

SUN SENIOR NEWS

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Paul and Vivian Friedman — A Love Story

BY JENNIFER (JEN) MARTIN

Oscar Wilde, the great Irish author, poet, and playwright, once said, “Ultimately, the bond of all companionship, whether in marriage or friendship, is conversation.” If that’s the key to their long, happy marriage, then Paul and Vivian Friedman’s conversation has lasted for 58 years and is still going strong. “We met when we were 17 and have been together all these years,” says Vivian.

Vivian was born in Brooklyn in 1946 and enjoyed growing up with her twin sister, Sandra, who currently lives in Boston. Her father was a book salesman and her mother, an immigrant from Russia, was a stay-at-home mom. During grades 1-3, Vivian’s family lived in the Bronx, then moved to Yonkers, and finally ended up in New York City where Vivian attended Washington Irving High School, an all-girls school.

Living in NYC changed her whole life. She



Paul and Vivian Friedman

began taking dance classes, got into drama, and was recommended by a teacher to try out for an off-Broadway musical, *Unfinished Business*. For her audition, she had to dance,

sing, and recite a monologue. The good news is she won the audition—at the young age of 17. The bad news was that after her father saw the play and disapproved of its political content, she had to quit.

Even bigger life-changing events happened to Vivian at 17, though. She met Paul. They were both on a trip with other dates to Bear Mountain, sponsored by the YMHA (Young Men’s Hebrew Association). Both ditched their dates and ended up chatting on the bus ride home. Later, at the Y’s Sadie Hawkins dance, Vivian asked Paul to dance and that was the beginning of their decades-long romance.

After high school graduation in 1964, Vivian took classes at Bronx Community College at night and worked during the day, first at a trucking company doing clerical work, and then in the garment district where she
(cont’ on page 27)

SCR Foundation 2026

By ELIZABETH JARRETT

If it’s June in Roseville, the summer heat is with us.

The Foundation has been busy working very hard on behalf of our community. We had our 2nd Annual Derby Day Fundraiser on May 21. There was socializing, connecting with neighbors, good food, fun and even a little aerobic activity during Horse Race galloping. We thank everyone for your continued support of the Foundation. As a 501c3 non-profit, it is only through donations that we can provide programs and events for residents. Save The Date. Our Fall Fundraiser of Glow Golf is on October 1.

July 12 will be our next BINGO Sunday. Come and literally have a cool afternoon in our Ballroom while having Bingo fun. We will

be pre-selling Bingo Cards at our Courier table on July 1. You will also be able to purchase Cards at BINGO Sunday July 12.

In 2025, the Foundation provided funding for our new Mobile Event Stage. Now that it has arrived, we hope this will provide a new outdoor space for events that our entire community can enjoy.

Notes from the Board: In June, we are highlighting Dee Franz, as our new Secretary. Dee and her husband Pete moved here in 2003 from San Jose to be closer to their daughter and grandkids. Dee has volunteered in numerous areas of Sun City, Roseville beginning in 2004. Just to name a few, she has been a part of Ambassadors, Chartered Clubs, Compliance and Elections. Welcome Dee, thank you for being part of the Foundation.

Our Community Care/Wellness sub-
(cont’ on page 29)

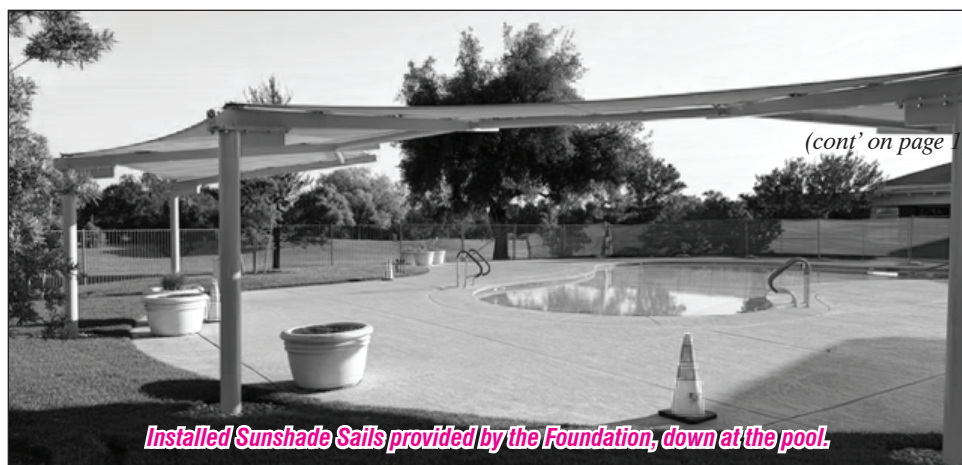
Election Committee

BY NANCY MYERS



The Election Committee continues to prepare for the upcoming election of three directors to serve on SCRCA Board of Directors. The Candidate Forum/Meet the Candidates will be on June 9 in the partial Ballroom at 6 pm. This is your opportunity to meet each of the four candidates. The Forum Question Box is at the Monitor’s Desk, you can place questions in the box for the candidates until June 5.

Ballot material will be mailed June 19 to
(cont’ on page 13)



Installed Sunshade Sails provided by the Foundation, down at the pool.

Harmonicoots

BY JO ANN STOOKSBERRY

June is a month of transitions with weddings, graduations, Fathers Days, Juneteenth, Pride Month, and the end of the fiscal year. Not only is Sun City transitioning to a brand new gym, the Coots are being moved to the Aspen room at the Timbers for their practices. Our new time is 10:30-12:30 on Thursday mornings. If you find yourself at the Timbers come on by and watch us practicing our new songs such as “Cherry Pink and Apple
(cont’ on page 5)

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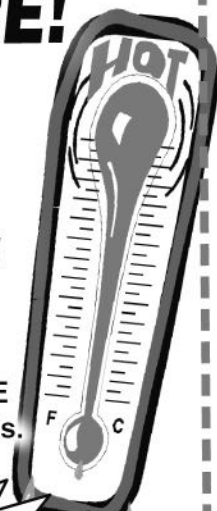
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 916-727-6383 • E-mail: SunSeniorNews@gmail.com
 Ad rates are available online at www.SunSeniorNews.com or
 Email: SunSeniorAD@gmail.com



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CIRCULATION: The Sun Senior News - Roseville is mailed free to 3,200 homes in the Sun City - Roseville community. The delivery is targeted for the first week of each month.

Read Online - Digital Issues: The Sun Senior News - Roseville is available to download each month as a PDF digital file at: www.SunSeniorNews.com

Back issues are available to download there as well.
ADVERTISING: Visit www.SunSeniorNews.com or Email: SunSeniorAD@gmail.com for advertising information.

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SUBMISSIONS: The Sun Senior News - Roseville

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 Sun Senior News is not associated with Del Webb's Sun City.

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

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Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT & RON MASCIOVECCHIO - Program Coordinators

Do you know who your Village Communicator is? Do you know who your Team Link is? Do you have one? Is it a hard job and what do they do in their volunteer roles? Why do we need a Neighborhood Watch Program here in Sun City? What does it do for me? Can I get involved in my community?

These are just a few questions that new (and long-time residents) ask about our Neighborhood Watch Program.

Neighborhood Watch (NW) is one of the oldest and most effective crime prevention programs in the country, bringing citizens together with local law enforcement – Roseville Police Department, to make our community safer. It also builds comradery among neighbors which creates “eyes and ears” in the community building a stronger bond for safety.

Neighborhood Watch encourages residents to be the eyes and ears of the Roseville Police Department and Fire Department. If you “see something, say something”. We, as residents, need to

do our part in keeping our community safe. Resident participation is a vital part of achieving our goals of strengthening neighborhood ties, increasing personal safety and security awareness and encouraging emergency preparedness.

We hear it all the time, “we never receive anything from the Neighborhood Watch Office”! If that is your case, apparently you do not have an active Team Link to pass on the communication that we send out every 6-8 weeks. It is very easy to do – you forward the emails to 10-12 residents in your immediate area – Your Neighbors. So, if you are not getting anything from Neighborhood Watch = we need you to get involved by being a Team Link to keep your neighbors informed.

There are several Villages/Teams that are involved with their neighbors -hosting/ sharing wine gatherings, Neighborhood Watch Meetings, and just gatherings to keep connected as neighbors watching out for each other. If you don't have a connection with your surrounding neighbors, maybe you can get something started in your area.

Important Phone Numbers

Emergency – Police or Fire: 911
 Roseville Emergency from Cell Phones: 1-916-786-6444
 Roseville Non-Emergency Police: 1-916-774-5045
 Sun City After Hours Emergency: 1-916-624-6811

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Concerts on the Square 2026

BY THE CITY OF ROSEVILLE

The 2026 Concerts on the Square lineup is here! Join us for great music all summer long:

- June 20: Urgent (Music of Foreigner)
- July 18: Maroon Vibes – The #1 Maroon 5 Tribute Band
- August 15: Bee Gees Fever (Music of the Bee Gees)
- September 19: Summer Night City – The ABBA Tribute

Gates open at 6:30 p.m., shows start at 8 p.m. Grab some food truck favorites, visit the beer garden and claim your spot. Free admission. Learn more at roseville.ca.gov/events.

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"I Have My Life Back."

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

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

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

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

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

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

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

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

"Now when I go to bed at night I don't have those shooting pains. I don't have that burning sensation. I can let the sheets touch my feet and it isn't painful," Dawn enthusiastically describes life after receiving treatment. "I can wear socks and shoes and I can enjoy working in my garden."

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

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

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

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



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Harmonicoots

(cont' from page 1)

Blossom White”, “The Rainbow Connection”, and “I Left My Heart in San Francisco”.

The Harmonicoots are going to be playing patriotic tunes before the Annual Golf Cart Parade on July 4th so come on out and watch the beautiful, decorated carts with red, white, and blue banners, balloons, streamers, and flags. It was even on the local news last year!

Please visit our Sun City group page and view our photo gallery. It contains many pictures of our past St. Patrick’s Day, Christmas, and Octoberfest performances. Remember we love to entertain so call Jo Ann Stooksberry at 915-749-4425 at least one month in advance for your group, club, or individual get together!

Harps Up!

Singers

BY JACKIE PROETT

It is June and if it is June 1, our Concert, BLAST FROM THE PAST, is tonight at 7:00pm. In the Timber creek Ballroom. Hope you have tickets. This is a sell out! When you know that this music is your favorites from the Sixties, Seventy and Eighties, you’ll know why. Hope you come dressed if your favorite attire from your favorite years.

Wow! Great concert, but now it’s time to rest. Don’t forget our Wrap party on the 8th. At 3:00pm. Cookies and champagne {I lied about the champagne} but lemonade works! Here we discuss the ooh’s and ugh’s that we got from our audience friends. We find this helps with future concerts. If you didn’t turn in your music after the concert, now is the time.

June is also the time when we choose new officers. This year will be remembered because, Kathleen Snook, who has been our Treasurer for 21 years has decided to retire from her lofty post. She has done such a great job of minding our money but it’s time for a rest. Now she can just sing without a bank book in her pocket. Those running for office are Elizabeth Gustafson and Susan James for President, Kathie Devito for Vice President, Debby Zan for Secretary and Steve Sanchez for Treasurer.

Whee! It is time for our summer vacation. Time to remember Dad, Grads and all the “I Do” dads. We’ll have time for all the family fun,

go on a trip or just sit under your own sprinkler. We will return about the second Monday in August and cool down those hot days with Christmas music. If people who enjoyed our concert, would like to join us, now is the time. Monday, 3:00pm.back of the Ballroom.

Drama Club

BY LENORA DAVIS

The Drama Club has a busy schedule for June. Many of our actors have already started rehearsing for our ballroom performance in October. Some are also taking part in a 3-session acting workshop being led by Karen Pinomaki of Sun City Lincoln Hills. Karen has many years of experience acting and directing, so we are excited to once again learn more from someone as talented as her. We continually strive to improve acting skills



We are happy to add new members, who bring eclectic backgrounds and experiences. As with our April performance in Sierra Pines, you will likely see the faces of newer members, who are ready and excited to step out of their comfort zone and give acting a try.

Some of you have asked how we pick the sketches to perform for you. It all starts with a Script Committee, normally consisting of 5 Club members who pour over a large volume of scripts. The committee also accepts suggestions from other Club members for consideration. We seek to find content that will be acceptable to a large number of SCR residents. The



committee then decides on a working list of 10 +/- scripts to present to Club members. They are read aloud (with some acting interjected) to a full gathering of the members, who then vote on their favorites. At this time actors also note which characters they may be interested in portraying.

The Scrip Committee then meets with Directors, who make the final decision as to which sketches will be presented and who will fill acting roles. Licensing fees and royalties are paid to the Playwrights and rehearsals begin.

In the photos we see Tina Kinghorn, Angela Levitt and Vivian Freedman waiting to go onstage at Sierra Pines.

For further information, contact Susan Glover (530-388-6373) or Lenora Davis (707-350-1357).

Music & Laughter

BY JANE BOHN

We are truly blessed here in Sun City for entertainers within our neighborhoods who continue to come with their instruments to share their talent. Our one hour “Open Mic” show ran fifteen minutes over as the following entertainers wowed the crowd; Jan Given, Joe Given, Beverly Moris, Ken Roberts, Gary Mills, Lem Llapitan, Ed Lick, Linda Kosut, Carolyn Winter, Peggy Wells, Jean Duffin, Jan Montero and Nanci Woody. Space here prohibits me from specific detail on all the songs, various instruments, comics, etc. However, you may just get to hear these loyal entertainers again by attending our next monthly show held at our Sierra Pines Lodge

located at the corner of Del Webb Blvd., and Whistlestop Way. Mark your calendars for Wednesday evening June 10th at 7pm. (Doors open at 6:30.) Be sure to bring your entrance fee of \$1 for the raffle at the end of the show. The winners of last months raffle included 1st prize Marsha Rhodes, 2nd Dennis Hellman, 3rd Nadine Smith, 4th Linda Kosut, 5th Ed Lick, and 6th Jean Duffin.



Once again, we want to thank all our entertainers, our supportive audience and steadfast helpers including Carolyn Winter, Ken Roberts, Dennis Hellman and Marci James. You have all contributed toward the success of a wonderful uplifting hour of Music and Laughter. Please ask around about this group and come join us for a fun filled hour guaranteed to lift your Spirit.

Dance Club

BY VIKKI CLARK

The Dance Club’s May 4th “Petals & Pastels” dance was a blooming success! Members and guests enjoyed an evening filled with music, laughter, and nonstop dancing. The very popular band, Four Barrel, once again proved why they are such a crowd favorite. From the first song to the last, they kept the dance floor full and hopping all night long with an energetic mix of music that appealed to everyone. The ballroom was beautifully

(cont' on page 7)

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Ambassador Committee

BY KAREN POWER

The Ambassador Committee has had a busy past couple of months with the New Resident Orientation in late March, Interiors Reimagined tour, and the Mix and Mingle event in April. A big thank you to the homeowners who open their homes to 200 plus people for the home for the Interiors Reimagined tour. The event was a huge success and will become an annual event. During the Mix and Mingle the committee had the opportunity to share with residents what our committee is all about and to potentially find a few new members for the committee.

The mission of the Ambassador Committee is to promote our community as the Premier Active community in Northern California. We do that by promoting our community to both prospective and new residents. We host four New Resident Orientation receptions each year with the next one coming up on Saturday, June 27th. If you are a new resident and moved in between March and May of this year you should receive an invitation to this event. For prospective residents we serve as tour guides and work with realtors to ensure they have the most up to date information regarding our community.

We also assist the Activities Department by taking tickets at the various events held in the Timber Creek Ballroom. This is an activity that the committee members really enjoy as we get to greet and say hello to so many people in our community. Committee members will

be collecting tickets for our first ever outdoor patio concert on Friday, June 12. It will be a Fleetwood Mac tribute band and should be a really fun event.

Clubs & Groups

BY FRANK TOM, *Chair*

The Clubs & Groups Committee is in the process of rechartering six clubs this year. They include Creative Arts, Boomer Generation, Singers, Dance, Fine Arts, and Needle Arts. The following are reasons why the Association recharter clubs every four years:

1. It creates an opportunity for clubs to review their bylaws, operational procedures, and to re-evaluate their purpose and focus.
2. To address the needs and interests of their membership.
3. Use the re-charter process as a vehicle for encouraging members who have not played a leadership role in the club to step up and lend a hand in maintaining the health of the club.
4. It informs Administration and Board of Directors regarding the nature of each club and the added value each club offers to our residents and to the Association.
5. The recharter process creates a venue for each club to celebrate their successes and to look for ways to encourage residents to visit their club and become a member.

The Clubs and Groups Committee value

their role in support of Clubs and Groups. Moreover, it gives them a birds-eye-view and appreciation for the opportunities that are offered to our residents to stay active and to connect with others in our Sun City Community.

Would you like to help support our Clubs and Groups? Three CGC members will complete their term this year. As such, we would like to invite any resident who is interested in learning about how our committee supports the Clubs and Groups to please attend any of our monthly meetings. We meet on the first Thursday of each month in the Cedar Room. If you have an interest, please contact our Vice Chair Maria Woodbury at: 4woodburys@gmail.com, or call/text Maria at 530-518-3483.

Sunshine Services

BY SUSIE RIVERA, *President*

During National Safety Month, it's a perfect time to evaluate your home for hazards, especially if you are recovering after surgery or an injury. Taking steps to prepare ahead of time can reduce risks and support a smoother healing process. This is why our Medical Equipment Loan (MEL) Program is such an important resource for our community.

Falls remain one of the leading causes of injury for older adults. One of the most common concerns during recovery is fall

prevention. Limited mobility, medication side effects, and reduced strength can increase the risk of accidents. Equipment such as walkers, canes, and transport chairs can make a difference in preventing falls.

Preparing your home is important. Clearing pathways, removing loose rugs and ensuring you have adequate lighting can keep slips and trips to a minimum.

Planning before surgery is ideal whenever possible. Arranging for equipment in advance ensures it is ready when needed. Call 916-960-8091 and you will be connected to our amazing MEL volunteers who coordinate arrangements for use of the equipment. Many residents need equipment only temporarily after surgery or during rehabilitation and may not wish to purchase expensive items for short-term use. By borrowing equipment through Sunshine Services, residents can receive the support they need.

In recognition of Alzheimer's and Brain Awareness Month, it is important to consider home safety for individuals experiencing memory loss or cognitive decline. Caregivers benefit greatly from equipment that assists with transfers, mobility and personal care routines.

This month, let us take time to prioritize safety, health, and community support. Whether you are recovering from an illness, helping care for a loved one, or simply planning for the future, We're Here to Help! Together we can help our community stay safe, independent, and thriving at home all year long.



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Library News

BY ELIZABETH GUSTAFSON

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If you are interested in any of the books listed below, you can call the library (774-3824) during our open hours and ask the monitor if it is available or not. If it is checked out, we can put you on a waiting list for the book. When it is your turn, you will be called and you will have three days to come pick it up before we go on to the next person on the list or re-shelve the book. You can also search our database for books you are interested in by going to our website under Amenities in the scres.org site.

New Books, Fiction: Baldacci, David - *Hope Rises*; Berg, Elizabeth - *Life: A Love Story*; Brodie, Emma - *Into the Blue*; Burke, Caro Claire - *Yesteryear*; Hepworth, Sally - *Mad Mabel*; Preston & Preston - *Paradox*; Sandford, John - *Revenge Prey*; Semple, Maria - *Go Gentle*; Steel, Danielle - *A Woman's Place*; Taylor, Brad - *Shadow Strike*.

Non-Fiction: Hoffman, Alice - *The Best Dog in the World (Pets)*. Large Print: Abe, Shana - *A Crown of Stars*; Baldacci, David - *Hope Rises*; Brodie, Emma - *Into the Blue*; Brown, Woody - *Upward Bound*; Harnett, Annie - *The Road to Tender Hearts*; Ledwidge, Michael - *Closing Time*; Semple, Maria - *Go Gentle*; Steel, Danielle - *A Woman's Place*.

Strategic Planning Committee

BY MARTY BOYER

SPC members have been busy doing due diligence to determine the viability of projects to enhance the community in coming years and celebrating some that are becoming reality. For example: the partial shade sails have been installed at the outdoor pool, and the portable stage is here and ready for debut events. And, of course, the long-anticipated Phase B project is now underway to renovate and expand the Fitness Center.

SPC members participated in the Mix 'n' Mingle event April 29 in the Ballroom. It was gratifying that nearly three dozen residents shared ideas or thoughts that might help guide the Committee's work ahead. A few mentioned projects that are already being explored, such as the potential for solar power and panels. This continues to be a desirable goal, but also a complex one as the industry, its costs and capabilities have been volatile in recent times.

But the high interest among those visiting our table gives us hope that there are thoughtful,

dedicated residents who might apply to serve on this important, forward-thinking advisory committee. Summer usually means vacancies as members finish terms or leave SPC service.



SPC members engaged with dozens of residents and heard interesting ideas at Sun City's annual Mix 'n' Mingle event this Spring.

We actively seek talented team players with varied expertise or backgrounds. For example, we benefit greatly when we have experienced construction managers, architects or designers, finance professionals, or those with experience in agronomy and golf course management. If you have experience you think might apply – YOU TELL US what you can bring to our team. Consider attending our meetings as posted each month in the Courier. The next meeting will be Thursday, June 11, at 1 p.m. in Birch/Aspen meeting room at the Lodge.

Dance Club

(cont' from page 5)

decorated in soft spring colors, creating the perfect setting for a memorable evening with friends.

Now it's time to look ahead to another exciting Dance Club event. On June 15th, we will celebrate with our Election Dinner/Dance, “Stars, Stripes & Spotlights.” If you have not yet turned in your table form and check, please do so soon, as tables are filling up quickly. This promises to be a fun-filled evening featuring performances by five talented dance groups, showcasing the variety and enthusiasm within our club. Following the entertainment, guests will enjoy a delicious Mexican buffet dinner. The evening will conclude with dancing to music provided by DJ Joe, sure to keep everyone on the dance floor.

Be sure to also mark your calendars for July 20th when the Dance Club presents its annual Performance Showcase. This special event gives our dance groups an opportunity to share the routines they have been working so hard on throughout the year. Tickets may be purchased at your dance classes or at the door. Admission is just \$5 for Dance Club members and \$8 for non-members. We hope to see you there for another wonderful summer of dancing and entertainment!

See you on the dance floor!

• • •

(more Club News cont' on page 9)

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Round Dancing Group

BY CATHY RAZUMICH

What is “round dancing”? 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 and dancing flows smoothly.

Round dancing is a fun activity to add to your day. No ballroom dancing experience is required. 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 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).

Round dancing includes many common ballroom rhythms. It is estimated that there are tens of thousands of choreographed dances.

The most common rhythms listed below account for 50–65% of all choreographed

round dances.

- Rumba – one of the biggest categories, slow, expressive, and very popular.
- Waltz – huge catalog, especially for beginners, classic ballroom
- Cha-Cha – very large and growing due to upbeat, modern music choices

These very common rhythms account for 20-30% of all choreographed round dances.

- Two-Step – extremely popular, easier steps, classic and country music
- Foxtrot – strong presence
- Jive (East coast swing) – energetic and widely choreographed, especially more recently

When you attend round dance events and festivals, you can expect the playlist to include a variety of these common cued rhythms. These are the rhythms our group practices on Thursday afternoons.

We would love to have you join us! Contact Cathy Razumich at 408-218-2144. We are sponsored by the Sun City Squares. More club information can be found on our website schlsquares.weebly.com

• • •



Round dancers at a recent party in Roseville.

Fine Arts Club

BY NANCY VAVUL

As we step into June, we want to share some exciting updates and events for our club. This month, we will not have our regular general meeting. Instead, please sign up and join us for our installation brunch, “Dots and Daisies,” on June 11. Enjoy a delightful spread featuring Quiche Lorraine and refreshing mimosas as we celebrate our community.

Looking ahead, mark your calendars for our July 9 meeting, which will be our annual ice cream social. This event is a special treat for all our members, so prepare for some sweet fun!

We’re thrilled to announce that the Woodcreek High School show in April was a resounding success. The talented students had their work judged by Patricia Abraham and first, second, and third place winner were awarded cash prizes, along with inventive trophies created by Abundio Montez.

In addition, our art room will be open to the public every Sunday from 10:00 AM to 2:00 PM, showcasing the incredible work produced by our members. We genuinely welcome anyone who would like to enjoy a little quiet time with our works. This month, the theme for our gallery wall is “Whimsy.” Be sure to stop by to see how our artists have interpreted this intriguing concept!

We are also excited to feature Donna Self in the card room this month, exhibiting her wonderful and creative acrylic works. In addition, under the student/teacher exhibit in the art room, you will find impressive oil

paintings from Susan Edie’s class.

Our classes continue this month with a few changes, so don’t forget to check the schedule on the website or in the art room and sign up. Lastly, if you have any interesting pictures from our events, please share them with us; we may feature them in the Spotlight or on our website.

• • •

Needle Arts Club

BY PEGGY VOAKES

“In this world, Elwood, you must oh-so-smart or oh-so-pleasant. For years I was smart. I recommend pleasant. You may quote me.” Mary Chase, Harvey, James Stewart as Elwood

Another Needle Arts year has flown by and this will be my last column to you. We have continued to increase our membership, classes, groups, and volunteerism. I hope you have enjoyed it as much as I have!

Our Fashion Show last month was another great event and success. I want to thank our incredible committee, headed by our VP Linda Nelson, for its work in producing the show. Thanks go out, also, to our volunteer member models—Susan Fisher, Bobbie Powell, Milanna Meyer, Debbie Huntington-Delgado, Claudia Schnarre, Tess Kubota, and Renelle Jorgenson – who stepped out of their comfort zones and onto the runway. As always, I enjoyed getting to know them and share their stories with you. We would not want to do it without the gracious and debonair assistance of David

(more Club News cont’ on page 10)

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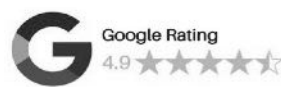
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Needle Arts Club

(cont' from page 9)

Breninger for our models. Big thanks, also, to our own in-house photographer Jacob Heidt!

I am happy to report that our very-new-member Kathryn Cunningham has stepped right up to replace Marion Jones as our Class Coordinator!

Our June meeting will entertain nominations from the floor for our Board and voting on next year's slate of officers. We will also be voting on next year's budget. And then, Show & Tell!

I have been honored to serve as your President and treasurer the friendships I have made along the way. Looking forward to seeing you all on June 3, 1:30pm in the Ballroom, room open at 1:00 for the Back Table. Remember, no July General meeting.

•••

Roseville Stamp Club

BY TIM MILES

A lot of things happening in the Roseville Stamp Club in June. We meet twice a month on Tues evenings at 6:30 pm at the Sun City Roseville Lodge meeting rooms (7050 Del Webb Blvd). June's dates are the 9th and the 23rd, July's are the 14th and the 28th. We have door prizes, games, guest speakers, plus any and all parts of the hobby available (albums, pages, protectors, etc.) There is also a complete set of catalogs available for perusal.

Al Capparelli (916-771-8288) also has "garage days" from time to time to fill out a

particular gap in your collection. These are set for June 18th and 19th and July 23rd and 24th. Be sure and call ahead for an appointment as folks sign up fast.

The World Exposition in Boston was held on May 23-30 and some of our members attended.

We also had a recent luncheon at 747 Restaurant, which occurs from time to time.

Our Secretary, Lee Coen (leejcoen@gmail.com) sends out timely notices on club happenings so be sure he has your email address. Dues are \$20.00 per year for all this.

We always note that if any reader has an "old" album in the closet that he wants an updated idea of price estimated, drop in on one of our meetings and we can give you a pretty good estimate of value.

We are now published in both Sun City Roseville and Sun City Lincoln Hills editions and the numbers of readers has notably increased.

•••

Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

A special thank you with appreciation to Ruth Elkins and Ray Seamans for leading the Shabbat (Sabbath) Friday night service and for hosting the Oneg (a sweet table following the Shabbat service) in April. There were special homemade Passover sweets made by Ruth and Ray and also Faye and Barry Klein. Maria Winkler, who spoke about her father's recorded experiences during the Holocaust, gave a very informative presentation.

We had a lovely Passover Seder last month at the Timbers. It was a great turnout. Everyone participated in the traditional reading of the Haggadah (the story of Passover), and all the food was plentiful and delicious.

We will start out the summer with a complimentary event of appetizers and dessert on June 28 at 6:00pm at Sierra Pines. One of our JFC members, Linda Kosut, will be entertaining us with her singing along with her accompaniments.

An always fun event is our annual Pasta and Bingo Night with prizes that will be on July 26 at Sierra Pines.

•••

Meditation Group

BY ED CERVANTES

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

Come learn a simple method of meditation that uses soothing mantras and music to relieve the stress and anxieties of daily life. Life can make us a bit rough around the edges. Mantra meditation is the transcendental warmth that melts away the roughness, allowing qualities like patience and tolerance to blossom naturally.

The meditations are guided and gently led so you can relax and join at your own pace. The program is donation based and the meditations will be practiced seated in chairs.

We will be meeting on Friday June 12th from 1:30pm to 2:30pm in the Spruce Room at the Sierra Pines Lodge.

Relax your mind, open your heart, and experience the joy of mantra meditation. Bring a friend and come make new ones.

We look forward to meeting you, Ed Cervantes and The Heart of Gold Meditation Group mantramedclub@gmail.com

•••

Socrates Café

BY STEVEN GUSTAFSON

The Socrates Café discussion last month featured a fascinating topic---"The meaning of life". Our volunteer discussion facilitator had a handout that briefly described 25 philosophies (!) on the meaning of life. Some of them, such as Hedonism, Pragmatism, and Theism were mostly familiar, but others, such as Mohism, were mostly new to us.

We considered three key questions: (1) Which philosophy on the meaning of life is most appealing to you? (2) Which philosophy is most distasteful? (3) To what extent can you accept those who disagree with what you find appealing or distasteful?

We mostly agreed with the Kantian philosophy that your life has meaning if you "have something to do, someone to love, and something to hope for". We strenuously disagreed with Logical Positivism--- your life has meaning only to the extent that it contributes to science and mathematics.

We discussed much about the meaning of life in the context of material success---if you are wealthy due to your own effort and

(cont' on page 11)



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Socrates Café

(cont' from page 10)

abilities, is your life inherently meaningful? One participant noted that our discussion “perked up” when we considered this question!

Socrates Café (usually about 20 of us) meets on the first Monday of every month (next meeting June 1st) at 10:00 in the Timbers Lodge Birch room. We have no dues or meetings other than our discussions. You are welcome to join us.

• • •

Solo Friends Group/Club

BY NIKKI COMBS

Did you notice the heading? What does that mean? It means Solo Friends has outgrown the Group designation and is moving up to become a Chartered Club. Our once small group has reached the 220-membership requirement. Congratulations!

This may seem sudden, but it's been a slow, steady process the past few years. Membership began to grow with the name change to Solo Friends. The first Council was instrumental in revitalizing the group



Past & Present Council members Jen Martin, Roberta Simpson, Mary Dial, and Diane Peterson.

by improving membership experiences. Their enthusiasm was contagious and their ideas stood the test of time. New Special Activities groups and catered monthly social dinners are part of their legacy. Our thanks to Sharon Hearden, Laura Holeman, Diane Peterson, and Cathy Schimansky.

Subsequent Councils have picked up the torch and marched forward. More thanks to Mary Dial, Jen Martin, Heather Kendall, Susan Lussier, and Roberta Simpson. The current Council are working hard to usher us into Club status.

Being a chartered club will not be much different. We will have Bylaws, which were approved at the May 4, General meeting. There will be more paperwork with the Activities Department, and all members must have a

valid Activity card. But otherwise, Solo Friends will just keep doing what we do best.

The Bylaws specify which Council officers will be elected each year. Half of the Council will remain to help new officers adjust. Being on a Council may seem daunting, but no organization can survive without volunteers

Travel Club

BY PAM SCHEEL-HEMINGWAY

The “Broadway Bash” party was a huge success thanks to the hard work of Lorraine Welk and her wonderful committee! Hope you got your chance to walk down the red carpet to show off your finest bling!!

Travelers ate and drank well on the “Flavors of Portugal and Spain” trip. We enjoyed a 2 night stay at a winery, a visit to a family-owned olive oil factory, a day at the fabulous Guggenheim museum, a boat ride down the Duero river and way too much great

willing to give some for the benefit of many. Anyone interested in helping a growing club achieve more should contact the current officers for information.

Please note - there is no June General meeting. The next meeting is July 6, 6:00 pm in the Timbers ballroom.

• • •

food and wine. Time to go back on that diet! Trips now available for booking for Travel Club members include:

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

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

Utah’s “Mighty Five” National Parks and the Rockies—August 10-18 (Collette)

Spectacular Scandinavia—September 9-22 (Collette)

Catalina Island—Sept 14-17 (Alamo)

(cont' on page 15)



Travel Club members in Spain “running with the bulls.”

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Election Committee

(cont' from page 1)

SCRCA lot owners. Your ballot materials will include several items plus complete written instructions for completing the ballot. This

year, we have a new way for you to learn the proper procedures for completing your ballot. Included in the ballot materials, you will receive information guiding you to our website. You will find a video with instructions on how to complete the ballot including the

outside envelope. The video was a project from the Leadership Academy this year. We thank Elizabeth Laverty, Don Shrieve, Johana Benker, and Vicki Bryant for their hard work on the project. Our Committee member, Steven Sanchez completed the voice over for

the video. Thank you Steven.

Don't miss your opportunity to volunteer for the Election Committee. We have two openings. If you're interested, applications are available at the Administration Office. All applications must be returned by June 12.

Below are the statements of the candidates running for the SCR Board of Directors this year. Ballots will be mailed on June 19. You may also check them out on the resident website.



JOHN RANIESKI'S GOALS AS BOARD DIRECTOR


Maintain our excellent financial position: ~100% reserved, strong balance sheet. NO Special Assessments or DEBT!
Continued improvement of our excellent amenities in support of our active life styles including: finishing Phase B, improving our Golf course, Common areas and facilities
Promote OPEN communications - answer all questions - no hidden agenda.
Encourage volunteerism among our newer residents.

MY SCRCA EXPERIENCE
Past Board member and President
Past Finance Committee member and Chair
Past Golf Committee member and Chair
Past Properties Committee member
Past Foundation Director and Home Maintenance Team member

VOTE FOR JOHN - "HE HAS A PASSION TO SERVE!"

MY OUTSIDE INTERESTS
Past President and member SCRCA Softball Club
Member Men's 18 Hole Timber Creek Golf Club/RAMP
St. Clare's Knight's of Columbus member and Church lead usher
Happily married to my wife Jean for 64 years
Became a SCRCA resident in 2002 after retiring from IBM as a Distinguish Engineer

The views expressed herein are those of this candidate and do not reflect the views of the Association, its directors, managers, employees, or agents. This candidate is solely responsible for its content. The Association is required by law to publish the communication as written regardless of the content. (2019)



Yvonne Bond - Candidate for Sun City Roseville Board of Directors 2026

I am pleased to be a candidate for the 2026 Sun City Roseville Board of Directors. As the current Board President and a SCR Leadership Academy graduate I realize how much the success of our community depends on member participation and support. I would like to continue my support by serving on the Association's Board of Directors. I will work diligently to LISTEN and maintain an on-going dialogue with members. To interact with you, my neighbors, so that I understand your interests and concerns.

LEADERSHIP EXPERIENCE

Professional Education: B.S. Electrical Engineering (UC Davis), M.S Computer Science. I've managed engineering teams for AT&T where we developed firewalls and security systems for Fortune 500 companies. I managed a team of electrical engineers for the State of CA, who maintained statewide communications systems for the CA Highway Patrol. I've owned two small businesses, which taught me the importance of fiscal control & customer focus. I also served as President of the Placer County Mental Health Board

AS A BOARD CANDIDATE I SUPPORT...

- * **Board's Vision and Mission for SCR** - To be the PREMIER active adult community in Northern California, providing a SUPERIOR quality lifestyle for all residents by offering exceptional activities, amenities, facilities, programs, and services.
- * **Resident Needs**- I offer Courage to provide oversight, Continuity to maintain stability, and Humility.
- * **Financial Strength and Fiscal Integrity**- Working with our Executive Director to control expenses, ensure top value for our expenditures, preserve or enhance the value of our community and Common Areas while at the same time supporting the Association's Financial Goals Policy.*Thank you for your consideration*

The views expressed herein are those of this candidate and do not reflect the views of the Association, its directors, managers, employees, or agents. This candidate is solely responsible for its content. The Association is required by law to publish the communication as written regardless of the content. (2019)




Richard Campagna

I moved into Sun City at the end of June 2023. Within two months of arriving I was a member of the Finance Committee. I spent three years on finance and have been chair for the past year. I am also a Leadership Academy graduate. I believe that if we want the community to function as we desire, then we must be involved. With my experience, I have seen first hand where our funding comes from and where it goes. I am a former CPA, CFO and CEO. I believe we have a great staff at Sun City but also that they need to follow OUR

I have decided to run for the board because I believe that it is important to involve new members who come in with new ideas. Members who are not afraid to speak up. Only a very small percentage of our residents are involved in community committees so it is critical that those who are will represent the vast majority of our residents who do not or can not participate in governing the community. I understand that for many of our residents cost increases are a big issue. We must find the balance between minimizing assessment increases and maintaining this incredible community. I look around Sun City and I'm amazed that this place is now 30 years old and still looks fabulous. The high inflation of the past few years is unavoidable and has had a big impact on our funding needs. There are two ways to minimize assessment increases, increase revenue or manage expenses. The two departments that supply the majority of our revenue and help hold down assessment increases are Golf and Food and Beverage. While Sun City is a non profit association, these two departments are businesses and must be managed as such. I have spent 50 years in businesses from small companies to multi billion dollar corporations. I also owned a small business for seven years. I will work hard to ensure we will manage these businesses to the fullest extent possible. I love this community and hope to spend the rest of my life here. We must continue to maintain and improve it. I use so many

The views expressed herein are those of this candidate and do not reflect the views of the Association, its directors, managers, employees, or agents. This candidate is solely responsible for its content. The Association is required by law to publish the communication as written regardless of the content. (2019)



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- ** Stabilize assessment increases;
- ** Deploy advanced technology to operate more efficiently and reduce water, energy, and labor costs;
- ** Match the pace of community improvements to available financial resources;
- ** Represent the interests of all of the community fairly; and

Community:

- * SCR Board of Directors 2022-2025; elected Vice President 2023 and President 2024;
- * Participated in the hiring of the new Executive Director in 2022, and helped develop the proposal for the 2023 ballot measure for the Fitness Center Expansion (Phase B);
- * While Vice President, chaired the Strategic Planning Committee and led the first update of Sun City's Strategic Plan since 2017. Wrote the final SPC report to the Board, recommending new projects, including a performance stage (generously funded by the SCR Foundation), a golf cart barn, and multiple shade structures in common areas;
- * Served on the Properties Committee and currently on the Finance Committee;
- * Member of the Bocce, Bridge, and Softball Clubs.

The views expressed herein are those of this candidate and do not reflect the views of the Association, its directors, managers, employees, or agents. This candidate is solely responsible for its content. The Association is required by law to publish the communication as written regardless of the content. (2019)

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

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

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

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



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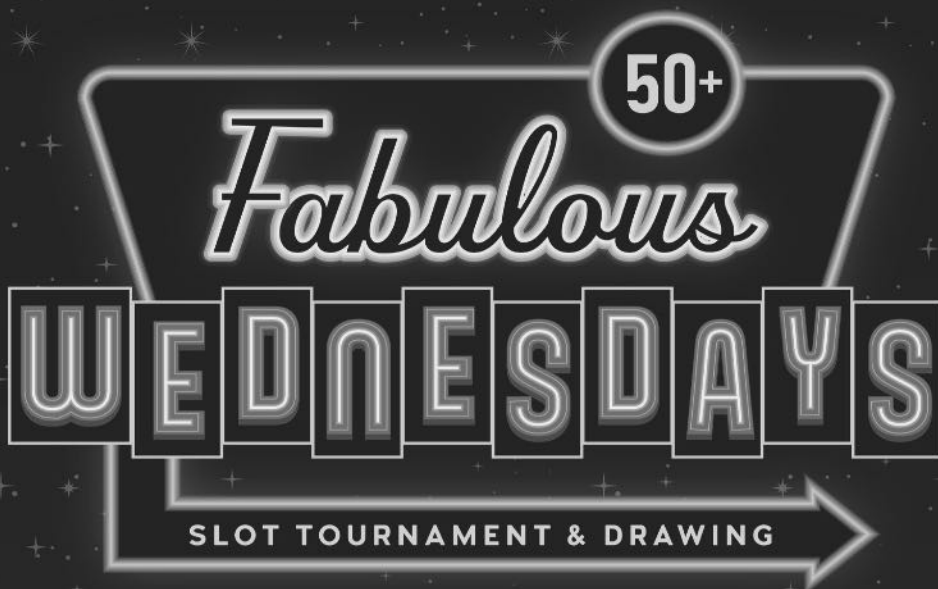
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Travel Club

(cont' from page 11)

Tahiti with a Windstar Cruise—Sept 28-October 9 (Alamo)

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

Danube River Cruise—November 15-23 (Grand Circle Cruise)



Travel Club members at an olive oil "factory".

New England Holiday trip—December 10-16 (Collette)

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

Panama and Costa Rica—February 19-March 3, 2027 (OAT)

Tuscany—March 13-21, 2027 (Collette)

Vietnam, Cambodia, Mekong River—October 29-November 12, 2027 (OAT)

See the Travel Club web page on the

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

The Travel Club meets the 4th Monday of most months at 3:00 pm in the Ballroom, Our next regular meeting is June 22, 2026, with Jay Fehan from Collette planning to roll out some new trips. Don't miss it!

• • •

Conservative Action Group

BY AMY CHO

Although it was May 4, people were wearing sweaters and raincoats. But the people packed the room despite the rain and wintry weather.

CAG members were excited to have two speakers at the meeting. Assemblyman Joe Patterson (Assembly District 5) was

the planned speaker. Additionally, Congressman Kevin Kiley (formerly Congressional District 3 and now Congressional District 6) was home temporarily from Washington DC and able to pay us a welcome visit.

Assemblyman Patterson was elected to the California Assembly in 2022. He authored a bill (AB1370) which prohibits state legislators from using non-disclosure agreements in legislative negotiations, policy discussions or state spending. He also focuses on legislation against fentanyl dealers and protecting children from



Patterson and Kiley

sexual predators.

Congressman Kiley was elected to the US Congress in 2022. He was born, raised, and resides in our district. He spoke about closing over 5,000 constituents' cases over his tenure, securing funds in federal grants for infrastructure improvements to improve congested traffic conditions, water storage and fire prevention.

CAG members have been busy participating in volunteer activities to help conservative candidates. We also followed up on taking a tour of the Alternatives Pregnancy Center in Sacramento, a licensed religious non-profit medical clinic offering free medical services to women with the primary focus as a pregnancy resource center. The center's Executive Director visited our group in January.

Please note: The CAG June meeting date changes temporarily to June 8, second Monday of the month. The meeting will still be at Sierra Pines (Ponderosa Room) at 6:30 pm. We are planning a CAG Pizza Party, to take a breather from work during election season, and to meet new members. Please RSVP by June 4 to Amy Cho (510-823-4328) or Sue Sequeira (916-952-7577).

• • •

(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

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



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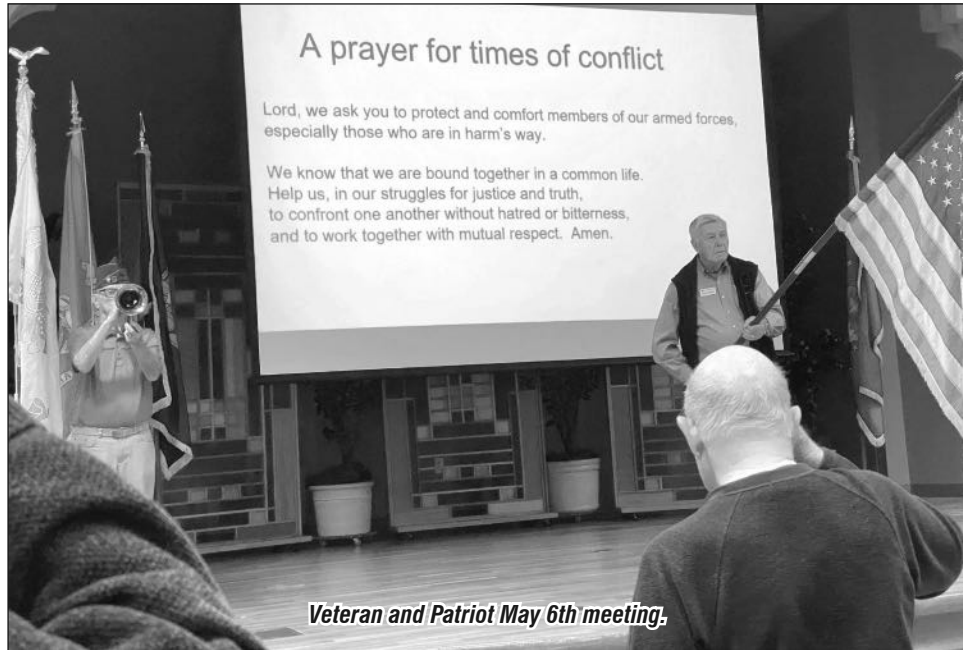
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Veterans and Patriots

BY ELIZABETH JARRETT

May was a meaningful month for Veterans and Patriots. First, we had a General Meeting on the 6th which focused on Remembering and Honoring Veterans that have been in the lives of Members. Everyone that spoke, beginning



Veteran and Patriot May 6th meeting.

some type of military artifact or a symbol of Service you want to share. Space will be limited. lorraineliberty@gmail.com

June 27 will be our annual Memorial Bar-B-Q, at Sierra Pines. Doors will open for check-in at 3. Our food will be catered by Elana's. Cost will be \$25 for Members and \$28 for Guests. The flyer for Reservations will be

with Steve Gustafson, Club President, shared heartfelt stories and memories. It was special to have so much Veteran and Military history shared. Thanks to our photographer Shirley, we have photos from this meeting. These can be viewed at the end of this article or on our Club webpage on the Resident Website.

We had a beautiful Flag Raising Ceremony on Memorial Day. Roseville Mayor, Krista Bernasconi, a Navy Veteran spoke. We also had a special time of acknowledging and remembering Veterans that we are aware of that have passed during the year in SCR.

Our June General Meeting, June 3, is not to be missed. Just in time for summer, we will have a speaker from Project Healing Waters outdoor program for Veterans. Gus Ballis, a SCR resident and a Home Maintenance volunteer, will be our presenter. Watch for an Eblast and a flyer soon.

SCR resident, Lorraine Liberty, has announced the "Display Window Project." for November in honor of Veterans Day. You will hear more specifics about this the closer it gets. Please, begin to think if you have

out by the end of May. In-person Reservations can be made at our Courier Table on June 1. Volunteers are still needed.

• • •

Birders

BY JANET MORELLI

Last month, SCR Birders were winding up their nine months of scheduled bird watching field trips for the 2025-2026 season (21 total trips). In the summer months, birdwatchers in the Sacramento Valley would have to deal with scorching temperatures and deciduous trees covered with leaves concealing birds remaining in the area. Instead, Birders will take their binoculars on their trips to cooler areas (mountains, beaches, and more northern places). Later this summer, a group of SCR Birders will get together to create a new schedule of birdwatching field trips for the 2026-2027 season and post it on the Birders web site in August. The first field trip of the new season is expected to be scheduled for September 17th.

Birder's scheduled field trip for mid-April



Ash-throated Fly-catcher

was to the Dry Creek trail west of Walerga Road where they identified 21 species, including Bullock's Oriole, Ash-throated Flycatcher,

Western Kingbird, and Tree Swallow. At the end of April, the Birders visited Roseville's South Bluff Trail, a relatively short trail behind a subdivision, which yielded sightings of 28 species, including California Quail, Blue-gray Gnatcatcher, Red-shouldered Hawk, Great Horned Owl, and Wood Duck.

The Ash-throated Fly-catcher is a summertime visitor to the scattered oak woodlands and foothills chaparral in California's Central Valley. It is a mid-sized bird, slightly smaller than a Robin, with a grayish-brown bushy crest, light gray throat and upper chest, a dark stout bill, faint yellowish lower body and a reddish tail. It likes to forage for insects under tree stands at lower and middle elevations and is an opportunistic cavity nester, using a bluebird box, unused mailbox, junked machinery, or empty woodpecker hole in a tree if available.

• • •

Garden Club

BY SUZETTE AUSTIN

Our 2026 Garden Tour was a huge success. We want to thank our Garden Owners and our Garden Tour Committee who worked tirelessly to make this a success. Most of all we want to thank Linda Gordon, our chairman, who did an awesome job of choreographing everything. About 400 people attended. A job well done!

Our May meeting was our "Member Showcase" where Club members shared with us a part of their landscaping that is thriving...or

not. They showed us photos, which we projected on the screen, and then discussed the good (or bad) decisions they made for their gardens.

Our June 2 meeting will be the year-end wrap up with a Root Beer Float Party and our "Garden Swap." Start gathering your extra "stuff," such as pots and planters, seeds and seedlings, tools and books to bring with you to this meeting. All garden related of course. No soil or chemicals please.

We would appreciate

your input for program ideas for next year. Let us know of speakers you have heard or would be interested in hearing. Also, think about officers for the Garden Club for next year. We welcome any interested members.

We do not meet in July and August and will resume meetings on September 1. Meetings are on the first Tuesday of the month and begin at 6:45 pm and end by 8:15 pm. Please join us and enjoy cookies prior to the meeting. Doors open at 6:15 pm and guests are always welcome.

• • •

(more Club News cont' on page 19)



Linda Gordon, our Garden Tour Chairperson.



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Hiking Group

BY SILVANA HUGHES,

Hiking brings us close to nature, which brings to mind grand landscapes—the towering mountains and endless skies that captivate us with their sheer scale and majesty. But another side to nature lies in the small, intricate details that hold just as much beauty. There is beauty at our feet if we just stop to take a look! On recent hikes we observed many wildflowers, some with blossoms that measure just fractions of an inch, yet are resplendent in a multitude of colors. They can be viewed on the Hiking



Pacific Starflower 4-30-2026



Dear Creek Hikers 4-30-2026

Group photo gallery, along with beautiful landscapes. We thank Bill Haley for his efforts in organizing and identifying the many photos submitted by our hikers.

In the summer we will again be heading to the higher and cooler elevations in the Tahoe and El Dorado National Forests, where we will be rewarded with the magnificent vistas in the high Sierra Nevada. For questions about hiking please contact our Trailmaster, Don Stoye, at 916-774-1685. Our next meeting and social will be at Sierra Pines on June 8, at 5:30 pm.

Below is the June schedule, subject to change depending on weather and trail conditions. We meet at 7:45 am in the lodge parking lot near the pickleball courts for carpooling. Bring plenty of water, lunch, sunscreen, bug/tick repellent, and a change

of shoes to keep the driver's car clean. All carpool rides this month will be \$12.

June 4 – Schneider Meadow - #4.5 (easy to moderate), 4.5 miles, elevation gain 500 feet.

June 11 - Prosser Creek - #5 (moderate), up to 7.5 miles, elevation gain up to 750 feet.

June 18 - Carpenter Valley - #3.5 (easy), 5.5 miles, elevation gain 200 feet.

June 25 – Lyons Creek - #5 (moderate), 7 miles, elevation gain 750 feet.

• • •

Pickleball Club

BY MARILYN PLUTH

Join the Sun City Roseville Pickleball Club and come out and play Monday through Saturday from 8:00 am to Noon. As a club member you can also take part in our fun tournaments, social events, and great parties.

Welcome to our new Pickleball Club members Linda Bunyan, Tim Bunyan, Larry Codner, and Barry Markman

Wondering what Pickleball is all about?

Wondering if you would be able to play?

Wondering why it is the fastest growing sport?

Want to learn the rules so you can be “cool” with your grandkids?

All reasons accepted! Come to the Pickleball courts June 20, at 8:00 am to attend a free clinic.

We will cover safety, rules, scoring and work with you on serves. This no-obligation clinic will satisfy your curiosity--and may just get you

hooked! You must be an activity-card holding Sun City resident, and should bring water, a hat, a name tag and wear court shoes. Paddles will be available for those who don't have one. Our clinics have been rated 5 stars by those who have attended! Registration is required. Contact Marlene at 815-274-5462.

“Step it Up” lessons are offered to club members who are considered advanced



Judy Coladani and Joyce Paese along with other club members at the Quatro de Mayo party.

beginners. Not ready to play the most skilled players? No problem. Attend this clinic to get more training on strategies and techniques to “Step Up” your game. Registration is required. Contact Mo (by text only) at 530-864-6923.

The club's “Quatro de Mayo Party” held May 4, at Sierra Pines was a super success! It was a fun time for all who came to mingle, play games, and dine on a delicious taco bar by Tres Hermanos. Thanks to Judy Coladani and Joyce Paese for putting this great event together.

• • •



Club members playing a game at the Quatro de Mayo party.

(more Club News cont' on page 20)

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Table Tennis Group

BY JEFF CARASKA

Table tennis something Amy Cho plays two or three times a week. But it also serves as a backdrop to a key moment in her life.

While studying mathematics at Washington University in St. Louis, Amy recalls her future husband Steve Cho and a friend dropping by her family's home. The visitors took notice of a table tennis setup there.

"They wanted my sister and me to teach them how to play," Amy said. "So, they let us get to 19 points, and then they took off and beat us." It turns out the eager 'students' were much more accomplished than they had let on. "They knew how to play," Amy said. "And Steve's friend was an NCAA champion."

Amy and Steve married a few years later and lived in the Bay Area for 45 years. They moved to Sun City Roseville in August of 2018, and both joined the Table Tennis Group here. Sadly, Steve passed away in January of 2025.

Table tennis, however, continues to be a constant in Amy's life. She remembers her family having a table at their home while she was growing up. And now? "I just like playing," she said. "I don't like running all over a tennis court. Table tennis fits what I want to do. It's a relatively safe way to stay active. It's a sport that fits me and is good for me physically. I feel bad if I have to skip."

Besides table tennis, Amy is president of the Conservative Action Group, coordinates the Medical Equipment Loan program as part of Sunshine Services, and is a member of the Harmonicoots.

The Table Tennis Group plays 2:00 pm – 5:00 pm Tuesdays and Thursdays and 9:00 am to 12:00 pm Saturdays at Sierra Pines.

He & She Golf

BY JAHNA HOLMES

Here comes June, July and August, with no club social events to look forward to until October. So be sure to make time to come out and play on our golf days and keep in touch with your golf pals! Remember to sign up the Wednesday before play, and if you must cancel, please do it before Monday mornings! Last minute changes throw the pairings off and cause chaos for our excellent team captains!

April 27th was a beautiful spring day for golf. For the 18-hole group, there was a three-way tie with a score of 146 for first place, so Barb Simon had to do a HOLE blind draw to determine the winning order. First place went to the team of Brian Gorman, Stephanie Tran, Joan Munn and Lisa Overholtzer. Second place was Ed VanPatten, Christina Leaman, Jim Sherrard, and Gail Riddle. Third place went to Shirley Libis, Frank Paluch, Peggy Siminich and Cal Conley. Fourth place scoring 147 went to Ken & Karen Shahoian and Sol & Nancy Labrada. The only CTP winners were Scott Larson, at 8'10", and Connie DeBlaquiere at 5 feet even.

The 9-hole group had 47 players on this lovely day. First place scoring 68 went to



Amy Cho

Steve Aphugh & Yvonne Miller, and Rich & Carole Davis. Second place with 69 went to Marty & Bobbie Hostler and Dave & Sandy Hanford. Third place scoring 70 went to Bob & Pat Horning and Leon & Barb Futran. Fourth place with 71 went to Michael & Pam Hemingway and Gordon & Linda Smouther. CTP for women was Kathy Fowler at 22; 6" and Barb Futran at 23'6". Winners for the men were Bob Horning at 6' 5", and Tony King at 12' 8". Congrats to all!

• • •

Sierra Pines Ladies Golf Club

BY DANA EGGERTS

Spring is in full swing, and the Sierra Pines Ladies Golf Club has been enjoying some wonderful play out on the course! April brought plenty of exciting moments, impressive shots, and personal milestones worth celebrating.

Our April chip-ins were certainly something to cheer about. Congratulations to Lisa Cryan for her chip-in on Hole 6 on April 1. April 8 was especially busy with terrific shots by Janet King on Hole 2, Diane Feist on Hole 9, Rosanne Warloe on Hole 2, and Laura Barry on Hole 6. Elizabeth Gustafson added another great chip-in on April 15 on Hole 8.

We also had a pair of birdies this month. Elizabeth Gustafson birdied Hole 8 on April 15, and Karen Shahoian followed with a birdie on Hole 8 on April 29. Nicely done, ladies!

A special congratulations goes to Deni Randall, who broke 50 for the very first time on April 29—a fantastic accomplishment and an exciting milestone!

Our Closest to the Pin winners for April were:

- Valerie Wilson on April 1 with an impressive 28'6"
- Bobbie Hostler on April 8 at 24'2"
- Annette Eastman on April 15 at 15'6"
- Shelley Weisman on April 29 at an outstanding 14'1"

Way to go, ladies! Your skill and dedication continue to make our club such a fun and supportive group.

Looking ahead, we are excited that eight members of our club will represent Sierra Pines at the North Ridge Country Club Invitational on June 9. We wish all of our players the very best of luck and know they will represent our club beautifully. See you on the course!

• • •

Timber Creek Women's Golf Club

BY MARY NEARN

June 2026 Updates & Golf Trivia

The Timber Creek Women's Golf Club, established in 1996, proudly continues a long tradition of women's golf that dates to 1867 with the founding of the St. Andrews Ladies' Golf Club.

May Tournament Highlights

TCWGC hosted two major tournaments in May: The Club Invitational and the Sunheim Cup. Results and winner highlights are on our website—please be sure to congratulate all who participated.

June Tournament

Handicap Championship

June 10, 17, and 24

This three-day competition will count each player's two best net scores toward the final standings.

(cont' on page 21)

Timber Creek Women's Golf Club

(cont' from page 20)

Welcome!

Please join us in welcoming Cindy Carnaghe, who joined in April.

Cindy's Big Sister is Lynn Pearsall.

Meeting Reminder

The June General Meeting will be held on June 17 at 1:30 p.m. in the Club Room.

Congratulations to our members recognized for Most Improved Handicap in April

First Flight: Kathy Hamilton

Second Flight: Tena Johnson (second consecutive month!)

Third Flight: Mary Nearn

Did You Know?

In 2001, a score once thought impossible was achieved when Annika Sörenstam became the first woman to shoot a 59 during an LPGA event. Her record still stands today.

Inspired to chase that number? Timber Creek has an excellent practice facility.

Effective practice is always intentional. Focus on one specific area of your game and recreate realistic course situations on the driving range to build both skill and confidence.

The standard golf hole measures 4.25 inches in diameter, a size originating from early Scottish course design and now used worldwide. Our practice green features challenging slopes, elevation changes, and double breaks. For a fun challenge, try playing nine holes on the green without three-putts.

See you on the course!

•••

Timber Creek Men's Golf Club

BY RICH AUG

Hello from The Timber Creek Men's Golf Club. The funnest club in Sun City. Well, we are getting into the time of year before the extreme heat starts. I hope you are all enjoying the weather. The rain we had in April really helped to make our courses beautiful. Please remember, if you have not scheduled a lesson with Tracy, our teaching pro, you're missing out! She's great! Tracy doesn't put too much on your plate. Unless you ask. She reminds us of the small tweaks in our game that we often forget. Call the pro shop and schedule a lesson or 2. I'd like to also take a moment to thank our tournament helpers. The guys that show up early on Tuesday's, to get us signed up. They also show up before meetings, help with the scoring. Recently it's been John Quintel, Jay Dameron, Ken Roberts, John Raneseski, and of course, our director Mike Carroll. Without these volunteers, our tournaments would not happen. Also, a big thank you to Mountain Mike's Pizza. They host our monthly lunch on their patio. They donate to our monthly meetings and support our tournaments. Stop by and thank the owner "Manny". We also get a 20% discount. They are located in the New Safeway Center at 1780 Pleasant Grove Blvd. Phone 916-702-7100. As of the writing of this article, Mark Gregson reported that we



currently have 217 members. Another thanks goes out to Jeff Arbuckle. Jeff sell "slightly used" golf balls and donates the money back to

our club for our monthly raffles. The location of our monthly meetings has stabilized. We are back at the Lodge, on the 1st Wednesday of every month. Doors open at 7:30, meeting starts at 8:00. Hope to see you there.

Hit'em Straight!

•••

(more Club News cont' on page 22)



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Golden Niners

BY BILL MOORMAN

The Golden Niners enjoyed 228 rounds of golf while participating in three golf tournaments last month. While the greens were picking up speed many of the Golden Niner golfers posted that, oh so frustrating, 3 putt score. However, that did not stop Michael Foote from being our top money winner with \$28 dollars, followed by Tom Schuster w/\$25, Bob Horning w/\$24, Steve Hutcherson w/\$23, Bill Pagano w/\$22 and Bob White and Gary Zeledon w/\$20. With Poley's posted by Jason Post and Bob Horning with great tee shots! Our (3) tournaments awarded a total of \$1,214 that was added to your Sun City Activity card. Aloha to our new members and future winners, Robert Greenfield, Les Wieduwilt, Larry Manwiller and Tom Jenkins. Best wishes

on your play, Welcome to the Golden Niners.

This month my Rodney Dangerfield award, "I tell you I get no respect" goes to Dave Rose, who played in all three of our tournaments. It's up to you, the reader, to determine how I came up with this "No Respect" award.

Spring is in the air and even though we lost a tournament on May 5th, (rain) Sierra Pines is ready for golf. There is always room for additional players regardless of your level of play. Sun City residents can come out to Sierra Pines and join the Golden Niners. Don't use that, "I had to go vote today" as an excuse not to enjoy 9 holes of golf every Tuesday morning. See you on the course. Remember, part of the mystique of golf is that the journey and the outcome are always unknown and unpredictable.

• • •

Water Volleyball

BY DEBRA DINGMAN

The members of the Water Volleyball group are especially thankful to the Fitness Center's Elaine Zilonka and staff for the efficient coordination of activities that allowed the water volleyball group to play during the month of May! The group plays three times a week on Monday, Wednesday, and Fridays for two hours from 11 am to 1 pm each time

When you watch Greg, Stan, David,



Howard or Len explode out of the water to stop a ball from dumping into the blue, you'll

(cont' on page 23)

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Water Volleyball

(cont' from page 22)

know this is a fun way to stay active! It is good exercise for everyone because one is constantly moving through the heavy water either to whack a ball back across the net or rotate for a new server.

According to health experts, water volleyball offers seniors a low-impact, full-body workout that strengthens muscles and improves cardiovascular health without straining joints. The buoyancy of water reduces body weight by up to 90%, providing a safe environment to improve balance, flexibility, and coordination while reducing the risk of falls and soothing arthritis pain.

Playing with men and women of various skill levels can be challenging but the longer one plays, the better one gets at knowing other player's strengths and weaknesses. Plus, the laughter that comes when occasionally a ball bounces on your head—helps us all learn to laugh at ourselves. The social interaction boosts mental health and helps reduce anxiety. And you thought we were just having fun...!

If you are interested in joining the Water Volleyball Group, come check us out and/or fill out the Membership Registration form available inside the Timber Creek Lodge in the Clubs & Groups Activity Information Area.

...

Bocce

BY DAVID MOORE

The last month has been very busy on the bocce courts. As is often the case the weather in May was very divergent with some games cancelled because of rain and others being played in temperatures in the 90s.

But except for the rainouts the courts have been in full use seven days a week between the Spring Mini-League and the start of tournament season.



The team of Mary Ovale, Mike Christy, Jean Stephens and Bill Pagano won the Mixed Blind Draw.

The Mixed Blind Draw was held on April 25 on a chilly Saturday morning with 46 competitors.

The tournament was won by the team of Mike Christy, Bill Pagano, Jean Stephens and Mary Ovale. The team of

Chuck Sheufelt, Pete DiLeonardo, Karen Shahoian and Sandy Berry finished in second place. Third place victors were Lynn Jones, Terry Lane and Aud Bahr.

The Ladies Blind Draw on Saturday, May 2 had 24 competitors on another chilly morning. The tournament was won by the team of Bev Lewis, Janet Patrick, Debie Smith and Bobbi Dunk.

The team of Rhonda Bubbico, Arlene Lizotte, Sandy Hanford and Janis Sheufelt finished in second place.

The third-place winners were Laura Moore, Jean Stephens, Terry Lane and Diana Rischling.

This month features the Mini-League awards



The team of Janet Patrick, Bobbi Dunk, Bev Lewis and Debie Smith won the Ladies Blind/Draw tournament!

party on June 11 at Sierra Pines followed by two tournaments. The Men's Blind Draw is Saturday morning June 13 and the Mixed Choose Partner is on Saturday morning June 27.

The Feast and Beats BBQ Dinner is June 14 at 5:30 p.m. at the Timber Creek Ballroom and features a scrumptious dinner with entertainment by DJ and Saxophone virtuoso Andrii Liesnyi.

...

(more Club News cont' on page 24)

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Croquet Club

BY JIM WILSON

The Croquet Club invited members of the SCR Tennis Club to a croquet workshop on Saturday, April 18, 2026, which was attended by eight tennis club members and three residents. During the orientation, a brief comparison was made between 9 wicket and 6 wicket games as well as the mallet grip and swing to be employed in the game. Demonstrations were shown regarding the various types of shots and strategies to be utilized. The workshop concluded with attendees playing a simulated game where they skillfully practiced what was demonstrated. Afterwards, refreshments were served.

Five individuals found the game and strategy to their liking and signed to become members of the Croquet Club. Welcome aboard Nancy Watkins, Connie Lugo, Roberta Simpson, Pam Manwiller, and John Desmond. Our seasoned members are integrating our new members into their groups to provide mentorship.

The Croquet Club will have hosted its second meeting and dinner on May 24, when we will have not only taken care of club business, but also enjoy a meal and participated in some sort of trivia game.

A great feature of this game is that it does not require the physical endurance as other sports, but does require the mental acuity to keep you challenged, and gives you the opportunity to participate in an outdoor activity. We provide all the necessary

equipment for you to play this game, including the mallet. Eventually, you may want to purchase your own mallet, as many members have done. Not only will you enjoy the fresh air, but you may also make some new friends and acquaintances.

For those of you interested in joining the club, visit the kiosk in the Timber Creek Lodge lobby where you will find applications. For additional information, please contact Patrick or Louisa Maglione, both officers of the club.

Cornhole Group

BY STEVEN GUSTAFSON

In the summer we play cornhole every Tuesday at 9:00 on the Sierra Pines horseshoe lanes. These lanes are great for cornhole and for horseshoes. However, very few play horseshoes, mainly because they are too heavy to throw for most Sun City residents.

In contrast, cornhole bags are easy to throw---if you can throw your TV remote at a politician on your TV, you can play cornhole! Since cornhole is quite popular, the Sun City Sports Activity Committee now says that we play at "The Sierra Pines Cornhole Arena (formerly the horseshoe lanes)". Thank you SAC!

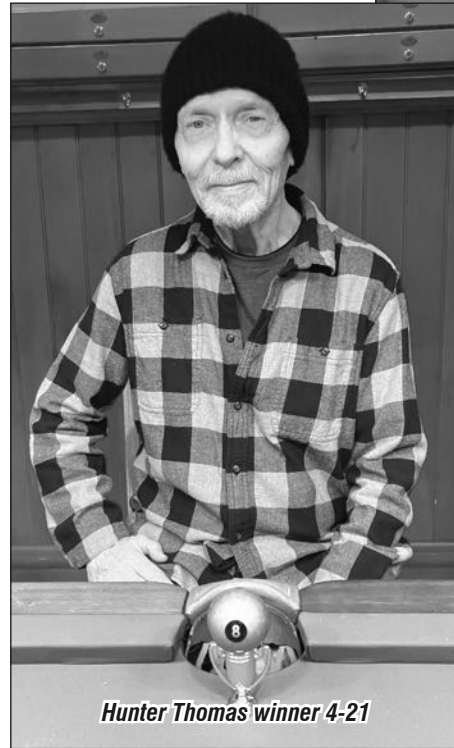
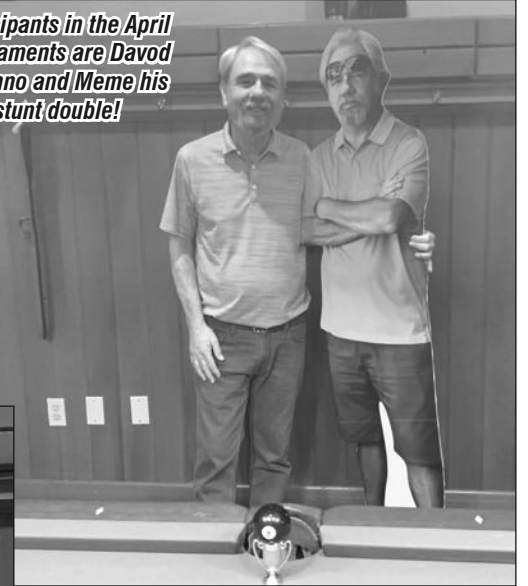
You are welcome to join us (we have no dues or meetings) and to have your name added to our email list (over 200 entries).

Billiards Club

BY TERRY SATCHELL

Saw a few more new faces in the billiard room. Thanks for stopping in and hope to see you all join. Please use the room. You do not have to be a member as it is open play for all residents, except for the Tuesday afternoon tournament. If you want to play and no one is there just go to the front

Participants in the April Tournaments are Davod DeNinno and Meme his stunt double!



Hunter Thomas winner 4-21

desk, leave your ID and get the key.

We are currently looking for new Officers. Our Board meeting will be May 14th and general meeting the 28th. Please participate in your membership meetings as this is when we vote and discuss our issues. Also, planning for the annual banquet June 17th in the Spruce room 4-7pm.

As a final note for this month, we have some business to take care of. Tim Connolly will be leaving the Board as Councilman and will also create a need for an officer. But Tim has been the caretaker of the room since before I showed up years ago. He has cleaned tables, balls, ordered supplies and kept the room

(cont' on page 25)

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Billiards Club

(cont' from page 24)

maintained. You will be missed as now we will all have to chip in to keep up with Tim's standards. Thanks Tim. Our President, Gerri Cristoni, will be leaving this month to head to DWLHs. This has created a need for a new President. Thank you for your work Gerri and know you will be missed not only by the club but by your community!

Tuesdays Men's Tournament Results March

- 4-7 Peter Lischerelli, Ron Judd, John Johnson
- 4-14 Bob Cecil, David DeNinno
- 4-21 Hunter Thomas
- 4-28 Rich Berger, Ken Neal

Bridge Club

BY JOYCE WADE

The Bridge Club annual meeting luncheon and election of officers for the 2026-27 year will be held on Monday, June 29 at Sierra Pines. Doors open at 11:00 with the meeting at 11:30 followed by a Mexican luncheon catered by Elena, and bridge play at 12:30. Tickets are \$20, with reservations and payment due by June 21, according to Cynthia Cecil, chair of the event.

Membership chair Lynda Hammel is accepting checks for annual dues of \$15 payable to SCR Bridge club; checks can be turned in at the annual meeting or placed in the locked box in the Lodge card room. The slate standing

for election at the annual meeting includes President Susan Pankopf, vice president Judith Shively, treasurer Bob Cecil, and secretary Elaine Casel.

Cribbage Club

BY BRUCE AHNBERG

At our month-ending tournament in April, Bruce Ahnberg of Village Nine took top honors, winning all four games he played. He was followed closely by Julie Mattson, who lost one game as runner up.

Bruce started playing cribbage as a young child, learning the game from his English grandmother, who had some strict rules when it came to her opponents: "Never give your

opponent anything in the crib", she would admonish. Good advice then & today, some 70 years later.

At the tournament we reward the top two hands as well, this time going to Jim Callahan & Jim Madden as runner up.

The Cribbage Club meets every Friday in the Timber Creek Lodge Card Room from 1:00 to 3:00 PM. For a small stake, we play several games each week, switching partners each time so that everyone plays a new partner until time runs out. At the end of the month we hold our tournament, where we double the stakes. It's a great game, easy to learn but hard to master, with several levels of strategy and luck. Come on in and join us. There are no membership dues. We provide the boards and cards. It's a lot of fun, with a good group of people.



Bruce and Julie — Tournament Winner and Runner Up.



Jim Callahan and Jim Madden High Hand Winner and Runner Up.

(more Club News cont' on page 29)



Flag Day — June 14



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

Paul and Vivian Friedman

(cont' from page 1)

modeled cocktail dresses for a dress company. Many of her classes were dance classes held at the Henry Street Settlement House whose instructors were well known in the industry. Says Vivian, "It was a wonderful time of my life."



Vivian and Paul Friedman on their prom night — 1964.



Vivian and Paul Friedman on their wedding day — 1968.

She saved up for two years and went on a 3-month trip to Israel with a group of about thirty people in the summer of 1966. She recalls living in kibbutz—a volunteer community or commune designed to foster a high degree of social cohesion and teamwork—for an entire month. When she returned home, she got engaged to Paul.

Paul was born in the Bronx in 1946 and lived with his mother (his father passed away when he was five years old) and an older brother, Barry. While his brother went into the service, Paul attended Stuyvesant High School, an all-boys college-preparatory, specialized high school in Manhattan. Vivian recalls going to Paul's graduation which was held at Carnegie Hall in 1964. She was impressed that every one of the graduates had won a Regent scholarship, whereas in her all-girls' school, only two students had achieved that honor.

Paul went on to attend New York University on a 4-year scholarship, majoring in Chemistry and minoring in Physics and Math. In November of 1965, there was an event that became known as the Northeast Blackout, an electrical outage that affected over 30 million people and 80,000 square miles. On that fateful day, Paul had decided he would try to visit Vivian on her campus since they had schedules that didn't allow much together time. Luckily, when the lights went off, there was a full moon, and he caught sight of her as she and her classmates were leaving the building. She remembers thinking of him as her "Prince Charming," showing up for her at such a scary time. They took several buses to his apartment where she called her father to pick her up.

Graduation day from New York University was significant for Paul because that was the



Vivian and Paul Friedman with friends on a cruise to Alaska in 2025.

day he and Vivian got married. After the wedding, they moved to Ann Arbor where Paul went to graduate school at the University of Michigan. He ended up getting a Master's degree in Nuclear Chemistry and a PhD in Analytical Chemistry. When he was younger, he had planned to study medicine to become a heart surgeon because his father had died of a heart attack. But once he met Vivian, he knew he wanted to marry her and changed his career plans to accommodate their marriage.

They brought their first child, Ian, home on their first anniversary in 1969. Ian now lives with his wife, Susan, and has two children, Julianna and Samantha. Their second child, Matthew, was born four years later. He lives with his wife, Tammy, and has two daughters, Cali and Malaina. And their third child, Meryl, born in 1979, lives in Maine with her husband, Sergio, and has two children, Benjamin and Mia. The family is very close and gets together as often as possible.

In 1973, Paul began working for Rohm and Haas, a company that manufactured specialty chemicals. He and Vivian's journey continued through Massachusetts, Pennsylvania, Virginia and back to PA. During their time in Philly, Vivian got heavily involved in community theater, performing in musical productions like Fiddler on the Roof (in which she played Yente), Guys and Dolls, and Bells Are Ringing, to name a few.

In 2002, Paul was offered a position as senior director of quality at Bayer Pharmaceuticals in Berkeley, California. "I couldn't move fast enough," Paul quips. He and Vivian bought a house in the Oakland hills and loved it. "Moving to California was one of the best things that ever happened to us," he says. Vivian agrees. "We love it here."

The couple moved to Sun City Roseville in 2021 and immediately got involved with various clubs and groups. Together they belong to Bocce, Jewish Fellowship, Democrats Club, and Boomers. Paul is into Billiards and goes faithfully to the discussions held at the Socrates group which meets monthly to discuss various topics like "What Makes a War Just?" and "The Intersection between Longevity and the Quality of Life." He also has begun taking lessons to learn the trumpet. "Learning music keeps the brain going," he says.

Vivian remains active in the Drama Club, Art, Needle Arts, Garden Club, Democrats, Dance and Zumba. Audiences have particularly loved her acting as one of the joggers in the Jogging skit performed by the Drama Club in the Ballroom for several years. Recently she had the audience in stitches when she played Alexa, the AI-generated voice on cell phones, in a skit performed at Sierra Pines in March.

Along the way, the couple have been on trips to England and cruises to the Mediterranean, Mexico and Alaska. Their Alaskan cruise was particularly memorable because it included friends that they've made since living at SCR. Says Vivian, "We've met some wonderful friends here."

What's the secret to their happy marriage? Vivian says, "Paul always makes me laugh. He's a good provider and we have a mutual respect for one another. He's the love of my life."

Paul fell in love with Vivian when he first saw her perform on stage. He appreciates that she has always been very supportive of him. Theirs is truly a love story for all ages.

Want to share your story? Just let us know!
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VOICES OF LINCOLN

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Memories



Revisiting The Past Through Poetry

2026



POETRY CONTEST

★ RULES AND ENTRY FORM ★

1. **POETS WANTED!** 1st, 2nd, and 3rd place winners will be selected in each contest category.
2. 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**
3. 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.
4. Poems may be in rhyme, free verse, haiku, or other accepted poetry forms and of any length, up to a maximum of 60 lines.
5. 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.
6. **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.
7. 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.**
8. 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.
9. 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)

Name: _____ Phone: _____ Email: _____

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

Young Poets Only--Age: _____ Grade: _____ School: _____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.

Mah Jongg Club

BY DEBBIE WATHEN

I hope we are all settled in with the new cards, they are different! My self I miss the old news hands!!

If you want to learn this challenging additive game call Pat Oberlander at 916-929-5582 to sign up for lessons.

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

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

• • •

Help our community grow strong — support our advertisers and community organizations!



Executive Director Comments

BY GEOFFREY BROWNE

More Updates! I'm sure everyone knows we are well onto our Board of Directors Election Season. This year you have three positions on the Board to elect in July. At the final April 15 nomination deadline, we ended up with 4 candidates and the campaign officially started on June 1, 2026.

Candidate statements and flyers have been prepared and the Association and the Election Committee will host a Candidate Forum, where you can meet the candidates and ask questions, on Tuesday June 9th at 6:00pm in the Ballroom at the Timbers Lodge. Balloting materials are scheduled to be mailed out to all members on June 19th and your signed ballot must be received by 10:00am on the deadline of July 21st, 2026. Please take time to review the excellent video explaining how to fill out and submit your ballot, which was produced by a group of members who graduated this year from our Leadership Academy – it is available on the resident Website on the Elections Page. Have a say in who leads Sun City Roseville forward – make sure to cast your ballot correctly.

In other news, the Board of Directors passed the 2026-27 Budget at the April Board Meeting, setting the assessment at \$234.00 per month, an increase of 4.0%. Staff undertook a comprehensive review of all departments to identify areas where we could control or reduce expenses in an effort to keep the increase as low

as possible. This year's budget was particularly challenging due to uncertainty in the economic outlook for 2026 and 2027.

We continue to explore various improvement projects at the Committee level, including shade structures, a lodge refurbishment, a new golf cart barn, and other capital projects for our "continuous improvement" objectives. Generally, none of these projects are directly funded by your assessments, so timing is still unclear while we look for funding sources to support these plans.

We are, of course, well into our Phase B Fitness Center Renovation and Expansion project, which started at the end of April this year. We are excited about the changes, and have worked hard to communicate changes to access, programming and updates to you through email blasts, posted signage and regular updates to the Under Construction button on the resident website. Be sure to check in regularly so you have the most up to date information available. Special thanks to Elaine Zilonka and her staff at the Fitness Center for an excellent (and difficult) start to provide as little interruption as possible.

I hope many of you were able to take advantage of the tremendous 30th Anniversary kick-off events that were planned for April, and are looking forward to the slate of activities we have planned for you in June, including our first-ever concert on our new portable stage

on June 12th (thank you Sun City Roseville Foundation – don't forget to donate!).

Here's to a fun-filled and busy summer at Sun City Roseville, the premier active-adult community in Northern California, where there's always something new and exciting to do with your friends!

SCR Foundation 2026

(cont' from page 1)

committee will now include a Wellness Tip in each Courier. For June, the Tip is a reminder to drink enough water or other non-dehydrating liquids. Additional fluids can be needed as temperatures rise. Lack of hydration could easily lead to Heat Exhaustion or Stroke. As we age, our internal thermostat changes and it's likely we will not tolerate heat/or cold as we did earlier in life. Increased thirst can signal some dehydration may already be happening. You will now find the installed Sunshade Sails provided by the Foundation, down at the pool to help manage some direct effects of the sun. Look for more on Wellness Tips in our Literature Rack by the Library. These Tips will never replace any medical advice. Prevention is better than treatment.

Our Board continues to accept and assess Community Resource Grant Requests which support our Mission on behalf of residents.

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- Kyle S
Wesley Financial Group, LLC client

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DAILY RAFFLES & ART DEMOS

Observations Goes Down Memory Lane

BY MARTIN GREEN

Recently my teenage grandson asked me what I did when I was a kid growing up in the Bronx. I told him that when I was his age every weekend I took the streetcar to MacCombs Dam Park to play handball. Then I had to explain to him what a streetcar was. I told him it was like a bus except that it ran on rails and was powered by electricity from a wire above. I also recalled that either the windows were wide open or the streetcar had no windows as it was pretty airy, much better than a bus.

I Googled streetcars and found out that they were “the dominant mode of mass transit” in New York City from the 1890’s to the mid-1950’s. Also, that streetcars in Manhattan used an underground electrical conduit system rather than overhead wires.

My grandson also asked when my family got television. I know it was after 1954 because that’s when I got out of the Army and was back in the Bronx and had to go to a friend’s to watch a New York Knicks basketball game on TV. I’m sure our first television screen was pretty small and we had rabbit ears that had to be adjusted to get a picture.

As to what we had for entertainment before television that was easy to answer--- we had the radio. I remember that no matter where our family was or what we were doing on Sunday night we had to get home to watch the Sunday night radio programs. First there was a comedy show, Jack Benny, then another comedy show, Fred Allen, with the Edgar Bergen/Charlie McCarthy show in between.

Jack Benny was supposed to be stingy, although he wasn’t in real life, and on one of his shows a burgler tells him, your money or your life, then there’s a long pause and when the burgler prompts him Benny says, I’m thinking, I’m thinking. Benny and Fred Allen, friends in real life, were supposed to have a feud and this was part of their comic routines. Charlie McCarthy was a dummy and a wise guy and Edgar Bergen, the ventriloquist, was his straight man. It was said that Bergen moved his lips but on radio it didn’t matter.

I remember other programs we used to listen to: Jack Armstrong, the All-American Boy; Henry Aldrich, a teenager always getting into trouble; and Little Orphan Annie. Then there were the more adult programs: I Love a Mystery, with Jack, Doc and Reggie in the cave of the bats; The squeaking door with Raymond; The Shadow, who fought crime and who could “cloud men’s minds” to make himself invisible. And The Shadow was voiced for a time by none other than Orson Wells. Google reminds me that the show opened with the lines: “Who knows what evil lurks in the hearts of men? The Shadow knows.”

And who can forget, if they were kids then, The Lone Ranger, which opened with the stirring music of the William Tell Overture and the lines “Hi-yo Silver away.”

Yes, those were the radio days and they evidently left their imprint on me. I wonder how many TV shows the kids today will remember when they get to be old?

Safety First — Don’t Take the Bait on Phishing Scams

BY THE ROSEVILLE POLICE DEPARTMENT

Information sourced from the Federal Trade Commission (FTC).

Have you ever received a text or email warning you that something is wrong with one of your online accounts? Maybe it says your streaming account is about to be suspended unless you take action immediately. It might even include a link that claims to help fix your account’s problems. The message seems urgent and real. But is it?

Your first instinct may be to click the link to resolve the issue quickly. Don’t click. There’s probably nothing wrong with your account. In fact, it’s likely a phishing scam. Phishing occurs when scammers impersonate legitimate companies through emails or texts to trick you into giving up sensitive information.

Common signs of phishing scams:

A phishing email or text might:

- Claim suspicious activity: It says there have been log-in attempts you didn’t make — but there haven’t been.
- Report a problem with your account: It claims there’s a problem with your account or payment information — but there isn’t.
- Ask for confirmation of sensitive information: It asks you to confirm personal or financial details — but you don’t need to.

What real companies won’t do

While legitimate companies may contact you via email or text message, they won’t

send links asking you to update payment information or account details through a link. Only scammers use these tactics. Even opening a suspicious link without entering any information can put you at risk, as scammers may install harmful malware on your device.

How to Stay Safe

- Don’t click on links in unexpected emails or texts. If you’re worried something might be wrong with your account, contact the company directly using a verified method, such as a link or phone number you know is legitimate.

- Report phishing: If you think you’ve accidentally shared sensitive information, take action quickly. You can:

- o Report the incident at IdentityTheft.gov and get a recovery plan.
- o If you clicked on a suspicious link, update your security software and run a scan to look for viruses and malware.

Where to Report Phishing Scams

- Report the phishing attempt to the FTC at ReportFraud.ftc.gov.
- Forward suspicious text messages to SPAM (7726).
- Forward suspicious emails to the Anti-Phishing Working Group at reportphishing@apwg.org.

By staying alert and knowing the warning signs, you can avoid phishing scams and protect your sensitive information from cybercriminals.

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SUN SENIOR NEWS CLASSIFIEDS

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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FOR SALE

BLUE LEATHER COUCH (76") and matching recliner! Greatshape-200.00*Round din room table (56") with leaf (18")...full ext to 74" and seat 8 comfortably and 4 chairs-perfect shape-\$500. Call: 916-599-7610

4 ITEMS FOR SALE: 1. 56" w 22" h TV entertainment stand; 3-tier black glass shelves, wooden legs, metal frame \$BO; 2. La-Z-Boy Joel Reclining Sofa, 3 years, Mottled light beige \$399; 3. QUEEN Mattress, Firm Posturepedic Silver Pine 15" mattress. Only used once. \$399; 4. Ashley countertop height Dining table w/6 chairs; brown tone-top and distressed grayish white finish. \$299... 949-632-6756.

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WANTED: BUYING RECORDS Jazz, Blues, Rock, and R & B. Buying small and large collections, LP's, 45's, and 78's. Also looking for reel-to-reel tapes, (all types.) Call 530 273-8490

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ANNOUNCEMENTS

ATTN: Retired Law Enforcement Officers— You are invited to join us for our quarterly meetings for some camaraderie, coffee and terrific guest speakers. We were formed in 2002 and have approximately 120 members. Please contact Chuck Schmidt, the RLEO Group coordinator at: 530cms@gmail.com

FRIENDS OF THE BIBLE, non-denominational group, Sun City, Roseville. Interested, call/text Bali David 714-478-4789.



SUN CITY REAL ESTATE UPDATE

As I have said before, the new norm is that February, March and April and May have become the hot months for buying homes. Partially because the inventory of homes is so low making buyers choose between very few homes. As of this writing, there are only 7 homes on the market in Sun City Roseville, an extremely low number of homes available for a community the size of Sun City. So anyone looking to buy now are going to have only a few options to choose from. Sometimes this drives buyers to other age restricted communities.



WRITTEN BY
GEORGE BROWN
gbrown@thompson-brown.com



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

**FREE ADS — INCLUDE:

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

BUSINESS ADS:

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

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

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

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.

SCLH residents get FREE non-business Classified Ads; limited to 15 words; one per household per month.

Non-business Ad items include selling personal used items such as furniture, tools, books, rugs, electronics, personal car, golf cart, etc.

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

Business Ads are 15 words for \$35 for one-month. Additional words \$1 each. (\$90 for three months for the same ad.)

If your classified ad is determined to be "business" related, we will email you an invoice that will allow you to pay immediately with a credit card, or mail a check.

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

If you have any questions, please email us at: SunSeniorCA@gmail.com



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As Broker and Owner of Thompson+Brown I have worked with thousands of sellers to achieve their goals. This year marks my 40th year in Real Estate. I have seen every market condition and I use that vast experience to make the sales process easier for my clients. Please give me a call or text me and I will be happy to come and meet with you and answer any questions you may have.



George Brown

RECENT SALES IN SUN CITY ROSEVILLE

7532 Timberrose Way	1476 Sq. Ft.	\$550,000
216 Trolleybell Court	1476 Sq. Ft.	\$563,000
7736 Rosestone Lane	1840 Sq. Ft.	\$575,000
7082 Cope Ridge Way	1476 Sq. Ft.	\$547,000
300 Cope Ridge Court	1869 Sq. Ft.	\$700,000
2112 Arlington Drive	2385 Sq. Ft.	\$723,600
7389 Goose Meadows Way	1869 Sq. Ft.	\$740,000
6030 Timberlodge Lane	2083 Sq. Ft.	\$750,000
4317 Napa Loop	2362 Sq. Ft.	\$750,000
6014 Timberlodge Lane	2030 Sq. Ft.	\$754,000
7408 Whistlestop Way	2362 Sq. Ft.	\$800,000

All measurements and all calculations of area are approximate. All sales from all MLS brokers. Display of MLS data is usually deemed reliable but is NOT guaranteed accurate by the MLS. Buyers are responsible for verifying the accuracy of all information