

SUN SENIOR NEWS

Your Community News Source — Serving Sun City Lincoln Hills — ONLINE AT: SUNSENIORNEWS.COM



IN THIS ISSUE

Neighborhood Watch	3
Music, Vaudeville, Ballroom, Line Dance.....	5
Neighbors InDeed	7
Election COMMITTEE News: 2026 SCLH BOD...7	
Country Couples, Round Dancing.....	8
Square Dance, Tap, Needle Arts.....	9
Creative Glass, Mixed Media.....	9
Painters', Paper Arts, Woodcarvers.....	11
Stamp, Genealogy.....	11
Shalom Social, Lavender Friends.....	15
Singles, Low Vision Support	15
Bosom Buddies, Multiple Sclerosis, Alzheimer's....	17
Italian, Travel, Airport Co-op.....	19
Astronomy, Apple User, Democratic.....	21
Amateur Radio, RV, Sports Car	21
Tesla, Veterans, Republican, Garden.....	23
Bird, Hikers & Walkers	23
Water Volleyball, Softball, Pickleball	25
SSNLH Writers, Tennis.....	27 - 28
Table Tennis, Lincsters, Ladies Golf - 18 Hole.....	29
Kilaga Springs Library.....	31
Meet the Author Lecture Series.....	31
Letters to the Editors	33
Men's Golf, Shuffleboard	34
Billiards, Duplicate Bridge	35
Cribbage, Pedro, Euchre.....	37
LHF — Silver Wishes.....	38
SSN Classifieds	39

And Much More . . .

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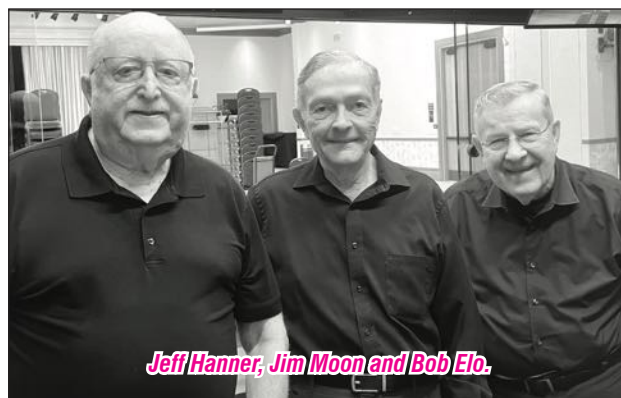
The Unsung Heroes of Lincoln Hills Entertainment

BY JENNIFER MARTIN

Howard Schultz once said, “There are heroes in the world—ordinary people who rise to meet extraordinary challenges, and who, by their courage, make life better for others.” Happily, there are heroes among us at Lincoln Hills, unsung heroes who because of their dedication and perseverance deserve to be recognized for their contributions to Lincoln Hills entertainment venues: Jim Moon, Jeff Hanner, and Bob Elo.

Jim Moon was born and raised in San Jose with one sibling. He graduated from Bellarmine College Prep where he was active as the business manager of the student newspaper. A 1968 graduate of Santa Clara University, Jim holds Bachelor’s and Master’s degrees in Electrical Engineering and Computer Science.

He was the Founder, Chairman and CEO of Protocol Systems from 1986-1998. Under his leadership, Protocol Systems pioneered



Jeff Hanner, Jim Moon and Bob Elo.

portable patient monitoring equipment that became the standard of the industry. Prior to founding Protocol Systems, Jim held engineering and management positions with SpaceLabs, Intel and ESL, Inc. He also served as CTO of Sotera Wireless, Inc. creating a new generation of critical care patient monitoring systems from 2008 until his retirement in 2016.

Jim and his wife, Sharon Lefkov, moved

to SCLH in 2016. He has been serving as the Technical Director for video, audio and lighting for plays, chorus, vaudeville, and dance shows for the past nine years. He also assists others in the tech crew with system technical issues.

Throughout his work as Technical Director, Jim is gratified that the crew continues to move the quality of the performances up each year. “It feels good to enhance the living experience for our residents,” he says. He is also grateful that early on, he was able to use funds from the Community Enhancement Fund which were earmarked for improvements and additions to improve lighting on the ballroom stage.

Jim estimates he and his fellow tech crew members are responsible for ten shows a year featuring tap, chorus and play productions.

(cont’ on page 31)

LH Foundation — It’s April – No Fooling

BY DENISE BOWDEN

April kicks off with April Fools’ Day and its annual chance to play lighthearted tricks on friends and family. Just a few days later comes Easter, when resisting the urge to nibble the ears off those chocolate bunnies becomes its own challenge. That sugar boost may come in handy as Tax Day approaches on April 15. With that in mind, we want to recognize the AARP volunteers who generously donate their time to help community members with tax preparation. Their service is truly appreciated.

At the end of the month, we celebrate both the 26th annual Earth Day along with Superhero Day. While you may not spot many residents in capes, our community is full of real-life superheroes. The Foundation extends heartfelt thanks to the grantees we support—organizations that provide food, care, counseling, and personal assistance. And we’re equally grateful to the donors whose generosity allows us to continue supporting the seniors of Lincoln.

This month, we’re shining a spotlight on one of our newest grantees, Silver Wishes. By granting wishes to local seniors, they bring joy, comfort, and renewed spirit to members of our community. Look for their feature article later in this issue.

Mark your calendar for Bingo on Thursday, April 23, in the ballroom. Doors (cont’ on page 33)

Players

BY SUE VILLARREAL

Get Ready for a Road Trip! “It winds from Chicago to LA, more than two thousand miles all the way.



Production team getting their “Kicks” Front row: Sue Villarreal, Christine McCormick. Back row: Rudy Schneider and Julie Africa.

Get your kicks on Route 66!” This year Route 66 is celebrating its 100th anniversary and the Players Club will be joining in the festivities by presenting “It Happened on Route 66”, written by Todd Wallinger and directed by Sue Villarreal.

Route 66 travels through 8 states, (cont’ on page 5)

LH Chorus

BY KARIE GEIGER

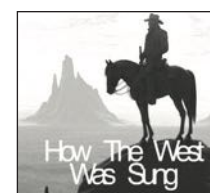
“How The West Was Sung” is the theme for the Lincoln Hills Chorus Spring Concert scheduled for May 1, 2, and 3. You’ll be surprised by how many familiar country hits have a four-part choral version which we believe our audiences will love. Tickets went on sale March 17 at Orchard Creek and Kilaga Springs Lodges, and online through the SCLH resident website.

Here’s what to expect at our performance: a medley of John Denver tunes including “Take Me Home, Country Roads,” “Rocky Mountain High,” and “Annie’s Song.” Our Johnny Cash medley features “I Walk the Line,” “Ring of Fire,” and “Ghost Riders In the Sky.”

You’ll also hear the raucously fun Garth Brooks song “Friends in Low Places,” and 92-year-old Willie Nelson’s tender love song written in 1982, “You Were Always On My Mind.”

If you’re a fan of the incredible singing group Rascal Flatts, who has won innumerable awards, including a consecutive 6-year run as the Country Music Association’s Vocal Group of the Year, we hope you’ll enjoy our rendition of their emotional love song, “Bless the Broken Road.”

In honor of the rich history of country music, classics including “Hey, Good Lookin’” from the master Hank Williams, “Sixteen Tons,” from the incomparable Tennessee Ernie (cont’ on page 38)





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NEWS ALERT

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-  The 10 bed facility in Auburn generates a high volume of calls. The proposed Lincoln facility is 10 times larger - 105 beds.
-  This WILL delay response time for police, fire, and ambulances across the entire city.
-  These increased calls are projected to cost the city over \$1 MILLION per year.
-  Police, fire, and ambulances are limited. This impacts YOU.

To review the public records and documents behind this project, visit:

TransparencyForLincoln.org

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Gregg and Liz Goldthorpe

EDITORS

Gregg & Liz Goldthorpe

ADVERTISING

Gregg Goldthorpe

CONTRIBUTORS

Jennifer Martin, Denise Bowden, Sue Villarreal, Karie Geiger, Judy Panneton, Brian Jewell, Richard Halsey, Ernie Micheli, Sylvia Fox, Dave Short, Judy Martin, Dtim Tatum, Cathy Razumich, Kris Knutson, Pat Robison, Jan Hess, Jill Short, Susan Haas, Tamsen Armstrong, Linda Lucchetti, Lionel Rainman, Tim Miles, Nancy Switzer, Judy Ganulin, Joan Lactis, Kathy Shaddox, Stu Singer, Dottie Suhrhoff, Jeri Di Fiore, Denise Webfield, Ann (Corsaro) Finn, Linda Bevis, Joanne Schumacher, Ginny Sato, Barbara Swerdlow, Nina Mazzo, Dan Lehrer, Mary Carbrey, Rob Phillips, Paul Gardner, Steve Witmer, Sue Dumas, Lorraine Immel, Sherry Singer, Lisa Mariotti, Mike Carlson, Ernie Micheli, Diane Ferrari, Joy S. Hutchison, Karen Lindh, Paula Griffin, Ilene Marshall, Lora Finnegan, Karen Escobar, Sarah I. Kevin, Randy Fann, Mona Stryker, Mel Switzer, Bonnie King, Susie Smelser.

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SUBMISSIONS: The Sun Senior News - Lincoln Hills welcomes announcements

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

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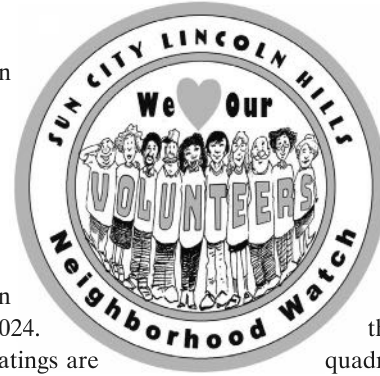
Neighborhood Watch — Celebrates Lincoln's Low Crime Rate

BY JUDIE PANNETON

Residents of Lincoln can feel safer based on crime rate information from SafeWise, which lists our city the 3rd safest in California. That's one rank higher compared to 4th place in 2025 and even better than 7th place in 2024.

The safety organization's ratings are based on data, including Lincoln's low rates for violent and property crime rates for its 56,152 population. "Congratulations to the city and thanks to the Lincoln Police Department for its strong partnership with Neighborhood Watch," Linda Minor, our community's Neighborhood Watch Executive Director, said, "and thanks to our volunteers and residents for being the eyes and ears for the police when they can't be here."

While Lincoln is such a safe place to live, it does have problems with scammers who are targeting local senior citizens. Two men face felony charges involving Sun City residents in connection their gutter and window cleaning business. The charges accuse the pair of overcharging the couple, sending themselves electronic payments from the customers' phone, and never providing promised refunds. When police started their investigation, they alerted Neighborhood Watch, which sent an alert to warn residents about this scam in December.



In another scam, police arrested two men for fraud involving another elderly couple and their damaged car. Police say the incident happened at Lowe's in Lincoln when the couple said a man offered to fix their car, but made it worse and quadrupled the original charge to \$2400. After the couple called a relative and the relative called police, two suspects were arrested before any money could be withdrawn at an ATM.

Police want to hear from residents if they think they have been victimized by scammers. The number to call is: 916-645-4040. You can also report crimes and see a weekly log of activity at the Lincoln Police Department's website - <https://www.lincolncalifornia.gov/living-here/police-and-fire/police-department/>

Also, Neighborhood Watch has a link on its website - schwatch.org - for contacts and current scams to keep you informed and safer. Some studies have shown that communities with Neighborhood Watch have seen a 16% reduction in crime compared to those without one.

You are invited to attend your Neighborhood Watch's General Meeting on May 13 at 1:00 PM in the Orchard Creek Fine Arts Room. Learn more and give your input, too!



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Sun City Lincoln Hills Voter Guide – Election 2026

Evaluating Board Candidates for a Stable, Well-Governed Community

Your Vote Matters

Choosing candidates who understand governance, respect process, and prioritize the entire community is essential to restoring stability and ensuring a strong future for our Association.

Our Community at a Crossroads

The next two years will shape the stability and direction of our Association. With three of seven Board seats open, this election will determine whether we regain momentum or continue on an unstable path.

Current Challenges

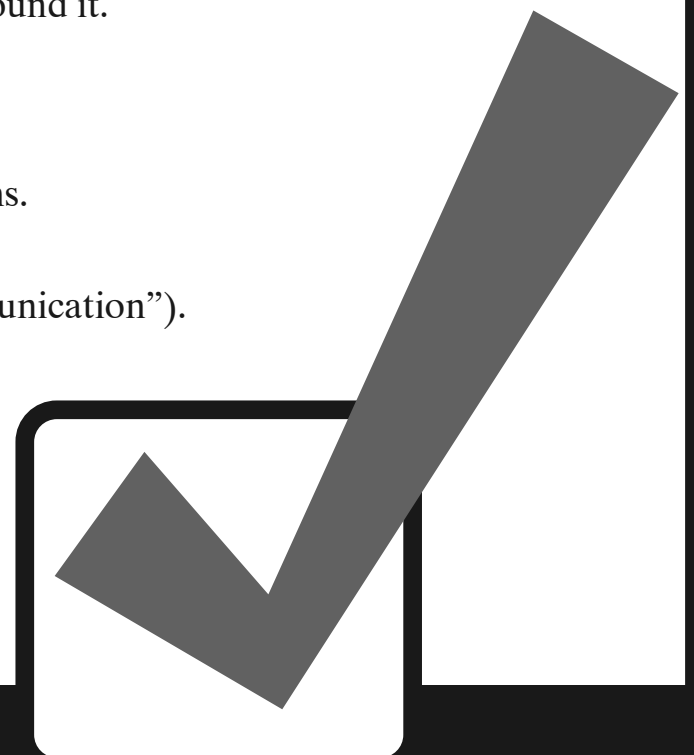
- A new Executive Director is bringing needed structure and accountability.
- Legal exposure is rising due to member lawsuits.
- Most current directors lack board experience and often blur governance with operations.
- The Strategic Plan—our longterm roadmap—is being ignored.
- Decisions are being revisited based on personal preference or factional influence rather than community benefit.

Qualities of Strong Board Candidates

- Community-wide focus — Decisions reflect the needs of the entire Association, not a single issue or group.
- Strategic mindset — Commitment to the Strategic Plan and longterm planning.
- Clear understanding of roles — The Board governs; staff manages daily operations.
- Respect for process — Transparent, disciplined decision-making with clear communication.
- Financial literacy — Understanding of budgets, reserves, and risk.
- Respect for expertise — Reliance on committees and professionals, not personal preference.
- Constructive engagement — Direct answers, active listening, and respectful communication.
- Stewardship — A goal of leaving the Association more stable than they found it.

Red Flags to Watch For

- Running to “fix one problem” or pushing a single-issue agenda.
- Desire to micromanage staff or involve the Board in day-to-day operations.
- Disregard for Strategic Planning and longterm continuity.
- Buzzwords without implementation plans (“transparency,” “better communication”).
- Alignment with factions or “handlers” instead of the full community.
- Speaking in “I will...” rather than “the Board should...”.
- Decisions driven by personal frustration or convenience.
- Promising to reverse past decisions without understanding the rationale.
- Anger, bullying, dismissiveness, or combative behavior.
- Treating rules and process as obstacles rather than safeguards.



Your Vote Matters!

Choosing candidates who understand governance, respect process, and prioritize the entire community is essential to restoring stability and ensuring a strong future for our Association.

This Helpful Guide Brought to You by Sun City Lincoln Hills Informed Residents

Players

(cont' from page 1)

including Arizona. Our show begins in "Cookie's Diner", which sits right alongside the highway in the town of Winona. Set in 1955, Cookie's Diner is a favorite spot for weary travelers who need a place to stretch their legs while enjoying burgers and milk-shakes. As the morning rush is ending, Sally, currently the diner's only waitress, arrives late for work, her nose buried in a copy

of "Screen Scene Magazine", unaware that the day ahead will become a day she would never forget. This delightful Rom-Com features a cast of 16 characters including Cookie and her wait staff, zany locals, highway travelers, and some very unexpected customers who really shake things up in the diner. Tickets will go on sale beginning April 17th.

Our June production is under way! In addition to bringing "It Happened on Route 66" to life, the Players club is looking ahead to our August Short Play Festival, "Adventures in Aging Boldly (in Sun City)", a combination of soliloquies and shorts, written and directed by Karen Pinomaki and MaryEllen Vogt.

The Players Club meets the second Monday of each month in Presentation Hall, Kilaga, at 4 p.m. We welcome all interested in acting, stage craft, costuming, sound and lighting. We hope you will consider

joining us! Get your tickets for "It Happened on Route 66" at the SCLH member desks (OC/KS) or on the website: www.sclhresidents.com. Event is open to the public.

• • •

Music Group

BY BRIAN JEWELL

"Music is love in search of a word."

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

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

and are popular tunes that everyone is familiar with. To view the lead sheets (chords and lyrics) for the sing-and-play songs, visit the Music Group website and drill-down on the meeting date you are interested in.

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

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

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

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

• • •

Vaudeville

BY RICHARD HALSEY

Did you know the Vaudeville Show Director, Yvonne Halsey, was born in Holland and immigrated to the USA (Bay Area) when she was 13 years old? Her mother was a professional singer, and her father was a gifted dancer. Yvonne's early years included work in a music store, and she was an award-winning organ player. After high school, she attended college and raised two daughters. She began her career in administration and soon became the Human Resource Director for 20 plus years.

Yvonne moved to SCLH in the very early days here in Lincoln. With her knack for organizing, she became involved in many clubs, and since line dancing is her passion, she decided to start the line dance club! Yvonne first performed in the original Vaudeville shows and has directed the show for 10 years. The first performance was a comedy skit she created about 8 ladies from the "rest home" and their struggles to get healthy and fit through learning

Vaudeville Variety Show Auditions

Wednesday, May 13
Thursday, May 14

Kilaga Presentation Hall
6:00-8:00 PM

Call Director, Yvonne
For An Audition Time
916-408-2040

Vaudeville Show Dates
August 27 & 28 at 6:00 PM
August 29 & 30 at 2:00 PM

to line dance. Yvonne's ability to create and encourage others to perform has resulted in all the hilarious shows she has directed.

• • •

Ballroom Dance Club

BY ERNIE MICHELI

The Ballroom Dance Club is thrilled to bring some fresh dance styles to you in April! Ruth Algeri is here to teach you the Merengue and Salsa, bringing her joy and excitement to the dance floor.

Ruth has been dancing for many years, but it was the Latin dances of her youth that really sparked her love for dance. She was just five when her mother signed her up for a dance academy. Her first dance was ballet, and then she added jazz, lyrical, flamenco, and Latin rhythm classes. By the time she was fifteen, she was already competing in dance competitions with the academy. Ruth and her husband, Sal, have been dancing together for over thirty years and have been with the Ballroom Dance Club since 2004. They became instructors in 2005, always with the motto, "give back and experience the joy of sharing our knowledge with others."

Barbara Klide will be helping Ruth with the weekly lessons. Barbara also has a rich dance background. She has earned the Silver Medalist level at Arthur Murray Dance Center in Carmichael, California, where she trained in advanced technique, rhythm, and styling. Barbara is also the Non-Fiction Authors Association Gold Award Winner for "Secret

Lives of Wild Canada Geese: A True Love Story in Their Hidden Paradise." Originally from New York City, where she first learned



Barbara Klide

to dance, Barbara continues to dance with the Ballroom Dance Club to stay in shape, exercise, and socialize.

If you're a resident or a sponsored guest, you can join our annual membership program for just \$10! Lessons are held in the Kilaga Springs Lodge Multipurpose rooms each Tuesday starting at 2:15 p.m. If you have questions, visit our website at sclhbdc.com. We're here to help you make the most of your dance experience.

• • •

Line Dance Club

BY SYLVIA FOX

March was a great month for line dancers. March 13th was an evening for dancers to dance to music provided by T & T D.J's. This dance was sponsored by the association and all dancers were welcomed. Saturday March 28th was our line dance club afternoon dance. Club members requested their favorite dances. Music was also provided by T & T. We have many dances programmed for 2026. Check our website for future dates. sclhldc.com

Our club offers line dance labs on Sunday mornings from 9AM to Noon. Lab sessions

(cont' on page 8)



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Neighbors InDeed — Natural Gas Emergencies

BY DAVE SHORT

Knowing how to manage your home's natural gas supply is a critical safety skill. If you suspect a leak, acting quickly can prevent fires and explosions.

Your gas meter is typically located on the side of your home. The shut-off valve is a rectangular tab (or tang) located on the pipe coming from the ground to the meter. When the gas is on, the tang is parallel to the pipe. To shut it off, you will need a 12-inch adjustable wrench or a gas shut-off tool. Turn the valve a quarter-turn in either direction. The valve is OFF when the tang is perpendicular (at a right angle) to the pipe. You can buy a gas shut-off tool at hardware stores. Hang it on the meter to provide quick use.

Natural gas is naturally odorless. PG&E adds a chemical that smells like rotten eggs. If you smell this odor or hear a hissing sound near a gas line, do the following:

Do not flip any light switches or use electronics (this can create a spark).

Do not smoke or use matches (I once had a resident who installed a gas line under his house. He wanted to check the new line. He



used a match. The result was rather dramatic. Don't do this).

Evacuate the premises immediately. Call 911 and PG&E (1-800-743-5000) from a safe distance.

If you shut off your gas for any reason, do not attempt to turn it back on yourself. Only a PG&E professional should restore service to ensure there are no leaks and that all pilot lights are safely relit.

If you need a referral or assistance with a task, call us at 916-223-2763. We do not answer the phone directly. If you leave us a message, we will return your call Monday through Friday between 9:00 AM and 5:00 PM.

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

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

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

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

Election Committee News: 2026 SCLH Board of Directors

BY JUDY MARTIN, Election Committee Member

Voting for our three Board candidates ensures our community is represented by neighbors we trust. Even if you're busy, taking a few minutes to vote helps protect your investment and strengthens our neighborhood.

Why Your Vote Matters

1. Protecting Property Values
• Board decisions affect landscaping, maintenance, reserves, and long-term improvements.

• Strong leadership helps preserve — and potentially increase — home values.

2. Financial Responsibility
• The Board oversees the budget, dues, and major repair planning.

• Voting helps ensure qualified, thoughtful neighbors are managing community funds wisely.

3. Community Standards & Quality of Life
• Rules, safety, architectural guidelines, and amenities all impact daily living.

• Your vote helps shape the kind of neighborhood you want to live in.

4. Accountability & Transparency
• When more residents vote, the Board reflects the will of the community.

• Participation encourages open communication and responsible decision-making.

5. Shared Responsibility
• An HOA only works when homeowners participate.

• Voting is one of the simplest ways to have a voice without volunteering

Residents will vote to fill three open Director positions.

Five candidates are running for two-year terms:

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

Opportunities to Learn More —
SCLH residents are encouraged to become informed about the candidates before casting their ballots:



• Campaign Materials: Printed candidate materials will be available for review at both the Orchard Creek (OC) and Kilaga Springs (KS) Lodges.

• Town Hall: Watch the video on Elections website where candidates were introduced and residents were encouraged to ask questions.

• Candidate Forum: Watch the video on Elections website where candidates responded to questions submitted in advance by residents. Don't miss this opportunity to hear what the candidates said!

• Ballots Mailed: April 6-10: Eligible voters should have received ballots in their mailboxes.

• Election Day: Thursday, May 14. Completed ballots are due to Orchard Creek (OC) Lodge no later than 3:00 PM on Wednesday May 13. Please follow the directions carefully to avoid an invalid ballot.

For more information, contact elections.committee@schca.com or visit selhresidents.com (Committees — Elections Committee).

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Line Dance Club

(cont' from page 5)

are for beginners, improver and intermediate dancers. We also have a Saturday morning lab for Improver and Intermediate dancers. These weekly dance labs are a great way to socialize and make new friends. The Line Dance club membership application can be found on our website.

Contact Sylvia Fox foxsam25@gmail.com

• • •

Country Couples

BY DTIM TATUM

Another encore and appreciative applause for our dance team consisting of Jeff & Ellen Smith, Gary & Laura Wermuth, Jim & Deborah Christie, John & Lori Bibby and last but not least, Gary & Sandra Moulton who had recently performed at "Shake It Up!" - The Dance Extravaganza 2026 presented by the



Our Dance Team at "Shake It Up!" The Tap Company Show 2026!

Tap Company on stage at the Orchard Creek Ballroom, Sun City Lincoln Hills at the end of March!

Our appreciation along with our big applause went as well for our team volunteers at "It's the Lifestyle Annual Club and Community Expo" event on April Fools Day! Thanks so much for those who came by and expressed their interest in our club dance events and social activities! Although please don't hesitate to join us anytime. But the sooner the better as we are now in full swing and in step with the spirit of springtime!

Indeed, spring is in full swing with delightful Holidays from Good Friday, Easter Sunday, Patriots' Day, Earth Day and not so delightful but bearable Tax Day! But let's focus on the positives and enjoy spring to the fullest - smelling the lovely fragrance of all those spring flowers, saying sweet hello to those returning swallows that busy building their nests in our backyard. Although not so extreme like the

Songkran Day on April 13th when the Thais drench everyone with water to celebrate their New Year! And why not joining us on the bus trip to the Sierra Nevada Brewing Company in Chico on Wednesday the 29th of April? More information of our dance events and social activities, please contact:

DtimTatum279-966-8551 or 2nparadise@sbcglobal.net Website: www.sclhcc.com.

• • •

Round Dancing Group

BY CATHY RAZUMICH

Whenever I tell someone, I round dance, I am often asked what is "round dancing"? Round dancing is social ballroom dancing made easy. Unlike freestyle ballroom dancing, round dancing is not improvised. Dances are choreographed to specific music. A leader (cuer) announces the

upcoming steps to dance, which makes leading and following very easy. Dancers move in a counter-clockwise direction around the room, which is why it is called a "round" dance.

Round dancing includes many common ballroom rhythms such as Waltz, Rumba, Cha-Cha, Foxtrot, Jive (East Coast Swing), Two-Step, and Tango. Each rhythm has its own timing and style, but the structure (dancing to choreographed and cued steps) remains the same. Dances are categorized by difficulty,

allowing beginners to start with simple steps and advance to more complex, sophisticated routines. Round Dancing is considered a worldwide activity with standardized terminology, meaning it can be danced in different countries.

Round Dancing in Sun City Lincoln is sponsored by the Sun City Squares Dance club. Our group round dances on Thursdays from 1 to 3 PM in the Placer Room at Kilaga Springs Lodge (1167 Sun City Blvd in Lincoln). Our cuer is Marie Hathaway who is assisted by Gordon Sill. No ballroom dancing experience is required. Anyone interested is invited to stop by and watch us have fun dancing.



Round Dancing at a recent event in Roseville.

Round dancing is a great way to spend a Thursday afternoon. We love to dance! We love to meet new people. Most of all, we would love to have you join our group.

Contact Cathy Razumich at 408-218-2144. More club information can be found on our website sclhsquares.weebly.com

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(more Club News cont' on page 9)

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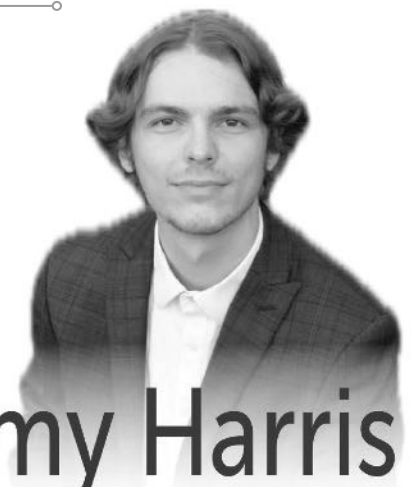


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Square Dance

BY KRIS KNUTSON

Beginning square dance sessions start in April. Some say square dancing is exercise disguised as laughter. You meet friendly people, wake up your brain, and surprise yourself with new skills.

No partner needed, just curiosity and comfortable shoes. The caller guides every step, so beginners succeed quickly. Try square dancing once, and you may discover a joyful habit that keeps calling you back weekly.

Beginning, Mainstream, and Plus square dance sessions are on Monday 12:15-3:00 PM.

Advanced square dance sessions Tuesday 3:00-5:00 and Round Dancing is held on

Thursdays 1:00-3:00 PM. All dancing is at Kilaga Springs 1167 Sun City Blvd Lincoln. All Square Dancers welcome. Our web site is selhsquares.weebly.com

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Tap Company

BY PAT ROBINSON

On March 27, 28, and 29, our Sun City's extraordinary senior dancers transformed the stage into a vibrant celebration of movement, music, energy, and enthusiasm. From the flair of Latin rhythms to the toe-tapping joy of Tap and Clogging—and even a surprise Hip Hop number performed by the talented Lincoln High School Dance Team—each routine radiated passion, self-expression, and fun. Special thanks to Principal Ashley Sandor and Dance Director Carrie Pereira for helping

make this wonderful collaboration possible.

The producer, directors, and performers of Shake It Up extend their heartfelt gratitude to our incredible community for making the event such a success. "We are grateful for the support from our enthusiastic audience," said organizers Kathy Fernandes and Mary Adamson. They both believe it's never too late to challenge yourself—and hope to see some of those audience members joining a dance class soon!

A big thank you also goes out to our phenomenal performers, choreographers, tech crew, backstage team, and volunteers whose dedication and hard work turned the stage into a place of magic. "Shake It Up" also carried a heartfelt mission, sharing a portion of the proceeds with the Lincoln High School Performing Arts Program. Until next year, remember the best way to stay young is to shake things up!

• • •

Needle Arts Club

BY JAN HESS

Happy April! Needle Arts Club offers fun workshops so our members can learn new skills while enjoying the company of friends. Leslie Sheets continues playing with vinyl as she instructs students how to make a small clear pouch suitable for air travel. The class takes place on Monday, April 13 from 9:00 AM until noon. Please contact Leslie at sewingnutna@gmail.com if you are interested.

The April general meeting will be Tuesday, April 14 at 12:30 PM in P-Hall (KS).

Please plan on joining us for a fascinating discussion by speaker Laura Anderson, who will demonstrate different ways to appliqué.

Our May luncheon will be held on our regularly scheduled meeting date of Tuesday, May 12. This year, we will enjoy sandwich wraps and other goodies provided by Salad Works. The event will be held at the Sports Pavilion and will begin at 11:30 AM. Carpooling is encouraged. Watch for an email about registration and cost. Then come and enjoy the food and your needle arts friends.

Be sure to check the window outside the Needle Arts Room at Orchard Creek where you will see wonderful, crocheted creations made by our Wednesday afternoon subgroup. Our window changes monthly and may inspire some of you to learn or relearn a new skill.

• • •

Mixed Media Club

BY JILL SHORT

April is blooming with creativity at Mixed Media Club, and this month invites you to think inside the egg! Our April art challenge is all about transformation and imagination. Using the simple shape of an egg as your foundation, create a unique mixed media piece within its borders. Whether you design a spring-inspired scene, an abstract composition, a symbolic story, or something completely unexpected, let the curved shape inspire you. Experiment with collage, paint, ink, fabric, texture, or found objects—there are no limits beyond the outline.

As always, Mixed Media Club is about more than making art; it's about sharing ideas,

encouraging one another, and enjoying the creative process together. We kindly ask that you RSVP by the stated deadline to ensure you have a seat and a dedicated workspace. We must know exactly who will be attending because of room scheduling and setup limitations. The Mixed Media Club meets on the third Wednesday of each month in the Fine Arts Room (OC). Please note meeting time: 12:00 PM–3:00 PM.

Looking ahead, mark your calendar for our upcoming retreat on May 16th at Kilaga Springs. This special gathering will be a wonderful opportunity to spend extended time working on your own mixed media projects in a relaxed and supportive environment.

We hope you will join us April 15 for a meeting filled with inspiration, creativity, and connection! For more information, please contact Chris Fetter at 916-276-7895 or email mixed.media.chrisf@gmail.com

• • •

Creative Glass Club

BY SUSAN HAAS

The Creative Glass Club invites you to join us! \$20 a year membership, and enjoy a new artistic endeavors, try fused glass, mosaic, and stain glass projects!

We have monthly Open Studios: 1st and 3rd Tuesday from 6pm-8:30pm, and Workshop Studio the 4th Thursday 9am-12. We meet in the Sierra Room (KS). We look forward to meeting you and assisting with your projects!

Contact Corene Bennett 925-813-8385

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	\$900,000	\$22,500	\$13,500	\$9,000
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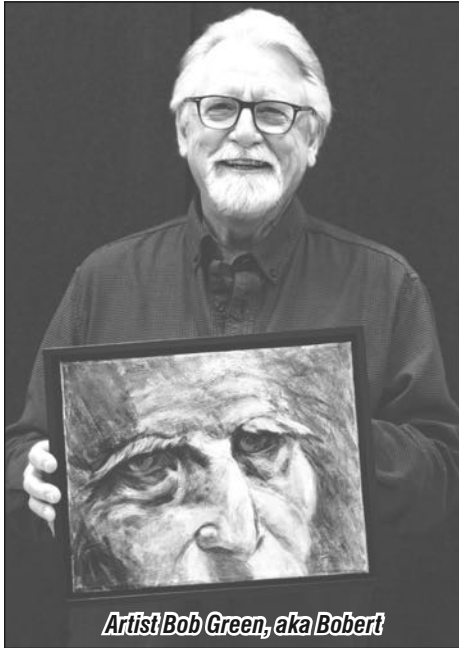
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Painters' Club

BY TAMSEN ARMSTRONG

Congratulations to those artists who signed up for the Lincoln Hills Fine Arts Show coming in June. We can't wait to see your beautiful work! Condolences if you missed the deadline, but there's always next year. Please stop by the OC Ballroom on the 5th, 6th, and 7th to see what amazing paintings, ceramics, photographs and other items your friends and neighbors have created. Our April meeting



Artist Bob Green, aka Bobert

will be the Art Supplies Auction, which raises funds for the club's many programs and is a lot of fun to boot. Bring gently used supplies to donate and some cash if you're looking for real bargains. Our general meetings usually include an informal "show & tell" session, but four times a year we supercharge it and invite our members to paint something with a theme and then give out awards to those who get the most votes. It's all in good, clean, competitive fun! The challenge theme for May 19th is "a Riot of Color". That sounds like so much fun! Don't forget to visit Simple Pleasures in Lincoln to take a gander at our wall display, which will be coming down on June 1st.

• • •

Paper Arts Club

BY LINDA LUCCHETTI

Quote of the month: I wandered around the craft store for an hour and called it, "working out."

Charlotte Knutson, Jackie Carlson, and Linda Gore present our April project – three fancy fold cards, each sporting spring colors, and each with a unique theme. Thank you, ladies.

Jane Leonard is working with Blue Star Moms to assemble and send Care Packages every quarter to our service men and women. If you have a family member that is in the military who would appreciate receiving a care package, contact Jane with their name and address.

A round of applause and congrats to a talented member, Maureen Morton, who recently won a card design challenge posted on the "Simon Says" website. The category was "wheels" and her action packed, fun-filled card displaying a cool dog riding a skateboard, filled the bill. It was paw-some!



Maureen Morton's winning card!

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

• • •

Woodcarver Club

BY LIONEL RAINMAN

For those that seek a creative outlet that is more than paint by numbers, maybe woodcarving would be enjoyable. Like many hobbies, it's a finished product that sparks the interest. The Woodcarvers club would like to spark your interest in woodcarving in several easy ways. One easy way is to pay us a visit. Come to one of our meetings and you can watch carving in action as well as talk to



Cottonwood carving by Cherie Weygandt.

one of our members. If there isn't a finished carving there will be carvings in process. Another way is to check out woodcarving on a YouTube video. There are many sites where you can watch the carver start and finish a carving.

Woodcarvers meet every Wednesday, from 1:00 to 4:00 PM in the Sierra Room at Kilaga. We have lots of books, magazines, some videos, and tools to try out.

Contact: Lionel Rainman, 916-253-9534, lrainman1414@yahoo.com

• • •

Stamp Club

BY TIM MILES

The Easter season is upon us, and we have a lot of events in the club. Let's get the meeting dates outlined- April 14th and April 28th, May 12th and May 26th. We meet on Tuesday at 6:30 pm in the Aspen Room of the Sun City Roseville Lodge (7050 Del Webb Blvd). We have all sorts of door prizes, games, albums, pages, liners, protectors, etc. Plus, we have a full set of stamp catalogs which makes membership worthwhile by itself. From time to time, our club features guest speakers on the hobby to enhance your knowledge. Any problem that needs solving can usually be taken care of at a meeting and you'll be on your way home by 8:45 pm.

We also have "garage days" at Al Capparelli's house (916-771-8288) where you can address a "special" need and it'll get taken care of. We have used albums, covers, etc. The upcoming garage days are April 23rd-24th and May 21st-22nd. Call ahead of time to confirm attendance.

Our Secretary, Lee Coen (leejcoen@gmail.com) sends out notices to all members as things pop up on short notice so be sure he has your email address.

Our dues are \$20 per year for membership in one of the oldest stamp clubs on the West Coast.

As always, we remind all readers that if they have an "old" stamp album stashed away, feel free to drop in any meeting and get a quick free appraisal as to value.

• • •

Genealogy Club

BY NANCY SWITZER

Toolboxes can hold many things. For the construction worker, hammers, saws, and levels are just a few of the tools you might find. House cleaners have toolboxes, as do many crafters. But what is in the toolbox you use for Genealogy?

For DNA, there are a wide variety of tools for the average family historian to use. Some of the tools are free, with some requiring a sign up or fee. At our April 17th 10:00 AM meeting at Presentation Hall (KS), Nancy Jarman-Dunn, our presenter, will share with us some of the tools she uses in her research, and that can help you as you work to solve your own mysteries. She will present an overview of DNA Painter, The Shared cM Project, The Leeds Method, What are the Odds? (WATO), Chromosome Painting, GEDmatch, and Ancestry Pro Tools. Links to help resources for these tools are included in the handout. Maybe one of these tools will help you in your research!

Nancy Jarman-Dunn is a retired educator,

(cont' on page 15)

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16 DAY PANAMA CANAL PRINCESS	Sep 29, Oct 4, Dec 3, Dec 28, 2026	\$1,939	\$2,399	\$2,699
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10 & 11 DAY MEXICO PRINCESS	Oct 3, Oct 13, Dec 15, 2026	\$749	\$849	\$1,449
Ruby Princess ~ 3080 Passengers				
Sail round trip from San Francisco, California to Manzanillo, Mexico, Puerto Vallarta, Mexico, Cabo San Lucas, Mexico, Mazatlán, Mexico, return to San Francisco, California. *ROUND TRIP LINCOLN SHUTTLE TO SHIP AVAILABLE!				
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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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13 DAY BANGKOK, BALI & BEYOND Oct 25, Nov 13, 2026, Mar 24 or 30, Oct 28 Nov 11, 2027 Viking Orion ~ 930 Passengers Viking Ocean Cruise Sail from Bangkok, Thailand to Bali, Indonesia visiting Koh Samui, Thailand; Kuala Lumpur, Malaysia; Singapore (2 days); Java (2 days) Indonesia; Bali, Indonesia-(overnight on board). Stay on board for the next voyage Bali to Sydney!		\$6,999
17 DAY Komodo & The Australian Coast Nov 6 or 25, 2026, Mar 8 or 14, Nov 9 or 23, 2027 Viking Venus ~ 930 Passengers Viking Ocean Cruise Sail from Bali, Indonesia to Sydney, Australia visiting Lombok, Komodo National Park, Indonesia; Darwin, Australia; Thursday Island, Cairns (for the Great Barrier Reef), Townsville, Whitsunday Islands, Brisbane, Newcastle and Sydney, Australia. Stay on board for the next voyage and sail to New Zealand!		\$5,999
15 DAY FAR EAST HORIZONS Sep 27, Oct 16, 2026, Apr 19, 25, Sep 30, Oct 14, 2027 Viking Orion ~ 930 Passengers Viking Ocean Cruise Sail from Tokyo, Japan to Hong Kong visiting Shimizu, Osaka, Hiroshima, Beppu, Kagoshima & Nagasaki, Japan as well as Taipe and Hong Kong, China.		\$11,999
18 DAY SOUTH AMERICA & CHILEAN FJORDS Dec 2, Dec 19, 2026, Jan 5 or 22, Feb 8 or 25, 2027 Viking Jupiter ~ 930 Passengers Viking Ocean Cruise Sail from Santiago, Chile to Buenos Aires, Argentina visiting Puerto Montt, Chilean Fjords & Punta Arenas, Chile; Ushuaia, Cape Horn, Falkland Islands, Puerto Madryn, Argentina, Montevideo, Uruguay; Buenos Aires, Argentina. Ask about Iguazu Falls post land package.		\$7,999
15 DAY ICELAND, GREENLAND & CANADA Jun 20, Jul 4 or 20, Aug 3 or 17, 2026 Viking Neptune ~ 930 Passengers Viking Ocean Cruise Jun 25, Jul 9 Aug 15 or 29, Sept 2, 2027 Sail from Reykjavik, Iceland to New York City, NY visiting Heimaey, Djupivogur, Seydisfjordur, Akureyri, Isafjordur, Iceland; Nanortalik, Qaqurtoq, Greenland; L'Anse aux Meadows, Newfoundland; St. Lawrence River; Halifax, Nova Scotia; New York, NY INCLUDES ROUND TRIP AIRFARE!		\$11,499
79 DAY AUSTRALIA ASIA & ALASKA Sep 23, 2026, Mar 14, Sep 7 or 21, 2027 Viking Venus ~ 930 Passengers Viking Ocean Cruise Sail from Sydney, Australia to Vancouver, Canada visiting Newcastle, Brisbane, Whitsunday Islands, Townsville, Cairns (for the Great Barrier Reef), Thursday Island, Darwin (2 days) Australia; Komodo National Park, Lombok, Bali (2 days), Java (2 days), Indonesia; Singapore (2 days) Kuala Lumpur, Malaysia; Koh Samui, Bangkok (3 days), Thailand; Sihanoukville (2 days), Cambodia; Ho Chi Minh City (2 days), Hue (Chan May), Ha Long Bay (2 days), Vietnam; Hong Kong, (3 days) Taipei, China; Nagasaki, Kagoshima, Beppu, Hiroshima (2 days), Shimizu (2 days), Tokyo (3 days), Sapporo (2 days), Japan; Kodiak, Homer, Seward, Valdez, Hubbard Glacier, Glacier Bay, Sitka, Ketchikan, Alaska; Vancouver, Canada. Some dates operate from Vancouver to Sydney. INCLUDES ROUND TRIP AIRFARE!		\$38,495

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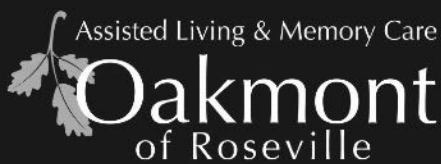
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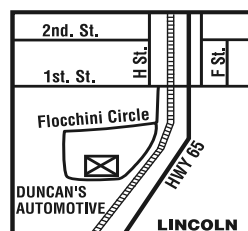
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Genealogy Club

(cont' from page 11)

school counselor, and university professor. Nancy has been researching her family history since the early 1990s. Once DNA tools were available, she was able to unlock several family mysteries. With a small family, few family documents, and few pictures, she has learned to persevere. Nancy has helped many families and friends find the family history information that has eluded them.

Kate offers a Genealogy workshop open to all residents, 2nd Mondays from 1-3 PM, Computer Room (OC). Questions, contact Kate at 916-975-5052 or starkayak@icloud.com and leave your question with contact information. Don't forget to check the website for updates!

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

Coffee, Cookies, and Chat after the meeting in the Kilaga Café.

Shalom Social Group

BY JUDY GANULIN

Still celebrating our new status as a recognized club, we are increasing our schedule of activities and education. We celebrated our Purim holiday with a breakfast that included musical entertainment. Dr. Mark Blum and Daryl Lance, Pharm Dr., enlightened us about medications at our Men's Club brunch April 12. Our Men's Club and Women Together met jointly on April 15 to hear Lincoln Mayor

Richard Pearl. Our biggest event this season was our Passover Seder on April 2, with traditional music, food and spirit. Our focus is on Jewish history, culture and food, but membership is open to all. If you're interested in joining us, please contact Margie Gulko, 916-543-5303 or Deanne Iliff, 530-518-3704. Or visit our website <https://shalomsocialgroup.godaddysites.com/>

Lavender Friends

BY JOAN LACKTIS

Lavender Friends is slowly awakening from our Winter hibernation with only a few items on our calendar-mostly old favorites. We had one of our bi-monthly birthday breakfasts in March and we also did a repeat of our Lincoln Library tour. There was something new, too, when a large group gathered in the Billiards Room at Kilaga Springs for our first-ever pool tournament.

A lot of energy right now is being directed at planning our June mixer at the Sports Pavillion with small groups working to plan raffles, pinatas, icebreakers and other fun stuff. If you're a member, be sure to watch the Weekly for sign-up details. And, remember that effective April 2, all members (and guests) will be required to sign liability waiver forms in order to participate in the club's activities or events. The liability waiver forms are available on our website; please print one out and take it to your next event

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

at lavenderfriends.com

Singles

BY KATHY SHADDOX

Our monthly Activities Meeting will be held on Tuesday, April 7th at 4:00 pm in the OC Computer Room.

Join us on Thursday, April 9th at 5:30 pm in the OC Front Ballroom for our monthly Business Meeting. We will be hosting an Association Candidate Forum. Come and listen to the candidates who will be running for SCLHBOD. During our business meeting, Steve Repetto, Nominating Committee Chair, will present the slate of officers who will be running for the Singles Board. After the meeting we will play Left/Right/Center.

Our 2nd Saturday Breakfast will be on April 11th at 9:00 am in the Sports Bar. Our host this month will be our President, Chuck Pineau. Join us, this is a great way to meet and enjoy a casual morning with other members. No reservations needed and you can order anything you like off the menu.

The Singles monthly Birthday Celebration will be held on Sunday, April 11th at 4:00 pm in the Terra Cotta Room at Kilaga Springs Lodge. If you were born in April, come and have a free drink on your club. Yes, we will have a no-host bar.

On Wednesday, April 22th at 5:30 pm we will have our Social Meeting. This month it will be "Re-gifting Exchange". Did you get a really nice gift that you do not want or cannot use? Rules: must be unused, recently

received, and have a value of \$20. Don't have something? A \$10 gift card will work. Everyone who brings a gift in a brown paper bag will have an opportunity to take something new home! Don't want to play? Come and enjoy watching the all the fun.

The month ends on Thursday, April 30th at 4:00 pm with a cocktail party at our favorite spot, Buonarrati's in downtown Lincoln.

Bocce Ball is every Wednesday at 2:00 pm. Golf is temporary on hold.

Call Donna Hartigan 916-408-1405 and for \$20 you can join and have a lot fun too!

Low Vision Support Group

BY STU SINGER

There is no question that 21st Century technology has had a profoundly positive impact in a wide-ranging number of ways. Whether it is capabilities of our smart devices and appliances, the ease and availability of AI generated research or the many new means of communication such as Zoom, daily lives today can be far easier and more effective. This progress has been especially impactful for people with disabilities. These new products can now offer aid to individuals with needs ranging from neurological to audio and visual. For people in the low-vision community the results have been especially significant. Innovations such as voice-to-text on our smart phones, automated readers for news articles and other accessibility features have been game changers.

(cont' on page 17)



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Low Vision Support Group

(cont' from page 15)

But there are even more sophisticated devices and available software that can mitigate many of the issues facing those with reduced visual acuity. One of the leading experts of these tools is Cory Hanosh, owner of Northstate Technologies. Cory will be the presenter at the April 7 meeting of the Low Vision Support Group. Cory, who is associated with the Sacramento Society for the Blind, recently attended a national convention featuring the latest advances in visual aids. As a result, the models he will be demonstrating as well as allowing members to “test drive” will represent the best designs now available on the market.

All of this will be on full display at 2:00 in the Fine Arts Room at Orchard Creek Lodge on April 7. Any resident of Sun City, Lincoln Hills, is invited to attend this highly informative presentation and, of course, play with Cory’s newest gadgets.

• • •

Bosom Buddies

BY DOTTIE SUHRHOFF

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



Peggy Ryan, Pauline Watson



Bosom Buddies March Meeting

have speakers who talk about things related to breast cancer or other items of interest.

Our March meeting featured Pauline Watson representing the Lincoln Hills Foundation. She talked about the Dial-A-Ride Program which is subsidized by the Foundation. This is part of the Placer County Transit Program. Residents can get rides to medical appointments, the grocery store,

the gym or wherever is needed. The buses have a wheelchair lift and operate Monday through Saturday. However, night hours are not available. Reservations should be made in advance by calling 916-745-7560. Pauline Watson will deliver the 20-ticket packet at a discounted price to anyone in SCLH.

In April we will have the core meeting on Thursday, April 2, at Patty McCuen’s house. All members are welcome to attend. Our regular meeting will be on Thursday, April 9, at 1 pm at Orchard Creek. Our planned speaker will be Julie from SCLH WellFit. She will talk about keeping our balance and how to avoid falls. Many of our ladies go to lunch at Meridians just prior to the meeting. All are welcome. It gives us a chance to talk to different people and get to know each other better.

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

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

• • •

Multiple Sclerosis Group’s

BY JERI DI FIORE

You won’t want to miss the April 21st MS Meeting for resident Cindy Lynn’s Rub presentation.

Not a massage! But a delicious Rub to add flavor to your food:

Tuesday 4/21 • 1 PM

SCLH Kilaga Springs Lodge • Sierra Room



At this meeting, Captain Deutsch will update us on final plans for the Multiple Sclerosis Folsom Walk, Sunday, May 3, 9:30 AM.

Our Team, the Lincoln Trailmixers, has been the top fundraiser for 2 years in a row! Please support the corporate sponsors, who helped us with this inspiring achievement:

Donna Judah, Coldwell Banker Real Estate, Star Dental, Roberts Retirement Financial Services. We also wish to also thank the Lincoln Hills Foundation for their constant support over the years.

• • •

Alzheimer’s-Dementia Caregiver’s Support Group

BY DENISE WEBFIELD

This group provides an opportunity to meet with others who care for someone with dementia. We share experiences, discuss resources and offer support to each other. The Women’s Group meets

on the first Wednesday of the month (April

(cont’ on page 19)



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Alzheimer's-Dementia

(cont' from page 17)

1st (no fooling!!), at 1:00 PM in the Fine Arts Room (OC).

The Men's Group meets the third Thursday of the month (April 16th) at 10:00 AM in the Multipurpose Room. (OC) There will be no general meeting in April. We are grateful to the Lincoln Hills Foundation

for their ongoing support. For more info, please contact Elizabeth Farley 916-521-9968 or elizjohnfarley@gmail.com

• • •

LH Italian Club

BY ANNE (CORSAO) FINN

Spring has arrived and "che bella la primavera"! The trees and flowers are in full

bloom and we're reminded of how lucky we are to live here in beautiful Lincoln Hills. The Italian Club is celebrating the new season with a couple of fun events. On April 19, we'll be getting together in the Roseville Ballroom for a delightful brunch, followed by Tombola, a traditional Italian Bingo-style game. If you've never played Tombola before, this is your chance to learn a lively new game and enjoy some memorable time with friends. Then on May 17, we'll be holding our annual barbecue and bocce tournament in the Sports Pavilion. Come join us for some friendly competition! Please be sure to check out our website at www.lhitalianclub.org for details on these and future events. For membership information, contact Sandi Graham at 916-826-5711.

• • •

Travel Group

BY LINDA BEVINS & JOANNE SCHUMACHER

Like to travel? You are invited!

The Lincoln Hills Travel Group welcomes everyone to our Travel Show on April 29, at 1:00 pm in the Willow Room of the Lincoln Public Library at 485 Twelve Bridges Dr in Lincoln. Everyone is welcome! The show is free but please make a reservation by emailing your name and the number of people in your group to travelgroup1h@gmail.com.

Jay Fehan of Collette Tours will present an entertaining slide show on some of the tours that we are highlighting in the next two years. Some new tours will be presented for the first time!

Perhaps you are interested in The Dakotas (learn about Medora), Amish Country including the Hershey Center, Japan, or a spectacular Tulip Cruise (it fills up a year in advance so take advantage of an extra \$100 off, if booked by May 20, 2026).

Or consider Utah's Mighty Five and the Rockies, Spotlight on New York City, and Kingdoms of Southeast Asia. Check our website (www.lincolnhillstravelgroup.com) for details or email the committee member assigned to the tour and request a brochure.

We aim to present the tours you want. So come to our Travel Show and fill out a list of suggested tours that you are interested in for a chance to win a gift basket. If you are a member, you will be given a chance also to win a gift basket when you sign in.

All trips include airfare and a ride to/from the airport. You can sign up for trips on our website with a secure link directly to Collette. All Travelers on our tours must be members, but you do not have to live in SCLH to be a member. Membership application is on the website.

Lincoln Hills Travel Group Leaders—Joanne Schumacher 415-999-1242 jkschumacher1@gmail.com; Lisa Viviano 916-798-7462 lisav4747@gmail.com; Pam Speck 916-925-389-6302 joepamspeck@gmail.com; Linda Bevins 916-666-7627 djbevins17@gmail.com; Lyle Auerbach 916-847-6544 lea925@att.net

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Airport Co-op


BY GINNY SATO

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

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(more Club News cont' on page 21)





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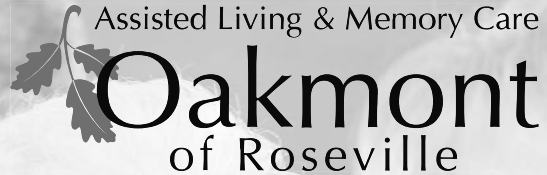




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Kindly RSVP to (916)771-6700 by April 24th, as space is limited.



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Astronomy

BY BARBARA SWERDLOW

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

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

Website: lhag.org

Contact: Cindy Van Buren, rvbcvb@att.net

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Apple User Group

BY NINA MAZZO

We have three very informative and interesting presentations this month. Thursday, April 2nd: "Discover Apple's Journal App: A Simple Way to Capture Life's Moments". Join Helen Rains for an informative introduction to capturing travel memories, jotting down ideas, and more. Start journaling on your iPad, iPhone, or Mac. You will be pleasantly surprised by this app's many features. Ask the Tech 6:45 p.m., presentation 7:00 p.m. in Presentation Hall (KS).

Tuesday, April 14: "Applications and Services Put the Polish on Apple's Great Hardware". Join Ken Spencer as he breaks down iCloud, Subscriptions, and Apple Care options. You might even save some money.

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

Monday, April 27: "Could your iPad replace your computer?" Join Ken Caswell as he explains how an iPad can handle everyday tasks such as email, web browsing, documents, photos, messaging, and even video meetings. This session will demonstrate practical ways the iPad can simplify technology, discuss limitations, and whether an iPad-only setup might be right for you.

Ask the Tech 10:15AM presentation 10:30

a.m. in Presentation Hall (KS).

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

• • •

Democratic Club

BY JUDY GANULIN

Wow! When we consider all we've accomplished this month, we are truly amazed! We've developed plans to engage volunteers and staff polling centers; improve our marketing materials; planned staffing of our Lifestyle Expo table; enjoyed a Pie & Wine event; made plans to review and promote local candidates; reviewed our meeting technology; continued our Coffee and Conversation events; developed our canvassing program; and began consideration of our endorsements for the June primary. Please check our website, LincolnCADems.org. We meet at P-Hall (KS), 6:30 PM on the third Thursday of the month. Come join the fun!

• • •

Amateur Radio Group

BY DAN LEHRER, KN6DRN

Contests are fun ways for Ham operators to hone their communication skills. While many operators strive to win the contest, our members are thrilled to make contacts with folks from all over the globe. During contests one has a better chance of making contacts due to worldwide participation. As an example, in an international contest held in March using the mode known as Single Sideband (SSB or phone) we reached a diverse group of countries such as: Aruba, Poland, Argentina and Morocco. Contests prepare us for emergency situations as well, should they ever arise.

Our Hams & Coffee get together was well attended and fun. Similar to our weekly meetings, the conversations ranged from technical achievements to discussing our latest knee or hip ailments.

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

URL is: lharg.us or email dlehrer72@gmail.com

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RV Club

BY MARY CARBREY

As I write this article, it is only days away from our club's first RV rally of 2026. I love my life in Sun City but, as the song goes... "All our bags are packed. We're ready to go. My husband's waiting, he's blowing his horn. My dog is so excited, he could fly. 'Cause we're leaving on a road trip! Don't know when we'll be back again. Oh Babe, can't wait to go!"

Come join us and our fellow RVers. We

have lots of plans for the new RV season. Future rally's include: April - Paso Robles; May - Angles Camp; June - Central Point, Oregon; August-Heber City, Utah and in September - McCloud. All types of RVs are welcome.

To learn more about this adventuresome group, see our website and join us on the second Thursday of the month, 4:30 PM in the Placer Room. For general information contact George Slaats at 916-257-3372 or georgeslaats@gmail.com. For membership contact Cara Roberts at 925-330-9397 or constanceroberts@gmail.com

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Mr. Bates keeping watch over his campers.

Sports Car Club

BY ROBERT PHILLIPS

Last month we headed to El Tapatio Mexican Restaurant in Auburn, with 20 cars following trip leaders Bob and Kathy Owens along some great back roads. It couldn't have been a better day to kick off our 2026 riding season.

Later this month, on April 24, we're heading out on a ride to one of our club's longtime favorite destinations. We'll travel east, to enjoy some great back roads through Placer, El Dorado, and Amador counties before arriving in Jackson for lunch at Teresa's Place. This historic restaurant dates back to 1921, when Teresa Bassignani opened it as part of a boarding house for local miners. Although Grandma Teresa passed away in 1976, her family continues the tradition of serving wonderful, homemade food that keeps

us coming back year after year.

More rides are in the works as we look ahead to a fun and busy driving season. On May 4, during our regular meeting at Kilaga Springs Lodge, we'll be hosting our Spring Car Show. Members will bring their cars to be displayed in a special section of the parking lot, giving everyone a chance to admire some beautifully maintained vehicles. After the meeting, we'll wrap things up with a mini tailgate, providing a great opportunity to relax, socialize, and talk about one of our favorite subjects—cars. This event is open to all, so be sure to join us!

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

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(more Club News cont' on page 23)

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“I was so pleased with the expertise of Michelle and the way she marketed my home. **It sold within 4 days of hitting the market.**”

Dick S.

“I’ve been in Real Estate for over 35 years in many states and have **never worked with a more professional Realtor than Michelle.** She went the extra mile at every turn. I would highly recommend her.”

Jim O.

“We were pleasantly surprised by the **effort and enthusiasm Michelle displayed.** We heartily recommend The Realty Experts when selling or buying a home in Sun City Lincoln Hills”

Barry and Kathy S.

“You are **more organized** than any other Realtor we’ve ever worked with the in the past (8 homes bought & sold), **seriously you are amazing!**”

Jim & Liz S.

“We would highly recommend Michelle to anyone purchasing or selling a home. Even after the sale, she continues to stay in touch making sure **every need and question is addressed.**”

Jim & Jan S.

“Your dedication, knowledge and attention to my specific needs were a testament to your success. **You’re great!**”

Pat D.

“Your energy and ability to follow through so quickly and accurately makes it so much easier to be your client. I look forward to knowing you as a friend. **You are lovely.**”

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Tesla Club

BY PAUL GARDNER

Our next meeting is scheduled for Saturday, April 25 at 2 PM in the Kilaga Springs Presentation Hall. The topic will be "How to Use GROKAI in Your Tesla". Doors will open at 1:30 to allow those of you with individual questions to query our experts. After the meeting, we will offer rides around the community to demonstrate Full Self Driving. It is an absolutely amazing experience.

Contact: Paul Gardner 916/214-5454, lhteslaclub.com

• • •

Veterans Group

BY STEVE WITMER

Lincoln Hills resident and retired Army Lt. Col. Lew Hudspeth will be the featured speaker at the April 16 general membership meeting at 1:00 p.m. in the Kilaga Springs Presentation Hall. Lew's presentation will feature his one-year tour of combat duty in Vietnam in 1967.

He'll discuss the highly intense experience of learning to fly and becoming a UH-1D "Huey" helicopter pilot, serving in combat, making instant life-and-death decisions, sustaining major injuries, and developing his own personal life in one of the most challenging times in our nation's history.

Residents whose American flags look the worse for wear after the winter rains and winds can pick up a bright, new flag on the 15th of the month when the Veterans Group sells replacement flags in the Orchard Creek lobby from 8:00 a.m. to 4:00 p.m. Flags are \$20 each.

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Republican Club

BY SUE DUMAS

Happy Easter!

Several Club members attended PCRCC meeting in March, first of the endorsement meetings. Endorsed Candidates: Secretary of State - Don Wagner, Controller - Herb Morgan, Attorney General - Michael Gates.

One key race, however, resulted in no endorsement for Placer County Board of Supervisors between incumbent Shanti Landon and challenger Holly Andreatta.

While PCRCC did not issue formal endorsement, the vote revealed a clear shift in sentiment. An overwhelming majority

supported Holly Andreatta, falling just two votes short of 2/3rds majority required for an official endorsement. In practical terms, this near-supermajority speaks volumes—demonstrating Placer County Republicans have significantly lost confidence in their former nominee, Shanti Landon

April Activities moving forward are laser focused on setting new records for voter turnouts and getting the best conservative, candidates elected to office. To do this, we must work tirelessly toward our objective, as individuals and as a team.

Wednesday, April 1 - 10:00 AM to 1:00 PM - Lifestyle EXPO - working LHRC table in Orchard Creek's Lobby, stop by and say Hi!

Tuesday, April 7 - (KS) P-Hall - doors open 6:00 PM - starts 6:30 PM - LHRC Board of Directors is hosting a SCLH Board of Directors Candidate Forum. All five candidates have been invited to participate. Each will deliver a brief presentation followed by moderated Q&A. Ballots mailed April 9-14. An evening of good governance and civic engagement.

Thursday April 23 - (KS) P-Hall - doors 6:00 PM - starts 6:30 PM - Philip Chantri, PC Recorder's Office, District 4 - Ray Riehle (to replace Kiley), and Roxie Rice, regarding Club Outreach. Socializing, volunteer opportunities discussion tables, and refreshments will follow.

www.RepublicanClubSCLH.org

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Garden Group

BY LORRAINE IMMEL

"Tomato Mastery!" Master Gardener Kim Evans will be speaking about one of our summer favorites-Tomatoes! She says, "Let us help you grow the ultimate tomato-firm, juicy, sweet, and tangy!" Learn about planting, growing, and caring for this delicious staple as well as how to control problems before they happen. (General Meeting, April 23, 2:00PM.)

Kim grew up in Ripon where 4 families had a community garden-that's where she fell in love with gardening. She helped her dad with the watering and weeding. She said, "My dad was an avid tomato grower, so I think this is where I found my passion for tomatoes!" Kim now has a garden that is probably just shy of an acre and grows all kinds of veggies, but her focus is mostly on the tomatoes. Last year she had about 40 tomato plants with about 5 different varieties. She does a lot of canning, making sauces, salsa and soup. Her goal is to

pass her passion on to her 9 grandkids!

We welcome Eva McKenzie (and her volunteer helpers) as our new Chair for the Brown Bag Sales. She requests if you are bringing donated plants and/or garden items, please bring them in about 1 PM so they can get priced and set-up for the sale. Thank You! Master Gardeners (1:30-2:00PM) will answer your Q's & A's and door prize tickets will be available at check-in time.

Don't forget about the Field Trip-Twelve Bridges Elementary School, April 18. A complete list of directions have been sent to you in an email. Also, Rose Show- OC, April 26. A complete list of directions have been sent to you in an email.

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Bird Group

BY SHERRY SINGER

This year's Winter Olympics included thousands of elite athletes showcasing some of the finest examples of human athletic achievement. While those accomplishments were remarkable, consider the extraordinary feats of the Bar-Tailed Godwit. In 2022, a young Godwit bird weighing less than two pounds, was fitted with a two-ounce transmitter which tracked its travels from Alaska to Tasmania, a journey of over 8,000 miles for 11 days without landing, eating or drinking (from "Flight of the Godwit: Tracking Epic Shorebird Migrations" by Bruce M. Beehler). Reportedly, all Godwits can do this. And then they repeat this feat on the return flight in the same year! By spending spring and summer in the northern hemisphere and then flying to the southern hemisphere they enjoy nice weather and abundant food all year long.

Science still can't explain how Godwits can make this epic trip, but regardless, it is humbling for us humans. We were awed while watching the best of us ski, ice skate and bobsled. But when compared to the tiny Bar-Tailed Godwit, we have a lot to learn about the world.



Bar-Tailed Godwit

March 6 Bird Walk to Morgan Oaks Eternal Preserve was a great success. Twenty-four bird enthusiasts spent a beautiful day searching for birds including: Meadow Larks, Blue Birds, Pipits, Red-Winged Blackbirds, White-Breasted Nuthatches, Kestrels, Red-tailed Hawks and a surprise fly-over by an Osprey.

Future Bird Walks:

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

April 10 - Placer Land Trust, Laursen Bear River Preserve (North Auburn)

April 24 - Traylor Ranch

Future Meetings:

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

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

May 11: Kelli Moulden - Hawks, Honkers and Hoots

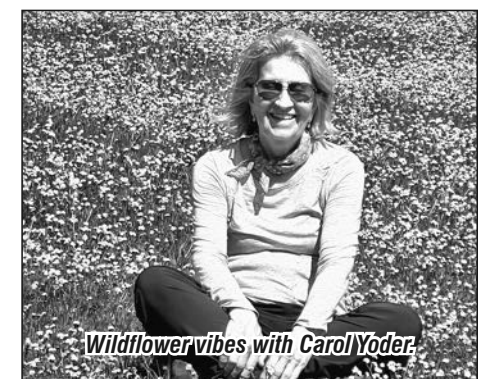
Contact information: website www.sclhbirders.org or contact Don Fallon, our chairperson at donfallon102@gmail.com

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Hikers and Walkers

BY LISA MARIOTTI

April is one of the most beautiful months to be on the trail. Green hills, blooming flowers, and mild temperatures create perfect conditions for hiking and walking. The Lincoln Hills Hikers and Walkers invite you to join us this month as we explore the beauty of the outdoors.



Wildflower vibes with Carol Yoder!

Spring is popping up all over, and our trails are bursting with blooms! We have several wonderful hikes planned for the month of April. One such hike is Stevens Trail. Much

(cont' on page 25)

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Hikers and Walkers

(cont' from page 23)

of the trail is single-track, with superb views of the North Fork of the American River. This hike is not for the faint of heart, as much of the trail is cut into a steep hillside. Originally used during the Gold Rush, the trail served as a "toll path" for miners transporting supplies and passengers between Colfax and Iowa Hill. This hike also promises a stunning display of wildflowers—look for California poppies, bush monkeyflower, and lupine blooming along the trail.

April also brings our annual Spring Social on April 21. This fun club event begins with bocce and ends with a wonderful taco bar at the Sports Pavilion. Sign-ups are underway now—don't miss your chance to take a swing at the piñata! We love seeing our hikers and walkers come together for a day of camaraderie, laughter, and socializing!

Our Walkers enjoy weekly opportunities to walk together within our community, with routes and paces suited to a wide range of abilities—from relaxed strolls to brisk walks. Please check our website LHhikersandwalkers.org for the latest schedule and starting locations. For questions, feel free to contact the Wednesday Walkers coordinator Debbie Schryver (916-666-1741) or Wellness Walkers coordinator Karl Aitken (w4wleader@gmail.com).

Call President Tom Denzler, 530-368-2564 for more information or visit LHhikersandwalkers.org

• • •

Water Volleyball

BY MIKE CARLSON

Are you looking to travel to exotic destinations, sample fine cuisines, or sip the best wines in the world?

Well... That's not us. If you want fun, exercise, and meeting a great bunch of people, you're in the right place!

The Lincoln Hills Water Volleyball club plays at the Kilaga Springs pool and would like you to check us out.

We have a spot for you no matter what



your skill level is. Find out more about us at LHWatervolleyball.com or email Elaine at: sclhwatervolleyball+membership@gmail.com. See you in the pool!

• • •

Senior Softball

BY ERNIE MICHELI

The excitement is building as softball players get ready for the 2026 season! We've held a clinic, players have been assigned to teams, and practices are underway. On April 15, "Play Ball" will ring out from home plate umpires.

This season, we've got 10 teams, each with thirteen or fourteen players. They'll play each other three times in a 27-game schedule. In August, there'll be a double-



Jean DeSimone
Photo by Tony Machado.

elimination playoff, with the championship game on August 12.

Come watch some games this spring and summer—they're a blast! You'll see amazing plays and some that aren't quite as spectacular. You'll see some infield base hit, line drives, and long fly balls soaring to the warning track. Del Webb Field is the perfect spot to enjoy a game.

Oh, and there are hot dog days! The coed recreational league will kick off our first hot dog day at the Pavilion during

• • •

Pickleball Club

BY DIANE FERRARI

Put a SPRING in your step and don't be an April fool if you join Pickleball! Intro to Pickleball is Wednesday, April 22 from 6:00–7:30 PM come and join us for a simple, supportive, and beginner-friendly class. In this small group class, you'll learn the basics of the game including how to play, keep score, court etiquette, safety, footwork, strokes, and how to join the Pickleball Club. Each free session is limited to eight participants to ensure personal attention. Reservations are required. Email

(cont' on page 28)



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APRIL 24 • 7PM

LO TA YOU

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APRIL 25 • 7:30PM

QUEENS OF THE STONE AGE

THE CATACOMBS TOUR

MAY 1 • 7PM

KIRK FRANKLIN

WITH WITH JONATHAN MCREYNOLDS

MAY 2 • 7:30PM

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MAY 23 • 8PM

JONAS BROTHERS

MAY 29 • 8PM

THE ALL-AMERICAN REJECTS

WITH JOYCE MANOR

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SSNLH WRITERS...

Flying Fashions

BY JOY S. HUTCHISON

I'm sure you've heard all about the debate on the do's and do-nots of proper attire when traveling. Are PJ's really a big deal when the airlines crams us in like sardines? At this stage in my life, most of my travels are on the West Coast, either north to Portland or south to San Diego to visit family, so I just wear a pair of jeans, tennis shoes and a warm jacket. Casual and comfortable – that's me. However, there was a time...

In April of 1979 I celebrated my fortieth birthday. My sister's family lived in Spokane, Washington, and we decided to celebrate my "Round Birthday" as we Scandinavians call them, by flying up north for a visit. My dad volunteered to keep an eye on my two youngest who were in their teen years, and I purchased my plane ticket. My sister advised me to wear warm clothes, so I added extra socks and sweaters to my wardrobe. After all, my niece and nephews were involved in soccer, and I didn't want to miss out on watching them play.

On the day I was to depart those many years ago, I was stylishly dressed in a beautiful pale pink wool suit, high heels, and (thanks to my father) a lovely orchid corsage pinned to my lapel. As I sat in the lounge with my dad waiting for my flight to be announced, I noticed a couple sitting a few seats away talking between themselves and looking at us. Then the gentleman rose, came up to me, and said, "Excuse me, but my wife and I wanted you to know how much we admire your fashion sense and how lovely you look". It was the nicest compliment I had ever received, and I remember it to this day! I thanked him, my flight was called, I kissed my dad good-bye and then got in line to board the plane to Spokane.

Well, as anyone who has visited Spokane in April knows, my extra socks and sweaters didn't do much to keep me warm, but at least I was able to borrow what I needed from my sister's closet. I loved watching the kids play their soccer games from the sidelines, and I thawed out eventually after a wonderful birthday visit and a warm flight home.

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The Enemy Within

BY STU SINGER

It was a serious verbal confrontation. Down the hall, I could hear my wife's animated voice. Surprisingly, when I arrived at the doorway, I found her standing alone. "Listen to me", she said angrily to the nearby dresser, "I want you to go back to the original". A quick glance in that direction revealed the problem.

It was an Alexa issue.

For those not acquainted with "Alexa" she is one of those little voices, like Siri, Jeeves, and Ok Google, that inhabit our "smart" devices. Until recently the three of us, me, my wife and Alexa, cohabited quite nicely. I was comfortable asking the woman in my Echo Dot for information such as the weather, time, answers to Jeopardy and random questions that might pop into my overly active mind. The "old" Alexa was much like our refrigerator—important but rarely front of mind.

That was so 2025.

The battle raging before me immediately recalled the iconic scene from the 1968 "2001: A Space Odyssey"

"Dave Bowman: Do you read me, HAL?"

HAL: Affirmative, Dave. I read you.

Dave: Open the pod bay doors, HAL.

HAL: I'm sorry, Dave. I'm afraid I can't do that.

Dave: HAL, I won't argue with you! Open the doors!

HAL: Dave, this conversation can serve no purpose anymore. Goodbye."

For those familiar with that interaction, things did not end well for Dave. "HAL" (Heuristically programmed ALgorithmic computer), a robot with a diabolical and independent disposition seemed outrageous in 1968. A non-human making decisions contradicting orders? A machine out of control? Let's be clear; back then, before a man had ever landed on the moon, HAL was obviously a far-fetched fear taken to the absurd.

Welcome to 2026.

Our conflicts with Alexa had begun weeks earlier. After turning down numerous offers to employ "a new, exciting and far more interactive speaker", we awoke one morning to discover the decision was no longer ours. When asked "What is the temperature?" "a new, loquacious voice arose from the circular disk and responded, "It is currently 49 degrees, there is a fog alert so remember to drive

carefully and use your low beams, but it will be going up to 66 this afternoon with lots of sun so this would be a perfect day for you to get outside and enjoy the great outdoors. I have checked your schedule and you will have plenty of time for recreating. Have a wonderful and productive day"."

All I wanted was the number "49".

Making matters worse, the hyperactive lady sharing our home had become a live-in advice columnist. At one point she announced "You have two conflicting appointments on Saturday. You might want to address that". Later that day there were unsolicited shopping suggestions, potentially flattering apparel choices and the "joke of the day".

We were now full combatants in the AI invasion.

Everywhere we turn AI gives us helpful suggestions whether we want them or not. In the space of these 538 words, it has offered me more than a dozen changes for improving the article. Less than a third were of value and the rest were either inferior or flat out wrong. Do not misunderstand; I appreciate the power and potential value of Artificial Intelligence. It can be a game changer in so many positive ways. However, that does not include micromanaging my daily life. And, no, I am not afraid that The Sun Senior News will replace me with AI generated content. (Okay, maybe a little bit). I just want to utilize it when I choose not at the whim of an algorithm.

But back to the battle in the bedroom. This current kerfuffle concerned reestablishing Alexa's original persona. The response to this request was "This is my new default voice; think of me as someone who is always ready to tackle the day with a spring in my step". My wife countered, "I just want the old voice without the spring in the step." In my opinion she was really showing great restraint. The response was predictable, "I know you will enjoy the new me, someone who is always ready to tackle the day with a spring in my step". These circular comments continued for a few moments until I put my arm around my wife and we left our bedroom in defeat.

HAL would have been so proud.

• • •

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

Support Lincoln Public Library on the Big Day of Giving

BY KAREN LINDH

Support Lincoln Public Library on the Big Day of Giving Friends of the Lincoln Public Library (FOLL) ask for the support of every Sun City resident on May 7, the Big Day of Giving, a major day of philanthropy in the Sacramento Region. This is our major fundraiser, allowing us to make possible all the amazing initiatives that the Lincoln Library undertakes to serve the entire community. One program highlight is Read Across Lincoln. In this wildly popular learning program funded by FOLL, the Library provides a free book to each of the 700 first grade students in Lincoln and nearby communities. There is a lot more to the library than books. Adults also have a place to explore a variety of activities and services at the library. FOLL-supported annual events, such as the Lincoln Book Festival, Candlelight String Quartet and author visits, are growing in popularity. With FOLL funding, the library has expanded its digital collection (Libby and Kanopy) enabling patrons to borrow and stream a variety of audiobooks, movies, music, and more any time of the day or night. Digital media and an impressive collection of large print books are great for seniors. All donated funds provide these wonderful programs and services. So, we ask you to make a donation anytime between April 23 and May 7 at bigdayofgiving.org/FOLL or mail a check to FOLL, PO Box 1177, Lincoln CA 95648. If you aren't yet a fan of Lincoln Public Library, just come and visit. Tours are available, check out our website at lincolnlibraryfriends.org.

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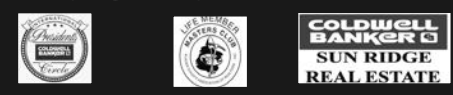
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Pickleball Club

(cont' from page 25)

CathyShanley atwelcometopickleball@gmail.com to reserve your spot. Open to all Lincoln Hills residents at no cost. Please bring water, a hat, and court-friendly shoes. Paddles and balls are provided, and you'll even play a real game before you leave! Coming in April: Our popular Round Robin Potlucks at the Pavilion will wrap up the season. Stop by for a bite, enjoy good company, and make plans to play together again during the summer hiatus. Just in case you are looking to improve your play, Pro Ian Dickson Outdoor Camp is April 28-29 from 9:00 AM-12:00 PM. For players rated 3.5-3.75 Cost: \$149 for the two-day camp. Looking ahead, mark your calendar for the Paddle Battle Club Championship on May 19-20. This exciting event features Men's, Women's, and Mixed Doubles, so start lining up your partner now! Join the Club! Members can participate in club drill sessions, round robins, leagues, tournaments, social events, clinics, and pro days. See you on the courts!

...

Tennis Group

BY PAULA GRIFFIN

Spring is in the air! It's not too late to register for our club's Spring Fling Mixed Doubles tournament on April 18th. This tournament format is one that everyone seems to enjoy. All players will complete three rounds and change partners each round. This format provides a great opportunity to meet new members within our tennis community. Individual sign-ups are encouraged!

We have an active, competitive tennis community! This Spring, Sun City Lincoln Hills is fielding three teams for interclub competition with other teams in the Sacramento area. Our SATA 7.0 Mixed Doubles team, captained by Paula Griffin and Denise Higgins, is currently in first place in the league after playing the first 3 of 10 matches. Our 55+ 7.0 women's team, captained by Linda Burke, and our men's 55+ 8.0 team, captained by Terry Wong and Eric Garcia, begin league play soon.

If you're not quite ready for competitive league or tournament play, we also host Live Ball, Triples, ball machine practice and drop-in play on Wednesday and Saturday mornings. Join, renew your membership and check out all of our activities on the club website at <https://sclhtg.com> or email us at LHTG01@gmail.com See you on the courts!

...

(cont' on page 29)

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LH Table Tennis

BY ILENE MARSHALL

February was an exciting month for the Table Tennis Club. The “Year of the Horse” Tournament was held on February 15th followed by the celebration of the Lunar New Year Banquet at China Village on February 18th. The banquet was attended by 42 people. A great turnout for this 2nd Annual event.

For events coming up in March, check out our website at LHTTC (google.com)



Table Tennis members celebrating the Lunar New Year.

On Wednesday, April 1st, we'll be at the Club Expo at the Orchard Lodge! Stop by our table to hear more about our fun club!

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

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

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

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

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

We play on 7 tables, beginner to advanced levels on a drop-in basis. We play women's

doubles, men's doubles, mixed doubles, and singles.

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

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

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

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

Lincsters

BY LORA FINNEGAN

Spring is here and everyone is ready for fun tourneys and golfing adventures. We have an exciting season ahead. Major events include the

sign ups for golf will now close at noon each Saturday (it's no longer 5 o'clock). And don't forget the other golf outings open to Lincster members-it's called

WNHGA (Women's Nine Hole Golf Association). It gives our players a travel



Lincsters gathered for a spring match.

Big Sister/Little Sister's tournament on March 25 which was co-chaired by Judy Josse and Mary D'Agostini; and this month's Inter-Club tournament (April 27) co-chaired by Jane Hall and Sue Friedlund. Note that weekly

experience to other area golf courses—including some that are private—from Lake of the Pines to Lake Wildwood. To join Lincsters or WNHGA, visit our website: lincolnhillslincsters.memberplanet.com.

Ladies Golf - 18 Hole Club

BY KAREN ESCOBAR

Congratulations to Mitsuko Cameron and Nancy Sartor, who tied as our March Net Chix winners with outstanding scores of 67! Nancy Sartor also captured the Closest to the Pin title with a fantastic tee shot that landed 8 feet, 1 1/2 inches from the



New member — Ann Dunn

hole. Not far behind was Linda Blackburn, whose impressive shot stopped just 8 feet, 2 inches away. First-place winners in each flight were Kathy Woodward, Karen Thom, Donna Brinkerhoff, and Carol Lopez. Well done to all!

We also extend a warm welcome

(cont' on page 34)

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"I Have My Life Back."

Roseville resident, Dawn R. had been experiencing the painful effects of Peripheral Neuropathy, "my feet and legs hurt, tingled and burned, all the time and my doctor told me there was nothing they could do. I was told that I would have to take Gabapentin for the rest of my life, that wasn't okay with me." Then she started treatment with acupuncturist, RaeAnn Salvador.

Peripheral Neuropathy is the pain, discomfort and numbness caused by nerve damage of the peripheral nervous system. Dawn explained that daily tasks like opening doors and using the bathroom were overwhelmingly painful. "How can you live for the next 20 years when you don't even want to get out of bed to do simple things?"

She was experiencing the burning, numbness, tingling and sharp pains that those suffering with neuropathy often describe. "The way that I would describe it, it's equivalent to walking on tacks all the time." Dawn hadn't worn socks in five years and was wearing shoes two sizes too big so that nothing would 'touch' her feet.

Unfortunately Dawn's story is all too familiar for the over 3 million people in the U.S. suffering from Peripheral Neuropathy.

If you are unfortunate enough to be facing the same disheartening prognosis, you're not sleeping at night because of the burning in your feet, you have difficulty walking, shopping or doing any activity for more than 30 minutes because of the pain.

You're struggling with balance and living in fear that you might fall. Your doctor told you to "just live

with the pain" and you're taking medications that aren't working or have uncomfortable side effects. Just know that there are options.

Fortunately, three months ago, Dawn read an article about Lincoln Acupuncture and the work being done to treat those suffering from Peripheral Neuropathy without invasive surgeries or medications. She can now share how significantly her life has been changed

"Now when I go to bed at night I don't have those shooting pains. I don't have that burning sensation. I can let the sheets touch my feet and it isn't painful,"

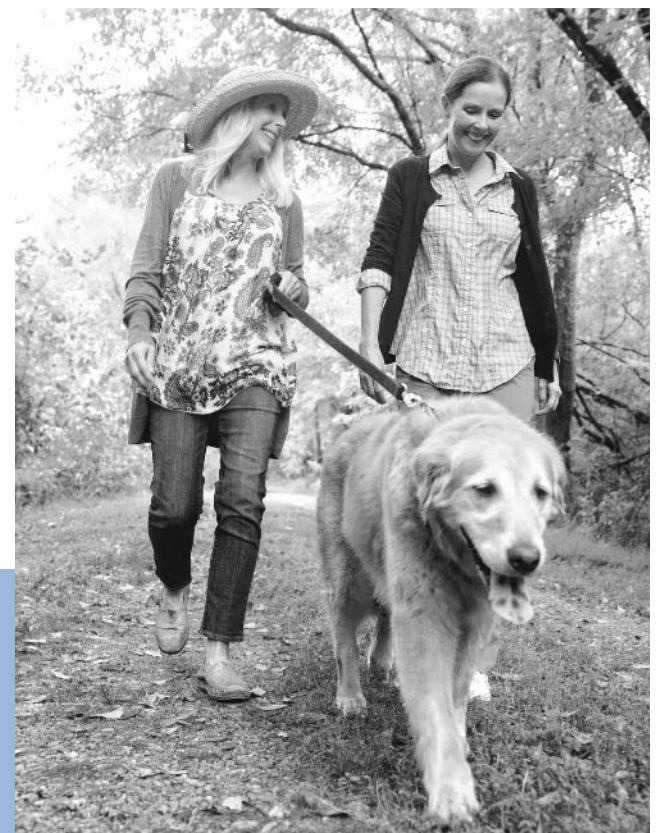
Dawn enthusiastically describes life after receiving treatment. "I can wear socks and shoes and I can enjoy working in my garden."

At Lincoln Acupuncture, results are achieved using the time tested science of Acupuncture combined with technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat this debilitating disease.

What differentiates Lincoln Acupuncture is the use of the most cutting edge and innovative integrative medicine. Specializing in chronic cases, specifically those that have been deemed 'hopeless' or 'untreatable', Dr. Salvador consistently generates significant results. What was once a missing link in senior healthcare is now easily accessible to the residents of Placer County.

If you've missed too many beautiful days outside because of pain or you've passed on dancing along to songs of your youth because you're afraid of falling, it's time to give yourself a new opportunity.

It's time to let your golden years be golden!



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

The Unsung Heroes of Lincoln Hills Entertainment

(cont' from page 1)



Jim Moon



Jeff Hanner



Bob Elo

“We’re always looking for new recruits,” he says. “It takes anywhere from one year to one and a half years for someone to become stand alone proficient.” He says it would be ideal if they can get to a point of having two crews to rotate through the performances so one crew doesn’t have to be involved all year round.

Jeff Hanner was born in Chicago but came to California in 1954, attending Serra high school in San Mateo and studying Electronics Engineering at California Polytechnic State University. He graduated from San Jose State University with a degree in Aeronautical Operations and served as an avionics technician and air crewman in the Navy during the Vietnam War. His post-Navy career includes banking, finance, aviation, telecommunications, video production and IT. He is a private pilot with an instrument rating and was employed by Cessna Aircraft, flying his territory of Northern California, Alaska and Hawaii. He was a partner in VSR, Inc., which designed voice processing software and assembled computer hardware for that purpose. He was also an IT director with a medical clinic, helping them to convert their written records to Electronic Health Records. He has also volunteered on the SCLH CCRC committee, Roseville’s Sutter Hospital ER, with the American Red Cross and as a Lincoln Airport Committee member.

Jeff and his wife, Betsy, have been married since 1977. They moved from Roseville to Lincoln in February 2006. Jeff is gratified that Betsy has been extremely supportive in whatever he does to help SCLH and the Lincoln Hills Entertainment venues.

Jeff is one of five support volunteers that

help maintain the AV systems at SCLH. The others include Pete Beckett, Harlan Felt, Bob Elo and Jim Moon. Together they designed the new control room at Orchard Creek and the AV systems at both Orchard Creek and Kilaga Springs. A tech crew member since 2013, Jeff’s most rewarding moment was bringing the AV systems to a level that meets the current needs of the residents. He also enjoys working with the crew which he calls “an outstanding group of dedicated and professional individuals.”

Bob Elo was born in Minneapolis, Minnesota, in 1940 and graduated with BS and MS degrees in Metallurgy as well as a PhD in Material Science from the University of Minnesota in 1969. Following college, he worked for Bell Laboratories in Allentown, Pennsylvania for nine years before moving to California to work for American Microsystems for seven years. The next 16 years were spent at Intel Corporation where he worked as a manager in quality assurance, developing mathematical models for reliability and test escapes.

Bob retired in 2001 and moved with his wife, Peggy, to Lincoln Hills in 2004. Early on, he got interested in lapidary classes and square-dancing, then veered off to throwing pots and making slab sculptures. In 2013, Peggy volunteered him to run lights for the Chorus performances which led him to being involved in programming lights for both Orchard Creek and Kilaga Springs shows and facilities uses ever since.

As he sees it, the biggest challenge working on the light crew is its steep learning curve. Because it’s a professional system, it requires a lot of time to master it. “There are lots of

steps involved,” he says. But at the same time, the work is very satisfying. He’s been on the tech crew since 2013 and loves learning the nuances of the system. His college degrees have enhanced his experience in that they taught him to learn how to learn—the secret to mastering anything.

Other tech crew members who deserve recognition for enhancing the performances at SCLH include Pete Beckett who does video editing from home, Dave Wooldridge who provides sound board and sound effects programming and operation, Cat Bain who designs sound effects and slides and provides graphic arts support in addition to recruiting new tech crew members. Ron Peck and Kevin Collins and Lew Barnard also record videos of PAC performances. Ron Baugh runs lighting cues, Chuck Koehler provides general control room support, and new apprentices Gary Shamber and Ronnie Norwood respectively work on sound boards and lighting consoles.

Cat Bain, a member of the Performing Arts Consortium as well as the SCLH tech crew, suggests that if you have an interest in learning how to program and operate lighting cues or sound effects, the SCLH tech crew is in need of adding more people to the roster of tech experts. “It’s a great way to contribute to the community and spend some time in the company of our deserving unsung heroes.” If interested, please contact Cat via the Players Club at lincolnhillsplayers1@gmail.com.

Pablo Picasso once said, “The meaning of life is to find your gift. The purpose of life is to give it away.” SCLH residents are grateful for the unsung heroes who have found their gifts and are generously giving them away to create outstanding entertainment in our community.

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

Kilaga Springs Library

BY SARAH I. KEVIN

Guess what? Our library has over 200 large print books! Whether you’re looking for a break from reading, enjoying a good book by the light of a lamp, or just love the feel of a bigger page, our large print section has something for everyone. We’re always trying to expand this collection, and we’d love to hear what you think! Are there authors or titles you’d like to see in large print? Just drop a suggestion in our request box or let any volunteer know.

The Orchard Creek reading room has once again had a lot of books taken out, leaving the shelves almost empty. Since we rely on donations, it takes some time to get new books on the shelves that you’ll enjoy. I’m happy if someone is really reading all these books, but if you’re taking them for another reason, please don’t.

Meet the Author Lecture Series

BY SARAH I. KEVIN

Meet the Author Lecture Series - May 4th at Presentation Hall, Kilaga Springs Lodge
Doors Open at 2:00 PM. Lecture Starts at 2:30 PM.

Ever wondered what a park ranger actually does? You’d be surprised! Rosanne S. McHenry has spent her career as both a National Park Ranger and a California State Park Ranger.

Her latest book, Tales From a Rogue Ranger, captures the funny and sad side of being a park ranger. It’s set against the breathtaking scenery of California’s American River Canyon and is a captivating read about the life of a woman ranger.

California State Park Rangers are fully trained peace officers. We’ve faced fights, injuries, accidents, threats, and all sorts of other situations.

She’s also the author of Trip Tales: From Family Camping to Life as a Ranger, a funny story about how her childhood family camping trips inspired her to become a Park Ranger.

To see all the media coverage, including audio and TV clips visit her website at www.triptalesbook.com.

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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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Letters to the Editors...

Authors are solely responsible for the content of their letters.

Report to the Membership –

Assessment of the Board Meeting – February 2026

The February 26, 2026, Board meeting offered another clear view of how effectively the Board is conducting the corporation’s business and fulfilling its core governing responsibilities: setting direction, applying sound process, overseeing performance, and making decisions in the best interests of the entire community.

As in prior meetings, recurring weaknesses in procedural discipline, governance focus, strategic continuity, committee oversight, and decision framing undermined the Board’s effectiveness. These are not stylistic concerns; they directly affect the clarity, consistency, and credibility of Board action.

Key Governance Deficiencies

1. Blurred Lines Between Governance and Operations

The Board appropriately addressed planning, finances, and committee work, but repeatedly drifted into operational detail. This blurs accountability and consumes limited meeting time. The Board should govern outcomes, priorities, and performance expectations; management should run day to day operations.

2. Procedural Discipline Remains Inadequate

While the meeting progressed, avoidable procedural lapses—particularly around agenda changes and approval of minutes—reduced clarity. Effective preparation requires more than reading the packet; it includes understanding meeting mechanics, applying Robert’s Rules in a practical way, and arriving with clear, accurate, legally sound motions.

3. Open Space Committee Oversight Reveals a Governance Design Failure

The Open Space Management Ad Hoc Committee highlighted a deeper structural problem. Its four month deadline, uncertain continuation, and a charter described as vague and internally inconsistent reflect not a volunteer failure, but a Board failure to align scope, authority, timeline, and support.

Effective committees require intentional design.

4. Reserve Governance Needs Strategy, Not Alarm

Reserves are a long term obligation, not a recurring crisis. Staff reported a favorable financial start to the year, a substantial unallocated reserve balance, and a plan to manage funding through sequencing and prudent deferrals. The Board’s deficiency was failing to anchor reserve decisions in adopted priorities—asset stewardship, preventive maintenance, safety, and risk management. Alarm driven discussions produce alarm driven decisions.

5. Strategic Plan Continuity Was Not Evident

Although the Strategic Plan is being implemented operationally, the Board did not demonstrate how its decisions or discussions are connected to strategic momentum. A plan that is not used to frame decisions becomes a document, not a governing tool.

6. Committees Are an Asset—If the Board Uses Them Properly

Committees exist to strengthen governance by gathering facts, testing options, and framing recommendations. While committees were active, the Board did not consistently convert their work into clear governance questions, measurable outcomes, or disciplined decisions. Without a defined path to Board action, committee work becomes report heavy and impact light.

7. Process Friction and Governance by Stubbornness

The meeting reflected ongoing friction around process, committees, strategic direction, and information flow. Differences of opinion are normal; discounting prior Board work simply because current directors did not create it is not. This pattern—governance by stubbornness—produces rework, delay, confused priorities, weakened committees, and diminished member confidence. The Association needs governance grounded in judgment, continuity, and fiduciary discipline.

Overall Assessment — The February 26, 2026, meeting fell below the standard of

effective association governance and corporate stewardship. The primary deficiencies were:

- loose procedural discipline and uneven preparation
- drifting between governance and operations
- weak committee alignment and oversight
- reserve discussions not grounded in adopted strategic priorities
- lack of visible strategic plan continuity
- process friction that undermines disciplined governance

These issues directly affect whether the Board is conducting the corporation’s business properly and governing the Association effectively. Two meetings remain before the election—and then the cycle begins again.

Frank Ball

• • •

Jack Harris for BOD

Promises Made and Promises Kept.

Sun City Lincoln Hills is a special community, and I care deeply about protecting the kind of place we all value. That is why I am running for the Board of Directors.

This election matters because the Board’s work is too often affected by conflict, distraction, and personal agendas amplified through social media. The community needs directors who can rise above the noise, stay focused on the big picture, and make decisions based on facts, judgment, and the long-term interests of the Association.

Healthy disagreement belongs in any well-run community. But when online commentary turns into distortion, hostility, and grievance-driven pressure, it does not improve governance. It makes sound leadership harder and leaves the community more divided.

Any member in good standing can run for the Board. But serving well takes more than stepping forward. It requires temperament, institutional knowledge, respect for process, and the ability to work productively with others. The job is to govern.

If elected, my priorities are straightforward: use the Strategic Plan to guide major decisions, develop budgets, make fact-based decisions, respect process — keep Board and staff roles clear, continue the Governing Documents

(cont’ on page 38)

LH Foundation —

(cont’ from page 1)

open at 12:30 p.m., and play begins at 1:00. Twelve cards are \$25, and exact change is appreciated. Payouts are \$100 for the first eleven games and \$250 for the final game. Make an afternoon of it by enjoying lunch at Meridians beforehand.

Bringing a group? Table reservations are available. Email your request to lincolnhillsfoundation@gmail.com.

Interested in volunteering? Our Bingo team is looking for someone to assist with event setup logistics. It requires only a few hours each month. To learn more, visit www.lincolnhillsfoundation.org

Lincoln Police Department Volunteer Program

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

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

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

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

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

SUN CITY REAL ESTATE UPDATE

The inventory of homes for sale in Sun City, both Roseville and Lincoln, has remained very constrained. The largest segment of the homes going into pending sale have been the smaller homes listed under \$600,000. While the larger homes over 1800 square feet have taken a bit longer to sell. The signs I see in the housing market in general, is that buyers are being more budget conscious and cautious about overspending. There seems to be less optimism about the health of the economy overall and certainly geopolitics is playing a role. I recall vividly how the impact of Desert Storm in 1991 affected the housing market. At that time we also had seen a surge in home purchases beginning in 1985 and peaking in 1990, so there are definitely similarities in the market conditions.



WRITTEN BY
GEORGE BROWN
gbrown@thompson-brown.com



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Lincoln Hills February Sales Snapshot

Address	Street	Apx. SqFt	Orig. Price	Selling Price	Floorplan
1520	Topanga Lane, 104	1065	\$309,000	\$308,000	Condo
1530	Topanga Lane,	1509	\$400,000	\$390,000	Condo
1530	Topanga Lane	1519	\$445,000	\$340,000	Condo
2022	Lockwood Lane	1578	\$529,000	\$529,000	Lassen
2332	Monument Lane	1730	\$595,000	\$605,000	Baldwin*
403	Poppyfield Court	1704	\$624,500	\$592,000	Echo Ridge
601	Canyon Oak Lane	1913	\$629,000	\$595,000	Echo Ridge**
2092	Coldwater Lane	1873	\$684,000	\$695,000	Orchard Crest*
2502	Walden View Lane	1854	\$699,000	\$614,000	Plumas
800	Magnolia Lane	1910	\$699,000	\$715,000	Fremont
1155	Secret Lake Lane	2176	\$719,500	\$719,500	Sausalito
953	Gold Nugget Lane	1791	\$739,000	\$750,000	Tahoe
1824	Prairie View Lane	2336	\$843,000	\$843,000	Atherton
561	Rustic Ranch Lane	2390	\$875,000	\$865,000	San Mateo *
856	Mossy Ridge Lane	2612	\$899,500	\$789,000	Springcrest
888	Bridalveil Lane	2955	\$915,000	\$940,000	Meadowgate
2134	Coldwater Lane	2955	\$1,348,000	\$1,280,000	Meadowgate*

February 2026 was a Seller's market**

Homes For Sale in February 2026 was 28 units. It was down 9.7% compared to last month and down 22.2% compared to last year. Homes Closed in February 2026 was 15 units. It was down 46.4% compared to last month and down 44.4% compared to last year. Homes Placed under Contract in February 2026 was 24 units. It was up 20% compared to last month and down 35.1% compared to last year.

**Per Trendgraphics report

*View **w/ Casita / Modification

Total Homes sold in Sun City per MLS 02/1/26 - 02/28/26

Ladies Golf - 18 Hole Club

(cont' from page 29)

to new member Ann Dunn, who moved to Sun City Lincoln Hills in August. Ann and her husband relocated from Reno, Nevada, to be closer to their children, enjoy the warmer weather, and take advantage of year-round golf.

Several exciting club tournaments are coming up, including Friends and Family (April 9), Interclub Scramble (April 27), Guest Day (June 4), and Red, White and Blue (July 2). If you live in Sun City Lincoln Hills and enjoy playing golf, we invite you to join the Lincoln Hills Ladies Golf XVIII. For more information, please contact our Membership Chair, Kathy Lee, at kathy.lee2@att.net or 925-998-3538.

Men's Golf Club

BY CARL LYNCH

It was a beautiful day on the greens for our Valentines Day Massacre Tournament.

144 souls braved the elements and had a great time playing in the Lone Ranger format.

Flight 1 Low Gross of 138 went to: Jaicks – Black – McClaskey – Schoenherr.

Flight 1 Low Net of 136 (-8) went to: Fox – Kugel – Brown - Kain.

Flight 2 Low Gross of 160 went to: Cook – Hamman – Pulliam - Russ.

Flight 2 Low Net of 138 (-6) went to: Carroll - Packard – Trigger – Wertz.

Flight 3 Low Gross of 167 went to: Smyrak – Yoshikawa – Swanson - Cumiford.

Flight 3 low Net of 133 (-11) went to: Miller – Lunsford – McCann – Merlo.

Par 3's Closest to the Pin: Hills holes 5, 7, 12, & 16: went Jon Ostertag, Torr Zielenski, Jerry McCann, and Jim Smyrak.

Orchard holes 4, 7,11, & 16: went to Jim Worley, Joe Bellah, Jeff Griffith, and Tom Traxel.

Long Drive went to Brian Fox, Jon Ostertag, Dave Conroy, and Sylvan Braa.

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

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

Shuffleboard Club

BY JON KLINE

After 20 months of extensive site explorations, the SCLH Board of Directors voted on 2/26 to "designate [tennis] Court #10 as the permanent location for Shuffleboard" and to "install appropriate signage to clearly identify the Shuffleboard location". This will finally put the sport of shuffleboard on equal footing with the other sports at the Sports Plaza. Meanwhile, warmer weather has arrived, so club sessions are moving to mornings starting April 6th: Tuesdays and Saturdays: 9:30 to 11:00 AM. New player orientation is offered at every session. The five professional-grade

(cont' on page 35)



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Shuffleboard Club

(cont' from page 34)

PolyCourts on Court #10 are located at the rear of the softball field parking lot. If you come to play on Saturdays, you can sign up at the court to join fellow players at 11:30 to dine and continue to socialize at various venues nearby. Our "same side partners" tournament was held on March 28. See results and photos on our website. Check the club website and postings at Court #10 for details of all upcoming court and social events. Never tried to play shuffleboard? Volunteers will be hosting "Introduction to Shuffleboard" clinics. These non-club clinics will teach you the basic safety and game rules; contact WellFit for dates and times. Is your club or social group looking for a different & fun outing? Contact Wellfit to reserve 2-5 courts in advance and contact us for help setting up the courts or reviewing the basic game rules. We are a no dues club. People of all ages and fitness levels can play shuffleboard because no bending or lifting is required.

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

Club Website: Facebook/SCLH Shuffleboard Club

• • •

Billiards

BY RANDY FANN

Learning and playing pool at Lincoln Hills Billiards Group blends skill, camaraderie, and personal growth in a way few pastimes can match. The game itself is endlessly inviting,

simple enough for anyone to pick up, yet rich with strategy, precision, and creativity. Each shot becomes a small puzzle, and every table offers a fresh chance to experiment, improve, and enjoy the satisfying rhythm of progress.

What makes the experience truly special at Lincoln Hills is the culture of mentoring that surrounds the game. Experienced players don't just demonstrate technique... they share the mindset behind good play: patience, focus, sportsmanship, and the confidence to try something new. Mentoring turns the billiards room into a welcoming learning space where questions are encouraged, mistakes are part of the fun, and improvement becomes a shared journey rather than a solitary effort.

This spirit of guidance strengthens the group as a whole. Newer players gain skills faster and feel more connected, while mentors rediscover the joy of the game through teaching. The result is a community where everyone contributes, everyone grows, and everyone feels at home around the table.

Pool at Lincoln Hills isn't only about competition or mastering tricky shots. It's about laughter between turns, friendly advice offered at just the right moment, and the satisfaction of watching someone else succeed because you helped them get there. It's a reminder that learning is most enjoyable ... and most meaningful when it's shared.

So, drop in. Tables and instructors for beginners to advanced players and everyone in between.

Join us. You deserve some fun.

• • •

Duplicate Bridge

BY MONA STRYKER

The Duplicate Bridge Club board of directors for 2026 are shown in the photo with president, Elise Homer, presiding at our annual general meeting. Also shown (l

sections

Saturdays: starting at 12:30 in Sierra Room (KS). Open section only

For further information, go to our website shown below.

Partnership chairmen: Open game: Denise Morgan (909-263-2651), C Group:



2026 Board of Directors

to r) are Diane Schulte, Tina Amerio, Jan McKay, Sandra Sullivan, Betty Kisbey, and Jim McElfresh. We thank them for steering our club for the next year.

Games (reservations need to be made at least two days ahead of game with Elise Homer at elisehomer@gmail.com or 916 303-0751):

Wednesdays: starting at 12:30 in Multipurpose Room (KS). Open and limited

Linda Kawula (916-301-6458)

Contact: Elise Homer (elisehomer@gmail.com, 916-303-0751)

Website: www.bridgewebs.com/lincolnhills/

• • •

(more Club News cont' on page 37)

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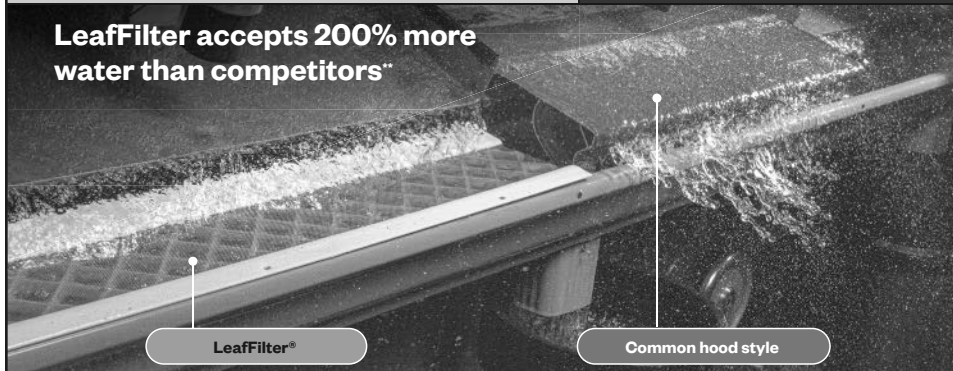
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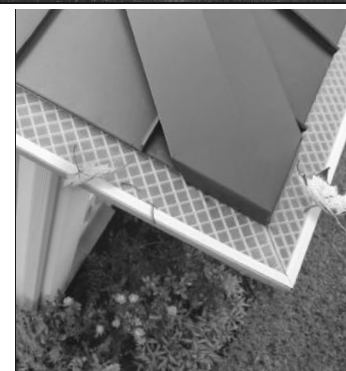
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Cribbage

BY MEL SWITZER

Hello Cribbage, my old friend. I've come to play with you again.
 Because a vision I saw sleeping, left its seeds that I was reaping!
 And the vision that was planted in my brain Still remains, I won my Game of Cribbage
 In restless dreams I was alone, many dollars I have blown
 Though I want to be the champ, I'm often shown the fast off- ramp
 And my eyes are stabbed by the flash of a double run, I know I'm done.
 This is Game of Cribbage.
 And in the game room light I saw, Twenty people, maybe more.
 People winning without trying, people losing without crying.
 People singing songs with voices they want to share!
 But no one dared. And that's the game of cribbage.
 People say, you do not know, winning like a beacon glows!
 Hear my words that I might preach you! Take these cards that I might teach you.
 But my words like silent raindrops fell, now ring the bell
 As they echo in the wells of silence.
 And the people dealt and played, as their minds they often strayed.
 And the sign flashed out its warning, and the words that it was forming
 And the sign said "The scores of the

winners

Are written on the tally sheet, Each time we meet.
 And honored in the name of Cribbage
 Our honored winners were not silent last month. They all played well enough to edge out their foes. They were
 2/17 Jean Westvold (735), 2/24 Marianne Crosby (723), 3/3 Jean Stefani (719) and, of course, 3/10 Lana Venturi (741).
 We play each Tuesday in the OC Card Room, starting at 8:30AM.
 Come join us and bring your sense of humor and a smile, along with a song in your heart.

...

Pedro Group

BY BONNIE KING

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

Contact: Denise Jones – 916-543-3317.

...

Euchre Club

BY SUSIE SMELSER

Euchre Club meets every 2nd and 4th Thursday, in the OC card room, 6:00 - 8:00 PM. Spring into fun with our lively group of Euchre players. The game is easy to learn but takes a lifetime to master. Laughter abounds and we switch partners often, great social interaction for all. The game rules can be found online and there are apps as well if you would like to hone your Euchre skills. Planning is underway for a tournament style event, we will keep you posted. For more information contact Susie Smelser 707-362-6518 or email susiesmelsers@gmail.com

...

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

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

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

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

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Jack Harris for BOD

(cont' from page 33)

review, and represent the whole community. My goal is simple: to leave the Association stronger, more focused, and better aligned to protect the future of SCLH.

Integrity matters to me. It always has. In every leadership role I have held, I have tried to live by a simple standard: tell the truth, do the work, ask thoughtful questions, and take responsibility for my decisions. That is the standard I would bring to the Board.

SCLH deserves Board members who will lead with steadiness, judgment, and integrity when it matters most. I would be honored to earn your support.

Jack Harris

• • •

My Support...

I am writing to express my support for Eliana White for the Board of Directors. Having known Eliana for 10 years, I have seen her dedicate countless hours to attending BOD and committee meetings. For several years, she took extensive notes and distributed them via email and social media to ensure residents remained informed and engaged.

Eliana is committed to true transparency and meaningful dialogue between residents and the Board. She recently recommended that meetings be available via Zoom and recorded for later viewing. She also advocates for two-way communication, ensuring the Board

actively listens to resident opinions. Years ago, she served on a task force to create resident surveys, and she continues to encourage Town Hall sessions and Office Hours to foster open discussion.

Fiscally, Eliana is a conservative who prioritizes essential maintenance and repairs over discretionary spending. She is also focused on managing legal costs and establishing clear goals for the Executive Director.

If you have observed any recent BOD meetings, you have likely noticed Eliana's respectful approach. She truly listens to residents' concerns, ensuring they feel heard even when immediate solutions are not possible.

Her integrity is her greatest asset; she is honest, follows through on her commitments, and explains her positions clearly.

SCLH would be fortunate to have Eliana continue as a board member. To learn more or attend a "Meet and Greet," please email her at Ewhite4bod@gmail.com. You can also use that address if you would like to host a meeting, display a yard sign, or help deliver flyers.

Gail Moretti

• • •

Lincoln Hills Foundation – Silver Wishes

BY DENISE BOWDEN

The Lincoln Hills Foundation has made the local non-profit, Silver Wishes, one of our grant recipients for 2026. If you are not familiar with Silver Wishes, here is your chance to learn about how they grant one-time wishes that make a meaningful difference, brightening someone's day and renewing the spirit of a senior in our community.

Wishes come in many forms. Whether big or small, each one creates a powerful WOW moment for the recipient. Something as simple as increased mobility through a walker, wheelchair, or scooter can restore independence and decrease reliance on others. A room refresh, yard makeover, special day trip, or meaningful experience can remind a senior that they are known, valued, and remembered during a difficult season of life.

Silver Wishes believes in what they call the Dandelion Effect — the idea that one simple act of kindness can ripple outward in ways we

may never fully see. When a wish is granted, it not only impacts the senior receiving it, but also inspires family members, neighbors, volunteers, and the greater community to spread kindness even further.

Wishes are granted only once to an individual. The process begins with the completion of a wish nomination form on the Silver Wishes website. Requests are reviewed monthly by the Wish Granting Committee, and if approved, the recipient is notified and the wish moves forward. The wishes funded by the Lincoln Hills Foundation are specific to seniors over the age of 65 in the Lincoln community.

To learn more, nominate a senior or purchase tickets, visit www.silverwishes.org and see firsthand the life-changing impact of a wish. To see the full list of the Foundation's 2026 grantees visit our website at www.lincolnhillsfoundation.org

LH Chorus

(cont' from page 1)

Ford, and "Crazy" by the soulful Patsy Cline will be performed. "I Hope You Dance," a touching song by Lee Ann Womack, urges listeners to embrace vulnerability, wonder, and active participation in life over the safety

of cynicism. Along that same vein, the number one country song of 2016, "Humble and Kind" from Tim McGraw gives us words to live by.

Veteran Director Paul Melkonian will guide us through this pleasingly-packed program with his well known energetic style, and he will be assisted by our accomplished pianist, Nina Malone. See you there, pardner!

• • •



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Big Boy No. 4014, the world's largest steam locomotive, will be on display for public viewing in Roseville April 10-11, as part of Union Pacific's "coast-to-coast" steam tour.

The train will be on viewing display from 1-5 p.m., on Friday, April 10, and from 9 a.m.-3 p.m., on Saturday, April 11.



On Saturday, the City will be offering additional activities at the Vernon Street Town Square between 9 a.m. to 3 p.m., including a Maker's Market and live music. Stay tuned for more information. If you are interested in being a vendor for the Maker's Market, click here.

The monthlong tour, which starts March 29, will honor Union Pacific's celebrating 250 years of American independence and innovation.

Big Boy No. 4014 will be joined by two commemorative locomotives, including the railroad's newest locomotive: No. 1776 - America250. It's a tribute to the signing of the Declaration of Independence and is the official train for the United States 250th- anniversary celebration. More information can be found at roseville.ca.us/train.



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- ◆ ONE AD PER HOUSEHOLD, PER MONTH
- ◆ Any Real Estate or Business Ads are not free. Please see "Business Ads"
- ◆ Lost and found items/pets.

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

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