeting is scheduled for Monday, March 2, at Sierra Pines, beginning at 6:30 pm.



(more Club News cont' on page 13)

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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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Computer Club

BY BARBARA EICHTEN

The Computer Club will no longer have meetings in the Club Room. Photo SIG will continue to meet in the Club Room. For further information concerning the Photo SIG, please contact either Jim Buntin (916-765-6205) buntintrpt@gmail.com or Bob Reich (916-715-9371) at bobert54@gmail.com.

Photo SIG welcomes new members to join the group of enthusiastic photographers and be challenged to share knowledge and improve skills. Refer to the Photo SIG for information to resize and enter up to 3 photos. The next meeting will be on Friday, March 20th at 10 am in the Club Room. Join Photo SIG and submit maximum of 3 photos. Send to scrphotosig@gmail.com by Monday, March 16. The photos are reviewed at the monthly meeting. March's theme is "Transportation (any form)". Photos have no time frame. Contact Carmela Kube for information.

If you want information about the Genealogy Group, please contact Barbara Eichten. The OPENSESSION will continue on Fridays from 1:00-3:00. This session is to help individuals with iPhone, iPad, and computer questions. For the month of March, the Club Room will be open on March 20 and March 27 (closed on March 6 and 13). For further questions contact Barbara Eichten (901-626-9821) at barbaraeichten@gmail.com

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Garden Club

BY SUZETTE AUSTIN

Mark May 3 on your calendar for our 2026 Garden Tour. The Sun City Roseville Garden Club has selected seven gardens for you to tour this year. The homeowners are pleased to welcome you to view their landscaping and are hoping you will enjoy their yards as much as they do. You will be invited to chat with them and learn more about each of these lovely gardens. We hope that their different styles, plants, and layouts will inspire you. Sun City residents can purchase tickets at Courier Days in March and April or from any Garden Tour Committee member.

"Now What?" is the question our speaker will address during our March meeting. Corey Rollinson, owner of West Coast Landscape will discuss the issues that come up after your new landscape is complete. He will highlight when

to adjust the irrigation, as well as when and how to fertilize and prune. New landscape is an investment and Corey's presentation will give us some tools to keep it flourishing for a long time.

Carole Gan gave us a fascinating presentation on beekeeping at our February meeting. She showed us videos of swarms. She also shared with us pieces from her hives that we could touch and feel, including honeycomb, frames, propolis and wax.



Our meetings are on the first Tuesday of the month at Sierra Pines. Our next meeting will be March 3. Doors open at 6:15 pm, the meeting begins at 6:45 pm and ends by 8:15 pm. Please join us and enjoy cookies prior to the meeting. Guests are always welcome.

We have a table at our meetings to "Share the Bounty." If you have a garden and have extra fruit, herbs or vegetables you are invited to share.

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Birders

BY JANET MORELLI

By the beginning of March, SCR Birders had only eight more scheduled birding field trips remaining on the Field Trip Schedule for the 2025/2026 season (mid-September through mid-May). Twenty-one trips were planned and only two have been canceled so far (due to rain on the scheduled dates). Thousands of birds were sighted and hundreds of species were identified on trails, islands, parks, refuges, and wildlife areas. The Schedule can be seen on the Birders' Group web site scres.org.

In January, Birders visited two of their favorite birdwatching sites, the Sacramento Wildlife Refuge in Willows and the Gray Lodge Wildlife Area in Gridley. At both areas, the migrating geese and ducks were

plentiful, especially Snow Geese and White-fronted Geese. About 43 individual species were identified at the Sacramento Refuge and 47 at Gray Lodge.

Three birdwatching field trips are scheduled for the month of March. On the 5th, Birders will be going to Gibson Ranch in Elverta. There they expect to see songbirds, woodpeckers, blackbirds, and yellow-billed magpies. On March 19th, the field trip schedule shows the Birders visiting Bobelaine Audubon Sanctuary near Yuba City where they should see, among other birds, towhees, blackbirds, coots, finches, and wrens. The third March field trip will be to Sierra View Country Club in Roseville on Monday, March 30th. The Club is closed on Mondays and SCR Birders have permission to bird watch on the property. Sightings on the golf course will include warblers, sparrows, blackbirds, and bluebirds. Birders may also stop at a local park to view a Western Screech Owl who has made a nest in a tree cavity. Sun City Roseville residents are welcome to participate in these field trips and can be added to the Birders' email roster for more information for each upcoming trip by contacting Janet Morelli at 916-782-6393.

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SCR Hiking Group

BY SILVANA HUGHES

Our recent outings included the Foresthill Divide north trail where we spotted lots of mushrooms, the Beeks Bight Nature Area at Folsom Lake where flowers started to bloom, and also Cronan Ranch Regional Trails Park where blue skies stretched above. Cronan Ranch borders the South Fork American River and contains 12 miles of trails for hiking, biking, horseback riding, fishing, bird watching and other passive recreation.

The schedule this month includes an easy hike in Clover

Valley in Rocklin, to be led by docents from the Placer Land Trust (PLT) which worked for many years with the Clover Valley Foundation (CVF) to preserve this land and native wildlife. (<https://clovervalleyfoundation.org/>) This is a great opportunity for folks to try out hiking and learn about ongoing conservation efforts championed by the PLT and CVF.

The next Hike Group meeting and social will be on March 9 at 5:30 pm at Sierra Pines.

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

March 5: Rayhouse Road (Capay Valley), #5 (moderate), 6 miles, elevation gain 1000 feet, carpool ride \$12.

March 12: Yuba Rim Trail, #5 (moderate), 5.25 miles, elevation gain 950 feet, carpool ride \$10.

March 19: Buttermilk Bend & Point Defiance (Bridgeport), #4.5 (moderate), 5.5 miles, elevation gain 750 feet, carpool ride \$10.

March 26: Clover Valley, #3 (easy), 5 miles, elevation gain 200 feet, carpool ride \$5.

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(more Club News cont' on page 19)





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Safety First — Top 10 Tips for Protecting Yourself from Identity Theft

BY ROSEVILLE POLICE DEPARTMENT

Identity theft occurs when someone steals your personal information and uses it without your permission, often to open accounts, rack up debt, or even commit crimes in your name. The impact can be stressful, costly, and time-consuming to fix. To help consumers stay protected, the California Department of Justice recommends the following practical steps to reduce your risk and safeguard your identity.

1. Guard your Social Security number.

Your Social Security number is one of the most valuable pieces of personal information you possess. Avoid carrying your Social Security card in your wallet, and refrain from routinely sharing the number unless absolutely necessary. If your health plan or another card uses your Social Security number as an identifier, request an alternative number.

2. Outsmart phishing scams.

Scammers often pose as banks, retailers, or government agencies to trick people into revealing sensitive information. These “phishing” attempts may come through phone calls, emails, texts, or even traditional mail. Never respond to requests asking you to confirm account numbers or passwords. Legitimate organizations do not ask for this information unexpectedly. The safest rule: never share personal information unless you initiated the contact.

3. Strengthen your password habits.

Weak or reused passwords make it easy for identity thieves to access your accounts. Use unique passwords for each account, with at least eight characters that include letters, numbers, and symbols. Store them securely and avoid obvious choices. Strong password practices take effort, but they are far easier than recovering from identity theft.

4. Share sparingly on social media.

Information posted on social networks, such as birthdates, addresses, children’s names, or travel plans, can be used by criminals to guess passwords or launch scams. Be mindful of what you share and adjust privacy settings to limit public access.

5. Protect your devices.

Computers, tablets, and smartphones should be secured with strong passwords and up-to-date firewall, antivirus, and spyware protection. Only download software from trusted sources, and avoid clicking on pop-up ads or suspicious links in emails. Keeping your devices updated helps block known security threats.

6. Shop online cautiously.

Before entering personal or financial information online, verify that the website is legitimate. Look for a privacy policy and check for “https” in the web address and a padlock symbol in the browser. These indicate that your information will be encrypted and better protected.

7. Review financial statements promptly.

Open and review your bank and credit card statements as soon as they arrive. Report any unfamiliar charges immediately. If a bill doesn’t arrive on time, contact the company—it could signal that someone has changed your mailing information.

8. Reduce pre-approved credit offers.

Pre-approved credit offers can be stolen from mailboxes and misused. You can opt out of most of these offers by calling 1-888-567-8688 or visiting optoutprescreen.com.

9. Monitor your credit reports for free.

You are entitled to one free credit report each year from Equifax, Experian, and TransUnion. Reviewing these reports regularly helps you spot suspicious activity early. Consider spacing them out every four months for year-round monitoring.

10. Ask questions and speak up.

When asked for personal information, don’t hesitate to ask why it’s needed, how it will be used, and how it will be protected. If the answers don’t satisfy you, consider taking your business elsewhere.

Criminals are persistent, but informed consumers can be just as vigilant. By consistently following these tips, you can significantly reduce your risk of becoming an identity theft victim and better protect your financial future.

Executive Director Comments

BY GEOFFREY BROWNE

Quite often in March, I write about the upcoming budget preparations, and the outlook for the next year or so. I did that last month, so I want to take a minute to provide a more general update to you all.

It’s true that we are currently in the most focused part of the budget process—we are updating the reserve study, including a review of the planned reserve expenditures for the next fiscal year, developing revenue and expense projections for each of the 10 departments we operate, reviewing any new capital projects that are under consideration, and holding meetings open to the public during the last week of this month. So far, so good. Alongside this important and all-encompassing project, we are simultaneously working on several other important ventures that currently exist in all possible development phases, from planning to execution.

As (I hope) you know, our Phase B Fitness center project is scheduled to start late next month, and final plans, budgets and accommodations are underway. Communications and planning will be ongoing as the project unfolds and we find a need to quickly inform you of any updates, or we add or change planned programming as we encounter unforeseen surprises.

We are finally winding up a project that has been two years in preparation – our 10-year review of the Association’s Governing Documents. The Governing Documents Review Committee (GDRC) is preparing the Fourth Restatement of our Covenants,

Conditions and Restrictions (CC&Rs), our Articles of Incorporation, and our Bylaws, all of which will go to the Board for final approval very shortly. All changes will be made available to the members for review.

The Sun City Roseville Foundation has partnered with us several times recently, and two of those projects are coming to fruition. Both the Portable Stage, and the Pool Shade are, or will shortly be, arriving, and will make a tremendous impact on the community almost immediately. The stage should have been delivered by the time you read this, and the shade structure should be installed in April or May when the outdoor pool opens (after a short delay due to the beginning of the fitness center expansion).

We are well underway planning the 2027 Lodge Refurbishment (another every 10-year project!), and the Committee is ready to interview designers, receive proposals and start work choosing contractors. Work on this project should begin in January 2027 if all goes as planned.

Other projects underway include events to celebrate Sun City Roseville’s 30th Anniversary throughout this year. We’re also reviewing the Golf Programs and Memberships, the Golf Master Improvement Plan, a Shade structure for the Bocce Courts, Landscaping projects, new and exciting activities and trips, future projects in planning from the Strategic Planning Committee, and a whole host of other endeavors, schemes, and happenings! What an exciting year to be living in the PREMIER active adult community in Northern California!

AARP Tax Aide — Free Tax Returns

BY BOB EGGERTS

AARP Foundation volunteers will prepare and electronically file Federal and California income tax returns for low-to-middle income Sun City Roseville residents at the Timbers Lodge Club Room on Sundays. There is no charge for these services that are sponsored by the IRS and the AARP Foundation. Appointments are required and can be made by calling 916-741-0932 beginning

January 19, 2026. Appointments will be made for Sundays from February 8th through April 12th. This appointment line makes appointments for several sites in Roseville so if you want your appointment to be at Sun City, you must mention that when you leave your appointment request.



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Ruby Princess ~ 3080 Passengers	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.				
*ROUND TRIP LINCOLN SHUTTLE TO SHIP AVAILABLE!				
10 DAY ALASKA From SFO! PRINCESS	May 23, Jul 12, Aug 11, 2026	\$1,099	\$1,599	\$1,749
Ruby Princess ~ 3080 Passengers				
Sail round trip from San Francisco, California to Juneau, Alaska; Skagway, Alaska; Hubbard Glacier, Alaska; Ketchikan, Alaska; Victoria, BC, Canada; San Francisco, California.				
*ROUND TRIP LINCOLN SHUTTLE TO SHIP AVAILABLE!				
15 DAY CARIBBEAN PRINCESS	Aug 8, Sep 5, Sep 19, Oct 17, 2026	\$988	\$1,068	\$1,458
Regal Princess ~ 3560 Passengers				
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.				
22 DAY PANAMA CANAL Reposition CUNARD	Sep 24, 2026	\$1,499	\$1,749	\$2,389
Queen Elizabeth~ 2081 Passengers				
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.				
16 DAY EUROPE Reposition HOLLAND AMERICA	Dec 5, 2026	\$1,149	\$1,249	\$1,399
Nieuw Statendam ~ 2666 Passengers				
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.				
16 DAY PANAMA CANAL PRINCESS	Sep 29, Oct 4, Dec 3, Dec 28, 2026	\$1,939	\$2,399	\$2,699
Various Princess Ships				
INCLUDES ROUND TRIP AIRFARE!				
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.				
26 DAY SOUTH PACIFIC Reposition ROYAL CARIBBEAN	Sep 26, 2026	\$4,237	\$4,837	\$5,147
Quantum of the Seas ~ 4180 Passengers				
INCLUDES ROUND TRIP AIRFARE!				
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.				
26 DAY JAPAN	Sep 19, 2026	\$5,632	\$5,832	\$6,142
Royal Princess ~ 3560 Passengers PRINCESS				
INCLUDES ROUND TRIP AIRFARE!				
Sail from Seattle, Washington to Singapore visiting; Juneau, Alaska; Hubbard Glacier (Scenic Cruising); Collee 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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Cruise Line ~ Sailing Date	Starting Price/	Window Balcony
15 DAY GRAND EUROPEAN RIVER CRUISE April through October Viking Longships ~ 190 Passengers 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 INCLUDES ROUND TRIP AIRFARE!
8 DAY RHINE GETAWAY RIVER CRUISE April through October Viking Longships ~ 190 Passengers 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
12 DAY PARIS TO THE SWISS ALPS RIVER CRUISE April through October Viking Longships ~ 190 Passengers 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
10 DAY TULIPS & WINDMILLS RIVER CRUISE March & April Viking Longships ~ 190 Passengers 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
12 DAY PHARAOHS & PYRAMIDS RIVER CRUISE January through December Viking Longships ~ 190 Passengers 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
8 DAY ICONIC WESTERN MEDITERRANEAN OCEAN CRUISE March through November Viking Ocean Ships ~ 930 Passengers 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
15 DAY AUSTRALIA & NEW ZEALAND OCEAN CRUISE Nov, Dec, Jan, Feb Viking Ocean Ships ~ 930 Passengers 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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Softball Club

BY RAY HARRISON

Play Ball! Our Head Umpire, Ken Miller, will officially launch the 2026 season on Wednesday, March 25 at 9:30 a.m. at Mahany Park. We are proud to field four strong teams, each with fourteen players, drafted and already preparing for a competitive 15-game schedule.

Leading the way this year are our outstanding managers and coaches: Ron Roberts and Barry Speier; Mike Barrientos and Henry Salazar; Frank Tom and Gary Myas; and Larry Larsen and Barry Schivo.

Games will be played Wednesday mornings from March 25 through July 29, concluding with our annual banquet celebration. Start times are 10 a.m. through June 10, then shift to 9 a.m. for the remainder of the season.

As we celebrate our 30th year, we are introducing a new twist: an additional defensive player known as the "Rover." Expect quicker play and hitters choosing their spots a little more carefully.

We are grateful for the businesses that faithfully support our players and our community. Our Team Sponsors include Ivy Blue Oaks, Your Roofing Contractor, Oakmont, and Eskaton. Our League Sponsors include AC Girl, Sonrisa Senior Living, Placor Construction, and Wet Paint Detailing. We encourage everyone in Sun City to thank and support the companies that support our Senior Softball Club and League.

Mark your calendar for our All-Star Game

on Friday, May 29 at 10 a.m. at Mahany Field. The event will feature refreshments, play-by-play announcers, and honorary managers Al Bowen and JB Bisenius, assisted by leaders from the top teams at that point in the season. It promises to be fun and highly competitive.

Opening Day on March 25 will include donuts, coffee, refreshments, the popular Sun City Singers, and a special ceremonial first pitch.

Visit rosevillesseniorsoftball.org.

To join our email list, contact John Woodbury at 4woodburys@gmail.com.

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He & She Golf

BY JAHNA HOLMES

Beware the Ides of March! This will be the cut off date for Membership renewal. If you haven't paid your 2026 dues by then, your name will be removed from the Eblast lists, and you won't be able to play until your \$12.00 dues are paid! As of this writing at the end of January, we already have 165 paid members. Thanks to all of you who have paid so promptly! So you procrastinators, it's time to come join the club! The best golfing weather is about to arrive with spring!

Both game days in January had chilly and foggy starts but later cleared up a bit. The January 26th 18-hole first place winners scoring 118 were Bill Moorman, Jim Lynch and a couple of excellent She blind draws! Second place scoring 122 were Barbara Simon, Steve Proctor, Connie DeBlaquiere and Robert Reeder. Third place with 127 were Joan Munn,



Joan Munn and Fred Festersen enjoying their round!

and Fred Festersen with Rich Aug and Denise Roberts. CTP for men was Rich Aug at 17' 1". JoAnne Gregson got 23' 6" for the women.

The 9-hole group had 42 players who braved the heavy fog. The first-place team scoring 41 was Jim & Linda Ryan and Don Cook and Raquel Godfrey. Second place was a tie. Scoring 44. were Barry & Gail Franklin, Gail Riddle and Christina Leaman, and the team of Bill Pagano, Roxanne Warloe, Marlene Bell and Donna Biagi. Par for the game was 53! CTP 1st place men was Jim Ryan at 43' 16", & 2nd place Bob Niznik at 51". No women reported hitting the green!

So, when your game goes south, remember Lee Trevino's observation that it was invented by the same people who thought good music came out of a bagpipe!

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Sierra Pines Ladies Golf Club

BY DANA EGGERTS

The Sierra Pines Ladies Golf Club is excited to announce our 2026 Officers, and we look forward to another wonderful year on the course together. Captain: Cathy Hurst, Co-Captain: Dana Eggerts, Secretary: Penni Hansen, Treasurer: Joan Rose

We would like to extend a thank you to Marilyn Meyers for her dedicated service as Treasurer. Her time, care, and commitment have meant so much to our club. We are also grateful to Joan Rose for stepping up and generously taking on the role of Treasurer—thank you for your willingness to serve!

January Highlights: Congratulations to our members for some great play this month: Closest to the Pin: 1/21 – Gail Hixson, 1/28 – Kyle Vodden. Chip-Ins: 1/7 – Lisa Cryan, 1/14 – Gail Hixson, 1/21 – Rhonda Bubbico & Connie Lugo.

Make sure to sign up for Put for Points, \$5, and The Spring Luncheon this month. The binders are in the pro-shop at Sierra Pines.

Thank you to all our members for making Sierra Pines Ladies Golf Club such a welcoming and fun community. Here's to a fantastic year ahead—see you on the fairways!

• • •

(more Club News cont' on page 20)





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Timber Creek Women's Golf Club

BY MARY NEARN

The TCWGC celebrated Joan Meyers birthday on January 28th. Cindy Murphy spearheaded the surprise celebration. Joan was thrilled to have her living room filled with her friends and fellow golfers.

"Fiesta in the Fairway" Our Club Invitational will be May 20th. Sign-ups begin in March; you do not want to miss this one! Susan Green is actively looking for volunteers to help with staffing the event. Please reach out if you can help.

The Sunheim Cup will happen again this year. Potential dates are either in May or September. The two clubs are discussing different formats. More to come!

Mariette Araya is currently updating both the local and general rules for Timber

Creek that are available on our website. Please reach out if you have questions or a comment.

Also, if you want to submit a new photo for the roster, please let us know.

Most Improved Players for January

First Flight Mary Jorgensen

Second Flight Mary Maclean

We have a new member, Deborah Bjonerud. Please welcome her! Deborah, we look forward to seeing you out there.

Fresh off our January Low Net Wednesdays, February saw the return of special tournament days. These games are fun ways to play each other and of course against ourselves.

If you are interested in joining our club, please visit the website, fill out the forms,



Roberta Daley

and play!

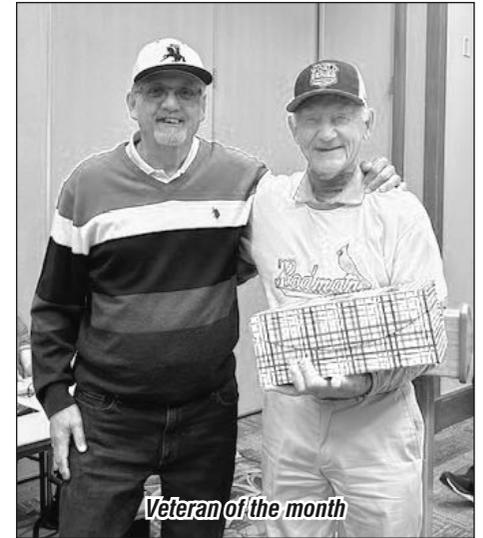
In Memorandum—With great sadness, we announce that Roberta Daley, Past Captain in 2007 passed away in January. Roberta was one of the original members of Timber Creek Women's Golf Club. Roberta was very instrumental in many of our traditions and was very involved in the beginning of Timber Creek's white tee locations. Her legacy will remain with us in the future.

• • •

Timber Creek Men's Golf Club

BY RICH AUG

Hello from the Timber Creek Men's Golf Club. Hope your New Year has started off right for you and your family. Before I get into our club news, I want to take a moment to thank our new President, Mike Murphy. Mike has been writing for the Courier and Sun City News for four years. He has done an amazing



Veteran of the month

job. Mike passed the torch to me. I will do my best to fill his big shoes.

The weather certainly has been a challenge for us. Loads of rain, followed by
(cont' on page 21)



Joan's celebration.



Men's club meeting.

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Timber Creek Men's Golf Club

(cont' from page 20)

extreme cold. We have endured many "cart path only" days. One thing is for sure, the maintenance crew, led by Steve Kimbrough, has done wonderful job in keeping our courses in prime condition. Fortunately for us, Tuesday's Men's Club days have moved to 9:00, making conditions somewhat more comfortable.

Tournament season is upon us. Our first tournament of the year was The Pink Ball (Valentine). The format was 2-person best ball as well as team pink ball. We had a huge field. Result to follow in the upcoming Courier/Sun City News. Our March tournaments will be The Irish Shamle March 17th & Putting Contest March 24th. They will be followed by a pizza lunch. Mike Carroll, our Tournament Director, is looking for a few volunteers to assist with the 13 tournaments he has scheduled for us. He can be contacted by email, 49erdog@gmail.com or phone, 408-861-0730. I'm sure out of 220 plus members, there are several of you that can step up to help.

Remember, our next General Meeting will take place in The Aspen Room at the Lodge. Note the new location. Doors open at 8:00, with coffee and donuts. The meeting begins at 8:30. Hope to see you all there.

Hit'em Straight!!

•••

Golden Niner

BY KEN HANSEN

We are enjoying the sun, golf, good company. Please welcome John Gregory to our roster. Missing Howard Frank, a truly fine gentleman.

In January we averaged 77 players over the three Tuesdays we played. The winners averaged 54 per week (163 players shared in the \$975 prize money.)

Big Money: Tom Martin \$32; Dwight Rose \$27; Bob White \$25; Leonard Clark \$24; and Ralph Friend \$24.

Tiger 2000 worth remembering: It has been 26 years since Tiger Woods had arguably the most dominant season in golf history. It followed a complete overhaul of his golf swing that most experts thought it already one of the best. He won 9 times (45 percent of his start), including 3 majors: US Open, PGA, and the Open, completing the career grand slam. He was in the top 5 in 85 percent of tournaments and top 2 in 65 percent. He won \$9+ million (\$17 mil today). It was incredible and his competitors said he was playing a different game than them. Every other golfer played for second place.

Observation: Golf is the most honest game. It shows you quite honestly what kind of person you are.

•••

Table Tennis Group

BY JEFF CARASKA

The year 2026 is a milestone year for table tennis.

The sport's governing body, the International Table Tennis Federation, was founded 100 years ago in London. Fifty-five years ago, a group of American players journeyed to mainland China as part of Ping Pong Diplomacy, an initial step in normalizing relations between the countries.

Players everywhere should be grateful the original name for what started as an English parlor game in the late 1800s - "whiff-whaff" - did not stick. According to a story on stigausa.com, James Gibbs, an Englishman, was granted a patent on the game in 1901 (under the name Gossima). A year later a British company began sales under the more familiar Ping Pong.

When Parker Brothers secured the rights a short time later, the name "table tennis" was invented to circumvent Parker Brothers' feisty protection of its brand name for the game.

The sport continued to grow from its genteel Victorian roots, and the ITTF is now comprised of more than 220 member nations. The first world championship was held in 1926, but table tennis did not receive Olympic inclusion until the 1988 Summer Games.

Advancements in equipment and player performance over the years would make the game nearly unrecognizable to those whiff-whaff pioneers, who played on dining room tables with makeshift balls, paddles and nets.

Today the ball can fly at average high

speeds approaching 75 mph in top caliber competition, but table tennis can be played enjoyably at any level (with much more manageable speeds). Consistent play, even by beginners, is often rewarded by marked improvement.

Here in Sun City, the Table Tennis Group plays 2:00 pm - 5:00 pm Tuesdays and Thursdays and 9:00 am to 12:00 pm Saturdays at Sierra Pines.

•••

Tennis Club

BY MARILYNN VANDYKE

Welcome to Ron Houston, the new President of the Tennis Club. Our sincere thanks to the outgoing President Dieter Rohfleisch. Rest of the leadership remains unchanged.

We are excited to have added two new activities designed to get you on the courts and socialize. We have a new format for weekday tennis play and we're starting quarterly courtside social events.

A new way to make weekday tennis drop-ins more exciting and consistent is led by Patrick. You can now sign up for any weekday morning based on your comfort level with tennis. Patrick will match you with other players based on your level of play, desired number of sets, etc. This effort has already gained momentum, leading to a noticeable increase in player participation every day of the week. Contact Patrick@magli1@aol.com

(cont' on page 23)



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Tennis Club

(cont' from page 21)

for more information and sign-ups.

Courtside social events are open to all residents of Sun City Roseville. Invite your neighbors to join the fun! Our courtside events are for tennis players of all levels from beginner to advanced. We match your playing level with other players who have signed up. If you don't want to play tennis, we encourage you to come by to watch and socialize. If you haven't hit a tennis ball in years, come by and relive the glory of a well hit ball. We'll have equipment available and some basic instructions if you're brand new to the sport. Pickleball, table tennis, golf and softball players already have the eye/hand coordination to easily pick up on playing tennis. Come by and give it a try. Of course, what's a social event without food, drinks and general merriment and we'll have plenty of that.

Please mark your calendars for March 14th, 3:00 PM to 6:00 PM for the next event and stay tuned for the future event dates. The theme for the next event will be the celebration of St. Patrick's Day. For more information and sign-ups contact Pramod@psarpotdar2@gmail.com.

Congratulations to our women's SATA (Sacramento Area Tennis Association) team for coming in second place. New leagues start at the end of February.

Please welcome Pam Wingo and Thomas Crouse, our newest tennis club members.

• • •

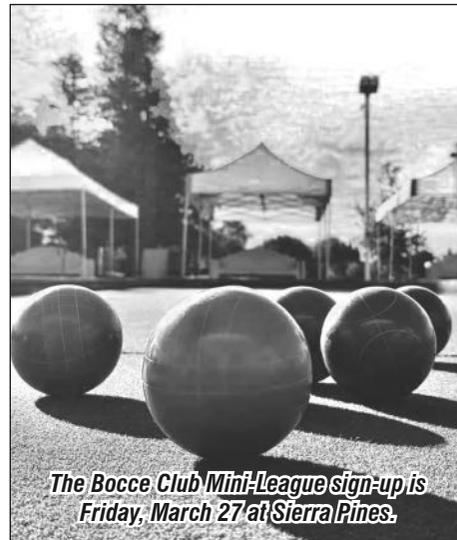
Bocce

BY DAVID MOORE

After a quiet February there are two big dates in late March on the bocce calendar.

The first is March 22 for the Leap Into Bocce St. Patrick's Day Dinner at 6 pm at Sierra Pines. The menu is by Elena's and includes traditional corned beef and cabbage (Slow cooked corned beef brisket served with boiled cabbage, boiled red potatoes and carrots), Shepherd's Pie (Savory ground beef casserole with onions, peas, carrots, brown gravy topped with garlic herb mashed potatoes and cheddar cheese),

Scalloped Potatoes, Irish Banger Sausages, Shamrock Garden Salad with sweet onions, grape tomatoes, cucumbers and



dried cranberries with ranch and balsamic vinaigrette on the side. And if anyone still has room there will be cookies and brownies for dessert. Water will be provided but you are welcome to bring another beverage of your choice.

Just five days later on Friday, March 27th is the sign-up for the Spring Mini-league at Sierra Pines. Play begins April 7 and continues through June 1 with the Memorial Day week of May 19 to 25 off. Looking further ahead, the Bring Your Own Party and Payout will be Thursday June 11.

A bit of bocce trivia: Did you know bocce is one of the world's three most popular sports? (along with golf and soccer.) It is even more popular here in Sun City Roseville ranking with golf in the top 2 and surpassing soccer.

And although bocce is not played in the Olympics, it is, a prominent, highly participated sport in the Special Olympics, where it has been featured since 1991. A different, seated version called Boccia is played in the Paralympic Games.

• • •

Billiards Club

BY TERRY SATCHELL

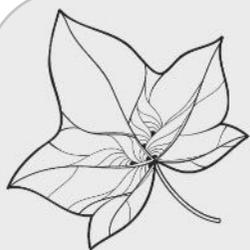
You do not have to be a member to use the Billiards room. It is open play for all residents except for the Tuesday afternoon tournament. Please sign in. More women are joining! We have a friendly play night on Thursday evenings.

Today some advice about using the dreaded bridge. First with bridge in hand,



align the shot like any other. Stand behind the line of aim and lay the bridge across the table. Put the bridge head up to the cue ball and move the back of the bridge out of the way. Now lay your cue in the groove that gives you the appropriate height. To follow shot, the highest; for stun shot the middle and for draw, the middle with some downward cue angle. For power draw? Play around with the highest groove. Now check your grip. As you look down your cue, your four fingers should be on top of the cue and your thumb will be underneath. It's basically the same way you position your hand as you drink from a bottle of water. Then, get your elbow up to where your forearm is about a 45-degree angle. There should be no break in your wrist. Your arm will be more stable and allow you to take straight practice strokes. You can do just about anything

(cont' on page 25)



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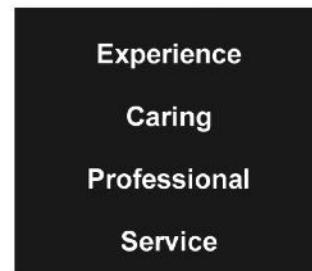
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2026 Grand Jury Awareness

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



Eleven of the current Grand Jurors, two past Grand Jurors, and five Placer County Supervisors

City of Roseville Earns Silver Bicycle Friendly Community Award

The City of Roseville has been elevated to a Silver Bicycle Friendly Community (BFC) by the League of American Bicyclists. Roseville was the first city in Placer County to be honored at Bronze level in 2008, recertified in 2017 and again in 2021.

"Earning Silver is a testament to the City's efforts in providing a more connected bicycling network," said Suzanne Engelke, Associate Transportation Planner for the City of Roseville. "This recognition boosts Roseville's goal to make active transportation an easy and confident choice for all ages, whether it's for recreation or commuting."

The Silver BFC award recognizes Roseville's commitment to improving conditions for all people who bike through investments in bike education programs like Safe Routes to School, bike events like BikeFest that promote and encourage people to choose biking, pro-bike policies, and bike infrastructure. The City celebrates this award and continues to focus on building a better community together. Roseville boasts over 110 miles of on-street bike lanes and more than 51 miles, and growing, of off-street paved trails.

As part of its commitment to be a healthy and connected city, Roseville reapplied for the League of American Bicyclists' prestigious Bicycle Friendly Community award. It has long been a goal to have a best-in-class transportation system for residents and visitors, and that includes building a community more accessible by bike. The City is honored to be part of the 444 communities across the United States that are recognized for their commitment to bicycle accessibility.



"Building better places to bike is a shared effort," said Bill Nesper, executive director of the League of American Bicyclists. "The communities recognized here are part of a growing national movement, taking practical steps to support bicycling as a safe, accessible, and valuable part of everyday life."

The five levels of the BFC award—diamond, platinum, gold, silver and bronze, plus an honorable mention category—provide a clear incentive for communities to continuously improve. Awarded communities must renew their status every four years to ensure that they not only maintain existing efforts, but also keep up with changing technology, national safety standards, and community-driven best practices.

To learn more about the Bicycle Friendly Community program and the League of American Bicyclists, visit bikeleague.org/community.

Learn more about Roseville's bikeways and trails, visit roseville.ca.us/bikeways, that promote and encourage people to choose biking, pro-bike policies, and bike infrastructure. The City celebrates this award and continues to focus on building a better community together. Roseville boasts over 110 miles of on-street bike lanes and more than 51 miles, and growing, of off-street paved trails.

As part of its commitment to be a healthy To learn more about the Bicycle Friendly Community program and the League of American Bicyclists, visit bikeleague.org/community.

Learn more about Roseville's bikeways and trails, visit roseville.ca.us/bikeways.

Billiards Club

(cont' from page 23)

with a mechanical bridge that you can do with a finger bridge. It should be easier because you have a much better view and less moving parts! Maybe you will even start to like it. MAYBE

Tuesdays Men's Tournament Results — January 6 John Johnson, Ken Neal; January 13 Jeff Mapes, Bob Cecil; January 20 Jerry Crosby, Ken Neal; January 27 Ken Lane, Jeff Mapes.

• • •

Cornhole Group

BY STEVEN GUSTAFSON

Many Sun City residents go to our fitness center to improve physical agility. Some use exercise machines, some go to yoga or other classes, and some like to swim. Some residents play pickleball, tennis, bocce, or softball. Each of these activities upgrades some aspect of physical wellness. You might ask, "What aspect of physical wellness does the game of cornhole improve?"

The answer to this question is largely "overall motor control," which includes both fine and gross motor control. Fine motor control refers to coordinating the small muscles in your hands, fingers, and wrists with your eyes. Gross motor control refers to coordinating the larger muscles in your arms and legs.

Sun City's Cornhole Group plays every Tuesday at 3:00 on the Sierra Pines horseshoe lanes. We have no dues or business meetings! You are welcome to join us.

• • •

Croquet Club

BY JIM WILLSON

The Croquet Club will have hosted its first catered dinner on February 22 at the Sierra Pines Spruce room, preceded by a business meeting, and followed by fun filled activities. This was the first of four catered dinners which are held on the fourth Sunday in February, May, and August and the third Sunday in November.

During the 1800s, croquet became a favorite pastime among the upper classes in England. It was initially played on large lawns and estate gardens providing a perfect opportunity for social gatherings and friendly competition. The game's simplicity and ease of play made it accessible to people of all ages and abilities, contributing to its widespread appeal.

One of the key elements that propelled the popularity of croquet in the nineteenth century was the establishment of standardized rules. In 1856, the All England Croquet Club was founded and played a crucial role in formalizing the game. This club introduced a set of rules that defined and regulated the size of the playing field, the number of players and the equipment used. These rules provided consistency and allowed for fair competition, further increasing the game's appeal and popularity.

For those of you who are interested in joining the club, visit the kiosk in the lobby of the Timbers Lodge where you can find fliers for the Croquet Club, including an application. For additional information, please contact

Louisa or Patrick Maglione, both officers of the club. The Croquet Club offers an excellent opportunity to participate in a new, challenging endeavor, and to meet new friends in a fun and social atmosphere.

• • •

Cribbage Club

BY BRUCE AHNBERG

Our month-end tournament the last Friday of January ended in a tie for first place. Winners were Chuck Barron and Julie. Julie just recently started coming in and joining our tournaments, and from personal experience is tough competition. (I'm sorry, I wasn't able to learn her last name, not being at this tournament). High hand for the day went to Brad Sanders with a 23 pointer. A 23-point

hand in cribbage is extremely rare, occurring with a probability of roughly 1 in 37,037 hands. It is considered one of the rarer high scores, often achieved through specific combinations involving a pair royal of fives and pair of Jacks, plus a Jack in the hand for "nibs". Congratulations to all!

The Cribbage Club meets every Friday in the Timber Creek Lodge Card Room from 1:00 to 3:00 PM. For a small stake, we play several games each week, switching partners each time so that everyone plays a new partner until time runs out. Come and join us for an enjoyable afternoon. Looking forward to seeing you at the tables.

• • •

Bridge Club

BY JOYCE WADE

The Bridge Club has been holding a Saturday workshop for intermediate players for a couple of weeks and will continue for the four March Saturdays, from 10:00-noon in the card room.

Our usual St. Patrick's luncheon for all bridge levels will not be held this March because of the schedule crunch at Sierra Pines.

• • •



(more Club News cont' on page 28)



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Rick and Sharon Lawin —

(cont' from page 1)

from high school was a big factor leading to delinquency. “Ultimately, after considering all the factors, you still have to follow your gut feeling to make the right decision,” she says. All in all, Sharon calculates that she participated in more than 6,000 hearings. She was gratified



Sharon Lawin in front of a quilt she made for Rick.

when one parolee made a point of thanking her for setting him free, years before, to find a job, get married, start a family, and live a crime free life.

Rick was born in Alhambra, California, in 1950. He grew up with one older sister and played tennis at Alhambra High School where he graduated in 1968. He held down three jobs, driving an ambulance, working as a copy boy at a newspaper, and as a first aid instructor for the Red Cross. He also participated in Civil Air Patrol where he learned how to fly, earning his pilot’s license at age 18.

In 1970, he enlisted in the Army and was based in Texas where he was scheduled

for flight training, but then left the program because the Army was downsizing. He ended up working in battalion headquarters “flying” a typewriter. During his off-duty hours, he worked for a company delivering private airplanes across Texas. Looking back over his time in the military, Rick is grateful for the experience. “It matures you quickly,” he says. “You learn about life, discipline and duty to your country.”

Using the GI bill, Rick went to USC for two years to study Aviation Safety and then to the University of Redlands where he got a BA in Business. In the early 1990’s, he went to Embry-Riddle Aeronautical University where he earned a Master’s degree in Aeronautical Science.

When he joined the LAPD, he did various street patrol assignments before transferring to the Air Support Division, serving as a helicopter pilot and instructor in both rotor and fixed wing aircraft. The Air Support Division coordinated with ground units to apprehend various criminals and cover vehicle pursuits. LAPD helicopters covered 486 square miles airborne nearly 24 hours a day. In 1988, Rick received the LAPD Medal of Valor when he and his partner rescued several people off the roof top of the burning high-rise First Interstate



Rick Lawin's helicopter landing on the set of Back to the Future 3 in 1990.

Tower bank building.

After serving 26 years, Rick retired from LAPD and became an adjunct professor for Embry-Riddle Aeronautical University, teaching and designing aviation safety classes. Because of his innovative work, he received an award as Adjunct of the Year for Teaching and Design. Along the way, he became the proud owner of two fun flying machines—a Citabria airplane and a Grob 103 glider.

When Rick and Sharon decided to get married in 1982, they flew to New Zealand



Sharon and Rick Lawin biking in the Sierra foothills in 1992.

which Rick had visited as a 16-year-old. After a ceremony by a Justice of the Peace, they flew to the Heaphy Track, a popular hiking track in the northwest of the South Island of New Zealand. It’s classified as one of New Zealand’s ten Great Walks by the Department of Conservation.

After both had retired from their respective careers, Rick and Sharon built a home by Bass Lake, near Yosemite, where they continued to backpack, hike and bike.

The couple moved to SCR in 2015 because Sharon’s parents Norma and Harold Horrell, lived here. A life-long sewer and quilter, Sharon became active in Needle Arts as well as Sierra Pines and Timber Creek Ladies Golf Clubs. She also volunteers on the Board of Appeals, for the City of Roseville.

Upon moving to SCR, Rick started a new chapter of his life. He became an author. In his younger years, he had written magazine articles and police reports, all technical, objective, and factual. Now he wanted to use his vivid imagination to blend forty years of varied experiences, encounters, recorded notes and logs into a fictional story. His first book, *The Legend of Tierra del Puma*, was inspired by his real-life encounter with a mountain lion.

He and a friend were hiking with her dog near Yosemite National Park when the dog suddenly ran ahead and over a high berm. After hearing a blood-curdling scream and thinking the dog had gotten caught in a trap, Rick jumped over the berm onto the back of a cougar who had attacked the dog. He repeatedly hit the cougar with his aluminum walking stick which got bent with his efforts to dissuade the animal. After a staring contest with Rick, the cougar retreated to a tree and Rick rescued the dog who recovered after a trip to a vet in Fresno.

There are four books in the *Tierra Del Puma* series. *The Legend of Tierra del Puma*, *Tear Drop Pass*, *Whispering Winds*, and *Sierra Traveler*. Other novels include, *Pursuit of Cause*, the case of a missing glider, and *Mueller’s Marbles*, about a quirky hot shot female FBI Agent who is assigned a cold case involving a missing set of the world’s most valuable marbles. Rick’s seventh novel, *“Orbits over Los Angeles,”* is expected to be out later this year. His works are available on Amazon and other outlets.

Meanwhile, Rick and Sharon will continue to inspire their fellow residents with their many talents as they thrive in what they consider to be the friendliest environment in which to spend their retirement years.

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Mah Jongg Club

BY DEBBIE PHILLIPS

Happy St. Patrick's Day. May the luck of the Irish be with you.

On February 27, we held our annual membership luncheon. Good time was had by all.

The new 2026 Mah Jongg cards have been ordered, and you should receive them in your mailbox in early April. Will be fun seeing what new combinations we will be playing for.

We play Monday afternoons from 12:30pm to 3:30pm and Friday mornings from 9:00am to 12:00pm, anyone is welcome to stop by and see how the game is played.

Club President Pat Oberlander just held a



class with 9 new players. If you'd like to learn this brain-stimulating addictive game and make new friends, call Pat at 916-929-5582.

Mah-Jongg is fragrance free and name tags are encouraged.

• • •



ATTN: Retired Law Enforcement Officers

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

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

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SSN SCR WRITERS...

Blood in the Pool

BY LETHA DAWSON

Two women live in a beautiful 55+ community. They swim each morning at 5:45 a.m. This day, neither had a good night's sleep and both were grumpy. Paula could get the last open lane if she hurried. Have all signed in? One line was still blank. Paula hurries to take the obligatory shower and just as she finishes, the pool door blasts open to reveal Ruthie. Ruthie likes to swim early and lift weights. She's not in any hurry. Swimming is her release from the stress of playing bridge. When Ruthie swims, she's queen of her lane. She crawls through the chlorinated water like a crab.

Paula glares at Ruthie who smiles back sardonically. Both women eye the timing board, but Ruthie runs to the board without taking a shower and scribbles her name on lane four's blank line. Ruthie, 5:47 a.m. "Oh no you don't," thinks Paula, who hurries over to the board. While Ruthie is showering, Paula will wipe Ruthie's name and slide into lane four. But to Paula's disbelief, nery Ruthie jumps into lane four without showering.

"Hey," Paula shouts to Ruthie, "You can't do that." But Ruthie is already underwater, pulling herself towards the other end of the pool. Paula stamps her bare foot. Ruthie has done this to her again and again, cut her shower to slide into the last open lane.

Paula waited on the bench and thought of all the things she was going to tell Ruthie when she got out of the pool. Finally, after her laps, Ruthie reached her flabby arms up, grabbed the ladder and pulled her big backside out of the water, a broad smile on Ruthie's face, her jowls lifting her cheeks to reveal big, perfect, white false teeth.

From the bench where she was waiting, Paula slid her toe out under the side of the rubber mat, just enough to form a ripple. Ruthie's big toe with blue nail polish stubbed the slight bump in the mat. Her usual gait is fast, so it came as a shock to have her pace interrupted by a bump. Ruthie staggered and stumbled then landed. No one saw Ruthie hit the mat except Paula. Ruthie's smiling lips kissed the deck. She slowly turned to face Paula, her nemesis, and asked, "Are you just going to sit there?" "Yes," Paula thought. "I'm just going to sit here and enjoy watching you get what you deserve." But instead, Paula asked Ruthie, "Do you need help?"

Ruthie dipped her hand into the pool and cupped water to splash her lip. With her usual non-caring attitude for others, Ruthie helped herself to handfuls of pool water to douse her mouth. Little drops of blood washed off her fingers into the pool.

Paula skipped her swim that day. She had a doctor's appointment to get to. Within minutes of Paula's reporting the event, a notice went out to all residents, "Pool closed until further notice due to blood in the pool." Waiting a day for the maintenance crew to sanitize the pool was worth the satisfaction of having put

her on the mat. Ruthie wouldn't cut ahead of her anymore.

She wasn't hurt. But her haughty attitude had been lowered a notch. This is the reason for the notice: "Pool Closed due to Blood in the Pool."

** This is a work of fiction. All likenesses to real people are purely coincidental.*

• • •

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, 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!

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

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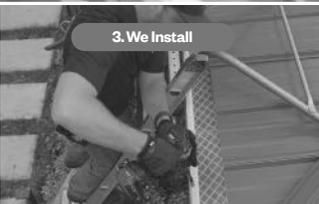
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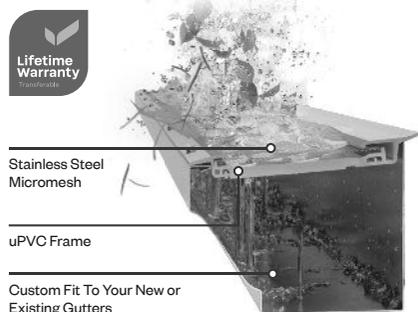
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SCR Foundation 2026

(cont' from page 1)

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

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

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

Submissions should be 300 words or less and due by the 15 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



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Observations on Old Movies

BY MARTIN GREEN

I don't watch much television anymore, but every now and then I check Turner Classic Movies (TCM) to see if there's an old film I might want to see again or one I missed and would like to watch. Recently, TCM was showing films appropriate for Christmastime, and two of them were The Wizard of Oz and Meet Me in St. Louis.

The Wizard of Oz came out in 1939, when I was ten years old. I must have gone to see it then, and I have watched it a number of times since, including several times when my sons were young enough to enjoy it. Strangely, for a film that has become such a classic, it wasn't a big hit when it was first released. Over the years, however—especially through repeated showings on television—it has become one of the most-watched films in cinematic history.

It's interesting to read about how this future classic came about. As everyone knows, it made Judy Garland a star, and it's hard to imagine anyone else as Dorothy. Still, other actresses, including Shirley Temple, were considered first. And who can imagine anyone but Ray Bolger as the Scarecrow? He wasn't the first choice either. Then there are the Munchkins. Some came from a German theatrical group, but most—more than 100—were recruited in the United States.

I enjoyed watching it yet again. There was the dramatic change from black and white to Technicolor, when Dorothy first sees Oz. There were the Scarecrow, the Tin Man, and the Cowardly Lion joining Dorothy on the yellowbrick road. There was the satisfaction of seeing Dorothy defeat the Wicked Witch. And there was Dorothy in her ruby slippers saying, "There's no place like home." Knowing that Judy Garland had a difficult adult life lends a special poignancy to her singing "Somewhere Over the Rainbow."

Meet Me in St. Louis is another Judy Garland film, so yes, I must be a Judy Garland fan. I've always thought her especially charming in this one. The movie is perfect family fare, with likable people facing everyday family problems, Judy yearning for the boy next door, and Margaret O'Brien as the little sister who manages to cause so much trouble. Finally, there's the title song, which everyone sings at the beginning of the film, and which is then

hard to get out of your own head.

The movie came out in 1944. Judy Garland was 16 when The Wizard of Oz was made and 20 when she appeared in Meet Me in St. Louis. There were many difficulties during production, but, like The Wizard of Oz, it went on to become a classic. The story is set in St. Louis, beginning in the summer of 1903 and leading up to the spring of 1904 and the World's Fair, where everything comes together. I've always thought of St. Louis as a hot, humid place, but in the movie, it appears to be a small town where anyone would like to live. The main family problem is that the father is offered a promotion in New York City, meaning the family will have to move. Needless to say, no one else wants to. In the end, the father relents, they stay in St. Louis, and Judy Garland and her older sister both marry their local boyfriends.

I had originally intended to write about two oldies I hadn't seen before, Dog Day Afternoon and Witness for the Prosecution. The first is about a bank robbery in Brooklyn and, of course, helped make Al Pacino a star. The second is a courtroom drama based on an Agatha Christie play. What caught my interest is that one of its stars was Tyrone Power, a name I hadn't heard in years. Once a matinee idol with matinee-idol looks, Power played against type in the film, still handsome but a handsome scoundrel. Perhaps more about these two Turner classics in the future.

If you Google Martin Green Roseville author, AI Overview will tell you that he is a "freelance writer and author known for his columns in the Sun Senior News and hundreds of short stories. A retired writer, he has published multiple books. His work focuses on daily life, retirement and human interest. Described by editors as having a 'light touch' and skill at capturing the core of his subjects."

Martin's latest book, "Potpourri VIII," a collection of his recent writings, is now available on Amazon as an e-book at \$2.99. As AI tells you, it's a worthwhile read.

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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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