

SUN SENIOR NEWS

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And Much More . . .

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Cat Bain — Making a Difference

BY JENNIFER MARTIN

Ralph Waldo Emerson once said, “The purpose of life is...to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.” These sentiments deeply apply to Cat Bain, a resident of SCLH since 2022.

Born in Palo Alto in 1960, Cat has an older brother, Larry, who lives in Mountain View and a younger brother, David, who lives in Livermore. Her family moved every few years because her father changed jobs often during the growing computer industry. This is probably why she gets restless sitting still for long periods of time and sought out SCLH because it gives her all the stimulation she needs to stay engaged in multiple adventures without having to move.

In 1978, Cat graduated from Mission San Jose High School in Fremont where one of the seniors asked her to substitute for her in a college class on American Sign Language. That changed Cat’s life and was the beginning of her sign language interpreting career at



Cat Bain

Ohlone College in Fremont, one of only three interpreter training programs in the US at the time. After she received a teaching credential required for employment of part-time faculty, they hired her to teach sign language classes.

She also served as administrative assistant to the dean of Deaf students. The Deaf community thrived on campus, and Cat was quickly consumed by her new passion for the Deaf world.

She also graduated from the interpreter training program at the National Technical Institute for the Deaf in Rochester, New York. She received her Comprehensive Skills Certification from the National Registry of Interpreters for the Deaf shortly afterwards.

Cat left Ohlone College for a job interpreting for Deaf employees at Lawrence Livermore National Laboratory (LLNL) as an employee of the University of California. Once the Americans with Disabilities Act passed in 1990, she developed their Disabilities Services Program to provide accommodations and accessibility for all employees with disabilities. As a Human Resources Specialist, she also recruited employees for their summer employment program and other Affirmative

(cont' on page 33)

LH Foundation — A Semiquincentennial Celebration

BY DENISE BOWDEN

Our Semiquincentennial, a word that just rolls off the tongue, otherwise referred to as the 250th Anniversary of the United States, starts off July with a bang. Though we will celebrate with friends, food, family, and festivities, hopefully we will each take a moment to pause and reflect on what living in this country means to us. At its core it is an anniversary about how a group of colonies came together in 1776 to declare independence and how their actions set the course for the country we live in today.

Another significant achievement to celebrate this month lands on July 20th, the first manned landing and walk on the moon. It happened 57 years ago, something many of us were able to watch. Can you imagine what the founding fathers would have thought about that?

We are taking the month of July off from Bingo but will be back in the ballroom in August. Mark your calendars for Thursday, August 20th for our next day to play. Doors open at 12:30 and play starts at 1:00. Twelve cards for \$25, with exact change appreciated. Payouts are \$100 for the first eleven games and \$250 for the final game. Make an afternoon of it and enjoy lunch at Meridians beforehand.

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

Looking to volunteer? Contact us at www.lincolnhillsfoundation.org

Players Club

BY SUE VILLARREAL

Adventures in Aging — Summer is sizzling with activity in the Players Club! Our production of *It Happened on Route 66* is now safely tucked into the scrapbooks of our minds. We would like to thank everyone who helped

while exploring moments we all recognize— estate sales, friendships, rivalries, reinvention, even pickleball, and the unpredictable joys of aging with spirit.

Funny, relatable, and at times surprisingly poignant, the festival features characters who feel like neighbors, friends, or reflections of ourselves. You’ll laugh, nod in recognition,



Aging Boldly
Mary Whitaker, Susan Stecz, MaryEllen Vogt and Steve Giles.
Photograph by Keith Vogt

to make our show a success, including all of you who attended our performances. Leaving “Cookie’s Diner” was bitter-sweet, however, when one door closes, another opens!

This August the Players Club production of *Adventures in Aging Boldly: A Short Play Festival* will be directed by Karen Pinomaki and MaryEllen Vogt. This lively blend of original short plays, and monologues from “known” plays, celebrate the humor, heart, and everyday adventures of SCLH residents,

and maybe even tear up as these pieces capture the boldness and resilience that define our community. You’ll see that aging isn’t about slowing down—it’s about living boldly, laughing loudly, and embracing every new chapter.

Mark your calendars now for *Adventures in Aging Boldly* at the SCLH Kilaga Springs Presentation Hall on Saturday, August 1 (1:00 & 3:30 PM) and Sunday, August 2 (3:00 PM).

(cont' on page 5)



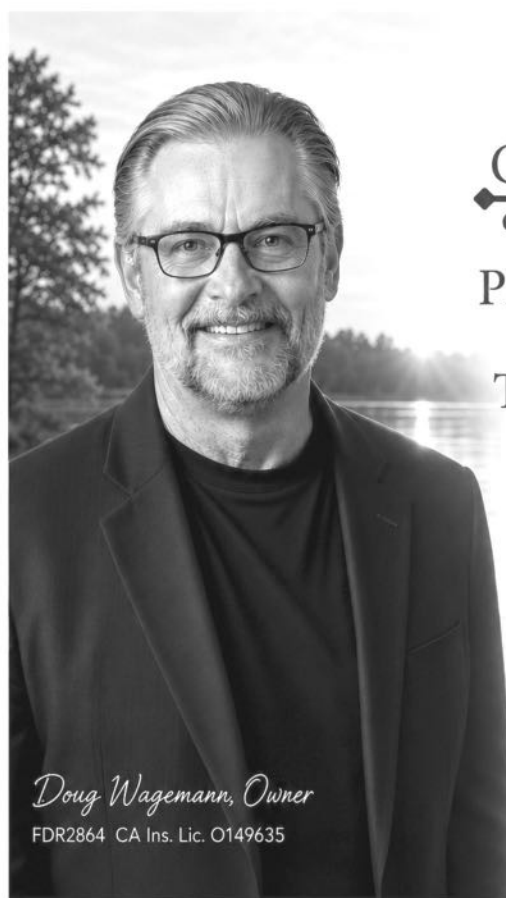
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Mark Blum, MD, and Daryl Lance, PharmD
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Kilaga Springs Presentation Hall

As part of our Wise Aging Series, Mark Blum, MD, and clinical pharmacist Daryl Lance, PharmD, will discuss how some medications can affect us differently as we age. They will review eight high-risk medication classes, common examples, possible side effects, and safer alternatives to consider with your healthcare provider.

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

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Neighbors InDeed — Handy Helpers: Making a Difference

BY CINDY KENNA

Every week, Neighbors InDeed's Handy Helpers tackle the kinds of daily problems that can quickly become obstacles for residents in our community. We handle the basics, like installing new smoke-alarm batteries, replacing a burned-out porch light, or changing a furnace filter. But did you know we will also reprogram your garage door opener, a keyless entry, or even your irrigation controller?

And for safety around your home, we've got you covered. If your address numbers aren't lighting up at night, emergency responders may have trouble finding your home quickly, so we'll replace the light bulbs for you. Have you been thinking about getting a standard Ring Doorbell but dreading the idea of hiring someone to install it? Call Neighbors InDeed, we'll take care of it.

Has your TV stopped working after a power outage or after you hit one too many buttons on your remote? We can help with that as well.

These are just a few examples of tasks we can help with. Not sure whether your task is something we do? Give us a call at 916-223-2763. If it's not, we'll gladly provide

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Rudi 7-2026

referrals.

Our Handy Helpers are a dedicated, hands-on group of volunteers who take care of household tasks that make it easier to stay on top of home maintenance and repairs. If you enjoy solving small household problems and want to help fellow residents in our community, then consider volunteering for Neighbors InDeed. You choose your hours-whatever fits your retirement lifestyle.

You can make a real difference in the lives of SCLH residents by sharing your time and skills to help others. It's a great way to give back to the community you call home.

Interested or want to learn more? Contact us at 916-223-2763 for questions or a volunteer application.

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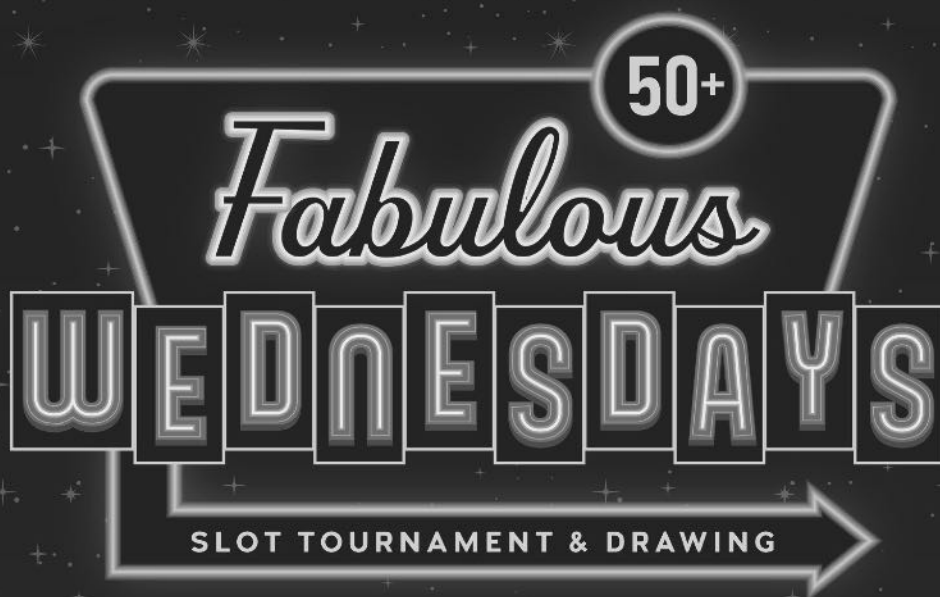
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Players Club

(cont' from page 1)

Admission is free, seating is first-come, first-served, and doors open 30 minutes before showtime.

Auditions for our fall musical "You're a Good Man Charlie Brown" will be held in Fine Arts, OC on August 11 & 12 at 5:30. For more information check out our website! If you are interested in being on stage, behind the scenes, or training with our tech crew, consider joining us! Our next meeting is July 13, at 4PM in Presentation Hall, Kilaga.

• • •

Music Group

BY BRIAN JEWELL

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

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

The first part of the gathering is for the

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

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

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

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

• • •



Music Group—The SCLH Guitar Ensemble performs at the May MG meeting.

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

The second half of the meetings is dedicated to open mic performances. Anyone can perform in a non-judgmental environment,

Vaudeville Group

BY DICK HALSEY

Just like America's Got Talent (AGT), we're thrilled to announce Sun City's Got Talent (SCGT)! This year's 2026 Vaudeville Show "Anything Goes," boasts an amazing lineup of performers and has just started rehearsals. Director Yvonne Halsey shared, "This will be the greatest show since Vaudeville started its Summer performances here in SCLH. The actors, dancers, and singers are fantastic! You'll be treated to an event like never before and amazed by the creativity of our comedians and skits." They are rehearsed on and off stage for months. Do you know why



musicians never miss a rehearsal? They can't afford to lose their composure. If that strikes a chord with you, you are going to love the show.

Yvonne also noted, "Long hours of programming and organizing have resulted in a very audience-friendly program." Given the memorable acts from past performances that involved audience participation, get ready to be a part of the show! All tickets are \$20 and available now at both Kilaga Springs and Orchard Creek. Shows are August 27, 28, at 6:00 PM and August 29, 30 at 2:00 PM in Presentation Hall-Kilaga Springs.

Club Contact: Yvonne Halsey, YHalsey5678@Gmail.com, 916-408-2040

• • •

Ballroom Dance

BY ERNIE MICHELI

The Ballroom Dance Club will be teaching the tango in July. Sal and Ruth Algeri will provide instruction during the beginners' classes while Jim Smyrak and Lia Dresner will provide instruction for the intermediate classes.

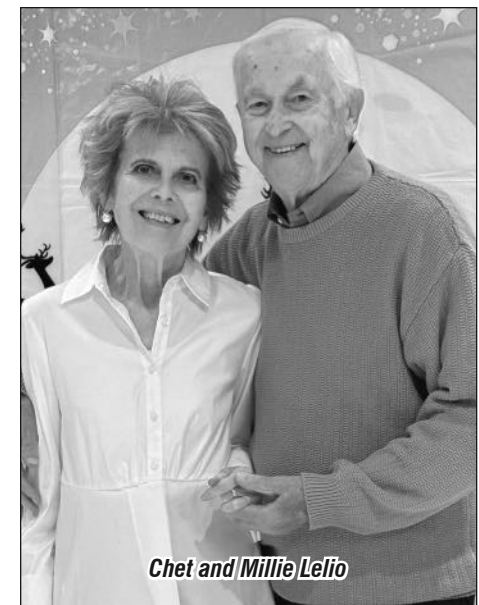
Initially, the tango was danced in the working-class slums, bars, and brothels of Buenos Aires. Argentina's upper class shunned the dance, viewing it as scandalous, indecent, and associated with illicit behavior.

By the 1900s, the dance made its way to Europe via travelers and sailors. Wealthy young Argentines studying in Europe frequently visited Parisian dance halls and, seeing the wild popularity of the tango there, brought the dance back to their homeland. The upper-class resistance evaporated, and the tango quickly became a global craze.

The 1930s and 1940s marked the "Golden Age" of the tango. It transitioned from a simple dancehall novelty into a deeply respected musical genre.

During the mid-20th century, the tango faced periods of suppression during military dictatorships, but it eventually experienced a massive worldwide resurgence in the 1980s. Today, traditional Argentine tango is recognized globally as a symbol of cultural pride and connection.

If you're a resident or a sponsored guest, you can join our annual membership program



Chet and Millie Lelio

for just \$10. Lessons are held in the Kilaga Springs Lodge Multipurpose rooms each Tuesday starting with open dance at 2:15 p.m. Beginners' session is at 3:00 p.m.; Intermediate session is at 4:00 p.m. If you have any questions or need to reach out, feel free to call Sal Algeri at 916-408-4752 or visit our website at sclhbdc.com. We're here to help you make the most of your dance experience.

• • •

Country Couples

BY DTIM TATUM

Summertime with long daylight hours means more happy times for outdoor activities either staying around the neighborhood or traveling to places abroad or just within our country – especially during our wonderful celebration that marks the 250th anniversary of the Declaration of Independence on July 4th of 2026!

Indeed, it's truly once in a lifetime

(cont' on page 7)

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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!



PERIPHERAL NEUROPATHY?

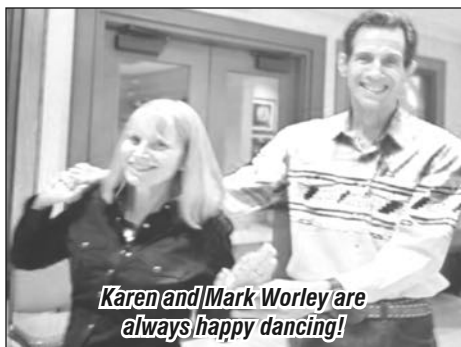
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Country Couples

(cont' from page 5)

celebration for us as there has been such a wide array of official events, corporate projects, and community events taking place nationwide! Undeniably, dancing is always one of the



best ways to express our love and gratitude to be living in this beautiful country of ours – “America The Beautiful” - a poem written by Katherine Lee Bates in 1925 that evolved into one of the best-loved patriotic songs!

So, let us dance with joy and happiness throughout the summer to celebrate America! Especially, let's dance Country Western style as it is a uniquely American tradition that evolved from the European folk dances (quadrilles, minuets, and contra dancing), and gradually adapted to rhythms of the American frontier dancing usually accompanied by lively fiddles and blended with Indigenous and African American musical traditions.

Still feeling not so sure about our Country Couples Dancing, please come by to observe our dance reviews and practices on Monday evenings at 7 PM at Kilaga or contact:

Dtim Tatum 279-966-8551 or 2nparadise@sbcglobal.net website:www.sclhcc.com

Line Dance Club

BY SYLVIA FOX

Do you want to dance and can't find a partner, try line dancing. We dance to all types of music. Country, Latin and Pop. We encourage all our club members to take line dance classes offered in the Compass magazine. Our club offers labs and workshops for all levels of line dancing on Saturday mornings, Sunday mornings and some Tuesday afternoons. We have several workshops during the year.

Line Dancing is a great exercise and another way to make friends. Exercise and socializing keeps the mind and body young.

Check out our website sclhdc.com for information and membership applications
Contact Sylvia Fox foxsam25@gmail.com

Round Dancing Group

BY CATHY RAZUMICH

Round dancing is social ballroom dancing that is choreographed and cued. It differs from freestyle ballroom dancing because the dance has already been choreographed to a specific piece of music. Instead of improvising, dancers are prompted by a leader. This is called cuing.

Cuing is the process of a leader, called a cuer, announcing the figures or steps that dancers should perform as the music plays. The cues are given slightly ahead of the beat so dancers have time to execute the next movement. They follow the cuer's verbal instructions throughout the dance. As a result, all dancers on the floor perform the same

figures at the same time.

Each cue corresponds to a standardized figure that dancers have learned. The cuer's job is not to invent choreography on the spot, but to guide dancers through a predetermined sequence of figures with accurate timing and clear diction. When you start round dancing, you learn to associate each figure name with its corresponding footwork so that when the cuer says the figure, you can respond.

The most common choreographed cued ballroom rhythms are Rumba, Waltz, and Cha-Cha. Other very common rhythms are Two-Step, Foxtrot, and Jive (East coast swing). These are the rhythms our group practices with our Cuer, Marie Hathaway. Marie is an excellent cuer. She is knowledgeable, patient, and has a great sense of humor. She definitely adds to the enjoyment of our sessions.

We would love to have you join us! We dance on Thursdays from 1 to 3 PM in the Placer Room at Kilaga Springs Lodge (1167 Sun City Blvd in Lincoln). No ballroom dancing experience is required. Singles and couples are welcome.

Contact Cathy Razumich at 408-218-2144. We are sponsored by the Sun City Squares. More club information can be found on our website sclhsquares.weebly.com

Mixed Media Club

BY JILL SHORT

A colorful blend of imagination, inspiration, and artistic exploration has made this summer an exciting season for members of the Mixed Media Club.

In June, members took part in an exciting Envelope Challenge. Each participant received an envelope packed with collage papers and

was challenged to transform the contents—and even the envelope itself—into a unique work of art. The results showcased the creativity and ingenuity that make mixed media so much fun. Thanks, Jenny Griffin for the fun time.

This month, members will explore the art of paper weaving with instructor Connie Burdick. Using a variety of scrapbook papers, participants will learn weaving techniques that can be incorporated into future projects. One creative possibility is turning the finished weaving into a decorative cover for an art journal.

August will bring an immersive Layering Adventure taught by Jill Short. In this semi-guided mixed media experience, artists will build layers, marks, and movement across two separate substrates. Each layer begins with a new prompt and is accompanied by carefully selected music designed to spark inspiration, energy, and intuitive creativity. It promises to be a fun and engaging artistic journey.

Every month, the club also offers a voluntary art challenge that members share at the following meeting. Participants are encouraged to bring challenge pieces as well as other artwork they have been creating. This month's challenge involved decorating a wooden object to share at the July 15 meeting. The August challenge theme is “Under the Sea,” and members are already dreaming up creative interpretations.

The Mixed Media Club meets on the third Wednesday of each month from 12:00–3:00 PM in the Fine Arts Room (OC). For more information, contact Club President Chris Fetter at 916-276-7895 or email mixed.media.chrisf@gmail.com

(more Club News cont' on page 9)



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Lincoln Hills May Sales Snapshot

Address	Street	Appx SqFt	Orig. Price	SELLING PRICE	MODEL
425	Hopkins	1130	\$525,000	\$521,000	Millpond
2694	Woodacre	1155	\$498,000	\$498,000	Sequoia
1250	Hillhaven	1184	\$495,000	\$495,000	Millpond
2051	Stepping Stone	1184	\$512,500	\$520,000	Millpond
156	Stags Leap	1195	\$499,000	\$500,000	Calaveras
1617	Hackberry	1322	\$589,000	\$580,000	Bridgegate
1561	1561 Hackberry	1322	\$535,000	\$557,000	Brdgegate
1308	Tiger Lily	1343	\$539,000	\$525,000	Madera
1325	Secret Lake	1346	\$490,000	\$449,350	Bridgegate
1611	Hackberry	1473	\$525,000	\$515,000	Almanor
1605	Gingersnap	1539	\$544,900	\$544,400	Pine Hill
212	Quail Covey	1561	\$555,000	\$555,000	Alpine
2020	Laurelhurst	1595	\$587,000	\$590,000	Quail Cove
220	Gazebo	1602	\$587,500	\$570,000	Lassen
1160	Greenwood	1602	\$575,000	\$570,000	Lassen
1525	Dapple Dawn	1704	\$629,000	\$632,000	Echo Ridge
1848	Blackbird	1775	\$645,000	\$550,000	Tehama
2464	Winding	1791	\$669,000	\$669,000	Tahoe
2748	Woodacre	1791	\$689,000	\$702,000	Tahoe
1295	Hawthorne	1795	\$616,000	\$611,000	Tehama
2270	Longspur	1836	\$699,000	\$689,000	Plumas
228	Stags Leap	1855	\$775,000	\$760,000	Plumas
404	Mossy	1855	\$675,000	\$675,000	Plumas
2024	Farmgate	1873	\$679,900	\$669,900	Orchard Crest
2473	Swainson	2128	\$779,000	\$800,000	Ventura
1006	Fairway Valley	2151	\$998,000	\$860,000	Sausalito*
1925	Coldwater	2151	\$799,000	\$850,000	Sausalito
1509	DAPPLE DAWN	2176	\$769,000	\$700,000	Sausalito
1905	Mary Rose	2176	\$730,000	\$670,000	Sausalito
2260	Hidden Hills	2203	\$799,000	\$795,000	Napa*
1089	Overland	2258	\$855,000	\$875,000	Napa*
101	Lasso Lake	2264	\$1,075,000	\$1,010,000	Napa*
1188	Fairway Valley	2280	\$920,000	\$899,000	Shasta*
1224	Tiger Lily	2390	\$830,000	\$750,000	San Mateo
1179	Stone Hearth	2585	\$834,000	\$834,000	Monterey
748	Castleberry	2612	\$939,000	\$923,000	Springcrest**
304	Prunella	2813	\$1,100,000	\$1,101,000	Sonoma*/**
1129	Paragon	2895	\$885,000	\$875,000	Meadowgate
941	Wagon Wheel	3081	\$1,250,000	\$1,115,000	Santa Barbara */**

* View or Golf Course • **Casita

Total Homes sold in Sun City per MLS 05/1/26 - 05/31/26

Neighborhood Watch —

August and October Events Are Scheduled for Safety Awareness and Fun

BY JUDIE PANNETON

An important opportunity awaits residents of Sun City Lincoln Hills to ask police and firefighters about neighborhood safety. A community-wide National Night Out event is scheduled by your Neighborhood Watch on October 6, at the Sports Pavillion where residents will gather and interact with first responders who will inform and answer questions.

Some villages like to hold their own get-togethers, too, and planning help is being offered. On August 15, Neighborhood Watch will host a potluck for residents to get to know each other better and to plan a safety event to coincide with National Night Out. This brainstorming potluck will be held from 6:00-8:00 PM in the KS Multipurpose Room. Gift card prizes are being offered to those who become safety trivia winners. Check selhwatch.org or with your mailbox captain for more details.

National Night Out is an annual community-building campaign that promotes police, fire and community partnerships that help create safer and more caring communities.

That caring concept was seen in action recently when Village 27 Neighborhood Watch



Mailbox Captain Lorraine Immel saw an ambulance arriving to pick up a neighbor. She leapt into action, introduced herself to first responders, and asked the resident if she could be of assistance as her gurney was being loaded into the vehicle.

“Can I lock your doors or close windows?” she inquired. It’s second nature for Immel (and coordinator Marilyn Koregelos) to be of service to their neighbors, whether it’s during times of emergency (Lorraine has some of their keys/codes) or alerting someone about an open garage door. “It is so rewarding to be of service to people!” she said. “I can’t believe how many times people tell me they don’t know their neighbors and I suggest they start small and invite some people over for coffee.”

Security experts note that even small actions, along with neighbors knowing and keeping an eye out for each other, add up to communities becoming safer places to live.

Residents, security officers, law enforcement and firefighters have also been challenged by people trespassing in Sun City Lincoln Hills and on the golf courses, whether it’s to fish or ride e-bikes and e-scooters, causing

(cont’ on page 39)

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Painters' Club

BY TAMSEN ARMSTRONG

Please take a moment to reflect on the generosity of those volunteers who spent many hours working hard to help make this year's Fine Arts Show a success. It is no small task to undertake an event like this with its complicated logistics and inevitable snafus. The SCLH arts community could use more people like them to help bring us together to share and celebrate our love of all things creative. We say goodbye to Marianne Oliphant knowing that it will be difficult to replace her as Chairman. Her character, backbone and grace under pressure are the very definition of leadership.

It was hard to choose which painting was the most riotous and colorful in our "Riot of



James Rebello, AKA "Boss Ross" goofing off at the Fine Arts Show demo.

Color" Challenge during our May meeting, they were all so amazing! First place winners in each category were Christopher Olsen, Susie Crawford, Ann Beede and Arlene Knapp. August will find us displaying our "2-Color + Black & White" paintings and seeing all the ways our artists can interpret this challenge. Remember, it's all in fun and learning!

The OC Lobby Show is coming up in September! Keep an eye out for the Call to Artist notice which will be sent via email and posted in the monthly newsletter.

Our July meeting will ask everyone to contribute to a discussion about the "Language of Paint" following a short video. It's something different, aimed at encouraging us to listen to each other and openly voice our experiences as artists, wherever you happen to be in your journey. We will also have our usual Show & Tell session, so please bring us what you've been working on. We love to see all the various styles and subject matter that inspire you to paint!

Creative Glass Club

BY SUSAN HAAS

The Creative Glass Club is a community of glass enthusiasts who enjoy learning, sharing, and creating together.

We are inviting you to try new Art endeavors! Members work on a variety of projects, including stained glass, fused glass, and mosaics. We offer workshops for both beginners and advanced artists and special member only projects. We meet the 1st and 3rd Tuesday evenings 6:00-8:30 and 4th Thursday 9:00-noon. We meet at the Kilaga Lodge. We will be displaying our artwork in the window cases in Orchard Creek in July, please stop by to see the possibilities. Yearly membership fees

\$20. Please contact Corene for membership questions-925-813-8385.

Ceramic Club

BY MIKE BRADY

Check this month's Compass magazine for dates and times of ceramics classes. Come on down to the studio on any Friday for free time to check it out and experiment! We have



small blocks of clay available for a few dollars to get you started. Current members are always available to give you help and basic instruction. It's a great way to escape the summer heat! Hope to see you soon.

Needle Arts

BY JAN HESS

In preparation for America's semiquincentennial, (250 years) Fran Swart has curated the window outside the Needle Arts Sewing Room with an array of patriotic quilts. These beautiful quilts were made by several of our talented members.

Bev Jones will teach a workshop on July 15 on stringing beads together to make a pair of dragonfly earrings. Attendance is limited. If interested, members should contact Leslie Sheets at sewingnutna@gmail.com.



Needle Arts Club will not hold monthly meetings during the summer break in July and August. But various specialty groups continue to meet in the Sewing Room daily to socialize and work on projects. Be sure to check the calendar next to the Sewing Room to determine when each group meets. For example, the knitting and crocheting group meets every Thursday afternoon.

If this is the summer you want to learn a

(cont' on page 11)

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	\$700,000	\$17,500	\$10,500	\$7,000
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Needle Arts

(cont' from page 9)

new skill or just socialize, check out the various Needle Arts groups and become a member if you are not currently one. Membership applications are available in the Sewing Room and more details are available on the website. (www.sclhna.com)

Be sure to have a happy summer and hydrate!

Contact: Cindy Nelson, 916-903-9095
sclhneedleartspres@gmail.com

Paper Arts Club

BY LINDA LUCCHETTI

Quote of the month: In a world full of mass production, be a proud maker of handmade treasures.

Our June 'shaker' card was a big hit with participants. Thank you to Audrey, our guest



Audrey Fernandez, guest instructor.

instructor, for shakin' things up. Our July project takes on a popular theme: "Christmas in July" featuring several red and green colored cards, including a novel gift card. Keep creative and cool while thinking ahead to the holidays.

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

Photography Club

BY DIANE MARGETTS

In March, about 25 members gathered for a spectacular, multi day adventure to Death Valley. The trip culminated with a photographic 'show and tell' where the individual photographers were invited to share their pictures and tell their stories about this spectacular event. The show and tell was followed by a luncheon at Meridians where members were encouraged to continue sharing their stories. The next scheduled field trip is fall in San Francisco!

On the heels of this event, close to 40 members gathered in June for our biannual club 'Show and Tell Extravaganza'. After members shared photos, techniques and experiences, we enjoyed an Old Town Pizza party at Kilaga Lodge.

Upcoming events include a July presentation by Truman Holtzclaw on Reflections. In August Jim Dunn will give us a photographic tour of Birds in Brazil and, in August, a Nikon representative will share experiences on Wildlife Storytelling.

At the Sun City Lincoln Hills Photo Club, some of our most enthusiastic members

are creating wonderful images using the camera they already carry everywhere—their smartphone. Our club offers easy-to-follow classes on smartphone photography, from the basics of taking better pictures to learning handy tips that can instantly improve your photos. We offer Special Learning Groups specifically for iPhone and Android users. We also offer multiple editing classes using popular apps, for both digital camera and smartphone users showing how a few simple adjustments can turn a good photo into a great one.

Currently, active exhibit includes the Kilaga Sprigs Spa, Simple Pleasures Restaurant and the very sought after Orchard Creek Alcove exhibit. Enjoy a wonderful lunch or dinner at these venues and check out some incredible photography. Check our Club website for updates.

Thinking about joining the Photography Club? We always welcome new members of all skill levels. You can sign up at our monthly General Meeting. For information of meeting times and schedules, please reference our website.

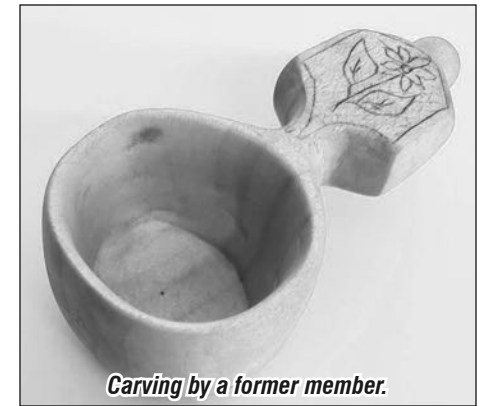
Contact: Diane Margetts; 916-955-1809
 Website: <http://www.lhphotoclub.com>

Woodcarvers Club

BY LIONEL RAINMAN

The Woodcarvers Club is for those who wish to learn and develop wood carving skills in a relaxed and supportive atmosphere. Various skill levels of wood carving exist in the club and beginners are always welcome.

Although club members carve items of their own choosing, some club projects come up and many members carved back scratchers, bears, cowboy boots, and holiday items.



Carving by a former member.

The Woodcarvers Club is here to help get you started. We have tools to try before you buy, a large library of books and magazines all relating to carving, and friendly members to help you along the way.

Woodcarvers meet every Wednesday from 1:00-4:00 PM in the Sierra Room at (KS).

Contact: Lionel Rainman, 916-253-9534.

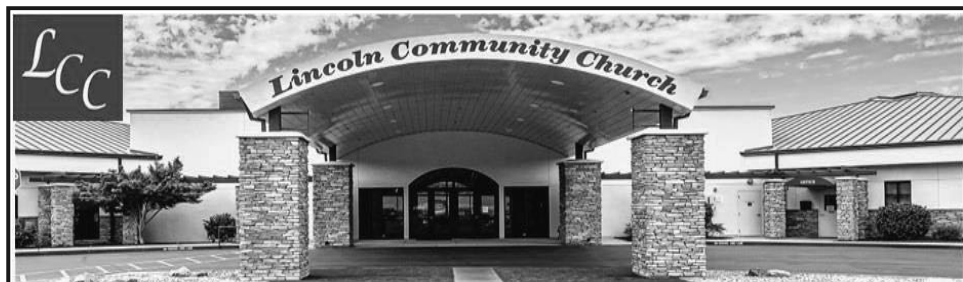
Stamp Club

BY TIM MILES

It's mid-summer and the Stamp Club meets twice a month on Tuesday night at 6:30 pm at the Sun City Roseville Lodge (7050 Del Webb Blvd). We have door prizes, stamp albums and pages and protectors and all the things we use in the hobby. Our meetings are usually over by 8:45 pm.

Meeting dates for July are the 14th and the 28th. August dates are 11th and 25th and September dates are 8th and 22th.

From time to time, Al Capparelli (916-771-8288) usually has "garage dates" set up so
 (cont' on page 12)



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Stamp Club

(cont' from page 11)

you can fill out personal parts of your individual collection. The July dates are the 23rd and 24th. We have none scheduled for August.

We had a club member, Sue Smelser, attend the recent Boston 2026 World expo and she gave a talk at the last meeting and filled us in on the huge attendance at the Expo.

Always keep in mind that we are ready to evaluate any collection to give you a recent idea as to value. Bring it to a meeting and there is no charge. We also have a full set of catalogs on hand so any stamp can be evaluated and identified should the need arise.

Our Secretary, Lee Coen (leejcoen@gmail.com), is the go-to guy for emails and notifications of club events so you want to be sure he has your email address.

Astronomy

BY BARBARA SWERDLOW

Space the final frontier! Interested in learning about our solar system, deep space discoveries, and current space projects? These topics and more are presented at our monthly meetings. Meetings are held the first Wed. of every month at P-Hall (KS) at 6:45pm. Our speaker for June was Ron Yelton whose topic was Astrophotography. There will be no meeting in July.

We also invite people to view space objects at our monthly star parties, which are held, weather permitting, at the upper tennis courts. Because of the extreme heat, star parties are canceled until September. Check website for updates and times.

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

Website: lhag.org
Contact: Cindy Van Buren rvbcbv@att.net

• • •

Genealogy Club

BY NANCY SWITZER

What can you do in the summertime, when Lincoln is so hot? You can swim in the pool, go to the Lodges and enjoy their air conditioning, read in the library...or if you are a member of the Genealogy Club, go to the family owned and operated Leatherby's Family Creamery on Twelve Bridges Drive. This is where we will be holding our July 17th meeting, at 11 AM. The cost for a one scoop Sundae and beverage is \$5 per person. (members only) You may RSVP and pay by a check made out to the Lincoln Hills Genealogy Club and send it to: Ralph Marsden, 327 Cupola Ct., Lincoln CA, 95648.

This should be a fun and refreshing experience, and if you feel guilty about eating ice cream, remember that you can read all about the Leatherby family's history on the menu...isn't that what genealogists do? (Sounds like genealogy research to me!)

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

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

• • •

SCHOOLS

BY PATTI KINGSTON

The Phoenix/Atlas High School has changed over the past few years. Chuck Whitecotton, Principal, gave the Members of the SCHOOLS Steering Committee a tour of the phase I renovations and construction of the new Atlas building and of the existing campus for Phoenix High. The opportunities offered attract High School students who want to work at their own pace with individual instruction to graduate from High School. The classes have become so popular that there is a waiting list for new students. Some classes offered by Sierra College are also available to students.

"The HUB" is a Western Placer Unified School District (WPUSD) family resource center and is adjacent to the Phoenix/Atlas

High School. They offer shelf stable food, produce, backpacks and school supplies, clothing, hygiene kits, college and career support and referrals to County and Local services. Anyone in the community needing this resource may come to the facility at 790 J Street, Monday-Friday, 8 AM to 4 PM during the school year.

The SCHOOLS organization is always looking for volunteers in K through 5 in our elementary schools. Now is a good time to express your interest for the Fall 2026 school year. The district will provide the steps needed to become a volunteer; a TB clearance from a medical professional and being fingerprinted. Those things can be easily taken care of. The district pays for fingerprinting. Some

(cont' on page 13)



Principal Chuck Whitecotton, SCHOOLS Steering Committee Irma, Patti Cyndi, Mikaela Zimmerman at the HUB, the WPUSD Family Resource Center, and Crystal with the Steering Committee.

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SCHOOLS

(cont' from page 12)

volunteers help with paperwork, but most enjoy working directly with the children. Many volunteers are in the classroom 1 day a week for a few hours. They follow the teacher's guidance and collaborate with her. Most say they love being part of the community and "giving back" by volunteering. Teachers rely on extra help and appreciate every hour the volunteers spend in the classroom. For more information on volunteering in a Lincoln elementary school, contact Cyndi at ccolloton@yahoo.com. If you are interested in tutoring Math, History or English at Phoenix High School contact Irma at jmeidm@aol.com

• • •

Shalom Social Group

BY JUDY GANULIN

Once again, the Shalom Social Group has an exciting lineup of interesting and diverse activities for its members and guests. We look forward to Trivia Night on June 24; our general membership meeting featuring speakers from the Sacramento Bee on July 22; and Pizza and Bingo Night on August 19. In addition, our Women Together will hear a presentation on decluttering your home (or office) on June 18, and our own Hagai Narkis will offer an update on Israel following his recent visit there at our Men's Club brunch on June 28. Our club is based on Jewish history, culture and food, but membership is open to all. For more information about our group, or to join, please contact Margie Gulko, 916-543-5303 or Deanne Iliff-Maisel, 530-518-3704.

• • •

LH Italian Club

BY ANNE (CORSAO) FINN

It was wonderful getting together and making new friends at our member appreciation lunch in June. A special welcome goes out to all of our new members. Benvenuti! We hope you'll be joining us for the Great Gatsby Inaugural dinner and dance on July 12 in the Ballroom (OC). Don your dazzling flapper dresses and sharpest dapper suits as we step into the the Jazz Age of the Roaring Twenties. Then mark your calendars for our regional event on August 22. We will be transported to the beautiful area of Liguria, famous for it's dramatic and colorful seaside villages of Cinque Terre and Portofino. You'll be booking a trip before you know it! Please check out our website at ww.lhitalianclub.org for details on these and future events. For membership information, contact Sandi Graham at 916-826-5711.

• • •

Singles

BY KATHY SHADDOX

We installed our club officers for 2026/27 with Chuck Pineau as our President. Joining him is Eileen Graham, Vice President; Heidi Avalos, Secretary; Rudy Schneider, Treasurer; and Mari Long, Membership Chair.

Activities Meeting is on Tuesday, July 7th at 4:00 pm in the OC Computer Room. If you have some new ideas or just want to help at our events, please attend. This is a great way to get involved behind the scenes.

Wednesday, July 8th is our Business Meeting at 5:30 pm in the OC Ballroom. We always have a no-host bar. Following the meeting, we will have an activity called "Happy

250th Trivia". Jim McMann is the chair for this event.

Join us for our 2nd Saturday Breakfast on July 11th at 9:00 AM in the Sports Bar. No reservations needed. Everyone can order off the regular menu. You will be greeted by our host, Dennis Reid. This is a great way to meet new members. Hope you can join us.

Our monthly Birthday Celebration will be held on July 12th at 4:00 pm in the Kilaga Springs, Terra Cotta Room. If you are a member and have a birthday in July, come and get a free drink on your club!

Our Dining Out event will be on Wednesday, July 15th. Watch for the blast telling us where we will be going.

Our Social on Wednesday, July 22nd at 5:30 pm in the OC Ballroom. The event will be our very popular horse races. Lots of fun. We will have a no-host bar. Each race will have six horses. Each race will have 3 winners, win, place and show. Be sure to bring \$5 for each race you wish to enter.

Singles are still playing Bocce on Wednesdays at 10:00 AM.

That's all for this month.

• • •

Travel Group

BY LINDA, JOANNE, LISA & PAM

Mark your calendars for the next two Lincoln Hills Travel Group Travel Shows—July 29th and November 9th.

The meetings are in the Willow Room of the Lincoln Public Library. There will be one session each day at 1:00 -4:00pm with free time to meet with Jay and the committee members to ask about other tours that may be of interest to you.

How to RSVP: email your name, phone

number, email address and each date you would like to attend and the number of people in your group. The show is free! Our email is travelgrouplh@gmail.com

Reminder: All tours have deadlines, after which the prices are no longer at the brochure price but may be increased depending on availability.

Discover Spectacular Scandinavia (June 18 -July 2,2027) has a deadline of December 19,2026. Visit Sweden, Denmark, and Norway. Perhaps you will add on Iceland! Come to the Travel Show and pick up a full color brochure on this spectacular trip to the beauty of this Northern Wonderland!

Did you know our Kingdoms of Southeast Asia (January 23 -10, 2027) is sold out BUT a waitlist is available! Deadline for the brochure price was June 17, 2026 so the price could be more.

And be sure to check out the website of Lincoln Hills Travel Group - lincolnhillstravelgroup.com so you don't miss any deadlines on the trips.

All travelers on the trips must be members, but you do not have to live in Sun City Lincoln Hills to be a member. Membership application on the website; dues are \$15 per year and you can keep up with the news of the Lincoln Hills Travel Group!

Lincoln Hills Travel Group Leaders: Joanne Schumacher 415-999-1242 jkschumacher1@gmail.com, Lisa Viviano 916-798-7462 lisav4747@gmail.com, Pam Speck 925-389-6302 joepamspeck@gmail.com,

Linda Bevins 916-666-7627 djbevins17@gmail.com

• • •

(more Club News cont' on page 17)

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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
15 DAY HAWAII from SFO! PRINCESS		\$1,249	\$1,399	\$1,899
Ruby Princess ~ 3080 Passengers	Oct 23, Nov 29, 2026 & Feb 12, 2027			
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California. Prices based on 11/29/26 sailing. Call for details.				
10 DAY ALASKA From SFO! PRINCESS	Aug 11, 2026	\$1,399	\$1,599	\$2,749
Ruby Princess ~ 3080 Passengers				
Sail round trip from San Francisco, California to Juneau, Alaska; Skagway, Alaska; Hubbard Glacier, Alaska; Ketchikan, Alaska; Victoria, BC, Canada; San Francisco, California.				
11 DAY MEXICO PRINCESS	Dec 15, 2026	\$924	\$999	\$1,169
Ruby Princess ~ 3080 Passengers				
Sail round trip from San Francisco, California to Manzanillo, Mexico; Puerto Vallarta, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico.				
16 DAY PANAMA CANAL PRINCESS	Sep 29, Oct 4, Dec 3, Dec 28, 2026	\$1,939	\$2,399	\$2,699
Various Princess Ships				INCLUDES ROUND TRIP AIRFARE!
Sail from Los Angeles, California to Fort Lauderdale, Florida visiting Puerto Vallarta, Mexico; Puerto Chiapas, Mexico; Puntarenas, Costa Rica; Fuerte Amador, Panama; Transit the Panama Canal; Oranjestad, Aruba; Fort Lauderdale, Florida. Prices based on 12/3/26 sailing.				
17 DAY PANAMA CANAL CELEBRITY	Oct 1, 2026	\$2,299	\$2,499	\$3,299
Celebrity Summit ~ 2218 Passengers				INCLUDES ROUND TRIP AIRFARE!
Sail from Los Angeles, California to Tampa Florida visiting Puerto Vallarta, Mexico; Puerto Quetzal, Guatemala; Puntarenas, Costa Rica; Transit the Panama Canal; Cartagena, Columbia; Ocho Rios, Jamaica; Georgetown, Grand Cayman; Tampa, Florida.				
14 DAY CARIBBEAN HOLLAND AMERICA	Jan 23, 2027	\$1,999	\$2,399	\$2,999
Eurodam ~ 2104 Passengers				INCLUDES ROUND TRIP AIRFARE!
Sail round trip from Ft. Lauderdale to the Eastern and Western Caribbean visiting Roatan (Mahogany Bay), Honduras; Belize City, Belize; Cozumel Island, Mexico; Amber Cove, Dominican Republic; San Juan Puerto Rico; St. Maarten, return to Ft. Lauderdale.				
10 DAY CARIBBEAN	Jan 6, 2027	\$1,399	\$1,999	\$2,399
Enchanted Princess ~ 3660 Passengers PRINCESS				INCLUDES ROUND TRIP AIRFARE!
Sail round trip from Ft. Lauderdale to Celebration Key, Bahamas; Amber Cove, Dominican Republic; San Juan, Puerto Rico; Antigua; St. Maarten; St. Kitts; Fort Lauderdale, Florida.				

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

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CST # 2033380-40 Updated June 2026



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Cruise Line ~ Sailing Date	Starting Price	Balcony
13 DAY BANGKOK, BALI & BEYOND March, October & November Viking Orion ~ 930 Passengers Viking Ocean Cruise Sail from Bangkok, Thailand to Bali, Indonesia visiting Koh Samui, Thailand; Kuala Lumpur, Malaysia; Singapore (2 days); Java (2 days) Indonesia; Bali, Indonesia-(overnight on board). Stay on board for the next voyage Bali to Sydney!	\$5,999	
12 DAY EGYPT Pharaohs & Pyramids January through December Viking Antares ~ 62 Passengers Viking River Cruise Start and end with 2 nights in Cairo, Egypt visiting Luxor, Egypt; Qena, Egypt; Aswan, Egypt; Kom Ombo, Egypt; Edfu, Egypt & More!	\$6,999	INCLUDES ROUND TRIP AIRFARE!
15 DAY FAR EAST HORIZONS April, September & October Viking Orion ~ 930 Passengers Viking Ocean Cruise Sail from Tokyo, Japan to Hong Kong visiting Shimizu, Osaka, Hiroshima, Beppu, Kagoshima & Nagasaki, Japan as well as Taipei and Hong Kong, China.	\$10,999	
12 DAY PARIS TO THE SWISS ALPS River Cruise July through November Viking Longship ~ 190 Passengers Viking River Cruise Start with 2 nights in a Paris Hotel, Sail from France to Switzerland on a 7 day river cruise then stay 2 nights in Zurich, Switzerland visiting Paris, France; Reims, France; Trier, Germany; Bernkastel, Germany; Cochem, Germany; Koblenz, Germany; Mainz, Germany; Speyer, Germany; Strasbourg, France; Basel, Switzerland; Zurich, Switzerland.	\$3,999	INCLUDES ROUND TRIP AIRFARE!
15 DAY GRAND EUROPEAN River Cruise July through November Viking Longship ~ 190 Passengers Viking River Cruise Sail from Amsterdam, Netherlands to Budapest, Hungary visiting Kinderdijk, The Netherlands; Cologne, Germany; Koblenz, Germany; Miltenberg, Germany; Wurzburg, Germany; Bamberg, Germany Nuremberg, Germany; Regensburg, Germany; Passau, Germany; Melk, Austria; Krems, Austria; Vienna, Austria (2 Days); Budapest, Hungary (Overnight On Board).	\$5,999	INCLUDES ROUND TRIP AIRFARE!
15 DAY AUSTRALIA & NEW ZEALAND Nov 22, Dec 6 & Dec 20, 2026, Jan & Feb, 2027 Viking Orion ~ 930 Passengers Viking Ocean Cruise Sail from Sydney, Australia to Auckland, New Zealand visiting Melbourne, Bass Strait & Tasmania, Australia; Dunedin, Christchurch, Wellington, Napier, Rotorua & Auckland, New Zealand. Ask about pre and post cruise land packages to see even more!	\$7,999	
125 DAY WORLD CRUISE January 2027 & 2028 Viking Sky & Vesta ~ 930 Passengers Viking Ocean Cruise Sail from Los Angeles, California to London, UK visiting Hawaii; French Polynesia; Cook Islands; New Zealand; Australia; Indonesia; Singapore; Malaysia; Sri Lanka; Maldives; Seychells; Kenya; Tanzania; Madagascar; Mozambique; South Africa; Namibia; Angola; Nigeria; Ghana; Senegal; Spain; Morocco; Portugal; France; England. Call for complete itinerary and details.	\$59,999	INCLUDES ROUND TRIP AIRFARE!

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

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Veterans Group

BY STEVE WITMER

More than 200 residents and guests enjoyed the Veterans Group's annual Memorial Day ceremony at the Orchard Creek Amphitheater on the morning of May 25. Cadets from the Whitney High School Air Force Junior ROTC served as the color guard. The Twelve Bridges High School Acapella

Chorus sang the national anthem and provided a selection of patriotic music. Lincoln Mayor Richard Pearl was the keynote speaker.

On July 16, Veterans Group life member and U.S. Air Force retiree Bill Hanlon will be the featured speaker at the general membership meeting at 1:00 p.m. in the Kilaga Springs Presentation Hall. Bill will discuss his ten years as a special operator technician

in support of worldwide reconnaissance operations.

Residents can pick up a bright, new American flag on the 15th of the month when the Veterans Group sells replacement flags in the Orchard Creek lobby from 8:00 a.m. to 4:00 p.m. Flags are \$20 each. All residents are urged to fly their American flags proudly on Independence Day, July 4.

to display our finest roping skills. Delicious food, fun line-dancing, and good company was the perfect recipe to kick up our heels before we hit the road for our summer travels. A special thanks to Terri and Cindy for making it all come to fruition. Still on the calendar for this travel season are club rallies to Heber City in Utah and McCloud in Northern Ca. Unfortunately, Vice President Gary McGraw couldn't squeeze Burning Man into our tight schedule for 2026. Maybe next year! Remember, all types of RV's are welcome.

To learn more, see our website at www.lhrvg.com and join us on the second Thursday at the screens, who is the classroom. For general information contact our club president, George Slaats at 916-257-3372 or georgeslaats@gmail.com. For membership contact Cara Roberts at 925-330-9387, or constanceroberts@gmail.com

Bosom Buddies

BY DOTTIE SUHRHOFF

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



Residents enjoyed a bright, clear morning for the Veterans Group's Memorial Day ceremony on May 25.

Photo by Rick Maness

Republican Club

BY SUE DUMAS

Happy 250th July 4th!

Wow! What an awesome history we have! The brilliance of our forefathers in composing the Constitution; still relevant after 250 years. America is not perfect; has had its growing pains, made mistakes. It has also made corrections throughout our history. It has been and remains the land of opportunity, and home of the free and brave. We remain a work in progress.

Placer County had the largest Republican voter turnout in decades (preliminary count) 56.5%. Thank You - Great Work to volunteers from LHRC and PCRCC working together to get Voter turnout!

Most Republican candidates backed by us succeeded at County level. We lost a couple of those at State level, unfortunately. We do have Republican Steve Hilton, on November Ballot for Governor!

Fun, Food, Games, Prizes and Patriotic Music to celebrate our Country's 250th Birthday - and our Primary Election success,

was our June Event! With 148 participating! "Thanks" to Members for volunteering, you made a difference. "With good works, all things are possible!"

July Tuesdays - Roseville - Vernon Street - Club members will be volunteering at the PCRCC Trailer - Opens at 5:30 PM for outreach and merchandise sales. Free Concerts start at 7:00 PM.

Saturday - July 4th - Downtown Lincoln Old Fashion Parade and 4th of July Celebration! Starting at 9:30 AM on McBean Parkway - ending SW down 5th to end. Do not miss it! Fireworks after dark at McBean Park will complete the day.

Wednesday - July 22nd - off-site Pizza Party - Lincoln Pizza, 2270 Nicolaus Road, Lincoln. 5:00 PM - additional details coming.

Mid August - (KS) Presentation Hall -- 6:00 PM doors open 6:30 PM program. Politically relevant movie - TBD.

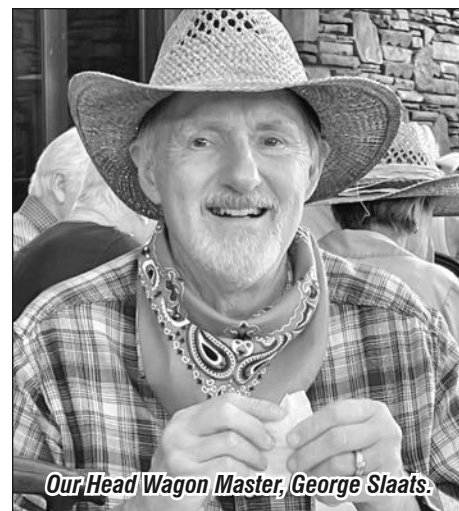
Our Technology Team works diligently to keep our website informative and current. Check it out!

www.RepublicanClubSCLH.org

RV Club

BY MARY CARBREY

Yee Haw! Recently, our RV Club gathered here in Lincoln for a good old-fashioned Hoedown. Our special guest was Norman the Bull, who gave us the opportunity



Our Head Wagon Master, George Slaats.



Hailey McCarthy, Kaiser Physical Therapist

Our June meeting featured Hailey McCarthy, a physical therapist from Kaiser Roseville. She spoke on lymphedema and ways to prevent or treat it. She told us the average person has 600 nodes. If five or more nodes (cont' on page 19)

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See upcoming events on our Facebook page

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

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

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Bosom Buddies

(cont' from page 17)

are removed, then one has a better chance of getting lymphedema. One way to prevent lymphedema is to have blood pressure or blood drawn done on the opposite side. Other ways to prevent are massaging the area and using compression garments.

In July we will not have a core meeting or general meeting. Instead, we have the annual Caregivers Luncheon on Saturday, July 11, at Kilaga in the Placer Room. The theme is summertime fun so wear bright clothing to join in the fun! You are invited to bring your caregiver along, but a guest is not required to attend. Check your email for the invitation which has already been sent out. Make sure to RSVP to Verity by July 5.

We will have a core meeting on Thursday, August 6, and our regular meeting on Thursday,



Cheryl, Patty, and Sheri

August 13.

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

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

• • •

Sun City who either have visual disabilities or have a diagnosis of possible future problems with their eyesight. In addition, we encourage anyone who cares for someone with low vision to attend.

Our meeting on August 4th Karen Norton, Director of the Low Vision Clinic at the Sacramento Society for the Blind, along with one of her staff specialists, will talk about new innovations in finding optical solutions for those with visual challenges. They will also address the difference between a low vision specialist and other optometrists in the area.

• • •

Multiple Sclerosis

BY JERI DI FIORE

In July and August, we celebrate the good folks in our MS Group who have kept us together and inspired us by sharing their experiences, artistic talents, teaching a craft, leading meetings, captaining and participating in MS walks, being sure we are hydrated and in good favor with the Lincoln Hills Foundation!

Thanks to MS Captain, Joni Deutsch, we are on our way to a Trifecta, in the Folsom Walk standings.

Currently the Lincoln Trail Mixers are in second place, but have till September to rebound.

Why help? The MS Society is the largest funder Nationwide of MS research. A big chunk of proceeds go to Northern California Universities; UC Davis, Stanford, UCSF where

the newest drug discoveries have stopped MS progression in its tracks! Some of our Members are benefiting from these new drugs, where previously there was nothing approved for seniors.

Now for a cure!

Call Joni 916-398-0349 for details on how to donate \$25 or \$2,500 (largest private donation last year)! Or be a \$500 Corporate donor sponsor such as:

Devin Arp - Sunrun Solar, Cindy's Rubs, Donna Judah, Coldwell Banker Real Estate, Hank Rhoads - American Senior Mortgage Star Dental, Roberts Retirement Financial Services, All interested in finding out more about MS, have a friend



or Relative with MS, you are invited to our September 15 Meeting, One PM, Kilaga Springs Lodge.

Questions call me, Jeri Di Fiore, Facilitator 530-401-2135.

• • •

(more Club News cont' on page 21)

Low Vision Support Group

BY STU SINGER

The Sun City Lincoln Hills Low Vision Support Group is excited to welcome Shanti Landon, Chairman of Placer County Board of Supervisors, as our presenter on July 7th. The meeting will take place in the Fine Arts Room of Orchard Creek Lodge beginning at 2:00 PM. Ms. Landon will be sharing with the group her vision for the County moving forward as well as answering questions and listening to concerns from members concerning topics

ranging from the transportation issues faced by those with disabilities within Sun City and of course the potential for gridlock due to the exploding growth of the area. There will also be inquiries about emergency evacuation plans and the threat of water shortages this summer. The chairman has spoken at two town halls this spring in Presentation Hall for the general community, but this meeting will be more focused on dealing with individuals facing the challenges of disabilities.

The meeting is open to all residents of



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Kilaga Springs Library — An Evening With Lisa See

BY SARAH I. KEVIN

OC Ballroom, July 30th at 6:00PM

Join us for a special in-person evening with one of America's most celebrated authors of historical fiction, Lisa See! Lisa will be in Lincoln for a live discussion of her new book, *Daughters of the Sun and Moon*, followed by an audience Q&A, door prizes, and a signing afterward. Books will be sold onsite while supplies last.

Lisa See's novels have captivated millions of readers worldwide with richly researched stories illuminating the lives of Chinese and Chinese-American women across centuries. Her acclaimed works include *The Island of Sea Women*, and *Lady Tan's Circle of Women*.

Starting July 1st, the Kilaga Springs Library will feature a special section of Lisa See's books. This lecture is sponsored by the Friends of the Lincoln Public Library.

This event is sponsored by the Friends of the Lincoln Public Library. We hope to see you there!

Meet the Author Lecture Series

BY RITA RUTLEDGE

Meet the Author Lecture Series: James Gibson

Monday August 3, 2:30 PM Presentation Hall (KS)

Pressing the reset button on your life isn't easy.

If you've ever wondered what it would be like to take a leap of faith and venture out into the unknown, you will love this story. When resident James Gibson realized he was heading in the wrong direction, he set out on a hiking journey that changed his life. *JUST A LONG WALK* is his story of Healing & Discovery on the John Muir Trail

Overcoming fears, awakening to the possibility of a better life, he takes us on a special trip to the Sierras, a place he calls his gym and his church. His odyssey includes introspection, discovery, memorable characters, forest fires, a mountain lion encounter, and ultimately, meeting the love of his life.

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

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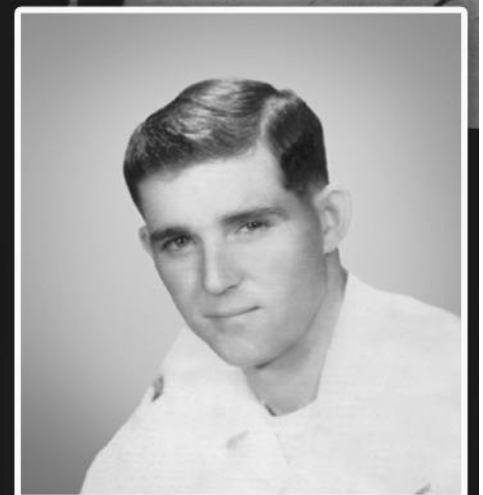
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Alzheimer's-Dementia Caregiver's Support Group

BY DENISE WEBFIELD

This group provides an opportunity to meet with others caring for someone with dementia. We share experiences and resources. The Women's Group meets on the first Wednesday of each month. (July 1st) at 1:00 PM in the Fine Arts Room (OC). The Men's Group meets on the third Thursday of the month (July 16th) at 10:00 AM in the Multipurpose

Room (OC). The General Meeting is July 22nd at 1:00 PM in the Fine Arts Room (OC) The speaker will be Denise Davis from the Alzheimer's Association discussing Dementia Behaviors and how to deal with them!! This should prove interesting and helpful. Please Note... there will be no General meeting in August due to a room shortage. For more info contact Elizabeth Farley 916 521-9968 or elizohnfarley@gmail.com

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Lavender Friends

BY JOAN LACKTIS

We kicked off our summer with another stint operating a voting center for the June Primary Election. It's a great way to give back to our community and earn some funds for the club. Other clubs might want to consider it. You have at least 15 members willing to undergo a day of training and then volunteer a day or so at the polls. It's a nice way to get some funds to support your activities. You can do something special like charter a bus, hire a speaker, or just defray the costs of dinner or outing. It's non-partisan and it's fun!

Events this month include our Best Mixer Ever, a

birthday brunch and our biannual business meeting. Be sure to mark your calendar for the July 18 meeting in Presentation Hall so you can be a part of planning our future. We will be choosing a Nominating Committee to identify candidates for our next slate of officers. Be sure to plan to attend. Lavender Friends is a club for LGBTQ residents and their allies; check out our website at lavenderfriends.com

• • •



Club members process voters at Holiday Inn Express in Lincoln.

Democratic Club

BY PAT MACHT

Our battle plans were shared at our monthly meeting in June. And now we are building the largest Democratic workforce of volunteers ever seen in Lincoln: to help with postcard campaigns, neighborhood coffees and conversations, door-to-door canvassing, and a massive get-out-the-vote effort. We also have an Act Now program, where we tell the power brokers in Congress our stand on rapidly developing critical issues, and we attended the last "No Kings" rally to put an exclamation point on reality that we cannot be a country where one person and one person only rules. And we are still out in force helping with community projects to support our neighbors. We welcome new members and thank all those who have helped thus far. To learn more about how you can help, go to our newly modernized website, www.LincolnCADems.org to learn more! In lieu of a membership meeting in July, we will be hosting a training session for those interested in joining our Neighbor 2 Neighbor campaign and our other hot initiatives designed to make a difference. We are all in to elect Democrats and ensure that democracy won't die. As Barack Obama once said, "Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for!"

• • •

Apple User Group

BY NINA MAZZO

Ever wondered what keeps our club running like a well-maintained computer?

We've heard from some members asking how they might lend a hand to one of our team

members. With over twenty team members, we sometimes have openings or add an assistant to help out.

The main areas are: Open Lab Support, Telephone and Tech Support, Website, Program Presenters, Videographers, and Communications.

Are there ways you could lend a hand to our team members? Maybe you are simply curious about a job description.

We have set up an email address just for you:

LHAUG.teamvolunteers@icloud.com. Just send us your interests or any questions you might have about a specific area, and we'll match you with the right team member who will contact you.

Join us on Tuesday, July 14th for our general meeting, where Nina (non-tech) and Ken (tech) will be back to chat about "How Can I Easily Find and Organize Stuff On My Mac?!"

Is your Mac home screen full of files and folders? Or maybe you're just not sure where everything is? Or maybe you're not even aware of the 3D's—Download, Desktop, and Documents? Maybe you're a bit lost between a Web Browser and a Search Engine? We've got you covered!

Ask the Tech begins at 6:30PM; program at 7:00PM in Kilaga Presentation Hall.

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

• • •

(more Club News cont' on page 23)

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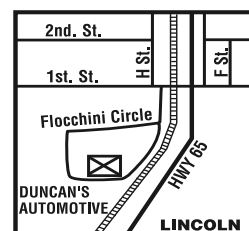
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Writers' Group

BY RAY BIRGE

We're proud to be the SCLH Writers' Group dedicated to encouraging the growth and development of members in meeting their individual writing objectives - while having fun doing it. Often the social aspect is more important than the task! Remember, if you can tell it, you can write it!

Ready for summer? Well, it's here! July is traditionally the hottest month of the year in the Northern Hemisphere. But it's also full of fun facts that make great fodder for writing short stories and fun memoirs.

Fun Facts About July

- Most notably, is the signing of the Declaration of Independence 250 years ago on July 4, 1776. In 1776, America was comprised of approximately 2.5 million people. Today, 250 years later in July 2026, the estimated population is 349.27 million.

- Each July 4th, Americans celebrate this date by consuming over 150 million hot dogs and spending over one billion dollars on fireworks.

Looking For Fun Topics To Write About? Try These!

1. First summer job.
2. First exciting summer camp or vacation.
3. Making a new friend, maybe for life.
4. Learning to swim.
5. Driving cross-country without modern air conditioning.

We want to be the most creative organization possible by providing feedback and constructive suggestions to our members and have fun doing it. We author short stories, novels, poetry and even memoirs but, we avoid politics, religion or inappropriate sexual content. Everyone brings 14 copies of their 1300 or less word "masterpieces" to share so everyone one can read along and write notes or comments for feedback. We meet on the 2nd and 4th Monday each month from 5 to 7 pm in the Computer Room (OC). Hopefully, we'll see you there!

Any questions, call Geoge O'Conner, Secretary @ 818-585-5261.

• • •

Amateur Radio Group

BY DAN LEHRER, KN6DRN

Our members are participating in the Lewis & Clark Trail on air event. In this on-the-air event, Ham operators attempt to contact specific operators in the 16 States that the original trail crossed. Any mode can be used such as voice, digital or CW. A handsome certificate is awarded at the conclusion of the event. One of our members has already

contacted 11 States!

We have been treated to fascinating uTube videos at our meetings. "The Rise and Fall of Collins Radio" and "A Shortwave History" were two such informative viewings. Check-ins to our weekly Net have been fun and well attended. We thank all of our Member Net Control Operators for their professional running of our Nets.

Field Day 2026 results will be discussed in the next publication.

Meetings are held at the South Tower every Monday night at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG. We can help with programming handheld radios. For more LHARG information visit our Website, the URL is: lharg.us or email dlehrer72@gmail.com

• • •

Sports Car Club

BY ROB PHILLIPS

Sometimes I am asked why I drive a car that holds only two people, is not as comfortable as a sedan and often is a bit expensive to keep running. Well, the short answer is either you are a "Car person" or you aren't. The longer answer is a bit more complex.

Sports cars have captured the imagination of some drivers because they combine performance, style, and excitement in a way few other vehicles can. Designed with speed, handling, and driver engagement in mind, sports cars offer a unique driving experience that turns even an ordinary trip into an adventure.

Sports cars provide a thrill when driven. Their responsive steering, powerful engines, and quick acceleration, and yes sound, create a strong connection between the driver and the road. Many enthusiasts enjoy this feeling that sports cars deliver, especially on scenic roads or winding highways.

Sports cars, to some, also look "cool". Sleek lines, low profiles, and distinctive designs

often make them stand out from everyday vehicles. For many owners, a sports car is not just transportation—it is an experience, even when just running errands.

In addition, sports cars can foster a sense of community. Owners participate in car clubs, rallies, and events where they can share their enthusiasm with others who appreciate automotive performance and design. It is fun driving in a group of 10-20 sports cars even when driving to local spots.

Whether it's the excitement of driving, the design, or the camaraderie among enthusiasts, sports cars are popular because they offer something beyond simple transportation and driving a utilitarian car—they deliver enjoyment, pride, and unforgettable experiences behind the wheel.

The LHSCG has road-trip adventures are planned for this summer—hope you can join us!

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

• • •



Garden Group

BY LORRAINE IMMEL

Join us for our July General Meeting presentation, "Lavender Lore from Lillard's Lavenders," featuring Kim Lillard, on Thursday, July 23, at 2:00 p.m. at Kilaga Springs Presentation Hall.

Kim describes lavender as "a gift—fragrant, lovely, bountiful, and calming."



Lavender

methods are used to take full advantage of the rich soil and ideal climate of sunny Northern California. All lavender flowers, buds, oils, and hydrosols are harvested, dried, and distilled right on the farm.

The farm grows 15 varieties of lavender, each selected for its unique qualities. Some varieties are prized for fresh and dried bouquets, while others produce exceptional oils and fragrant buds for culinary use, crafts, and specialty products. Still others are grown for their beauty in the fields, providing stunning photography opportunities and a delightful hand-picking experience for visitors.

Lillard's Lavenders products can be found at the farm stand in Lincoln (535 Coyote Lane), on their website, lillardslavenders.com, and at year-round Placer County Farmers Markets.

Kim will also be bringing a large bundle of fresh lavender to be given away as a door prize, along with informative handouts for attendees.

In addition, there will be a Brown Bag Sale at this meeting, as well as sign-ups for our September 24 "Table Talk & Luncheon Social." Watch for an email invitation with registration information. You may send in your reservation or sign up at the July and August General Meetings.

Be sure to stop by the table in the hallway where member Bob Cooperrider will have information available about the Sustainable Gardening Workshop, a free educational opportunity for all Garden Group members. The first Friday of each month, 1:30 PM, OC-Computer Room.

• • •

(more Club News cont' on page 24)



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Bird Group

BY SHERRY SINGER

Too often people assume that birdwatching is limited to scientists and naturalists. The reality, however, is quite different. Many influential figures from highly divergent fields have also found great joy observing birds. Franklin D. Roosevelt, Amy Tan and Paul McCartney represent three very different worlds—politics, literature and music—yet all have shared an appreciation for birds and the natural environment.

According to a Ken Burns documentary, FDR was an avid bird watcher. In 1942, as the last island of Corregidor fell, FDR participated in the Dutchess County Annual Bird census. He identified 108 birds, 22 by songs alone. While birding, he thought it impossible to think about the horrors of war.

Amy Tan, author of the “Joy Luck Club”, recently published “The Backyard Bird Chronicles”, a personal, self-illustrated journal about birdwatching as a way to cope with the world’s negativity, turning to the natural world outside her window for solace.

Paul McCartney has been a birdwatcher ever since he was 12 years old. He roamed the countryside near his childhood home in Liverpool with a copy of “The Observer’s Book of Birds”. His passion for birds profoundly influenced his music, inspiring songs such as Blackbird, Jenny Wren and Bluebird among others.

Although FDR, Amy Tan and Paul McCartney achieved success in very different fields, they all found beauty, comfort and inspiration through their love of birds.

Future Bird Walks:

Note: Non-local walks depart from the

OC gym parking lot @ 8AM.

Bird Walks are currently on summer hiatus and will resume in the fall.

Future Meetings:

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

July 13: Annual Photo Extravaganza featuring photos taken by the many talented photographers in our Bird Group.

Contact Information:

Visit us at our website www.sclhbirders.org

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

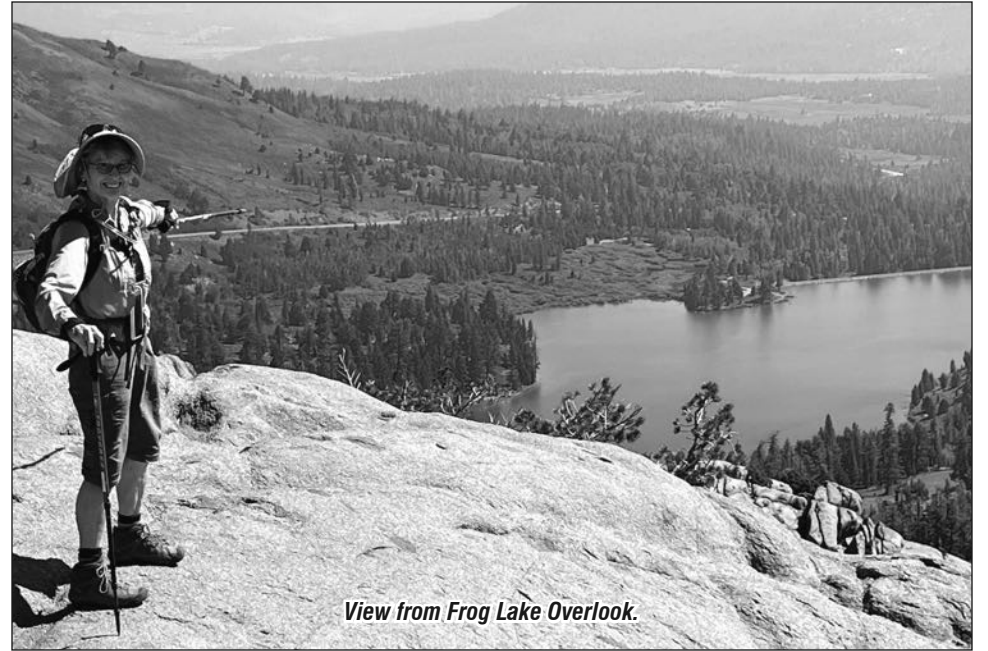
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Hikers and Walkers

BY LISA MARIOTTI

It’s getting HOT here in Lincoln, and our hikers are heading up to the mountains in search of cooler air and stunning scenery. We love a hike with sweeping views of our fabulous Sierras and a lunch spot overlooking a meadow or a beautiful lake! On some hikes, we even take a refreshing dip in the icy alpine waters (or at least dip our toes or soak our feet!).

We have a fun adventure coming up in July—a Do-It-Yourself Getaway to South Lake Tahoe! We’ve organized two days of hiking with an overnight stay near Emerald Bay. We’ll hike in Emerald Bay on the first day and then head over to Winnemucca Lake, famous for its spectacular wildflower displays, on the second day. (The photo of Gay Mackintosh at Frog Lake Overlook was taken at a great little spot along the trail to Winnemucca Lake). Check the Upcoming Hikes section on the website for details and choose your hiking style—either moderate or strenuous.



View from Frog Lake Overlook.

We also have the popular Peter Grubb Hut hike on the schedule, as well as other Sierra adventures. Throughout the summer, our club offers mountain hikes ranging from 5 to 10+ miles, offering a variety of experiences—from relaxed lakeside strolls to more adventurous mountain treks. Come join us to cool off, explore the mountains, and enjoy great company!

Our Walkers enjoy weekly opportunities to walk together within our community, with routes and paces suited to a wide range of abilities—from relaxed strolls to brisk walks. Please check our website LHhikersandwalkers.org for the latest schedule and starting locations. For questions, feel free to contact the Wednesday Walkers coordinator Debbie

Schryver (916-666-1741) or Wellness Walkers coordinator Karl Aitken (w4wleader@gmail.com).

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

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(more Club News cont' on page 25)



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LH Cyclists

BY GREG SANDUSKY

Despite the heat 27 cyclists enjoyed our first Day Destination ride along the American River last month, completing a 25- or 38-mile route. The reward was a convenient spot for lunch, libations, and conversation. As well 23 of us took off to Tahoe for our first multi-day excursion, complete with scenic rides along the Truckee River and the West Shore. It was perfect timing as we escaped the 100 degree Lincoln temperatures and settled in to a purrfect climate in the 70s.

Our Easy Riders group continues to grow! Come join us if you're new to or returning to group riding. Roughly 10-mile routes within Sun City with an optional extension outside

of SCLH await you. We also offer other more advanced 20-35+ mile group rides on urban and country roads.

Upcoming events:

- Social hour at Moksa Brewing in Rocklin — August 28 (non-riders and non-members welcome).
- 3-day excursion to Solvang — early October.

So, whether you prefer solo rides or group outings, come join us! You can find more information about our club, including upcoming events, group rides levels at www.lincolnhillscyclists.com

• • •



The 38-mile group led by John Wright during the Day Destination ride.

Senior Softball League

BY ERNIE MICHELI

Softball is excited to celebrate its annual Fourth of July Independence Day Celebration! The festivities begin on July 3rd with Erica Traulsen singing the National Anthem. Veteran Dick Hughes will be the flag bearer. After the National Anthem, at 9:00 a.m., we'll honor two incredible contributors, Vic Kremesec and Marilyn Duncan, as they're inducted into the Lincoln Hills Senior Softball League Hall of Fame. They've both made such a significant impact on the Lincoln Hills softball program. The HOF ceremony will highlight their unwavering dedication and commitment to the LHSSL program.

Then, at 9:30 a.m., the Women's division will shine with their softball skills in the day's first game. The women are incredibly talented, and their game is bound to be a thrilling one. At 11:00 a.m., the co-ed division will kick off its first all-star game, with another one scheduled around 12:30 p.m. These all-star games will showcase the season's top players. The All-Stars were selected by their teammates, with each team casting their votes for their standout players.

Of course, no Fourth of July celebration is complete without hot dogs! We'll be grilling them up and serving them to our wonderful fans. Just a friendly reminder that the hot dog

profits will go to local high school athletic programs.

Kick off your Fourth of July weekend with some fun at beautiful Del Webb Field! We'll have music, player introductions, hot dogs, and some amazing softball. Looking forward to seeing you there!



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

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(more Club News cont' on page 26)

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Lincsters

BY LORA FINNEGAN
Luckily, the morning brought perfect weather for our annual Bring A Friend Tournament. A special thanks to Joyce Kirk, Marcia Bush, and Kim Schutz (pictured) for chairing this tournament. A flock of 60 players enjoying a scramble format on the Hills Course, Back 9.

The day saw many tied scores, so the scoring team had to use "card offs" to determine the final low net winners.

First place team with a net score of 19 were: Judy Matson, Carmen Farrington, Kathy McCuiston and Ann Beede.

Second place team also with a net score of 19 were: Cheryl Brindley, Barbara Parsons and guest, Eva Del Torre.

Third Place team with a net score of 22 were: Kim Hall, Nancy Dodgion, Betsy Williams and guest, Denise Hexom. Closest to the pin winners - Lincster Nancy Dodgion and guest Pam Wortman.

Coming up October 7 is the Lincoln Hills Ladies XVIII and Lincsters' biggest fundraiser of the year: the Breast Cancer Tournament, benefiting the Placer Breast Cancer Foundation. Play, donate, or sponsor: you'll contribute to a good cause and make new friends! Just go to our website: <https://Lincolnhillsincsters.memberplanet.com>



Joyce Kirk, Marcia Bush, and Kim Schutz.

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Ladies Golf - 18 Hole Club

BY KAREN ESCOBAR

The Sunheim Cup, established in 2013, is a friendly yet spirited competition between the women golfers of Sun City Lincoln Hills and Sun City Roseville – Timber Creek. Modeled after the prestigious Solheim Cup, the event brings together golfers from both clubs for two days of camaraderie, competition, and fun. Each foursome consists of two players from Lincoln Hills and two from Timber Creek. The tournament is played over two rounds—one at each club. The winning club earns the honor of keeping the coveted Sunheim Cup trophy and,



Sunheim Cup



of course, enjoys a full year of bragging rights! This year's opening round was played at Timber Creek using the Stableford format. Timber Creek narrowly took the round, edging out Lincoln Hills by a score of 8-7. The final round was held on the Orchard Course at Lincoln Hills, where Lincoln Hills arrived in style ready to defend the Cup. The competition was fierce, and the final round ended in a 7½-7½ tie. While Lincoln came up just short of retaining the Cup this year, the spirit, sportsmanship, and friendships that make this event so special were on full display. Congratulations to Timber Creek, and here's to regrouping, reloading, and bringing the Cup back home in 2027!

We welcome new member, Terry Meyer. Terry moved to SCLH in June to be closer to family. She and her husband of 50 years previously lived in Cameron Park before



New Member Terry Meyer

relocating to Grants Pass, Oregon, after retirement. It was there that they took up the game of golf. Terry says golf is both the best thing she has ever done for herself—and the hardest! We're delighted to have her join our group.

If you're interested in joining our group, please contact our Membership Chair, Kathy Lee, at 925-998-3538 or kathy.lee2@att.net

• • •

Men Golf Club

BY WALTER MILGROOM

On May 14th Lincoln Hills sent 16 players to Timber Creek. Format was a 2 Man Better Ball. Lincoln Hills won 6-2.

On May 28th Timber Creek came to our place. Format was a 2 Man Scramble. Lincoln Hills won 6-0-2.

The Sun City Cup is back. Congratulations to all that participated, the matches were fierce, friendly and very competitive.

Last competition between the 2 Sun City Golf Courses was in 2014. We are striving to make this an annual event.

• • •



Jay Dameron (Timber Creek Representative), Ron Lunsford (LH Tournament Director) and Fred Jaicks (Lincoln Hills Men's Club President).

The cup is displayed in the Pro Shop.

(more Club News cont' on page 31)



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Letters to the Editors...

Authors are solely responsible for the content of their letters.

Fear and Loathing in Sun City

After my realtor toured me through the lodges and gyms and pools and sports venues and got me a copy of the Compass, that glossy full color monthly magazine offering every club, class, spa treatment, and entertainment, I bought the lifestyle. I was excited that a few hundred bucks in fees would buy me a Disneyland of senior delights. With a newly minted case of FOMO, the fear of missing out, I began to explore my new community. The dark side, which the realtor didn't tell me would come much later.

She didn't tell me that there was a marauding band of volunteers whose idea of a good time was to find residents to write up for infractions of the rules in the big fat rule book at which I had only glanced. I would soon discover that if you had the wrong color of mulch, you would be required to scrape it up and get the right color or add more mulch if yours had blown away. You could have two pots in the front, not three and bird feeders only in the back. Everyone was required to get a tree and only certain kinds. Visitors of different ages could stay for varying length of times and RV's could be on the street only for loading and unloading. There were thousands of rules with exacting requirements and all kinds of approval processes for things you might want to do to your house, which wasn't entirely your house anymore since the HOA had a stake in its appearance. The most disturbing rules were how residents could be

"disciplined" by staff if they were disrespectful or uttered profanities and could be banned from the very amenities they paid for with their dues. The HOA was taking the form of an adversary with the force of the law behind it and the sobering realization that I had agreed to this thing taking over my life.

It's never a good day when you get a notice from the HOA that you are in "violation" which came to my mailbox last week. It was a cryptic message Violation Facia-Gutter Trim Whole House Paint. I would soon learn that there were approved paint palettes and a process for choosing and getting an approval to paint. It would require a personal visit to the paint palette book kept in the Orchard Creek Lodge and if you were not in town or living in the house someone else would have to do it for you as there was no accommodation for people who were living elsewhere. The paint book was only available weekday business hours. I was beginning to feel that it mattered more how things look in this community than the people who live here. Since these violations, numbering in the hundreds, that are gleefully reported to the Board of Directors each month, are resolved in secret we don't really know how people are able to manage them or how they feel about being cited. I was upset, stressed, overwhelmed, and angry that the unnamed volunteer didn't call me or knock on the door or otherwise discuss with me the problem. I could have used help.

(cont' on page 29)



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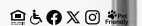
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Fear and Loathing in Sun City

(cont' from page 28)

Yes, the HOA giveth and the HOA taketh away. It is all powerful to create more free movies, exciting concerts both indoors and out always with bars, more classes, more upgrades to amenities, better furniture, new equipment, and it has the ability to discipline and cite and make demands and requirements that can't be refused at the risk of fines. No one tells you that when you buy the lifestyle.

Sally Watkins

...

SSNLH WRITER...

Bugged

BY JOY S. HUTCHISON

My bug situation began in late May when I discovered a critter boldly skittering across my white carpeting one evening. This unwelcome visitor was my first indoor guest with more than two legs in the three years I've been here, so I found a bottle of bug repellent in the garage, took aim and sprayed. With my mind at ease, I was ready for a good night's sleep without worrying about creepy crawling critters taking over my little abode.

The next morning as I was walking into the kitchen for my wake-up cup of java, I noticed a brown glob the size of a coffee bean laying on the tile in the hallway. It wiggled. Since it looked like it might be a

cousin of the invader from the night before and my bug spray was handy, I zapped it with a few squirts from the bottle and the wiggling stopped, thank goodness.

Being very naive about the comings and goings of indoor pests, I had hoped that my problem had been solved. Not so! The next evening, with the hall light shining into the guest bathroom, I spotted in the shadows another cousin of the above two visitors snuggled in the corner by the shower with its antennas scanning the premises. Let me tell you, I will never ever go in there again without turning on the lights!

Do you believe in karma, coincidence, fate? I stopped by my mailbox the following afternoon and there was a pest control truck parked across the street. A young man in a company logo shirt was taking out some equipment from the back, so I walked over to him to ask him about my critter invasion situation. He explained that during the warmer season bugs love to get indoors out of the heat. He quoted me a price, and I gave his office a call to schedule a treatment. After all, it's worth my peace of mind to know that someone else will take care of those critters from now on.

...

Falling Short

BY STU SINGER

Ever wondered what it is like to be short?

I feel well qualified to answer that question. After all, I have been short all my life. My destiny was never in doubt. My father was 5-foot-5 and mom was 5 even. My grandparents were all under 5-foot-2.

I feel lucky to have risen to a bit over 5-foot-6.

The reality of my modest stature was presented to me at the tender age of seven. The teachers of the second-grade classes at my school were tasked with producing the school's Christmas Play, "The Little Star". In a stroke of true genius, they decided the title character should be the shortest person among their 100 students. To that end, every child in the group was lined up from tallest to shortest without regard to gender or inevitable self-image damage. In a back-to-back run-off with Donnie Harris, I was declared "the winner". Not to be outdone, in a separate politically incorrect moment, the pudgiest boy was cast as Santa Claus. Luckily for the adults involved in this brain trust, the year was 1953. Today, such plans would have predictably left them looking for new employment after seeing their names on the front page of the local newspaper.

Regardless, my lack of stature was a verified fact.

Even the culture, writ large, turned against me. In 1977, Randy Newman released the song "Short People" which contained the lyric, "Short people have no reason to live". Newman, who never had a song ranked in the Billboard Hot 100, suddenly found this little ditty ranked #2 only behind "Staying Alive" by the Bee Gees. It sold over one million copies and earned gold status. Meanwhile, the criteria for male acceptability in this era was "Tall, dark and handsome".

I was disqualified after one word.

Music was just a starting point. The word "short" is almost a four-letter word. Is there anything positive in a short circuit or being shortchanged? Ditto for "Shorthanded",

"Shortsighted", "Shortcomings" and "Shortfall". There are other negative indicators. In 250 years, American voters have elected exactly two presidents, Madison (1808) and Harrison (1888) shorter than me.

Recently, during intermission of "The Rising Stars of Opera" at UC Davis Mondavi Center, my wife and I had the uncomfortable sense of someone looming behind us. As we chatted about the last performance, the woman perched behind us blurted out, "I just wanted to let you know how much I appreciate the two of you being short. It made it so much easier for me to see".

You're welcome?

Fast forward three weeks and I am in the grocery store. As usual, the potato buns were on the top shelf in the bread section. After two unsuccessful leaps, a voice behind me said, "I've got you". A total stranger effortlessly snatched the desired item and handed it to me. I quickly thanked him for his unsolicited kindness as he returned to his own shopping. It was a remarkable gesture that left me feeling both grateful and much younger.

Like back in the second grade.

But here is the surprising bottom line. Except for rare moments (see potato buns), I have always embraced my size. Like age, to me height is merely a number. And others sensed my attitude. The Guidance Director at my school confided to me that her counselors purposely placed young males with "height issues" into my classes to give them a positive role model.

As a first-year high school football coach working among behemoth assistants,

(cont' on page 37)



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Table Tennis

BY WES HILL

The table tennis club plays in the Multi-Purpose Room (KS) Tuesdays from 6 PM to 8:30 PM, Fridays from 8 AM to noon, and Sundays from 8 AM to 5 PM.

The club has over 250 members, representing over 250 skill levels. The odds are excellent you will find others with abilities similar to yours. To accommodate as many players as possible, we usually play doubles. When numerous players are waiting to play, we shorten wait times at each table by having

at least two players rotate out after each game. Sundays from 3 PM to 5 PM, and on other days and times when there are fewer players present, we have the option of playing singles. Because of the popularity of the sport, we ask that residents accompany their guests at all times.

Since people have more fun when playing with others of a similar skill level, the club has designated the tables toward the kitchen end of the room for more casual players, while the tables closer to the mirrored wall are for those with greater skills. The bottom line, though, is to enjoy the sport and each other's company,

regardless of which table you are using.

The club will be hosting an Ice Cream Social July 19th, a Halloween Party October 24th, and a Holiday Party December 19th. In addition, there are various table tennis competitions throughout the year. Membership is free, and there will be a sign-up sheet on a table near the entrance to the Multi-Purpose Room if you wish to receive newsletters that include a calendar of upcoming events. For more information, our club website is <https://sites.google.com/view/LHTTC>

of the year.

We also offer organized mixed doubles play on Tuesday evenings, ongoing drop-in play and ball machine practice on Wednesdays and Saturdays, Tennis Triples play on Saturdays, and Live Ball on the second Sunday of the month. Visit our website to check out all of our activities. New to tennis? Contact our onsite tennis certified pro Eric Garcia to get started: Eric.Garcia@schca.com

See you on the courts!

• • •

Mad Hatters Bocce Group

BY KIM PETRUZZELLI

Since we're trying to avoid the summer heat, you'll find us on the courts from 8:00 am to 9:30 am on Thursdays. Bocce is an easy game to learn, and we welcome newcomers of all skill levels. We have everything you'll need to get started at the courts, so you just need to show up in the morning. New, inexperienced, and handicapped players are always welcome. Don't know how to play? We'll guide you.

If you're looking for more bocce, the Monday Morning Bocce Group led by Ron Clawson plays at 9:00 am and is open to everyone. If you're more of a night person, you'll want to try out the Night Owls led by Ann & Rick Marks. You'll find them on the courts at 7:00 pm on the 1st and 3rd Tuesdays of each month.

Mad Hatters Contact: Kim Petruzzelli, LHBocce@gmail.com/ 408-439-8716

• • •

(more Club News cont' on page 35)



Tennis Group

BY PAULA GRIFFIN

Below and attached please find article and photo for the July Sun Senior News. I am Paula Griffin and I give my permission for the below and attachment to be published. My email is lhtg.communications@gmail.com and my phone number is (916)804-2164.

Can't make it to London, England this summer? That's okay; Wimbledon is coming to us! Join us at the Sports Pavilion on July 11th for the 2026 Wimbledon Championships! Enjoy the matches on TV, participate in Tennis Triples Games, and enter our Best Dressed in All Whites contest. Indulge in delicious strawberries & cream, and scones, just like served at the All England Lawn Tennis Club in Wimbledon. Wooden tennis racquets will be available, but are not required to play in the on-court activities. Join the Tennis Group for only \$20/year. Sign up online at our website <https://SCLHTG.com>. Members only for this event. New members are welcome any time



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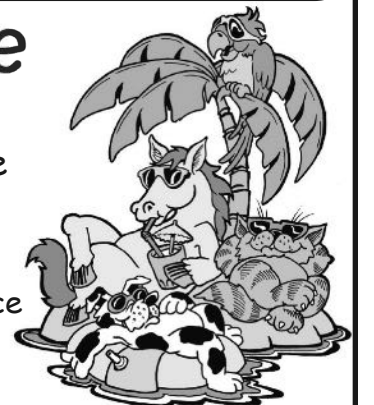
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SUN SENIOR PROFILES *Getting to know you...*

Cat Bain

(cont' from page 1)

Action sponsored recruiting efforts. While employed there, she received her BA in Communication from University of the Pacific in Stockton.

LLNL had ten Deaf employees with various careers including a PhD Computer Scientist/Math Programmer, IT technical support staff, graphic designers, and engineers. She interpreted for technical training, staff meetings, guest speakers and every other job-related communication needs. This is where her skills grew as a STEM interpreter (Science, Technology, Engineering and Mathematics). While at LLNL, she was appointed by Governor Pete Wilson to the California Governor's Committee for the Employment of People with Disabilities. She also established the Mt. Diablo Regional Mayors committee for the Employment of People with Disabilities. These organizations taught employers how to recruit and accommodate people with disabilities as well as provide training to students and adults with disabilities to prepare for employment and independence.

After 25 years at LLNL, Cat transferred to UC Davis Medical Center and expanded her field of expertise to include medicine by interpreting for a Deaf doctor during his residency and fellowship and another Deaf medical student. She also interpreted on the UC Davis campus for coursework in Masters in Public Health (twice), EdDs, organic chemistry, fine arts, landscape architecture and animal sciences majors. She's still in touch with many of those graduates. She retired from the University of California in 2015.

Other interpreting adventures before, during and after her university career included community work and Video Relay Interpreting telephone calls for the Deaf community across the US. One of her proudest accomplishments was helping to form sign language interpreting



Cat Bain signing during a show.



Cat Bain working on the tech crew last year, wearing "cat ears."

services at Burning Man, a week-long large-scale desert event focused on community, art, self-expression, and self-reliance held annually in the Western United States. "It was a life-changing experience," Cat recalls.

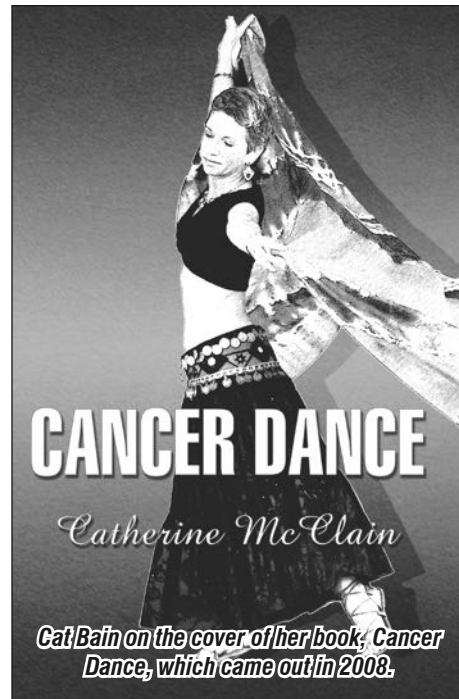
Over her 50-year career, she interpreted for President George Bush Sr. and world leaders such as Mikhail Gorbachev, and Al Gore; musicians Kris Kristofferson, Bonnie Raitt, Jackson Brown and Yo Yo Ma; and other celebrities including

Anderson Cooper and astronaut John Glenn.

After being diagnosed with breast cancer in 2001, Cat wrote weekly email summaries to her friends to update them on her condition. After a year of sharing both medical and inspirational messages with hundreds of people, she had the makings of a book. *Cancer Dance* was published in 2008 under her last name at the time, McClain. Her goal was to share her experiences with other breast cancer survivors to explain how an attitude of gratitude and joy makes cancer treatments more tolerable.

Now cancer free, Cat focuses on putting herself first each day, cooking delicious organic meals and staying fit to keep her body functioning optimally. "I am enjoying building my spiritual muscles and practicing compassion for myself and others," she says. "I practice meditation daily and attempt to be mindful in all my words and deeds. It's a process."

Cat moved to SCLH from Nevada City in 2022 to be near her father's memory care



Cat Bain on the cover of her book, Cancer Dance, which came out in 2008.

facility in Loomis. She lived on 10 acres of land during wildfire evacuations and a pandemic, all while caregiving for her father who had dementia. "My nervous system found serenity and community here at Sun City," she says.

Cat is one of the co-chairs for the Performing Arts Consortium (PAC) and provides sound effects and graphic arts as part of the tech crew for PAC shows here at Sun City. "I also want to recruit more residents with technical skills to expand our sound and lighting crew for our entertainment performances here." She has interpreted the lyrics for songs sung by the Lincoln Hills Chorus and is looking forward to debuting her first ASL sign-dance interpretation in the Vaudeville show here in August.

One of her favorite quotes is from Eckhart Tolle: Life is the dancer and I am the dance. Because she's always loved dancing, she recently joined the Kanz Altaaj student belly dance troupe in Sacramento after 20 years of dancing in her living room. "I'm having so much fun!" she says.

Playing Grannie Cat is one of her most-cherished roles. When her son, Paul McClain, married his current wife, Lora, she instantly became a grandmother to four kids: Eva, age 11, Adrian age 21, Hannah, age 23 and Kobi, age 25. "They are incredible human beings, and I enjoy hosting them for long weekends at my house," she says. Typically, when they're driving to a festival, movie, or restaurant, Cat notes that they sing songs from the musical Hamilton.

She also loves to travel. After her dad

passed away, she returned to European travel visiting friends and joining river cruises. Right now, she avoids airports and sticks to car travel to see friends and family and attending dance festivals. She says, "I still have one foot in Nevada City, returning every week or so to visit friends and get the best massage in the world from Janice Polucha."

Of her life living alone for the first time ever, Cat is thoughtful about the future. "Although I am fully enjoying my Mary Tyler Moore life during my Aunt Clara era, I am open to finding romance again. I may have given up on finding love, but I would be quite all right if love found me."

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

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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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.

Shuffleboard Club

BY JON KLINE

Morning Club play - Earlier start times: Tuesdays and Saturdays from 8:30 to 10:00 A.M. New players are welcome; we will quickly show you how to play. The four new commercial grade shade canopies give sun protection to the players standing or sitting at both ends of all five courts. Thursday Evening Socials continue. Come join us on Court 10 every Thursday anytime between 7:00 and 8:30 PM to play and socialize. Bring a snack or dessert to share. At twilight, we turn on the 8 LED lights. Court 10 is located at the back of the Softball parking lot in the Sports Plaza. Club's Spring social season highlights: June 1st Sierra Pacific Lumber tour in Lincoln - 22 shufflers were escorted through the lumber yard to amazing bird's eye views of the automated mill and control center... followed by breakfast at

the Waffle Shop; June 14th annual brown bag picnic & raffle at the Sports Pavilion. May 28th annual membership meeting elected new 2026-27 club Board: Jon Kline, Ivan Hesson, Kathy White, Jim Ripley and Kathleen Wilson. Thanks to retiring member Bob Vincent. For residents' open play, all equipment is in the onsite cabinet with use and safety instructions posted there. Court 10 gate is now locked from 7:00 PM to 7:00 AM. Call V-Force security to unlock for evening play: 279-239-9094. You can reserve courts up to 7 days in advance online via the WellFit Resident website; Remember that no bending or lifting is required to play shuffleboard, and everything is free.

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

Club Website: Facebook/SCLH Shuffleboard Club



Shuffleboard picnic and raffle.

Billiards Group

BY RANDY FANN

Summertime... and the living is easy! T shirts and shorts. Lemonade. Ice tea. Baseball. Hotdogs and hamburgers. And picnics.

The Club has two social events: summer and winter. We will hold a Summer Picnic on July 18th. A chance to rub elbows with members who are either teammates or adversaries, depending upon the game and the tournament.

Nine tournaments. Every week. Something for everyone.

Billiards 101 (Mondays at 10 - Jim Mac

Williams) for beginners

ChiX with StiX (Tuesdays at 1 -Joan Wendell) for ladies only, of all skill levels

Co-ed (Wednesdays at 4 - Doug Porter) for couples

Upstarts (Thursdays at 11.45 - Rita Rush) and Breakers (Saturdays at 10 - Randy Fann) for mid-level

Players (Thursdays at 2.30 - Dave Hawley) and Challengers (Friday at 9.30 - John Brock) for mid-level and above

Rack 'n Roll (Mondays at 2 - Dennis Minucciani) and Cue Masters (Wednesdays at 1 - Steve Marks) for good players, money

players

For people who are interested but have never played or have not played for some time, we offer two sessions of Mentoring (Tuesdays at 9.15 and 10.30 - Cathy Goebel). Six tables with mentors for every skill level. Learn the game. Learn the rules. Have some fun.

So, stop by the pool room at Kilaga. And enjoy your summer.

Cribbage

BY MEL SWITZER

The Cribbage Wizard — Ever since I was a young boy, I've played the cribbage call From Lincoln down to Rocklin, I must've played 'em all

And I ain't seen nothin' like him in any cribbage hall

That deaf, slick, and old guy, sure likes to beat us all

He sits like a statue, becomes part of the scene

Feelin' all the numbers, and always playin' clean

Plays by intuition, he plays against the odds That deaf, slick, and old guy sure likes to beat us all

He's a cribbage wizard, there has to be a twist

A cribbage wizard's got such a supple wrist How do you think he does it? (I don't know)

What makes him so good?

Ain't got no distractions, can't hear no talk at all

Don't hear no jokes or laughing, he plays the cards so well.

Always gets the skunker, never seen him fall

That deaf, slick, and old guy, sure likes to beat us all

Even on my favorite table, he can beat my best

His buddies lead him in, and he just does the rest

He's got crazy lucky fingers, never seen him fall

That deaf, slick, and old guy, sure likes to beat us all

There have been some real "Cribbage Wizards" of late. Rae Cook sautéed a victory on 5/19 with a score of 729. Jean Westvold stewed a huge victory on 5/26 with a score of 738. Then on 6/2, Sous Chef Jerry Carlson cooked up a great score with 724 points and Editor in Chief, Mel Switzer, eked out a victory with a score of 716 on 6/9. About time!!!

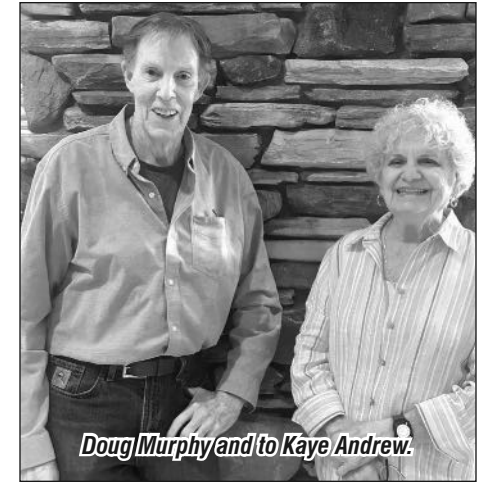
We invite you to come play our game! Be at the OC Card Room on any Tuesday by 8:30 AM to play the "Wizards of Cribbage".

Duplicate Bridge

BY WENDY WOHL

Congratulations to Doug Murphy for achieving Golf Life Masters and to Kaye Andrew's for achieving Life Masters status! These are prestigious ranks awarded to experienced duplicate players.

Playing bridge offers many mental and social benefits. It stimulates both sides of the brain improving memory, logic and problem solving.



Doug Murphy and Kaye Andrew.

If you have been playing bridge for a while, and want to advance to duplicate bridge, contact Elise Homer, the club president for advice on how to proceed. Elise's contact information is 916-303-0751 or elisehomer@gmail.com. Duplicate bridge games are every Wednesday and Saturday at 12:30 at Kilaga Springs. The duplicate bridge website is: [www.Bridge webs.com/lincolnhills/](http://www.Bridgewebs.com/lincolnhills/)

Pedro Group

BY BONNIE KING

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

Contact: Denise Jones - 916-543-3317.



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Bingo Event Helps Area Students Earn

BY LORA FINNEGAN

Fostering the education success of women and girls has been a driving force behind the American Association of University Women (AAUW) since the group started in the late 1800s. Locally, the AAUW-Roseville South

starting at 5:30,” notes co-Vice President of Philanthropy and event co-chair Denise Hexom. “It’s our biggest fundraiser of the year,” she adds, “and achieves our mission of supporting the education of women and



Julia Saldana, Puneet Kaur, Samira Rakhimova, Brooklynn Thomas and Leslie Lopez.

Placer branch keeps that mission alive in part by offering scholarships. Recently, five area high school students earned this year’s AAUW-RSP scholarships.

The students named are: Puneet Kaur (Antelope High School), Leslie Lopez (Lincoln HS), Samira Rakhimova (Woodcreek HS), Julia Mendoza Saldana (Granite Bay HS) and Brooklynn Thomas (Roseville HS). “We are so proud to celebrate the accomplishments of these young scholars,” says Carolyn Garfein, co-Vice President of Philanthropy and event co-chair.

In August, AAUW-RSP plans to help fund its scholarship efforts with Bingo Night open to the public at Lincoln’s McBean Park Pavilion. “The event is set for August 12

girls. We hope Lincoln will turn out in big numbers to support them as well!”

Thanks to popular events like these, AAUW-RSP can provide programs for local kids like Speech Trek and Tech Trek (a science camp for eighth grade girls), and offer Sierra College scholarships.

The lively Bingo fundraiser, offered in conjunction with the Lincoln Community Foundation, will be held at the McBean Park Pavilion Building, 65 McBean Park Drive in Lincoln from 5:30 pm to 8:30 pm (guests must be age 21 or over). Tickets (includes 10 bingo cards) cost \$30 or \$40 with dinner; to purchase go to lincolnbingo.com.

To learn more about AAUW-RSP, or to join, go to aauwrosesouthplacer.org.

Falling Short

(cont' from page 29)

on numerous occasions I was mistaken for a student assistant. At the end of my twenty-five years of coaching, I retired not due to size but a bad left knee. And I could proudly point to my four former assistants who went on to be head coaches. Not bad for a short guy.

There were still reminders of my limited stature. When the school’s faculty played in a charity basketball game against a team of Washington NFL footballers, my fellow football coaches decided it would be “a great sight gag” if I would take the opening jump ball against a six-foot-six defensive tackle nicknamed “The Bear”. It became an opportunity. While I emphatically lost that tipoff, I did end up outscoring “The Bear” by two points.

So, here’s a shoutout for being on the short side of life. I have had a full, wonderful journey even without the opportunity to lead the Free World. I wrote off Randy Newman decades ago. Plus, at my size I am far less miserable than most people on airplanes or in the backseats of cars.

And I never worry about blocking anyone’s view.

...

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

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Neighborhood Watch —

(cont' from page 1)

safety concerns and/or damage. Neighborhood Night Out events offer opportunities for residents to ask questions of the experts regarding how to protect themselves, and whom to call for assistance, among other ways to be safety advocates.

In addition, police can provide answers about the latest financial scams that are targeting older adults as Artificial Intelligence assists criminals in their attempts to reap illegal rewards.

While Lincoln has been rated the third safest city in California, there are many things to learn to help you become smarter and wiser.

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

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

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

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



SUN SENIOR NEWS CLASSIFIEDS

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HOME SERVICES: Packing/Unpacking, Declutter and Organization. 916-581-0464 aypforhelp@gmail.com

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BUY A VARIETY OF ANTIQUES, VINTAGE INCLUDING ESTATE AND OUTDOOR. Call: Bob 925-324-3167 or text.

ANNOUNCEMENTS

RETIRED? Need something to fill your days? Want to put some excitement in your life? Volunteer at the Lincoln Area Archives Museum. No experience necessary. Friendly and fun people to work with, plus it's rewarding and educational. Open Thursday, Friday and Saturdays from 11 am to 3 pm. You pick your time! Call 916-645-3800 to learn more.

VFW Post 3010 is looking for Veterans that want to help other veterans. Call 530-635-7429.

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

SUN CITY REAL ESTATE UPDATE

The market in Sun City has been strong through May with more homes in Pending Sale (under contract) than homes available, which means a very short supply of active listings. June generally begins a slowdown that carries on until after July 4th with buyers being preoccupied with graduations, kids getting out of school and summer vacations. It's not drastic but we can see it in the overall numbers throughout the region, not just Sun City. But overall we are looking at a very healthy market going into summer.



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, time-share/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 LINCOLN HILLS

1925 Coldwater Lane	2151 Sq. Ft.	\$850,000
1006 Fairway Valley Lane	2151 Sq. Ft.	\$860,000
1089 Overland Lane	2258 Sq. Ft.	\$875,000
1607 Barn Valley Lane	2397 Sq. Ft.	\$895,290
1188 Fairway Valley Lane	2280 Sq. Ft.	\$899,000
748 Castleberry Lane	2612 Sq. Ft.	\$923,000
101 Lasso Lake Court	2264 Sq. Ft.	\$1,010,000
72 Sawmill Lane	2250 Sq. Ft.	\$1,035,000
941 Wagon Wheel Lane	3081 Sq. Ft.	\$1,115,000
700 Canyon Oak Lane	2955 Sq. Ft.	\$1,140,000
2471 Walden View Lane	3063 Sq. Ft.	\$1,303,000

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