

SUN SENIOR NEWS

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Armando and Andrea Mayorga — Pickleball Enthusiasts

BY JENNIFER MARTIN

For four years in a row, 2021 through 2024, pickleball was named the fastest-growing sport in the United States by the Sports and Fitness Industry Association. By 2024, it was estimated there were 19.8 million participants in the United States, a 311% growth since 2021. Two of pickleball's biggest fans, Armando and Andrea Mayorga, have been residents of Lincoln Hills since 2005.

Born in San Francisco in 1945, Armando grew up with one older sister. His father worked at the American Can Company and his mother was a seamstress. Armando's best friend, Roy, often accompanied him when riding a streetcar down Market Street or sneaking into a theater to see a movie. They enjoyed walking to Golden Gate Park, visiting the museum and stopping by the aquarium. When Armando was 11, he and Roy were asked to join the kickball team at their school, William McKinley Grammar School, and ended up winning the city championship in 1956 (he still has the medal). A cross-country runner in



Armando and Andrea Mayorga

high school as well, Armando graduated from Polytechnic High School in 1963.

After working for Safeway for ten years, a friend suggested that he look into working as a fireman. So, Armando studied Fire Science at City College and was hired by the San Francisco Fire Department in 1974. During his career, he fought many fires and made lifelong friends which Armando thought was the best part of the job. He and his buddies

from the Fire Academy still have reunions on their hire date every year. "I was fortunate and proud to retire as a battalion chief in 2004," says Armando.

He was also happy that one of his co-workers' wives introduced him to Andrea. They went on a blind date to the La Casa Mexican Restaurant in Sonoma where they really hit it off. They eloped in 1999 and got married in New Orleans, one of their favorite cities to visit. They really love the cuisine there, especially at the Desire Oyster Bar where they always enjoy oysters, red beans and rice, and spicy Bloody Mary's.

This was the couple's second marriage for both. Armando's children from his first marriage are Jeffrey, who works for an IT company, and Michelle, a retired teacher in Santa Maria. All totaled, Armando has six grandchildren and six great grandchildren. Andrea's children from her first marriage include Elethea who has a daughter, Haylie, and Larissa, an elementary school principal,

(cont' on page 35)

LH Foundation — Bingo and Giving

BY DENISE BOWDEN

The month of May brings Mother's Day, Cinco de Mayo—with margaritas flowing—and the more somber Memorial Day, when we honor those who gave their lives in active military service.

It's also time for the Big Day of Giving (BigDog), a 24 hour, region wide fundraising event supporting local nonprofits. Stop by Meridians Sports Bar or Orchard Creek WellFit on May 7th between 11:00–4:00 to meet our Board members, learn how our work impacts the community, and hear why they choose to serve. You can even drop off a donation in person. Every dollar donated goes directly into grants that benefit Lincoln's seniors. If you can't make it in person, visit www.lincolnhillsfoundation.org —100% of every donation supports senior programs in our community.

Mark your calendar for Thursday, May 28th, for our next Bingo event. Doors open at 12:30 PM and play begins at 1:00 PM. Twelve cards are \$25 (exact change appreciated). Payouts are \$100 for the first eleven games and \$250 for the final game. Make an afternoon of it and enjoy lunch at Meridians beforehand.

Bringing a group? We're now taking table reservations. Email your request to lincolnhillsfoundation@gmail.com.

Help Needed: We're looking for two new
(cont' on page 43)

Players

BY SUE VILLARREAL

Dinner in the Diner — Alongside Route 66, in Winona, Arizona, things are really heating up in "Cookie's Diner", and we don't just mean the burgers and fries! Love and laughter are on the menu in the Players Club production of "It Happened on Route 66", written by Todd Wallinger and directed by Sue Villarreal. Our "rom-com", set in 1955, is sure to bring back memories of soda fountains, juke boxes and friends from yesteryear.

Rehearsals are now underway 3 days a week. Our cast members are busy bringing their characters to life by creating movements, speech patterns, back-stories and more. One actor commented "It's a challenge to nail the cool retro style and playful banter to make this rom-com come to life, but it's really a lot of fun!" Once they slip into their costumes, their transition will be complete.

Although our set is still in pieces and is being painted, Cookie's Diner is beginning to emerge. Our props team has gathered iconic memorabilia from along Route 66 to create that "50's feeling" for your entertainment.

To order tickets for "It Happened on Route 66", visit the SCLH member desks (OC/KS) or order from the website: www.sclhresidents.com. The venue is small and tickets are going fast!

If you'd like to get involved with The Payers, consider auditioning or volunteering for our August Short Play Festival, "Adventures



"What's cookin'?" Karen Pinomaki, Cathy Shanley, Richard Fitzmaurice and Cindy Griswold

Photo by Cindy Griswold

in Aging Boldly (in Sun City)", a combination of soliloquies and shorts, written and directed by Karen Pinomaki and MaryEllen Vogt. More information may be found on our website, www.lhplayers.org. The next Players Club meeting is Monday, May 11 at 4 PM in Presentation Hall, Kilaga. Please join us for our meeting, some theater games and more!

Vaudeville

BY RICHARD HALSEY

"Anything Goes" Vaudeville Show in August 2026 Guess what? Our Vaudeville show auditions are happening this month—Kilaga Springs May 13 and May 14! In the past, we've had everything from classic and pop musicians and singers to dancers, comedians, trained animals, magicians, ventriloquists, acrobats, jugglers, clowns, strong men, one-act plays, and
(cont' on page 5)

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

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Neighbors InDeed — Bouquets or Bust

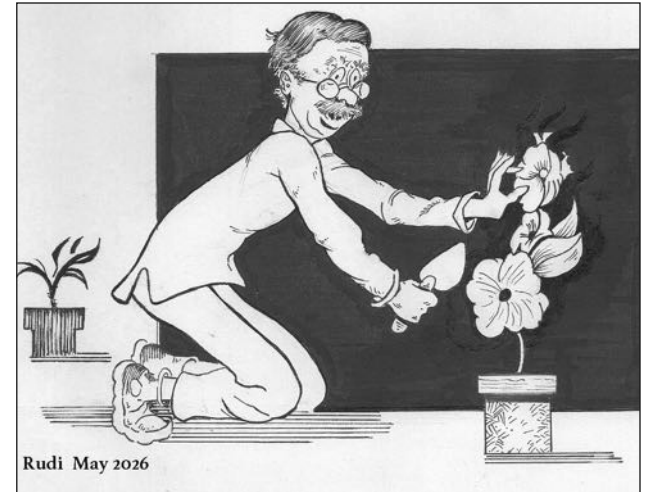
BY RICK CARREIRO

It's that time of year, to renew or redo, not just yourself but let's look at your landscape, too. Spring offers seniors an opportunity to refresh their landscapes while enjoying purposeful, relaxing, and gentle activity outdoors. As temperatures warm and daylight increases, planting spring flowers, trees, and bushes can bring both beauty and a renewed sense of connection to nature. You can do this by looking for hardy, low- maintenance flowers, trees, and shrubs from the HOA Landscape list (more than 120 flowers, shrubs, and trees).

- When adding trees and shrubs, here are some planting suggestions: Consider slow-growing varieties requiring minimal pruning, such as dwarf fruit trees and compact evergreens. Proper placement is essential:

- Choose areas with adequate sunlight and space, which ensures plant health and reduces future labor. Applying mulch around new plantings helps retain moisture, controls soil temperature, and limits weed growth.

- Spring cleaning is equally important in maintaining a healthy landscape. Remove fallen



leaves, trim dead branches, and clear debris, which will improve air circulation and reduce the risk of pests and disease. Light fertilizing, along with good irrigation and consistent watering, provides essential nutrients, encouraging strong growth throughout the spring and summer months.

- Your safety and comfort should remain a priority. Wearing gloves, using ergonomic tools, and working during cooler parts of the day can help prevent fatigue or injury. Remember to garden in short enjoyable intervals. Spring landscape care provides not only aesthetic rewards but also physical and emotional benefits.



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Vaudeville

(cont' from page 1)

illustrated songs. We can't wait to see what amazing acts will come to our stage once the auditions are over. Our aim is to get our audiences on the edge of their seats with fun, laughter, beautiful music, and memories they'll cherish forever. Each year, we welcome everyone to share their talent with us, but there's just one thing: they have to be residents of Sun City Lincoln Hills. Show Dates - August 27-30. Contact: Yvonne Halsey, 916-408-2040 "Anything Goes!"



Chorus

BY KARIE GEIGER

the Lincoln Hills Chorus captivated audiences with their spectacular concert series, "How the West Was Sung." Over three performances in early May, the 75-member ensemble proved that the spirit of the Old West is alive and well, delivering a harmonic journey through the heart of American country and western music.

Under the direction of Paul Melkonian, the Chorus brought a professional polish to a repertoire that spanned generations. From the soulful, lonesome melodies of Patsy Cline and Johnny Cash to the high-energy, modern

anthems of Dolly Parton, the program was a masterful blend of storytelling and song. Audiences were treated to rich harmonies that breathed new life into classic ballads. The success of these concerts underscores the Chorus's vital role in the Lincoln Hills community. Far more than a musical group, it is a gathering of passionate voices dedicated to artistic excellence and community spirit. The audience response to the three performances served as a testament to the months of rigorous rehearsal and the undeniable chemistry of the singers on stage.

With the echoes of the West still ringing, the Chorus is already looking toward its next musical chapter. If you are a resident of Sun City Lincoln Hills with a passion for singing and a desire to be part of a performing vocal ensemble, there is a place for you in the choir.

The Chorus welcomes new voices to join their ranks for the upcoming Fall season. If you are interested in learning more about the membership process, please contact Membership Co-Chair Adrienne Stenson @ makstens@gmail.com.

Become a part of the harmony that makes Lincoln Hills sing!

Music Group

BY BRIAN JEWELL

"Music washes away from the soul the dust of everyday life".

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 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.

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, contact Dan Marcus at 201-741-0920.

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

every month.

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.

Ballroom Dance

BY ERNIE MICHELI

The Ballroom Dance Club is excited to offer Night Club Two Step lessons in May! John and Mary Kirkwood will be leading the beginners class, while Jerry Halligan and Ginger Ikuno will guide the intermediate class.

John and Mary Kirkwood have not only become fantastic dancers but also wonderful instructors. They'll be teaching the basics, and John and Mary are truly excellent dancers, having been members since 2016.



Before moving to Sun City Lincoln Hills, they grew up and met in Grand Rapids, Michigan. They were high school sweethearts and would meet up in the gym after sports events for the weekly dance. They both went to Ferris State University and once won a trophy in a Jitterbug contest at a Homecoming Dance. They had just learned the dance that afternoon and then, in a moment of creativity, they improvised it by throwing Mary around John's hips, over his head, and

(cont' on page 9)

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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 are 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.
 - The Board makes decisions that directly affect our homes, finances, and daily quality of life.
 - Your vote is your voice—make sure it's heard!
- For more information, contact elections.committee@sclhca.com or visit sclhresidents.com (Committees — Elections Committee).



Now in our 10th year of participation, the Foundation relies heavily on BigDog to fund the grants and services we provide to seniors in Lincoln. We are the only local nonprofit solely dedicated to meeting the needs of seniors, offering support such as food assistance, nutritional supplements, caregiver respite, large print and audio books, digital literacy programs for the library, senior counseling, and low cost transportation within Lincoln through Dial a Ride.

We live in a generous community, yet the need continues to grow. Food insecurity among our neighbors increased by 30% last year, and more seniors are relying on the fresh food boxes, pantry staples, and essential supplies funded by our grants. Nutritional supplements like Ensure—often the only meal some seniors have each day—are also provided through this support.

In 2026, we are pleased to expand funding for senior counseling and introduce a new grant for Eskaton's Enrichment Café, a place where individuals experiencing dementia or cognitive changes can engage with others as they navigate their journey.

You may not need these services today, but someone you know—a friend, a neighbor—may depend on them. Help us continue our mission to promote and fund programs that enhance the quality of life for Lincoln's senior residents. Every donation makes a meaningful difference.

Donate now – Call 916-409-2016 and a member of our Board will pick up your donation. Mail your donation to LHF, PO Box 220, Lincoln, CA 95648 or donate online at www.lincolnhillsfoundation.org or <https://www.bigdayofgiving.org/organization/LincolnHillsFoundation>

Big Day of Giving – Give Where You Live – LH Foundation

BY DENISE BOWDEN

The Big Day of Giving—affectionately known as BigDog—is a 24 hour online giving event that unites nonprofits across Placer, Sacramento, Yolo, and El Dorado counties to raise funds and celebrate the vital work happening in our communities.

This year's event begins at 12:00 a.m. on May 7 and runs through 11:59 p.m. Supporters have a full day to contribute to the organizations they care about, and we hope the Lincoln Hills Foundation is among those you choose to support.



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LEARN MORE!

Ballroom Dance

(cont' from page 5)

through his legs.

John and Mary have two children, John and Jenna, and five grandchildren, Jessa, Jace, JJ, Lillie, and Hanna. In their careers, John was the manager of an insurance claims department, and Mary, a Clinical Laboratory Scientist, became the Laboratory Director for Bloodsource.

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 2:00 p.m. If you have any questions or need to reach out, feel free to call Sal Algeri at 916-408-4752 or visit our website at sclhbd.com. We're here to help you make the most of your dance experience!

• • •

Line Dance Club

BY SYLVIA FOX

Dancing in adulthood is one of the biggest blessings for your whole body.

Syncing movement to music strengthens neural pathways that support speech, reaction speed, and even emotional regulation.

Join us for a fun way to exercise and make new friends. Our next evening line

dance is scheduled for Friday May 8th 6pm. Music will be provided by T & T. We have many dances programmed for 2026. Check our website for future dates. sclhdc.com

Our club offers line dance labs on Sunday

mornings from 9AM to Noon. Lab sessions are for beginners, improver and intermediate dancers. We also have a Saturday morning lab for Improver and Intermediate dancers. These weekly dance labs are a great way to socialize. The Line Dance club membership application can be found on our website.

Contact Sylvia Fox foxsam25@gmail.com

• • •

Country Couples

BY DTIM TATUM

The month of May is traditionally and spiritually named after the Greek goddess Maia who represents fertility, growth, and a profound period of rebirth that marks the height of spring and the transition into summer! Symbols of renewal, growth, and joy are seen in those lovely, blooming flowers like Lily-of-the-Valley (purity), and Hawthorn (hope). Indeed, May is truly the month of joy and the celebration of so many holidays like May Day (May 1), Mother's Day (May 10), and Memorial Day (May 25) as well as other fun holidays like Cinco de Mayo (May 5) and Dance Like a Chicken Day (May 14)!

As for Country Couples Club in the month of May, our members are excited to dance to their hearts content on our upcoming dance event, "Boots and Flowers" from 5 PM to 8:30



PM on May 16th at the Kilaga Springs Lodge. However, it is never too late for non-members to join our club and come to dance with us in our May dance event. Details of the dance event can be found on the beautiful dance flyer on our website!

More exiting news: there's a "Country Couples Western Dance" class for beginners offered by the Sun City Lincoln Hills Association which began in the month of April.

But first and foremost this month, let us welcome you as the new Country Couples Club members! For details of our dance events and social activities, please contact:

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

• • •

Square Dancing

BY KRIS KNUTSON

"Square dancing is clearly the ultimate team sport-because nothing says "elite athleticism" like eight people arguing politely while walking in circles. There's strategy (remembering calls) endurance (smiling through mistakes), and teamwork (saving your corner from disaster). No benchwarmers here-just synchronized confusion, accidental collisions, and the occasional triumph when everyone ends up exactly where they're supposed to be. Magic happens weekly. Monday's Square Dancing sessions start 12:15-3:00 PM. Advanced dancing Tuesdays 3:00-5:00 PM. Round Dancing Thursdays 1:00-3:00 PM at Kilaga April 16-May 21. Round dancing time and location change for

the following days, May 28, June 4, June 11, June 25. All these sessions will be at 11:30-1:30 PM at the Fine Arts Room at Orchard. Any questions regarding RoundDancing please contact Cathy Razumich 408-218-2144. For more information about Square Dancing visit our web site at <https://sclhsquares.weebly.com>

• • •

Round Dancing Group

BY CATHY RAZUMICH

Round dancing is social ballroom dancing that is choreographed (a prearranged sequence of steps) and cued (a leader calls out the upcoming steps). Because there is no improvising, leading and following are easy.

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). Dancers and anyone interested in stopping by to find out more, there is an important Round Dancing time and location change. Sessions on May 28, June 4, 11, 18, and 25. will be from 11:30-1:30 PM in the Fine Arts Room at Orchard Creek Lodge (965 Orchard Creek Lane in Lincoln).

Our group is sponsored by the Sun City Squares. Round dancing is associated with square dancing because they share historical roots as 19th-century social partner dances that were frequently paired together to offer variety at dance events. While squares involve group choreography for four couples following a caller, rounds are choreographed ballroom-

(cont' on page 11)



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Session One - May 23, 2026, 10:00 am - 11:30 am

Kilaga Springs, Presentation Hall

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Round Dancing Group

(cont' from page 9)

style couple dances that move around the room in a set pattern prompted by a cuer.

Today round and square dancing are often done at the same events. Round dances are usually alternated with square dance sets, giving everyone an opportunity to dance. While some only square dance or only round dance, there are others who enjoy both because they share the same friendly social atmosphere. There is usually a Saturday night dance in Roseville twice a month. On Memorial Day weekend, the Golden State Round Up will be held in Lodi. This 3-day festival features all levels of square and round dancing.

Round dancing is a great way to spend a Thursday afternoon. No ballroom dancing experience is required. 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 selhsquares.weebly.com

Needle Arts

BY JAN HESS

Congratulations to Cindy Nelson who was elected Needle Arts President. We are looking forward to her leadership in the upcoming year.

Members wanting to attend our May 12 Spring Fling Picnic at the Sports Pavilion need to sign up by May 4. The price is \$12, and there is open seating. Check our current newsletter for more information or email Robin at robinyountna@gmail.com.

While exploring the Needle Arts website (selhna.com) I discovered lots of helpful information about our club. The topics on the left side of the website give helpful details about the nuts and bolts of our club as well as useful information about buying Needle Arts apparel, Needle Arts retreats and history. Selecting “community service” made me proud as I learned about the many ways our club supports our community and beyond. Especially fascinating is the short video highlighting the quilts sent to Ukraine in 2023. Well done!

Looking ahead, our regularly scheduled June meeting will be Tuesday, June 9 at 12:30 PM in P-Hall (KS). We hope to see you there!

Contact: Cindy Nelson, 916-603-9095
selhneedleartspres@gmail.com

Mixed Media Club

BY JILL SHORT

Spring has officially sprung, and the Mixed Media Club is bursting with fresh energy and inspiration! May's Art Challenge is all about Bubbles—and the possibilities are endless. Think shimmer, shine, layers, light reflections, or even the idea of things popping, floating, or contained. Let your imagination run wild and don't be afraid to try something new or playful this month! Bring your finished project to this month's meeting. We also love seeing what you've been up to, so bring along last month's club art or any other projects you've been experimenting with. Every piece tells a story, and sharing is what makes our creative

community so special.

A quick reminder: please RSVP before the meeting so we can make sure there's enough room for everyone and have supplies ready if needed. We want you to have a comfortable, well-prepared space to create. And yes—don't forget your plastic mat or a piece of a plastic tablecloth. Creativity can get delightfully messy, and a little prevention keeps our space welcoming for all.

The Mixed Media Club meets the 3rd Wednesday of the month in the Fine Arts Room (OC) at 12:00–3:00 PM. Any questions contact our Club President, Chris Fetter at 916-276-7895 or email mixed.media.chrisf@gmail.com

Get ready to pop into creativity—we can't wait to see your bubbly ideas come to life!

Creative Glass Club

BY SUSAN HAAS

Join the Creative Glass Club!

Enjoy a new artistic endeavor with new friends.

We invite you to try fused, mosaic, and stain glass projects! We have monthly Open Studios: the 1st and 3rd Tuesday from 6pm-8:30pm, We meet in the Sierra Room (KS).

If you would like to sign up for a free glass cutting class, pls contact us!

Corene 925-813-8385

Paper Arts Club

BY LINDA LUCCHETTI

Humorous quote of the month: I've got glue sticks and I'm not afraid to use them!

Our May project consists of three cards with the individual sentiments of Happy Birthday, Thinking of You and Thank You. They are colorful and quaint, so hope you've signed up to make them on May 7.



Open Lab is scheduled for May 21. Come on down! Work on a project, use one of the club's tools if needed and see what your fellow members and friends are working on. If you're new to the club, this is a good time to meet people and check out what others are doing.

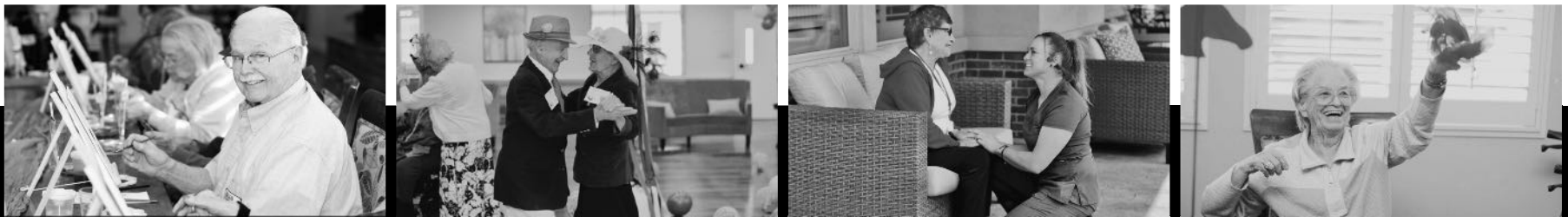
We meet on the first and third Thursday of the month in the Terra Cotta Room at Kilaga Springs Lodge at 9:00 AM for general meetings and Open Lab. Check the monthly newsletters (email) for updates. For further information, contact: Pam Abad, pamabad@att.net

(more Club News cont' on page 15)



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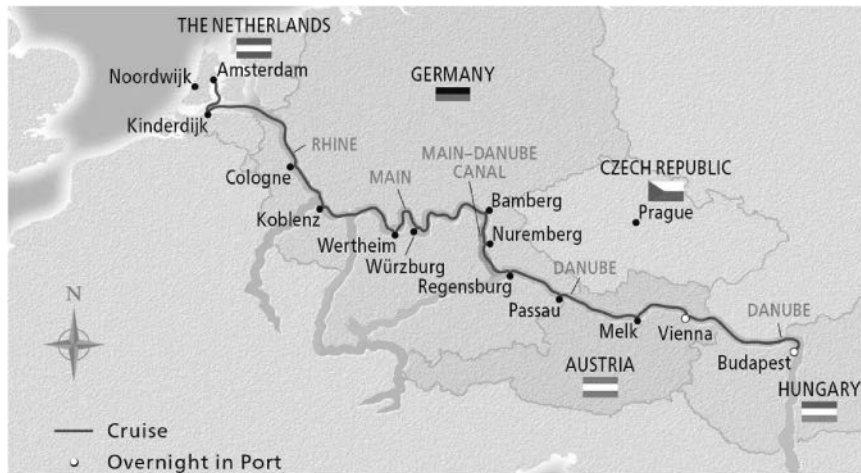
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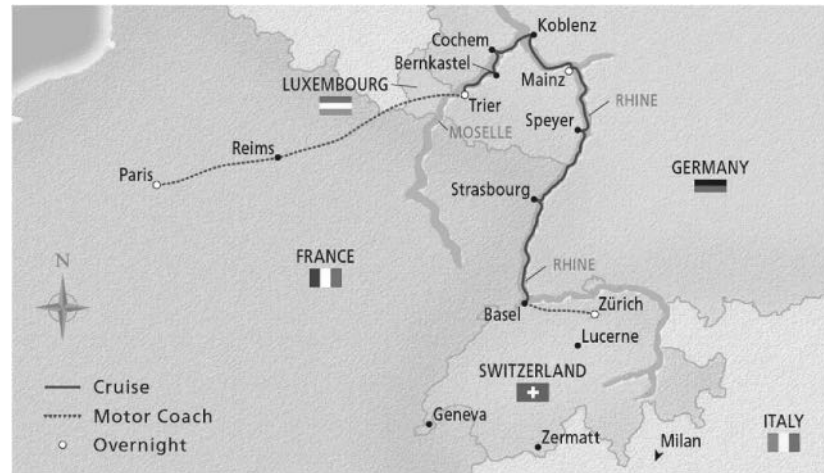
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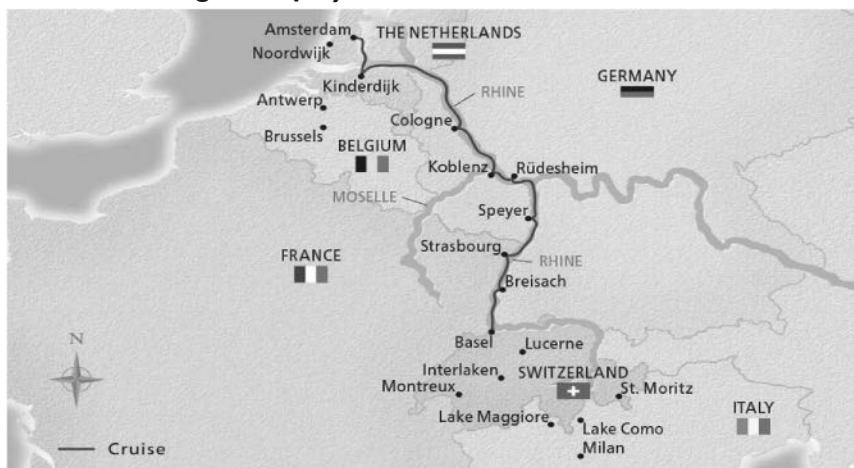
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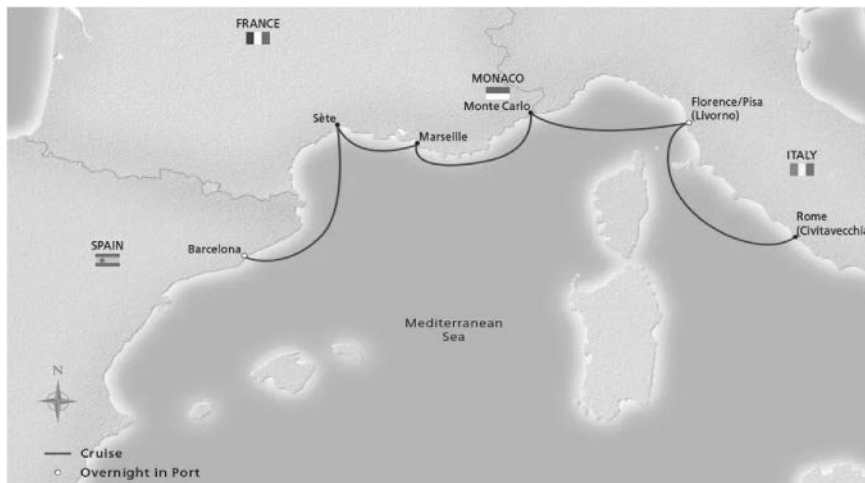


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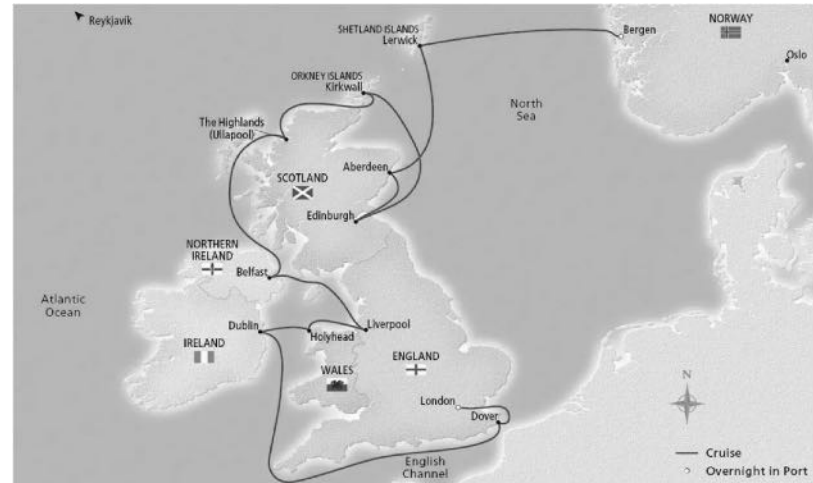
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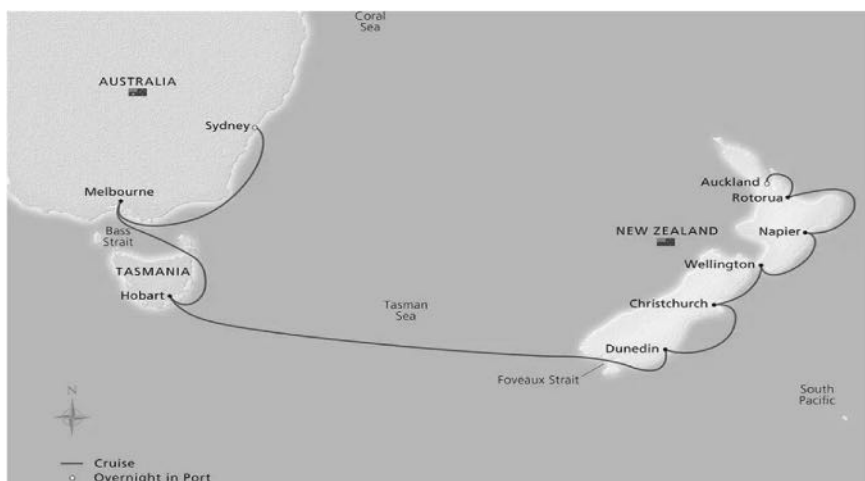
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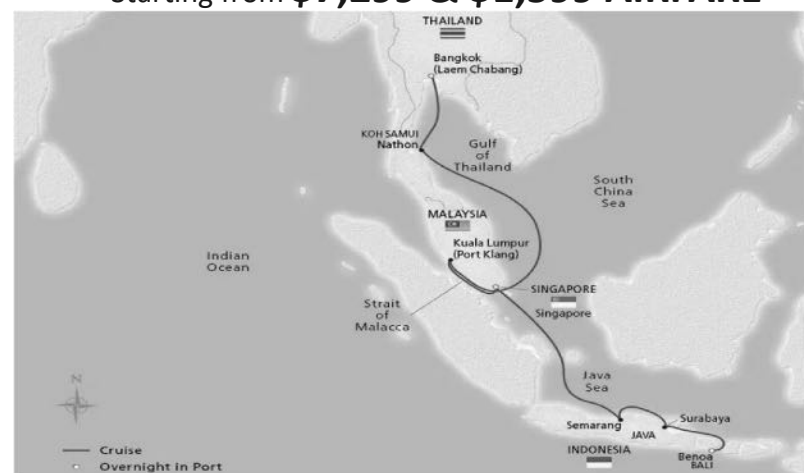
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Photography Club

BY DIANE MARGETTS

Few destinations are more iconic than the Galapagos Islands where you encounter giant tortoises, blue footed boobies, playful penguins and charismatic sea lions. Yvonne Carter had the wonderful opportunity to experience the Islands and April presentation, took us through her photographic journey from Ecuador, to the Amazon and then onto the Islands. Through Yvonne, we explored tortoise preserves, incredible birds bursting with color, Kicker Rock, a prominent geological feature which is the eroded remains of a volcanic cone rising over 500 feet above the Pacific Ocean, Devil's Crown, a unique snorkeling site characterized by a collapsed volcanic cone that has eroded over time, as well as other fascinating landmarks including an active primitive post office!

In May Laurie Friedman will do a presentation on Burning Man, a spectacular week-long large-scale desert annual event focused on "community, art, self-expression, and self-reliance.

June will feature our recurring Club favorite Show and Tell Extravaganza and social. We will all get a chance to view the photos from the incredible field trips club members have been engaged in recently.

Our Education Committee has been working hard to come up with special interest classes for Club members. Our popular Canon and Nikon group meetings are ongoing, as well as smartphone users meetings and Snapseed

post processing beginning, intermediate and advanced classes.

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

Woodcarving Club

BY LIONEL RAINMAN

Woodcarving is a fun and relaxing hobby that almost anyone can enjoy. It's all about taking a simple piece of wood and shaping it into something new with just a few basic tools. Many beginners start with a small carving knife and soft woods like basswood because they're easy to work with and don't require much strength.

What makes woodcarving enjoyable is how calming it can be. You focus on each small cut, and before you know it, your mind has slowed down and you're fully absorbed in the project. It's a great break from screens and busy routines.

There are lots of things you can make, too—little animals, spoons, ornaments, or



Duck by Lionel Rainman

simple figures. As you practice, you'll notice your skills improving, which makes the hobby even more rewarding. You don't need expensive equipment or a big workspace, just patience and a bit of curiosity.

We meet every Wednesday in the Sierra Room at Kilaga from 1:00 to 4:00 PM. Come by and watch us in action.

Stamp Club

BY TIM MILES

We're into May and we have quite a few new dates to acquaint you with for meetings, "garage days" and events. We meet twice a month at the Sun City Roseville Lodge (7050 Del Webb Blvd) on Tuesday nights at 6:30 pm. The coming dates are May 12th and May 26th and June 9th and 23rd. We're usually adjourned by 8:45 pm and on the way home. You'll find door prizes, stamp albums and pages (when available), usually a dealer or two, page protectors, etc. If you need it, you'll find it at a meeting. We also have a complete set of catalogs available for use. We have guest speakers from time to time.

Al Capparelli (916-771-8288) also has "garage days" from time to time and you can solve a particular problem by attending one of those days (May 21st and 22nd and June 18th and 19th). Call ahead for an appointment as he gets quite a response. He has all the accouterments you would need, and he is very acquainted with the special needs of the hobbyist.

Our Secretary, Lee Coen, (leejcoen@

gmail.com) sends out timely notices to all the members so be sure he has your email address. Our dues are a reasonable \$20 per year for membership in one of the oldest stamp clubs on the West Coast.

We always remind readers that, if they have that "old" album on the closet shelf, they can attend any of our meetings and get a current up-to-date "rough" value.

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 speaker for May will be Raj Dixit speaking about the search for exoplanets.

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 rvcbv@att.net

(more Club News cont' on page 17)



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

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

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Genealogy Club

BY NANCY SWITZER

Did you know someone that was adopted when you were growing up? Those of us growing up in the 50's probably did as there were one million children adopted in that time period. Our May 15th, 10 AM, in P- Hall KS presenter, Joan Griffin is one in a million -- (adopted children that is!) She says, "Growing up as an adopted child can be wonderful, but it's also curious and complicated. I won the Adoption Lottery!"

Joan's birthmother hired a private eye to find her in the 1990's, then dropped suddenly into her life, before disconnecting completely, less than two decades later. Through AncestryDNA she met her East Coast paternal half-siblings just before the Pandemic. Joan will discuss her adoption origin story, the curiosities of growing up adopted and the journey of discovery she's been on as she wrote her upcoming adoption memoir, "Strangers in My Blood", scheduled for release in 2027.

Some interesting facts about Joan: She lives under the spell of wanderlust and so travels to destinations near and far for literary locales in the pages of books. A native Californian and proud UCLA Bruin, Joan lives in the Northern California foothills and loves to explore there. In her two careers she has been in marketing and teaching Middle School. Currently she teaches classes in literature and history at Sierra College. She has one published book, "Force of Nature: Three Women Tackle the John Muir Trail"

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 afterwards.

Shalom Social Group

BY JUDY GANULIN

Today, as distribution for the April Compass begins, Shalom Social Group's Men's Club and Women Together are meeting jointly to hear Lincoln Mayor Richard Pearl update us on "Where We Are and Where We

Are Going." We had a very inspiring Passover Seder – it was a delightful combination of inspiration and delicious food! We also had a Men's Club brunch where our own Dr. Mark Blum and pharmacist Daryl Lance enlightened us about prescription medications. Also on our calendars is our annual picnic on May 24 and a Trivia Night on June 24. We focus on Jewish history, culture and food, but membership is open to all. For information about membership and our activities, please call Margie Gulko, 916-543-5303, or Deanne Iliff, 530-518-3704.

• • •

Lavender Friends

BY JOAN LACKTIS

Our club and its members aren't just into fun and games. Sure, we enjoy a good time — like getting together recently for our first-ever pool tournament at Kilaga's billiards room. We also are engaged with giving back to the wider community.

One of our members was recognized last month by the Lincoln Democrats after she spearheaded a diaper drive that collected more than 5,000 diapers for Lighthouse Counseling and Family Resource Center. Another member just finished training a dog to be part of a therapy companion team. Actually, it seems that most of our 104 members are volunteering somewhere: on local boards and HOA committees, in schools and food banks and thrift shops, and even doing taxes through the AARP program.

Our leadership recently visited the newly opened Placer LGBTQ+ Center in Roseville as we explore how we might build a connection with them. Among other things, the Center puts on the annual Placer Pride celebration,

which this year will be May 16 at Royer Park in Roseville — and many of our members will be there.

But we still like to have fun. Our Activities Committee held an Adventures in Dining outing last month and is organizing a trip to a Lincoln Potters baseball game in June, along with our annual summer excursion to Red Hawk Casino (and its Apex entertainment center). And don't forget that on the first Saturday in June, our Membership co-chairs will transform the Sports Pavilion into a fiesta (complete with margaritas) for our annual all-member Mixer. Turns out, the weather isn't the only thing heating up.

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

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Singles

BY KATHY SHADDOX

Singles start the month off with their Monthly Birthday Celebration on Sunday, May 3rd at 4:00 pm in the Terra Cotta Room at Kilaga Springs. All members who have a birthday in the month of May will get a free drink on your club. And, yes, we will have a no-host bar. Just check in with Lucy Martin to get your free drink ticket. Of course, the highlight of the event is when Dennis Doane calls all with birthdays up and lead us in singing "Happy Birthday".

Come to our Activities Meeting on May 5th at 4:00 pm in the OC Computer Room. We are always open to new ideas.

Our 2nd Saturday Breakfast will be on May 9th at 9:00 am in the OC Sports Bar. No reservations needed. Remember, that

you can order anything you like off the menu. This event is a great way to eat and chat with fellow members.

On May 14th at 5:30 pm in OC ballroom is our Business Meeting at which time our slate of officers for 2026/27 will be elected. Following the meeting, we will play BINGO. That's always fun especially if you win a prize!

Our social event this month is our Member Appreciation Event on May 28th at 5:30 pm at the Sports Pavilion. Watch for future details to follow....

Another special event planned is our trip to a Potters Baseball Game on Saturday, May 30th at 5:00 pm at McBean Baseball field in Lincoln. Be sure to make your reservation by making a check out to Kathy Shaddox (not the club) for \$30. She is the chair for this event

Bocce is every Wednesday at 2:00 pm with Peggy Woods and Jim McMann as your organizers who will help teach you if you need to learn.

Please join. It is easy, just get in touch with our membership chair, Donna Hartigan at 916-408-1405, and for \$20 you can be a member!

• • •

SCHOOLS

BY PATTI KINGSTON

The SCHOOLS organization is always looking for volunteers in K through 5 in our elementary schools. Now is a good time to express your interest for the Fall 2026 school year. The district will provide the steps needed to become a volunteer; a TB clearance from a medical professional and being fingerprinted. Those things can be easily taken care of. The district pays for finger printing. Some volunteers help with paperwork, but most enjoy working directly with the children. Many volunteers are in the classroom 1 day a week for a few hours. They follow the teacher's guidance and collaborate with her. Most say they love being part of the community and "giving back" by volunteering. Teachers rely on extra help and appreciate every hour the volunteers spend in the classroom. For more information on volunteering in a Lincoln elementary school, contact Cyndi at ccolloton@yahoo.com. If you are interested in tutoring Math, History or English at Phoenix High School contact Irma at jmeidm@aol.com

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(more Club News cont' on page 19)



Lavender Friends — Sharon Kurth and the bounty of diapers her crew collected.



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Apple User Group

BY NINA MAZZO

Tim Cook recently wrote a letter noting their inventions are a byproduct of 50 years of thinking differently. As I write this article with the Pages app on my Mac desktop computer I am also listening to Apple Music with AirPods. I will head to the grocery store with the list in Notes on my iPhone, and I will pay with Apple Pay. When I head out of town, I will add Air Tags to my suitcases, bring my iPad for reading and entertainment. Others use their Watch for health and fitness. Yes, I believe much of this technology has greatly enhanced my life and provided tools as I stay curious about learning.

Our seminars and presentations offer you ways to continue your learning, and our open labs help with your Apple devices. Here is what's happening in May, and if you cannot attend, please check our website for the video of their presentation.

Thursday, May 7, Ken Spencer continues to review those applications and services on Apple's hardware. Bring your iPhone to this meeting with the most current operating system installed, and Ken, along with tech helpers, will make sure your settings on your iPhone are correct. Ask the Tech at 6:45 p.m. with presentation at 7:00 p.m. in Presentation Hall (KS).

Tuesday, May 12, Ken Silverman will discuss types of printers and how to connect to your devices. He will also demonstrate using a printer and show you basics, including printing labels and lists from your contacts.

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

No meeting on Monday, May 25.

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

LH Italian Club

BY ANNE (CORSAO) FINN

Were you one of the lucky winners at our Tombola event last month? If not, you'll have yet another chance to win some wonderful prizes at our annual barbecue and Bocce tournament on May 17 in the Sports Pavilion. You've never played Bocce before? Well, don't worry. Beginners are welcome and we'll gladly teach you how to play! After Bocce, you'll be treated to a delicious barbecue lunch that includes Italian sausages, pork ribs, chicken, and some yummy rigatoni to top off the menu. Hope to see you all there! Mark your calendars for our next two events coming up soon. Our member appreciation lunch will be held on June 11, followed by our inaugural dinner and Great Gatsby performance on July 12. Don't miss out! Please 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.

Airport Co-op

BY GINNY SATO

Need a Ride to the Airport or Amtrak? Join the Lincoln Hills Airport Co-op! The

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

Travel Group

BY LINDA BEVINS & JOANNE SCHUMACHER & PAM SPECK

Thank you to those who attended the Lincoln Hills Travel Group Travel Show in April. Mark your calendar for the next show on July 29th.

Please take a moment and look at our new website: www.lincolnhillstravelgroup.com. You will love the new format, alluring trip pictures, online membership form and payment capability, and more! We invite you to consider visiting some destinations you may not have considered. If you have any questions or would like a full brochure for any of the destinations, you can find the sponsoring Travel Group Leader's contact information on the tour page.

Did you know that you can also book any Collette tour that interests you with any of the Travel Group Leaders - whether or not it is one of the Travel Group's highlighted tours?

Call us today!!

Perhaps you are interested in these new tours:

- Theodore Roosevelt Presidential Library opening in Medora, North Dakota.
- A spectacular 7-night Tulip Cruise in the Netherlands—ab incredible, colorful memory of blooming flowers and spinning windmills and so much more. It fills up a year in advance so take advantage of an extra \$100 off, if booked by May 20, 2026.

- A relaxing trip to beautiful Tuscany in Italy with stays in 1 hotel!!

- A small group Kingdoms of Southeast Asia—a peaceful journey through Vietnam, Cambodia, Laos, and Thailand at a bargain-per-day cost.

All trips include airfare and a ride to/from the airport. You can sign up for trips on our website with a secure link direct 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.

LH 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

(more Club News cont' on page 21)

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Bosom Buddies

BY DOTTIE SUHRHOFF

Bosom Buddies is a support group for those who have survived or are experiencing breast cancer. We are there for each other in good times or when needed for support. Our phone tree and our monthly meetings are so important to determine who needs support



Peggy, Pat and Paula at Lifestyle Expo.



Pat Galeria and speaker, Julie Parenti.

at any given time. We meet on the second Thursday of each month at 1 PM in the Multipurpose Room at Orchard Creek. We have speakers who talk about things related to breast cancer or other items of interest.

We had a very fun and interesting meeting in April with Julie Parenti as our speaker. She is on staff in the SCLH WellFit department and teaches the classes on balance. She talked about how important it is for us to move, be independent, and build confidence. We all want to live a joyful life and that involves being able to do the things we want. She led us through exercises such as head tilts, engaging our core, balancing on one foot, sitting and standing. Tiny habits add up is an important thing to remember.

We will have the core meeting on Thursday, May 7, at Patty McCuen's house. All members are welcome to attend. Our regular meeting will be on Thursday, May 14, at 1 pm at Orchard Creek. We do not have a planned speaker, but Paula Chaffee will facilitate the meeting as a shared circle. 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!"

Low Vision Support Group

BY STU SINGER

When Ben Franklin created the New World's first public library in 1731, he had no idea what it would become nearly three centuries later. Today's library does so much more than just circulate books. There are plenty of books to be sure, but it also offers a variety of media ranging from DVDs to audiobooks. It is a gathering place where young children have story time, students do research for their classes and adults can pursue numerous educational opportunities as well as engaging many diverse book clubs. It is a vital resource for the entire community.

But for individuals with low vision, the California Library System is all of that and so much more. Laura Kellen, the System's Outreach Coordinator, will be sharing with the members of the Sun City Low Vision Support Group the entire spectrum of services available to residents with visual disabilities. While there are, of course, audio and large print books available. If a particular book is not available in audio form the library will create one using volunteer readers. They will do the same for current newspapers and magazines. In addition, they will deliver free of charge devices to play all of these items. Both the hardware and software will be delivered directly to one's home free of charge with no specified return date. To find out more, come

to the Fine Arts Room at Orchard Creek at 2 pm on May 5. This meeting is open to all Sun City residents.

On June 2, Dr. Alison Liu, professor of Ophthalmology at UC Davis Medical School, and several of her students will share the new uses of virtual reality in treating low vision. Dr. Liu will also be discussing opportunities for volunteering for the school's clinical trials.

Multiple Sclerosis

BY JERI DI FIORE

Singing in the Rain on April 11, over 75 Walkers marched for Multiple Sclerosis causes and a cure.

The Walk took place right here from the Sun City Sports Plaza, followed by a picnic afterward.



Multiple Sclerosis — Joni Deutsch, Everett Donor, Jeri Di Fiore and Elaine Goldstein.

Then May 3 we, the Lincoln Trail Mixers, participated in the Folsom MS Walk along the beautiful American River.

Under the leadership of Captain Joni Deutsch, we are attempting to hold on to our twice-in-a row, first-place Fundraiser Team Title, out of over 46 Teams! Celebrate our 2026 Walks at the:

Multiple Sclerosis Meeting
Tuesday, May 19 • 1PM

Kilaga Springs Lodge, Sierra Room

Also at this May MS Meeting, we look forward to sharing information on protecting us from Scams... big business in Lincoln!

Traditionally May is our last in-person gathering, followed by a June Zoom, and two vacation months of July & August.

We wish to thank our 2025 Corporate

Sponsors: Donna Judah, Coldwell Banker Real Estate; Hank Rhoads, American Senior Mortgage; Star Dental, 1 Douglas, Suite 100, Roseville; Roberts Retirement Financial Services. And as always, the Lincoln Hills Foundation for supporting us throughout the years!

Alzheimer's-Dementia Caregiver's Support Group

BY DENISE WEBFIELD

This group provides an opportunity to meet with others caring for someone with dementia. We share experiences and resources. Last month we had a game social spearheaded by Kimberly Andersen, who did a superb job. 46 were present! We now have exercise classes

especially formatted for those with Alzheimer's and their caretakers at our disposal. See Compass for details. Women's group meets Wednesday May 6th @ 1:00 PM in the Fine Arts Room (OC) Men's group meets Thursday May 21 @ 10:00 AM in Multipurpose Room (OC) The General meeting is May 27th at 1:00 PM in the Fine Arts Room featuring Don Kewman discussing his experience in a 7-year clinical trial to prevent Alzheimer's. For more info contact Elizabeth Farley 916 521-9968 or elizjohnfarley@gmail.com

(more Club News cont' on page 23)

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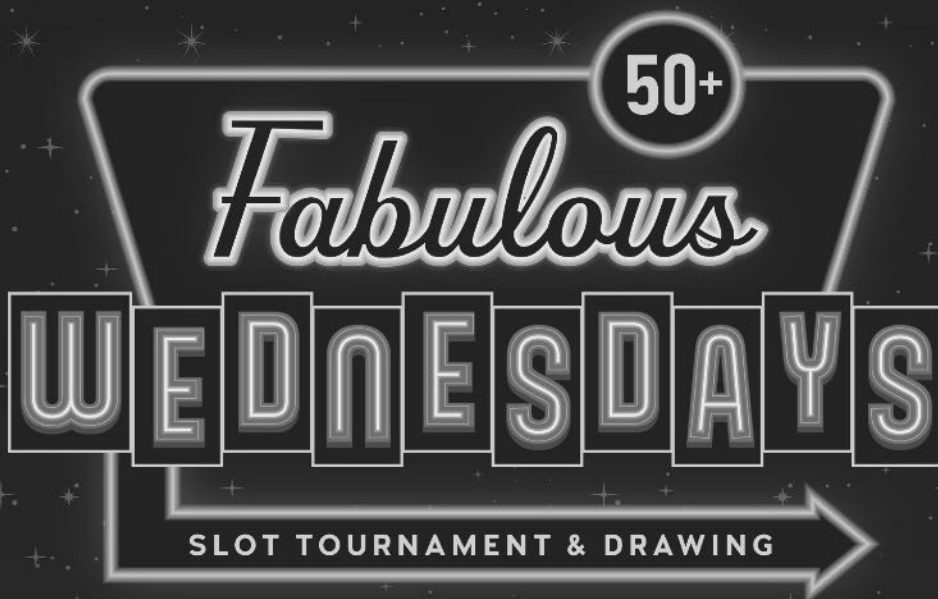
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Veterans Group

BY STEVE WITMER

The Veterans Group's annual community Memorial Day ceremony will be conducted in the outdoor Orchard Creek Amphitheater beginning at 9:00 a.m. on Monday, May 25. A military color guard will post the colors. The program will include patriotic music, remarks by Lincoln Mayor Richard Pearl and a two-bell ceremony honoring those Lincoln Hills veterans who passed away since Veterans Day last November. There will be no general membership meeting in May.

Looking ahead, members and guests should save the date for our popular Flag Day BBQ on Sunday, June 14 in the Sports Pavilion. The celebration will begin at 5:00 p.m. Dinner will be served at 6:00. Clay City BBQ will once again cater this popular event. There will be a cash bar. Sign-up forms will be available in the June issue of the Vets Group Bulletin. For questions, contact Dottie Monroe at 650-208-2500.

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

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Republican Club

BY SUE DUMAS

A busy April included judging 19 scholarship essays on their favorite Constitutional Amendment from 12 Bridges High School seniors. A \$1250.00 Scholarship will be awarded at school's Scholarship Awards Ceremony before graduation.

We hosted HOA Board Candidate Q&A. The 5 candidates; Menkel, Kawula, White, Boore, and Harris, were asked and answered, some very difficult questions on their personal positions on serving the HOA. It gave homeowners an opportunity to get to better understand who they would vote for with your 3 votes. Do Not Forget to Vote. Last day to turn in is May 13 by 3:00 PM.

Finally, we had a speaker meeting with



Republican Table at Expo April 1st.

Ray Riehle (our Congressional candidate) in Primary Election, Roxie Rice – PCRCC, and Philip Chantri from Voter Registrar's Office. A very productive meeting!

Additional Endorsements by Placer County Republican Central Committee: Chad Bianco and Steve Hilton were both endorsed for Governor, in hopes we will have two Republicans on the ballot. Alexandra Duarte, State Senate - Jennifer Hawks, State Treasurer - Ray Riehle, Congress - Don Wagner, Secretary of State - Herb Morgan, State Controller - Michael Gates, State Attorney General. Finally, David Bass, Republican - for Judge. All strong candidates on all important issues of our State. Ballots for Primary will be in the mail the 1st week of May.

Friday, May 8th – Evening on Education - P-Hall, (KS) – doors open 6:00 PM – starts 6:30 PM – Candidates: Sonja Shaw, State Superintendent of Schools, Marjorie Proffitt, WP Unified School Board, and Holly Andreatta, Supervisor. And, Garrett Culp, President of Lincoln High School's Club America.

Wednesday, May 20th – 1:00 PM - Sports Pavilion - Bring your Ballots and cash for vendor; hot dog, chips and soft drink \$6. Enjoy an afternoon of fun and social exchange. We will be discussing candidates and initiatives!

www.RepublicanClubSCLH.org

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Amateur Radio Group

BY DAN LEHRER, KN6DRN

We participated in a World Wide contest and contacted many countries such as Japan, Costa Rica, Estonia and the Madeira Islands. Several members attended the annual Loomis Hamfest and picked up some bargains to supplement their shack's equipment. The Annual Club Expo table manned by Dan,



Amateur Radio Group — Club Expo 2026; Dan - KN6DRN, Art - KI6GYY, Julian - KO6EPL, John - NQ6Q and Richard - KO6JUF.

KN6DRN, Art, KI6GYY and Richard, KO6JUF allowed us to meet and greet potential new members. Several residents thanked us for providing a sense of safety to the community in case of emergencies.

Free Zoom classes offered online are being viewed by our members. Topics cover a wide range of categories and will run from April through June. We encourage continuing education as our hobby is ever changing and its many facets are sure to interest all from beginners to advanced operators.

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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Sports Car Club

BY ROBERT PHILLIPS

April brought a few passing showers but overall delivered beautiful spring weather. To close out April, 25 cars headed east for one of our most cherished annual drives, winding through the scenic back roads of Placer, El Dorado, and Amador counties before arriving in Jackson for lunch at Teresa's Place. This drive has been a club favorite since 2011,

and it continues to delight year after year. After lunch, several members continued on to Lockeford to visit the Lockeford Sausage Market, a true hidden gem tucked away in San Joaquin County.

On May 4th, during our regular meeting, members will enjoy a Mini Car Show and Tailgate Party in the parking lot at Kilaga Springs Lodge—a great chance to socialize and admire one another's cars in a relaxed setting.

Our second social event of the year will take place on May 6th, where members will swap steering wheels for golf clubs at Topgolf in Roseville. A "PAR-ty" good time will be had by all! Many thanks to Katy and Bob Owens for organizing the event.

Looking ahead, upcoming activities include a scenic drive through the beautiful Capay Valley in mid-May, dinner at the Wilo Steak House in early June, and a breathtaking drive over Kit Carson Pass during the third week of June.

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 25)

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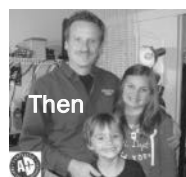
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HOPE AFTER SHINGLES

Local clinic treating shingles and post shingles complications with amazing results.

Mother's have described it as a "pain worse than labor," others compare it to passing a kidney stone.

Post Herpetic Neuralgia (PHN) is a complication following a bout of shingles and is often ranked in the top 5 most painful experience a person can endure in their lifetime. Affecting more than 18% of shingles patients, PHN causes you to experience the pain of active shingles for longer than 3 months, and in some cases, years after the rash has dissipated.

Audrey of Lincoln Hills shares her story. "I had been diagnosed with shingles, and I thought it was going to be like the flu or any other virus. I'd have it and then get over it. Two months later, the blisters were gone but the pain was so intense I was begging them to put me in the hospital and sedate me."

During active shingles, the virus injures nerves in and around the skin where the rash and blisters occur. Your immune system eventually suppresses the virus and the rash and blisters disappear. Unfortunately, nerve damage often disrupts the function of your nervous system and the damaged nerves send random, uncontrolled pain signals to the brain causing lasting, debilitating pain.

"I couldn't sleep," said Audrey, almost in tears. "I was always in pain. I couldn't leave the house. I thought this was the end of my life."

PHN pain has been described as burning, stabbing, and even gnawing. Even worse, it has a tendency to escalate to unbearable levels, episodes that Audrey referred to as "seizures." "You can actually feel them coming on, so you know you're about to be in major pain and there's nothing you can do about it."

This pain can gradually go away, return intermittently, or in worst cases, stay with you for the rest of your life.

After living with this for more than 2 years, Audrey was no longer willing to take that chance of enduring it for a lifetime and sought the expertise of RaeAnn Salvador, of Lincoln Acupuncture and Integrative Health. Sadly, we have seen an increase in PHN cases. My PHN cases are some of the most tragic cases I've seen. The pain these people experience is just beyond words. Fortunately, I am able to offer them real hope.

"I started going for treatment and everyday was better and better. After about a month, I told my husband, "I'm going to start doing our big Sunday family dinners again," shared Audrey. "It's changed my life."

While the clinic specializes in acupuncture (it's in their name after all), it's the 'Integrative Medicine' part of the practice that's a hole-in-one when treating Post Herpetic Neuralgia.

ATP Resonance BioTherapy is the real winner here. ATP treats PHN two-fold. It both eradicates residual shingles virus which reduces future episodes, and it aids in repairing damaged nerves. Nerves have the ability to regenerate and repair on their own. "Our ATP therapy ensures and supercharges that process."

It should also be noted that if ATP Resonance BioTherapy is used to treat an active case of shingles, the lifespan of the active virus and the chances that you'll develop Post Herpetic Neuralgia reduce significantly.

When asking Audrey "how do you think things would have progressed if you'd never found Lincoln Acupuncture?" Her only response, "that's for a different conversation." Audrey's husband shares, "As a person, you can only handle so much pain. Audrey is on the other side of this now and to me, that's most important. And she got the results she needed by coming here."

If you or a loved one is experiencing the pain of an active shingles outbreak or are now suffering from post-herpetic neuralgia, RaeAnn Salvador, LAc and the staff at Lincoln Acupuncture and Integrative Health are here to help.

Visit AcuLincoln.com for more information or call **916-884-0398** to schedule an appointment for an initial consultation.

There is hope.

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916-884-0398



Tesla Club

BY PAUL GARDNER

The next meeting of the Tesla Club will be on Saturday, May 23, in the Kilaga Springs Presentation Hall, with our doors opening at 1:30 to allow for lots of Q and A. Membership in the club is free and you are invited to attend and bring your friends and neighbors who might be interested in driving a Tesla. After the meeting, we will be happy to provide rides to those who would like to experience the incredible magic of Full Self Driving. For further information log into lhteslaclub.com or email lhteslaclub@gmail.com

RV Group

BY MARY CARBREY

Who knew we would need air conditioning in early March? As we embarked on our first rally of the year, we were so excited to be the first group in the new “group site” at the Jackson Rancheria RV Park. However, within



a few hours, we blew out their power with our air conditioners! No worries...We are in a creative group. Once we got going, we enjoyed Bloody Mary’s Birthday Brunch, a Dandelion festival, a fabulous Cornhole Tournament, and even a Wheel of Fortune game sponsored by a local store.

There are any more adventures to come: April-Paso Robles, May-Angels Camp, June-Central Point, Oregon, August-Heber City, Utah and in September-McCloud. All types of RVs are welcome. To learn more, 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

Democratic Club

BY JUDY GANULIN

Finally, Lincoln will have a stronger voice! Beginning in January 2027, Lincoln will become part of District 4—and we’re already seeing what real representation looks like. Congressman Mike Thompson has made multiple visits to Lincoln, hosting two town halls and even joining our monthly meeting via Zoom. What a refreshing change! He’s also earned the endorsement of the California Democratic Party as a candidate in this June’s primary for our new district. Momentum is building—and so are we.

We’re already out knocking on doors across Lincoln—not just in Sun City Lincoln Hills, but throughout Twelve Bridges, Lincoln Crossing, and Foskett Ranch. We are a city-wide club, energized and growing. Ask us about our Neighbor 2 Neighbor program.

In partnership with other like-minded organizations and clubs, our dedicated volunteers are stepping up—powering efforts through “take action” activities in close races across the country and right here in California. This is how we protect and strengthen our democracy: together.

In April, we welcomed State Senator Ben Allen, candidate for Insurance Commissioner, and Judge Leon Dixson, who is seeking reelection as a Placer County Superior Court judge. Talking with our speakers helps us stay informed, energized, and empowered. Come join us at a monthly meeting and bring a friend.

The month of May we’ll keep that energy going with the Mayday Protest Rally—Workers Over Billionaires. Like our previous rallies, thousands of passionate, joyful voices came together across Placer County to stand up, speak out, and be heard.

Ready to make an impact? Join us at one of our “Take Action” events and be part of something bigger than yourself. Every call, every conversation matters. Find upcoming opportunities and get involved at www.LincolnCADems.org. Let’s keep the momentum going!

We are Democrats on the move—and Lincoln’s future is calling.

Bird Group

BY SHERRY SINGER

On March 23, members of the Bird Group took a short ride to Twelve Bridges Wilson Park. Soon after we arrived, Tree Swallows could be seen gliding across the sky, flashing iridescent blue when catching the light just right. For a moment, troubles fade and all that remains is the wonder of a small bird dancing in the wind. Aah... birding!

You, too, may have seen these Blue Angle-like flyers around Sun City lately. They are in the process of mating, nesting and feeding their young. My husband and I have been lucky enough to have Tree Swallows nesting in our bird box for the past several years. They are relentless in their quest for insects to feed their hungry newborns. These aerial insectivores fly for hours at a time, coursing low over fields, marshes and ponds, sometimes high in the air catching small flying insects. They are easy to identify by their deep blue iridescent backs and clean white fronts. Their scientific name, *Tachycineta bicolor*, perfectly describes these birds: swift moving (*tachycineta*) and two colors.

Unfortunately, insect populations have been dwindling recently which may be one factor responsible for the concurrent decline in the number of Tree Swallows.

Future Bird Walks:

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

May 8: Veteran’s Memorial Park (OR, hopefully Placer Land Trust, Laursen Bear



River Preserve, North

Auburn)

May 22: Canyon Oaks Trail

Future Meetings:

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

May 11: Kelli Moulden will bring live raptors to Kilaga in her presentation of “Hawks, Honkers and Hoots”

June 8: Carol Smith presents “Travels with Carol II – Ecuador, Florida and Minnesota”

July 13: SCLH birders/photographers present their “End of Year Photo Extravaganza”

Contact Information: Visit us at our website www.sclhbirders.org

Or contact Don Fallon, our chairperson at donfallon102@gmail.com

Garden Group

BY LORRAINE IMMEL

“Everyone Can Grow an Iris!” Join us for an inspiring and informative presentation at the General Meeting (May 28, 2:00 PM, KS) by a local iris farm owner from Loomis. Mary Ann Horton will share the secrets behind one of the easiest-and most rewarding-garden flowers to grow! Irises are beautiful, resilient, and surprisingly low-maintenance plants that thrive in our climate.

Mary Ann said it was a hobby that quickly got out of hand. She started gathering many historic iris rhizomes and used them to landscape the driveway and around the 125-year-old farmyard that she inherited from family. In 1999, she opened her gardens to the public and continued teaching mathematics full time at Sierra College and American River College. She now has over 1600 varieties of iris. For more info about The Iris Farm, their beautiful website is <https://www.hortonirisgarden.com/>.

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(cont’ on page 27)

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By Yvette Taylor

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Garden Group

(cont' from page 25)

Q's & A's-1:30 PM, Door Prizes Tickets, and Handouts will all be available. If interested in these "extras" it's good to come early! No door prizes after 2:00 PM. Save these dates: Bonsai Show-OC-May 9/10...Plant Sale-Pavilion-May 16.

• • •

Hikers and Walkers

BY LISA MARIOTTI

As we start dreaming about summer adventures in the Sierra Nevada, the month

of May reminds us that we don't have to go far to find magic. The foothills are putting on their own show—dogwoods in bloom, hillsides dotted with vibrant wildflowers, and trails just waiting to be enjoyed. We're incredibly lucky to have such beautiful hiking right in our backyard. The Lincoln Hills Hikers and Walkers invite you to come along this month—lace up your shoes, check the website, and let's get outside together!

Did you know our club typically offers two hiking getaways each year—one in the spring and one in the fall? By the time this article comes out, we'll have just returned from what's sure to be a fantastic trip to Point Reyes, and

we're already looking forward to a fun-filled fall adventure in Mammoth Lakes. Over the years, we've explored incredible destinations like Sequoia National Park, Graeagle, Marin Headlands, and Pinnacles National Park—just to name a few! There's something special about getting away together—it's the perfect mix of hiking, connection, and laughter.

Watch for fun May hikes—including at least one adventure in the foothills on the Pioneer-Hallelujah Trail, where we hope to see vibrant wildflowers and blooming dogwoods. Cronan Ranch is also on the schedule—yahoo! Be sure to check the website for the latest updates.

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 Club

BY MIKE CARLSON

Are you bored with the everyday drudgery of life here at Sun City? You know, the endless rounds of golf, pickleball, bocce, playing cards



Beth Morton

and taking naps? How about something new? Come out any Saturday morning to the Kilaga Springs pool to check us out. We have a spot for you no matter what your skill level is. First contact us at LHWaterVolleyball.com or email Elaine at sclhwatervolleyball+membership@gmail.com See you in the pool!

• • •

(more Club News cont' on page 29)



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Lincoln Hills March Sales Snapshot

ADDRESS	STREET	SQ.FT.	ORIG. PRICE	SELLING PRICE	FLOORPLAN
637	Geary	1020	\$462,400	\$443,625	Mariposa
613	Geary	1120	\$480,000	\$480,000	Millpond
2435	Monument	1184	\$474,000	\$463,640	Millpond*
596	Geary	1298	\$510,000	\$500,000	Bridgagate
915	Magnolia	1298	\$520,000	\$510,000	Bridgagate
2006	Gatehouse	1322	\$505,000	\$489,000	Bridgagate
1892	Farmgate	1473	\$529,900	\$500,000	Almanor
110	Northfield	1704	\$599,900	\$550,000	Echo Ridge
1875	Laurelhurst	1715	\$629,000	\$624,000	Mendocino
405	Lilypond	1728	\$629,000	\$629,000	Echo Ridge
2344	Winding	1739	\$615,000	\$599,000	Mendocino
2360	Rubicon	1785	\$619,000	\$620,000	Santa Cruz
853	Cottonwood	1791	\$599,000	\$615,000	Tahoe
338	Snapdragon	1793	\$610,000	\$607,000	Tehama
472	Violet	1795	\$628,000	\$635,000	Tehama
2288	Granite	1844	\$689,000	\$689,000	Orchard Crest
2240	Prairie View	1873	\$560,000	\$518,000	Orchard Crest
851	Rocky Ridge	1873	\$687,000	\$676,500	Orchard Crest
1930	Graeagle	1873	\$649,000	\$641,000	Orchard Crest
1285	Dapple Dawn	1910	\$729,000	\$775,000	Fremont
1925	Laurelhurst	2092	\$769,000	\$749,000	Tahoe***
2582	Kingfisher	2162	\$835,000	\$847,500	El Dorado****
755	Castleberry	2176	\$749,000	\$752,000	Sausalito
978	Gold Nugget	2187	\$850,000	\$749,000	Fremont***
2120	Hidden Hills	2264	\$1,050,000	\$1,087,000	Napa**
1523	Sweet Juliet	2962	\$979,000	\$979,000	Meadowgate

*Expanded ** View ***Casita ****Golf Cart

Total Homes sold in Sun City per MLS 03/1/26 - 03/31/26

Lincoln Theatre Company Closes Season with Neil Simon Classic

BY PEGGY SCHECHTER

The Lincoln Theatre Company (LTC) is set to close its 2025–2026 season on a high note with the opening of Brighton Beach Memoirs, the beloved coming-of-age comedy by legendary playwright Neil Simon.

Opening this month, Brighton Beach Memoirs invites audiences into the lively, often chaotic world of the Jerome family in 1930s Brooklyn. Narrated by 15-year-old Eugene Jerome, the play blends humor and heartfelt reflection as it explores adolescence, family tensions, and the pursuit of dreams during a time of economic hardship.

Widely regarded as one of Simon’s most personal works, the play draws heavily from his own upbringing and has become a cornerstone of American theater. Its enduring charm lies in its balance of laugh-out-loud moments and poignant storytelling—qualities that LTC aims to bring vividly to life on stage.

This production is directed by Yolla Ryder, whose vision brings both warmth and authenticity to Simon’s semi-autobiographical story. The cast features a talented ensemble including Carter Medlin, Aaron Grosser,



Top row: Lauren Ormond, Arron Grosser (seated), Beau Engler. Bottom row: Persephone “Lexi” Hanks.

Stephanie Dyan, Beau Engler, Lauren Ormond, Alana Szymanski, and Persephone “Lexi” Hanks.

This production is a fitting finale to an incredible season. It celebrates family, resilience, and the power of storytelling—everything community theatre is about.”

Over the course of the 2025–2026 season, LTC has presented a diverse lineup of productions, showcasing everything from farce to drama. The choice to close with Brighton Beach Memoirs

reflects the company’s commitment to classic works that resonate across generations.

Performances will run May 8 through May 31, at the company’s Lincoln venue at the Civic Auditorium, 511 Fifth St. Tickets can be purchased online at Lincolntheatrecompany.org or by calling the box office at 916-409-7030. Theatre-goers are encouraged to secure seats early, as strong community interest is expected for this final show of the season.

As the curtain prepares to rise, LTC once again demonstrates its dedication to bringing high-quality, accessible theatre to the Lincoln community ending the season with laughter, nostalgia, and heart.



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Shuffleboard

BY JON KLINE

Shuffleboard players were excited to see that we now have directional signage on Del Webb Blvd. For the residents who are still unaware that SCLH has shuffleboard courts, you can park in the softball parking lot at the Sports Plaza and find us on court #10 next to the maintenance building. Club play: Tuesdays and Saturdays from 9:30 to 11:00 A.M. As temperatures rise, we will move to 8:30 A.M. Soon we will add Thursday evenings from 6:30 to 8:30 PM, having three times/week to enjoy this sport. The courts have lights, so our members bring snacks to share on Thursday evenings, and we socialize immediately following play time. No bending or lifting is required. It's fun for all ages, and all residents are welcome. We have two games to play: "Same side partners" and standard

shuffleboard with partners on opposite ends. Sign up for a clinic, or stop by during club time. Everything is free. Our Association is currently working on getting shade for our shuffleboard courts, hopefully in May.

Our Club Social Director, Irene, has arranged for our members to go on the Sierra Pacific Lumber Mill Tour in May, and a Brown Bag Picnic at the Sports Plaza on Sunday, June 14, from 11 A.M. to 2 P.M. Bring your own lunch and something to drink. We encourage you to bring a game: checkers, chess, L, R, C, Corn Hole, or Domino's. We'd love to meet you. Did I mention that we love to socialize!

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

Club Website: Facebook/SCLH Shuffleboard Club

• • •



New Shuffleboard sign on Del Webb Blvd.

Tennis Group

BY PAULA GRIFFIN

In celebration of May as National Tennis Month, the club will be hosting a Live Ball event on May 10th at 9:00am on courts 1 & 2. Live Ball is a fun, doubles style of game in which rotating pairs of players compete to gain and maintain control of the champion side of the court. Not only can it be a good workout, Live Ball sharpens your skills at situational point play without the serve! It's a great opportunity to play with other club members of various levels. The club will also host Triples play on all Saturdays in May and ball machine practice on Wednesday and Saturday mornings. Dust off that tennis racquet, come out to the courts and groove your strokes with our free events.

Congratulation to the participants and winners in the club's Saint Patrick's Day tournament —

6.0 Division — Winners: Larry Lycett/Pam Flaherty. Runners Up: Doug Lundy/Marlies Beck. 7.0 Division — Winners: LeRoy Weighall/Kitty Kelly. Runners Up: Keith Kimble/Paula Griffin. 7.5+ Division — Winners: Phil Vick/Kat Jaskot. Runners Up: Terry Wong/Lori Wong.

Check out all of our activities on the club



Lori and Terry Wong enjoying the St. Pat's Day Tournament.

website at <https://sclhtg.com> or email us at sclhtg01@gmail.com. See you on the courts!

• • •

LH Table Tennis

BY ILENE MARSHALL

Many thanks to all of the 20 players that showed up and participated in this month's FUN Round Robin Social Doubles Ladder. Congratulations to our March winners: Wes Hill; Eve Lee; Steve Gile; Tom O'Connor. Our next Doubles Ladder RR is Sunday April

(cont' on page 31)

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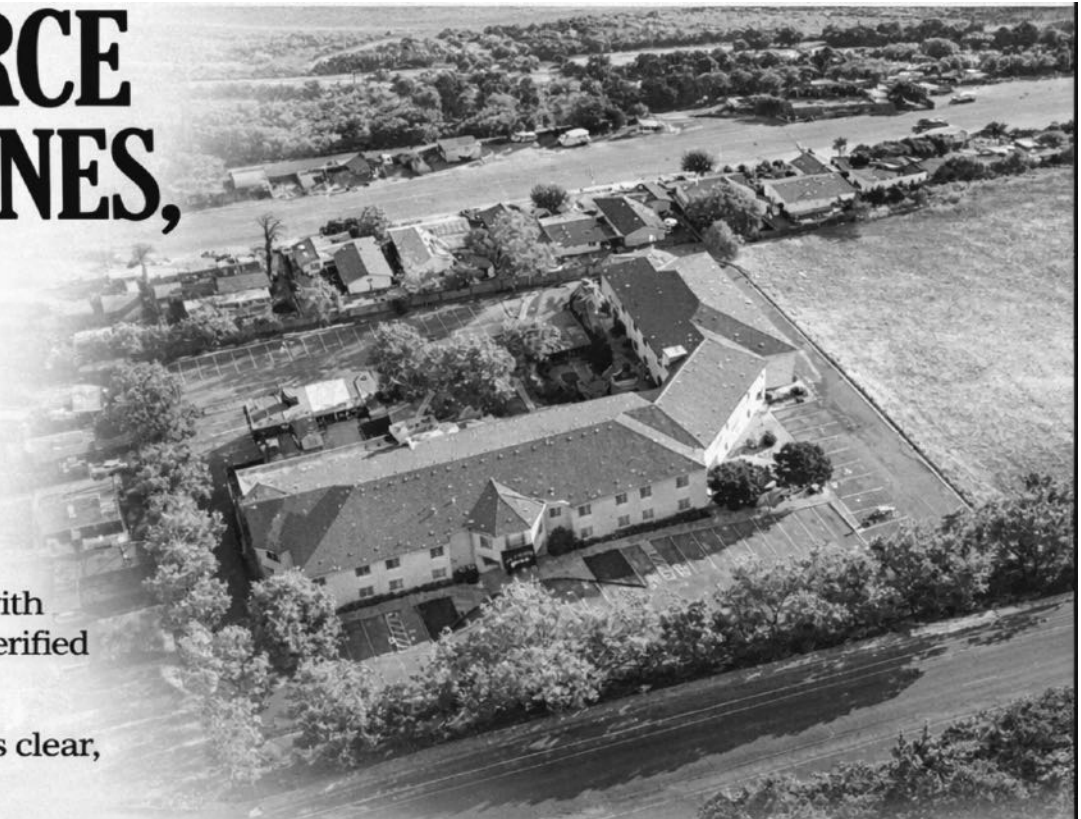


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LH Table Tennis

(cont' from page 29)

21st, 12:30 PM.

If you are interested in playing singles, please just come out at around 3PM on Sunday afternoons. This is a loosely organized round robin.

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 carllynch@live.com

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

Softball

BY ERNIE MICHELI

The 2026 season has begun with ten teams playing each other on Mondays and Wednesdays! We've got five games lined up each day, with the first one starting bright and early at 8:00 a.m. and the last game beginning at 2:00 p.m.

Also, the Women's Division has five games scheduled for May. They'll be playing on May 3 (10:00 a.m.), May 9 (10:00 a.m.), May 14 (3:00 p.m.), May 21 (3:00 p.m.), and May 31 (10 a.m.). Plus, the ladies will be serving hot dogs at the Coyote Tournament on May 16 and 17.

Hot dogs and softball are a staple here in Lincoln Hills, and we're excited to celebrate Hot Dog Day on May 6! The grill, grillers, and kitchen crew will be ready to take your orders. You can enjoy a tasty hot dog with all the fixings—condiments, chips, and a drink—for just six dollars.

We're frequently asked about how the Coed Recreational League uses the profits from our hot dog sales. The simple answer is that we donate them to the local high schools.



Aaron Hagman and Phil Suek

Each hot dog you purchase contributes to the athletic department at local high schools. Recently, we presented three \$1,000.00 checks to Twelve Bridges High School, Lincoln High School, and Phoenix High School.

Our website is packed with all the latest info, like standings, team rosters, photos, and more. You can find it at lhssl.net. If you have any questions, feel free to reach out to President Bruce Briggs at bbriggsrsoftball@global.net or give him a call at 916-543-3401.

(more Club News cont' on page 33)

22nd Annual Voices of Lincoln Poetry Contest — Poets Wanted! Enter Now!

BY ALAN LOWE

The 22nd Annual Voices of Lincoln Poetry Contest officially began in April, as part of the celebration of National Poetry Month. The theme of this year's contest is "Memories: Revisiting The Past Through Poetry." The five (5) new contest categories include the following: My First Love The Best Gift I Ever Received My Greatest Accomplishment What I'd Like To Do Over Again Advice That Changed My Life. Poets may submit a maximum of three poems, no more than one in each of three of the five contest categories.

Poems may be in rhyme, free verse, haiku or other accepted poetry forms and of any length, up to a maximum of 60 lines.

Everyone is encouraged to enter the contest. The "Rules and Entry Form" can be downloaded from the following blog:

<https://slolowe44.blogspot.com/2026/03/2026-voices-of-lincoln-poetry-contest.html>

Poems should be written in English. They should be typewritten and not centered. Please use the Arial font 12-point. The title should be listed at the top of the poem and the category should be included at the top right corner of the poem page. The name of the poet should not be included on the poem. Entry Forms must be received no later than Wednesday, July 15, 2026. Early submissions are appreciated. If you have questions, contact Alan Lowe, Contest Coordinator, at slolowe@icloud.com.

The Voices of Lincoln Poetry Contest is presented by the Poets Club of Lincoln. Winners will receive a commemorative chapbook of the winning poems.



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LH Pickleball

BY DIANE FERRARI

May the force be with you and lead you to becoming a Pickleball Club member! Club membership opens the door to tournaments, ladders, round robins, drills, Team Pickleball, and a full calendar of social events all at a very reasonable price. We recently had a fantastic time at the Frenemies Tournament, where the Luau theme brought great energy and plenty of “volcanic” plays. Mahalo to our generous sponsors: US Cryotherapy Roseville, California Carpet Center, Donna Judah – Coldwell Banker, and Fawn Adams – Kendall Group Insurance Services. We truly appreciate your support! Get ready to rumble! Come out and watch the Paddle Battle Tournament on May 19–20th. It’s sure to be exciting. We’re also proud to have Ian Dickson as our official Club Pro. With his high-level competitive experience and strong teaching background, Ian helps players



The Sassy Surfers had a great Tropical Fest Tournament!

improve consistency, strategy, and confidence on the court. Classes are available through sign-ups in Well Fit. New to pickleball? Start with PB101: Introduction to Pickleball—a free, beginner-friendly class covering rules, scoring, and fundamental skills, along with an overview of how the game is played. No experience needed, and it’s open to all Sun City Lincoln Hills residents. To sign up, email: welcometopickleball@gmail.com

Mark your calendars: Oktoberfest is October 8 and the Winter Holiday Party is December 1. We’ll see you on the courts!

...

Lincsters

BY MARIE BOSSERT

What wonderful weather we had for our annual Big Sister/Little Sister Tournament. A special thanks to Judy Josse and Mary D’Agostini for co-chairing this fun tournament.

First Place Team with a Net Score of 53: Carol Shuey, Mary Keaney, Hedy Hallums, Alison Phillips.

Second Place Team with a Net Score of 60: Marnie Badgley, Patty Alderete, Jane Hall, Jan Nelson.

Third Place Team with a Net Score of 61: Carmen Farrington, Judy Matson, Pat Shafer.

CTTP: Congratulations to Cheryl Brindley - 34 feet, 5 inches.

Putt Winners: 1st place with 17 putts: Mary Keaney. 2nd place with 18 putts: Cheryl Brindley, Jane Hall, Elfie Jenkins, Fran Rivera, Carol Shuey.



Co-chairs Mary D’Agostini and Judy Josse

3rd place with 19 putts: Marisue Flannigan, Pat Shafer.

WNHGA low net winner Patty Alderete. Shot 32! To join Lincsters or WNHGA, visit our website: lincolnhillslincsters.memberplanet.com

...

Ladies Golf - 18 Hole Club

BY KAREN ESCOBAR

Congratulations to Kathy Lee, our April Net Chix winner, finishing with an impressive net score of 70. Kathi McCoy captured Closest to the Pin on Hills #7 with a standout shot landing just 5 feet, 1 inch from the hole. Flight winners for the month included Gwen Hare, Cathy Jaicks, Sharon Knoll, Wendy Seagraves, and Mikie Briggs.



New Member Valerie Hooper

We were delighted to welcome two new members to the club. Pat Honeycutt, who moved from El Dorado Hills in November, joined us after deciding it was the perfect time to downsize and enjoy a community rich with golf and social activities. She is also a member of the Mather Women’s Golf Club. Our second new member, Valerie Hooper, previously of Winchester Country Club, relocated to Sun City Lincoln Hills four years ago and is excited to return to the game. We look forward to seeing both of you on the course.

The 2026 Friends and Family Play Day were held April 9 on the Orchard Course, drawing more than 70 golfers. Many participants capped off the day by gathering at Meridians Sports Bar to share stories, refreshments, and plenty of laughter.

Looking ahead, several exciting tournaments are on the horizon:

- Sunheim Cup at Timber Creek – May 13
- Sunheim Cup at Lincoln Hills – May 28
- Guest Day – June 4
- Red, White and Blue – July 2
- Captain’s Cup – August 13

If you live in SCLH and want to play with ladies who love golf, we invite you to join the



New Member Pat Honeycutt

Ladies Golf XVIII group. Our club gathers every Thursday for a fun and friendly Play Day, featuring a different game format each week to keep things new and exciting. Come join the fun and get to know the amazing women in our club! 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 Orchard Course for 109 MGCLH players to play the St. Patrick’s Day, TOC and JFF Tournaments (Stroke Play).

TOC Flight 1 Low Gross winner: Walter Milgroom (77), Low Net winner: Ray Otis (-3).

TOC Flight 2 Low Gross winner: Jack Trigger (79), Low Net winner: Brian Fox (2).

TOC Flight 3 Low Gross winner: Ciro Estremo (90), Low Net winner: Larry Brown (E).

JFF Flight 1 Low Gross winner: Mike Hughes (76), Low Net winner: Jeff Link (-1).

JFF Flight 2 Low Gross winner: Rich Hendrickson (84), Low Net winner: Ed Rocknich (5).

JFF Flight 3 Low Gross winner: Vince Barriero (89), Low Net winner: John Estes (3).

JFF Flight 4 Low Gross winner: Rich Hulett (86), Low Net winner: Warren Mercer (-1).

JFF Flight 5 Low Gross winner: Gene Andrews (90), Low Net winner: Bruce Bush (E).

Par 3’s Closest to the Pin on Orchard holes

(cont’ on page 39)

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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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\$700,000	\$17,500	\$10,500	\$7,000
\$800,000	\$20,000	\$12,000	\$8,000
\$900,000	\$22,500	\$13,500	\$9,000
\$1,000,000	\$25,000	\$15,000	\$10,000

*Commissions are based on Sale Price. I List for 1.5% and additional commission is paid to Buyer's Agency. TOTAL Commission is 4%.
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SUN SENIOR PROFILES *Getting to know you...*

Armando and Andrea Mayorga

(cont' from page 1)

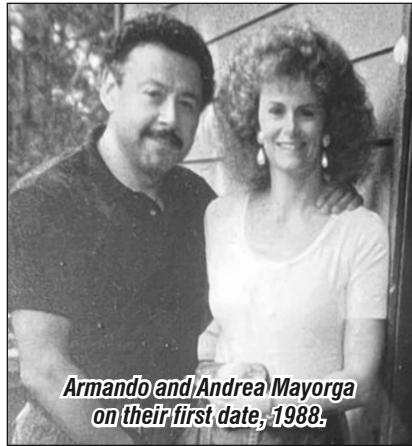
who has a son, Xavier.

Andrea was born in Long Beach in 1953, the oldest of five children. Her father worked at a smelting factory along with other jobs while her mother was a stay-at-home mom. She remembers her childhood as being easy-going, with not a lot of supervision, playing outside until her father's whistle would send them all home for dinner. She lived across from a school which had a large playground, swings, and a pool so there were always fun things to do.

When she was 11, her father's job sent them to Indianapolis where she saw her first Indy 500 car race which she calls the "highlight" of the year. The family then moved to Seal Beach, and Andrea attended Huntington Beach High School where she was a cheerleader, swam, and played tennis and badminton.

After graduating in 1971, Andrea went to Orange Coast College and Cypress College, the latter of which she obtained a 2-year degree as a Psychiatric Technician. She worked at Fairview State hospital attending to developmentally disabled patients, then eventually transferred to Sonoma State Hospital. She went to nursing school at Santa Rosa Jr. College, receiving her nursing degree in 1986. She liked working with the developmentally disabled patients, finding them "gentle and innocent." Her final promotion was as a clinical nurse, where she made rounds and "put out fires." She retired in 2009.

Armando and Andrea moved to Sun



Armando and Andrea Mayorga on their first date, 1988.



Andrea Mayorga refereeing in 2023.

City Lincoln Hills after a few friends told them of their plans to move there. After they checked out the facilities and activities, they decided to move here, even though Andrea was still working. She ended up commuting to Sonoma State Hospital for more than three years before retiring, but as Armando says, "It was the best decision we ever made."

One day Andrea got curious about pickleball and asked some players to show her how to play. She remembers coming home and telling Armando, "I found my new sport." She started playing in February 2010, and by October found herself driving her VW bug with three friends to the Huntsman World Senior Games in Utah, where thousands of senior athletes compete every year in archery, bowling, disc golf and many other sports. Andrea came home with her first bronze medal in pickleball. She has won many gold medals since then with friends Richard Norman and Robin Haney. "We had a lot of fun together," she says.

Seventeen years ago, Andrea and Armando were talking to their AAA agent about their policy when the agent asked if they'd like to donate to the St. Baldrick's Foundation, a non-profit organization with the aim of raising funds to help fund research for childhood cancer. The name of the foundation is not associated with a recognized saint of the Catholic Church, but is founded on word play and appropriation of the title of sainthood. Volunteers sponsored



Armando and Andrea Mayorga — 2023.

by family, friends, and employers shave their heads in solidarity with children who typically lose their hair during cancer treatment in order to raise funds. This is a cause that Andrea and Armando still support every year. Andrea estimates she's raised \$134,000 so far and participates in shaving her head each year.

Another yearly event for the couple is what they call their "pickleball adventure." They belong to a group of pickleball enthusiasts who meet once a year at an all-inclusive resort, convert the resort's tennis courts into pickleball courts and just play for fun. They've held these adventures in various places such as Costa Rica, Cancun, Jamaica, Turks and Caicos, Dominican Republic and Riviera Maya in Mexico.

In 2019, wanting to give something back to her favorite sport, Andrea passed the test to become a certified referee in pickleball. Besides traveling for games all over the country, she helps to find housing for pickleball refs for their tournaments. Andrea also gets to practice her nursing skills, this time on the pickleball court when players sometimes fall ill.

Armando played racquetball for more than 30 years until a knee replacement sidelined him and he got into pickleball with Andrea. But now, a bad back has slowed him down somewhat; after having undergone another knee replacement and two hip replacements, Armando has increased his cooking skills that he began learning in the Fire Department. Chicken cacciatore and his ribs are legendary. He is constantly downloading recipes off the internet and has a cabinet in the garage filled with cookbooks. They make quite a team—he cooks and she cleans up after him. A win/win

as far as they're concerned.

They're looking forward to more retirement years at SCLH where they feel a strong sense of community and enjoy the camaraderie. "We're just really happy here," says Andrea. "We often wonder what would have become of us if we had decided to live elsewhere."

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

**Meet the Author
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BY SARAH I. KEVIN

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Born and raised in California with a background in communication, journalism, and marketing, Jill Lendahl knows how to craft a story that sticks. Her latest novel, *Dreaming of Annabelle*, is the stunning conclusion to a three-book series that began with *The Vineyard at Midnight* and continued with *Under the Hanalei Moon*. Recently heartbroken, Skyler inherits a locket and a painting after her grandmother's passing and books a one-way ticket to Paris searching for answers. There, her dreams slowly unveil a long-buried love story between her grandmother Annabelle and a Parisian artist. A blend of mystery, romance, and evocative setting. With five books to her name — including the upcoming *Salt Hallow* — Jill Lendahl is an author to watch.



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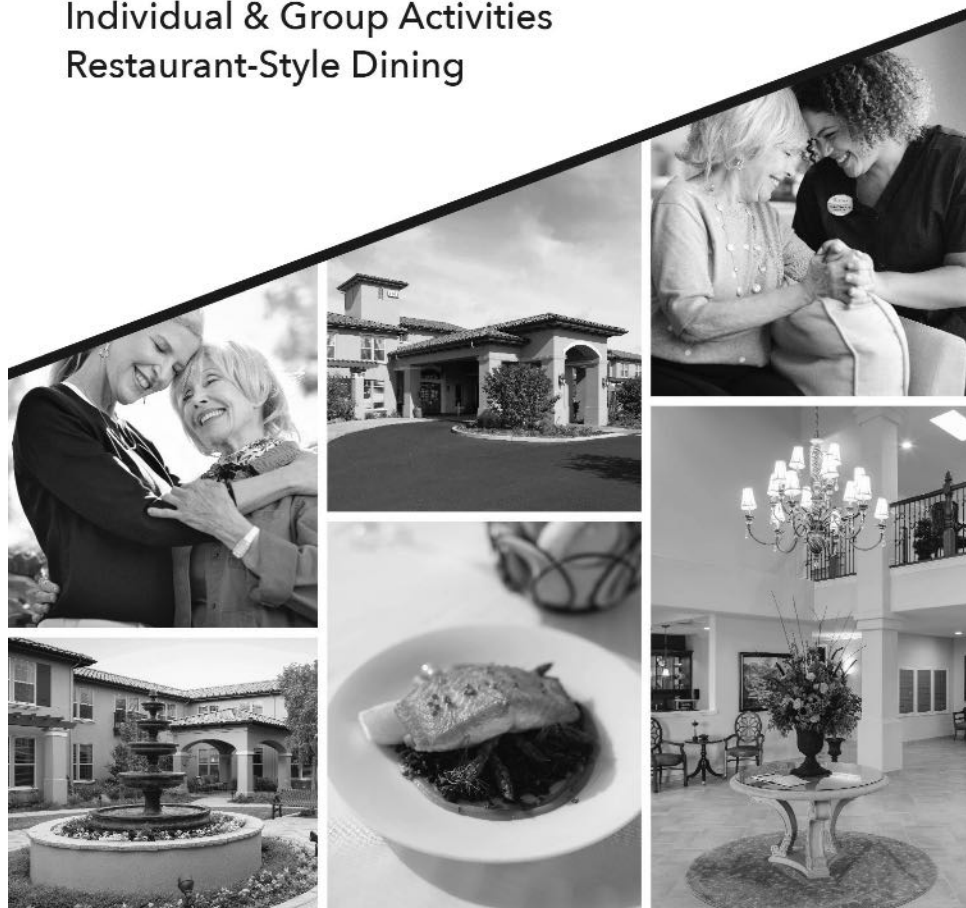
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Neighborhood Watch — Safety Event Reaps Information Rewards for Residents

BY JUDIE PANNETON

Wait times of up to 30 minutes can happen for ambulance arrival, according to Lincoln Fire Chief Anthony Mejia. He made that comment to approximately 200 people who recently attended a Neighborhood Watch Safety Forum. He noted that Lincoln is the only city in California no paramedics are on the Fire Department where Sun City developments are located. The problem, he explained, is that Lincoln is growing while resources are not and there is not a dependable funding source to increase the number of paramedics on staff.



coordinators and mailbox captains where residents have not volunteered to do so. As you know, villages are best served by residents who live within that neighborhood. If you are interested in volunteering, please visit selhwatch.org and click on the “Want to volunteer?” tab. Neighborhood Watch provides full training and support to ensure the role is simple and time-efficient.

Have you heard about a neighbor whose family worried because they couldn’t get a hold of her and eventually found out she



Lincoln Police Department Sergeant Jesse McCauley urged residents to call the non-emergency number (916-645-4040) to report unsafe e-bike riders and suspicious people in the neighborhood. It is illegal for bicyclists to ride on public sidewalks and police urge residents not to confront the violators because it can become dangerous. If you see riders/walkers/people fishing/trespassing on the association’s property, call V-Force at 279-239-9094. See the information-packed presentation video at selhwatch.org and on the resident website under community forums.

The Neighborhood Watch Board of Directors is welcoming two new members, Judie Panneton and Terri Peterson. Judie previously served as the chair of the Accessibility Committee and on the Communications and Community Relations Committee. Terri, whose professional career includes being an elder abuse victim advocate and an educational interpreter for the Deaf and Hard of Hearing, has served as a Mailbox Captain and Coordinator.

Like other Board of Director members, Judie and Terri, will serve as temporary

had been in the hospital? Thanks to their calls to the association, which led them to the village’s Mailbox Captain, the family learned about what had happened. That’s one of the reasons why Neighborhood Watch Coordinators and Captains keep confidential contact information for their villages. If you don’t know your Captain, click on “Who is my Captain?” at selhwatch.org

.....

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.
• • •



Letters to the Editors...

Authors are solely responsible for the content of their letters.

In Defense of the New Board at SCLH

I read Frank Ball's Letter to the Editor in the March edition of the Sun Senior News. Has Mr. Ball ever served on a committee or on the Board?

His letter showed little appreciation for the challenges faced by the new Board members who stepped up after several sudden resignations. In particular, Treasurer Laura Thiele worked tirelessly to complete the budget on time. The December Compass magazine highlights her efforts to strengthen our reserve funding and address the needs of our aging facilities.

Mr. Ball repeats the same complaint he made in a previous issue:

"The biggest gap is a fundamental understanding that the Board is there to make policy, not decide on the type of lighting we should purchase."

What he fails to mention is that the Board was evaluating a state mandated transition to LED lighting—one that could cost \$400,000 due to wiring issues in our 25 year old buildings. President Dave Mateer reviewed the options and helped select the most cost effective choice.

That is exactly what responsible oversight looks like.

In that same meeting, Director of Facilities Rosales presented a proposal that would cost over \$100,000 to relocate the shuffleboard courts. The Board determined this cost was excessive and sent it back for revision. Again, that is fiscal responsibility in action.

Now compare this to a previous Board's handling of a \$500,000 cardio equipment proposal from WellFit Director Mcllvain. Board President Barnes expressed mild surprise that the Properties Committee barely discussed it—yet allowed it to move forward anyway. Gary Kawula was the only Board member to vote NO, citing a clear lack of due diligence by both the Board and Ms Mcllvain. He argued that we should prioritize maintaining our aging facilities and preparing for lawsuits that could cost millions of dollars. "Shiny new things," he warned, should not come before essential repairs.

Ms Mcllvain further demonstrated a lack of due diligence by failing to survey residents who actually use the gym equipment. Residents were denied input as to what equipment would be most appropriate and user friendly. As a result, some residents—especially shorter individuals—struggle to see the non adjustable screens. In addition, more than \$100,000 was wasted on 10 new treadmills at Orchard Creek. Only 3 of the 10 treadmills are typically in use because residents prefer to use the upstairs track.

In total, \$300,000 of cardio equipment and a new \$70,000 floor were installed at the Orchard Creek fitness center—despite the roof having leaked rainwater for more than a decade. In both 2024 and 2025, I sent photos to the Board showing buckets catching rainwater.

Several current Board members have been on the job for only five months. They have been working hard to keep our dues low, increase our reserves, and maintain our aging facilities—no easy task given the need for a new \$600,000 dehumidifier, major repairs at the Kilaga pool, and more than \$1 million needed to settle a lawsuit. In addition, residents were recently informed that addressing the open space problems will require \$500,000 in seed money for a project that may cost \$2 million.

Many residents appreciate the new Board's efforts to reduce costs, ask detailed questions, and challenge unnecessary spending.

Mr. Ball's letter suggests he does not appreciate the long hours, and difficult decisions required to do this work. Instead of sitting behind a keyboard telling others how things should be done, perhaps one day Mr. Ball will run for the Board and demonstrate his "expertise" in person.

J. Ken Newell

Support for Scott Boore

I am writing to express my support for Scott Boore as a candidate for the Sun City Lincoln Hills Community Association Board of Directors.

Sun City Lincoln Hills is not a typical HOA. It is a large, complex, self-governed community

with significant financial responsibilities, infrastructure, and long-term obligations. It requires Board members who understand governance, fiduciary duty, and the importance of thoughtful, disciplined decision-making.

Scott Boore brings exactly that kind of experience. As a Trustee of Stetson University, he served on the Finance Committee overseeing a \$300 million budget. He has led organizational restructuring efforts, including rewriting bylaws and implementing strategic plans. Professionally, he has built and led organizations with a strong emphasis on accountability and long-term performance.

Just as important as his experience are the values he brings to the role. Scott believes in giving back to the community, acting with integrity, and making decisions that reflect both fairness and responsibility to all residents.

He understands that Board service is not about politics or personalities, but about stewardship—protecting both the quality of life and the long-term financial health of our community.

At a time when strong, experienced leadership matters, Scott Boore is well prepared to serve. I encourage residents to support his candidacy.

Patty Bennett

• • •

Jack Harris for Board of Directors

Promises Made and Promises Kept

I encourage every member to participate in the Sun City Lincoln Hills Board of Directors election. If you have not yet voted, there is still time to do so before May 13.

Many of you know me from my prior service on the Board of Directors, where I served four of the past six years. One area of work I am especially proud of is the Strategic Plan. In 2018, before I was elected to the Board, I served on the team that helped lay the groundwork for what became the current Strategic Plan. Once elected, I continued that work as part of the team that helped create and adopt the roadmap for putting that plan into action. I want to return to the Board to help ensure that the Strategic Plan is used as intended: to guide thoughtful, consistent decisions about the long-term future of Sun City Lincoln Hills.

During my time on the Board, I approached the job with honesty, directness, and respect for the responsibility entrusted to Board members.

Early in my tenure, some Board members wanted to bring in an outside food service company to manage our Food and Beverage department. I opposed that move because I believed it would reduce the Association's control while increasing costs. I believed the Association itself was the better manager. I was actively involved in the recruitment and hiring of Jim Trondsen, and under his leadership the department has become more stable, better managed, and more successful.

Social media often calls for individual member involvement in Board decisions at almost every level. Member interest and engagement are important, but good governance also requires recognizing that no one outside the Board has access to all of the information, legal advice, operational detail, and institutional knowledge involved in those decisions. As I have often said, you don't know what you don't know.

Sun City Lincoln Hills deserves steady governance. The Board's role is to focus on the long-term interests of the Association, make decisions based on facts, respect process, and carry out its fiduciary duty responsibly. That duty means more than watching over the money. It means acting in good faith, exercising sound judgment, and putting the interests of the Association ahead of personal agendas or outside pressure.

Sun City Lincoln Hills deserves Board members who will lead with steadiness, judgment, and integrity. I would be honored to earn your support.

Jack Harris

• • •

Lincoln Police Department Volunteer Program

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

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*** RULES AND ENTRY FORM ***

- POETS WANTED!** 1st, 2nd, and 3rd place winners will be selected in each contest category.
- The five (5) contest categories include the following: **My First Love** **The Best Gift I Ever Received** **My Greatest Accomplishment** **What I'd Like To Do Over Again** **Advice That Changed My Life**
- Poets may submit a maximum of three (3) poems. Select three (3) of the contest categories and submit one poem from each. Everyone is encouraged to enter. Poets do not have to live in Lincoln, CA. There is no entry fee.
- Poems may be in rhyme, free verse, haiku, or other accepted poetry forms and of any length, up to a maximum of 60 lines.
- Poems should be written in English. They should be typewritten and not centered (read left to right). Please use the Arial font 12-point. The title should be listed at the top of the poem and the category should be included at the top right corner of the poem page. The name of the poet should not be indicated on the poem.
- Young Poets.** 18-years of age or under, are encouraged to submit poems and will compete in a special "Young Poets" category. Young poets should follow the same rules as noted above. However, they should include their age, grade, and school on the Entry Form.
- All poems must be submitted on hard copy to the address listed on the Entry Form below and must be received **no later than Wednesday, July 15, 2026.**
- Early submissions are appreciated. A separate Entry Form should be attached to the hard copy of each poem submitted. Duplication of the form is permitted. Questions—contact Alan Lowe at slolowe@icloud.com.
- The top three winners in each category will be contacted. They will be asked to submit their poems electronically, by email attachment. All winning poems will be printed in a commemorative chapbook, which winners will receive as a gift.

2026 VOICES OF LINCOLN POETRY CONTEST
ENTRY FORM
(One Per Poem – PLEASE PRINT)

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Address: _____ City: _____ State: _____ Zip: _____

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Contest Categories (Check appropriate category of poem submitted): My First Love The Best Gift I Ever Received
 My Greatest Accomplishment What I'd Like To Do Over Again Advice That Changed My Life

Title of Poem Submitted: _____




Please ensure that poems comply with all contest rules. No names should appear on the poems submitted. Include the title at the top of the poem. Place the category at the top right corner of the poem page. Use a paper clip to attach a copy of this Entry Form (cut along dotted line) to each poem submitted. Mail poems to Voices of Lincoln Poetry Contest, c/o Alan Lowe, 1235 Picket Fence Lane, Lincoln, CA 95648. Poems must be received **no later than Wednesday, July 15, 2026.** Early submissions are appreciated.

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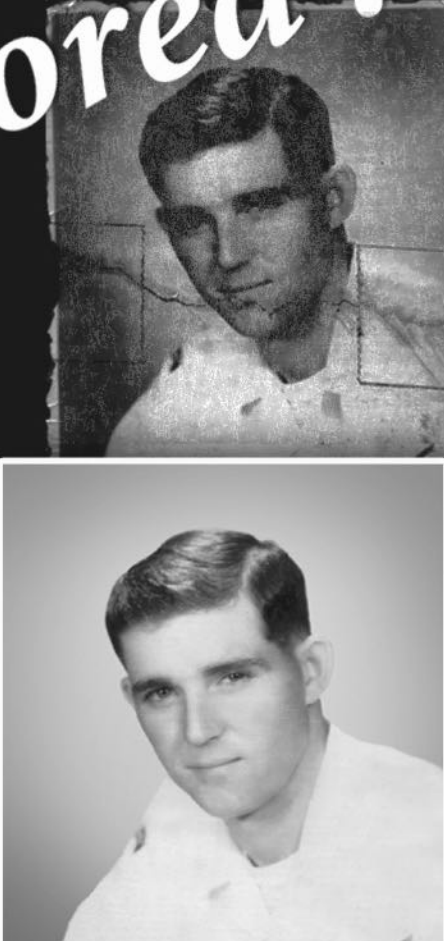
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Support Lincoln Public Library on May 7

BY KAREN LINDH

This year, Friends of the Lincoln Public Library (FOLL) celebrates 40 year of service to Lincoln Public Library. On May 7, the Big Day of Giving, we ask for your support to help us continue making Lincoln Public Library a place for the whole community. 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.

There is a lot more to the Library than books, and there are activities and events that enhance quality of life for adults as well as kids. FOLL-supported 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 enabling patrons to borrow and stream a variety of magazines, audiobooks, movies, TV shows and music any time of the day or night. Digital media and an impressive collection of large print books allow seniors to access a wide variety of content. If you aren't yet a fan of Lincoln Public Library, just come and visit. Tours are available, check our website at lincolnlibraryfriends.org

Men's Golf Club

(cont' from page 33)

4, 7, 11, & 16: winners: Jack Trigger (10'5"), Jeff Warner (1'6"), Ray Wertz (0'8"), and Warren Mercer (2'0").

Long Drive winners: Jim Kiley and Rob Davies.

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/>

• • •

Billiards Group

BY RANDY FANN

If you've ever wanted to learn pool—or sharpen the skills you already have—

the Lincoln Hills Billiards Group offers one of the friendliest and most effective programs around. Every Tuesday at 9:00 and 10:15 at Kilaga Lodge, players of all levels come together to learn, practice, and enjoy the game in a supportive setting.

What makes this program special is its tiered instruction, ensuring that everyone gets the right level of guidance.

- Beginners start with the essentials: stance, stroke, aiming, cue ball control, and table etiquette. Instructors take a patient, encouraging approach that helps new players feel comfortable right away.

- Mid level players focus on improving consistency and strategy. They learn shot

selection, position play, and how to think several moves ahead—skills that make the game even more rewarding.

- Advanced players work on precision, advanced patterns, and competitive level concepts. The instruction challenges them to refine their game while enjoying the camaraderie of fellow enthusiasts.

Beyond the instruction, the atmosphere is what keeps people coming back. The group is welcoming, upbeat, and full of players who enjoy helping each other improve. Laughter is common, encouragement is constant, and every small victory gets celebrated.

Whether you're picking up a cue for the first time or looking to elevate your game, the Lincoln Hills Billiards Group offers a fun, structured, and community driven way to learn. Join the group on Tuesday mornings at Kilaga Lodge and discover how enjoyable pool can be when you're learning with friends. Ask for Program Director Cathy Goebel. She will assist you in finding a Mentor suitable for your skill level.

The lessons are free. So, join us. Have some fun. You deserve it.

• • •

Cribbage

BY MEL SWITZER

The Cribbage Song
Cribbage people sing this song
Doo-da, doo-da
Every week from dusk till dawn
Oh, de doo-da day
Goin' to play all night

Goin' to play all day
I'll bet your money I come in first
It's going to be my day
The fives and tens are flowing now
Doo-da, doo-da
Straights and flushes are on their way
Oh, de doo-da day
Goin' to play all night
Goin' to play all day
Bet I'll take the pot this time
Great way to spend the day
Went to the game, might eat some crow
Doo-da, doo-da
I came back home with a pocket full of dough

Oh, de doo-da day
Goin' to play all night
Goin' to play all day
Put my money in a big brown bag
I've been lucky all the day
Our recent winners are 3/17 Paul Winters, 3/24 Susan Rogers, 4/31 Rich McGough tied with Bob King and on 4/7, Bob King won outright. Good job winners!

Come saddle up each Tuesday morning in the OC Card Room at 8:30 AM. We have tons of fun and maybe you'll be the winner next week. Lady Luck will determine that, but if you're completely un-lucky, you might just get your "buck" back. Call Mel Switzer for details 510-589-7658.

• • •

(more Club News cont' on page 36)



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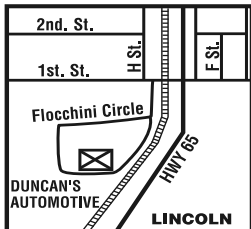
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SSNLH WRITER...

A Budding Success

BY JOY S. HUTCHISON

After the February winter days fooled us with blue skies and sunshine, I decided to contact a landscaper. I've been in my little house for three years now, and the front yard needed a radical pruning job. Bushes were overgrown, and the row of oleanders adjacent to my neighbor's property line were far too tall and had branches growing hilter-skitler.

After my call, the landscaper arrived, and I showed him what needed to be done. A few days later he brought his helper back with him, and the pruning job began. After a lot of trimming, snipping, raking and hauling away, my front yard was transformed into a well-manicured yard to be proud of. I was a bit concerned, though, as the oleanders had been cut down below fence height. They reminded me of my brother's scalp after my father had

given him his summer buzz-cut when school let out for the summer way back in the fifties! Although I hoped the shrubs would recover, I'm sure those who drove by thought the oleanders were goners, since bare branches stuck out in all directions.

About two weeks after the pruning job, I started checking to see if there was any hint that the 25-year-old shrubs had survived. Then, one morning I noticed a few little sprigs of green appearing on the top-most branches of the oleanders. Within another week, the whole tops of the oleanders were covered with new sprouts; and every day after that the greenery kept popping out all over the bushes until they were covered with new life! I'm not sure when the white blossoms will begin to join the lovely green branches, but when they do, I'll know that summer is here.

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



Jessup University and a Senior Citizen Club? What's the Connection?

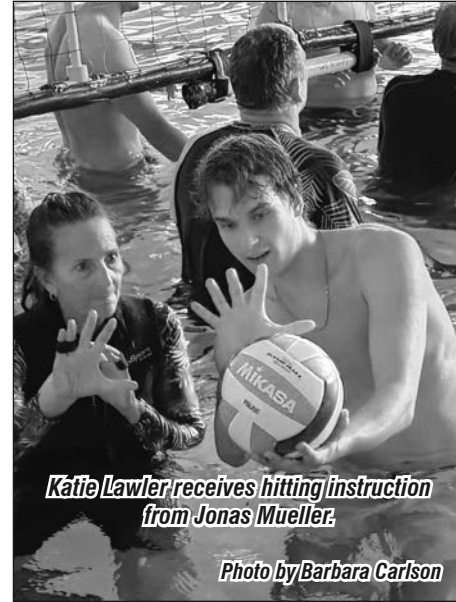
BY MEL SWITZER AND MIKE CARLSON

Onemightwonder what does a men's college volleyball team and a senior citizen club have to do with each other?

Well, as it turns out, quite a bid! The Jessup University Men's Volleyball team recently came to the Kilaga Pool to instruct our seniors who are members of the Sun City Lincoln Hills Water Volleyball Club. The young men instructed us in several skill sets, including serving, setting, hitting and blocking.

Our volleyball club was very excited to be instructed by such experienced players. The Jessup team this season has competed against powerhouse opponents such as UCLA, BYU, Long Beach State and Pepperdine. To even be considered playing against those opponents, you have to be a top program in the country.

The young men and their coaches first did a classroom "chalk talk" and then practical instruction in the pool. The seniors were



amazed at the patience and diligence shown by the collegians, as they instructed our people in different portions of the pool. After about an hour of instruction, it was time to show off their skills in action.

The boys and a few upper level players from the club played an informal match of Water Volleyball. Screaming serves, great passes, perfect sets and blistering hits were the order of the day. Our senior members played well and there were smiles all around.

The Sun City Lincoln Hills Water Volleyball Club frequently attends Jessup Volleyball matches in nearby Rocklin and thoroughly enjoys watching high level college volleyball at its best. We get there early for the best seat in the house and generally enjoy a meal at the Crossroads Café on campus.

Thanks Jessup Volleyball for your time, excitement and energy.
Go Warriors!!!

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LH Foundation —

(cont' from page 1)

volunteers to support our Bingo program. One role involves helping with logistics, including transporting materials to and from storage—just once a month for 3–4 hours, with July and December off. We also need a backup Bingo computer operator. General computer familiarity is helpful but not required.

Interested in volunteering? Visit www.lincolnhillsfoundation.org

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

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

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

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



Happy Mother's Day! — May 10th

SUN SENIOR NEWS CLASSIFIEDS

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

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

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

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