

SUN SENIOR NEWS

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Barb Futran — Himalayan Hiker

BY JENNIFER (JEN) MARTIN

The great runner, Emil Zatopek, once said, “If you want to run, then run a mile. If you want to experience another life, run a marathon.” If that’s the case, then Barb Futran, SCR resident since 2025, has experienced many lives because she’s run marathons in Boston, New York City, Arizona, San Francisco, Portland, and Oakland, to name a few.

Barb was born in 1940 in Salem, Oregon, but was raised with her younger brother, Bob, in Portland. Her father was in the Merchant Marines during World War II, stationed in Honolulu, while her mother was a stay-at-home mom.

A natural athlete, Barb’s childhood was filled with activities as she joined the fourteen kids on her block to play baseball, hide and seek, and hopscotch. Her family enjoyed camping in national parks and water skiing in their 25-foot Chris Craft boat. She was only ten



Barb Futran in front of a photo she took of a leopard while she was on safari in Africa last year.

when she began water skiing on the Columbia River before discovering it was easier to do it on a lake.

She attended Grant High School, rated the #1 high school in America, where she was in the National Honor Society and the Thespians. She and her brother spent their teenage years in the winter on the slopes of Mt. Hood, taking ski lessons.

After high school graduation in 1958, Barb enrolled in Oregon State University at Corvallis. She majored in Business and minored in Teacher Education, graduating in 1962. She met her first husband, Bill, in the early 1960’s. They were married after Bill’s freshman year in the University of Oregon School of Dentistry. Barb laughs at getting a PHT degree—Putting Hubby Through. Bill bought a ski boat, so her water sports continued to flourish.

Meanwhile, Barb worked at KEX Radio writing or revising commercials for the disc jockeys and representing the station at public events. Barb and Bill lived in Menlo Park and had three children: Bill was born in 1964, Cinda in 1965, and Michael in 1968. Both of their sons became chiropractors, while her daughter got into law enforcement.

(cont’ on page 23)

SCR Foundation 2026

By ELIZABETH JARRETT

Happy 4th of July and 250th Birthday to the United States of America. As with most birthdays, especially significant ones, we can pause and reflect on what is, what was and what is to come.

As July is mid-year and the beginning of the new fiscal year, the Foundation is also reflecting on what we have done, what we are currently working on and what we plan to do in the coming months.

The focus of our reflection and assessment is always – how to continue and increase our commitment to the needs of residents in Sun City Roseville.

Bingo is back. Save the Date: Sunday, July 12th. We will be selling Bingo cards beginning on Courier Day, July 1st. As a 501c3 non-profit, the Foundation receives no funding outside of donations. All programs and services provided are possible only through those donations. Bingo helps the Foundation provide resident support. Come and play in the cool Ballroom while supporting our community. We thank you for your support.

Board Member Highlights: Roy Meyer is our Home Maintenance Coordinator. He and his wife moved to Roseville eleven years ago from Thousand Oaks in Southern CA. He worked for the City in Traffic and

Transportation for thirty-five years before retiring. Roy is involved in softball and has served in several positions. He also served on ARCasa Committee member and Chair. Roy joined the Foundation Board two years ago and now coordinates every aspect of our Home Maintenance Program. That involves working with and scheduling volunteer teams that go into homes. He is also responsible for purchasing supplies and keeping monthly statistics for the program. We appreciate Roy and his contributions to our community through our oldest program, Home Maintenance.

Roy provided an update that 1,000 service requests were completed last year in Home Maintenance. The teams replaced approximately 750 Smoke Detectors and 1,000 light bulbs for residents. Everyone including Roy is a volunteer. If you are interested in helping with this program, please contact Roy directly, scrfoundationrm@gmail.com or 805-558-1927

Wellness Tip: From the June Tip on Hydration, look for “Beat the Heat” handout in our Lobby Literature Rack. For July, our Tip is to continue being aware of the heat. Take water with you when you’re away from home. Do errands early in the morning or after 6PM. Wear cool clothing and a hat when needed. Stay cool.



#6: Dee — Lady Arthritis

Election Committee

BY NANCY MYERS

Election Day deadline for SCR is coming quickly. Member ballots must be submitted by 10 am on July 21 if you want your ballot to be included in the tabulation. A ballot box is located outside of the Administration Office for your convenience. If you mail your ballot, be sure to mail early as PO Box is picked up on July 21 promptly at 10 am.

(cont’ on page 27)





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Executive Director Comments

BY GEOFFREY BROWNE

As we once again close the books on the past Fiscal Year, we now move forward with the 2026-27 Budget guiding our operations. While final figures will be confirmed later this month, the early indicators are looking promising from our current vantage point. A new fiscal year also ushers in a season of renewal—with a refreshed Board of Directors, newly appointed Committee members, updated activities and fitness classes, and an array of new opportunities to get engaged.

Our Annual Board of Directors Election is now in full swing. Ballots were mailed to all members on June 19th, and, again this year, we're experiencing a true election, with four candidates vying for three open seats on the Board. It's important to remember that Sun City Roseville operates under a representative governance model—your vote is your voice. Mark your calendars: Election Day (vote counting) is set for July 21st, and the newly elected Board members will officially take office and elect Association Officers during the Annual Meeting on Thursday, August 6, 2026. This special event will be held in the Ballroom and officiated by Roseville's own Mayor, Krista Bernasconi.

Once the new Board members are sworn in, the real work begins. Our Orientation session in late July is designed to provide incoming Directors with a comprehensive understanding of the Association's structure, key departments, and leadership teams. It's also an essential moment to ensure they grasp the responsibilities and legal duties they now

carry on behalf of the community.

Looking ahead, the Annual Board Retreat later in August offers a valuable opportunity to set strategic goals for the coming year. Together, the Board and I will revisit Sun City Roseville's Vision and Mission statements, identifying ways to enhance programs and services, invest in continuous improvements to our amenities and facilities, and ensure Sun City Roseville remains the premier active adult community in Northern California. Key topics will also include financial stewardship, project development, and long-term planning to protect property values and support future growth.

Now is also a great time for residents to get more involved. Our 11 Standing and Required Committees have been actively recruiting, and if you've already submitted your application to the Administration Office, you may be receiving a call soon. Serving on a committee is a wonderful way to give back, learn more about how Sun City operates, and connect with fellow residents. You'll likely find yourself surrounded by bright, humorous, and genuinely kind individuals who share a commitment to making our community the best it can be.

After all, that's what community is all about—neighbors coming together, contributing their talents, and building something greater than the sum of its parts. That certainly describes the Sun City Roseville community!

Harmonicoots

BY JO ANN STOOKSBERRY

On July 2nd, we will be doing a FREE Patriotic Sing-A-Long to celebrate the Nations 250th Anniversary. It will be at Sierra Pines from 6-7 pm. So, bring your family, friends, and neighbors. BYOBeer/Wine. Light snacks and even a door prize to be had! We will also see you before the annual golf cart parade on July 4th!

We are currently practicing our new songs and can't wait to entertain you at your next club, group, or private meeting or party. Got a special birthday or anniversary coming up?

We are ready 4U! Call Jo Ann Stooksberry at 916-749-4425 at least one month in advance.

The harmonica is not only fun to play, it's small in size and very portable. There are many fun facts about the harmonica that many people don't know. 1. Abraham Lincoln famously carried one in his pocket. 2. In 2009, 6,131 people played one together for seven minutes in Hong Kong. Over 15,000 people gathered to watch the show. 3. Nicky Shane holds the record for playing 103 notes in just 20 seconds. 4. In 2009, a musician named Bonny B. Played one in Switzerland for 24 hours at a

(cont' on page 5)

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Harmonicoots

(cont' from page 3)

stretch. He was recorded in the Guinness Book of World Records as the only person to have done this without a break (good kidneys?). 5. Famous players are Bob Dylan, John Lennon, John Meyer, Shakira, Bruce Springsteen, Stevie Wonder, Little Walter, Mick Jagger, Ozzy Osborne, Steven Tyler, and many more. 6. Playing the harmonica has many health benefits for the lungs. Many hospitals give them to their patients.

Most importantly it is an easy instrument to start playing. If you are looking for a new musical instrument to start exploring, the harmonica is a great place to begin. We are at the Timbers partial ballroom on Thursday from 10:30 - 12:30. So come by and sit a spell! Remember no experience necessary! Harps Up!

• • •

Drama Club

BY LENORA DAVIS

July finds us in rehearsals for our October performance. We have heard many times, since our March performance, how we just keep getting better over time. I find this to be very true for a couple of reasons.

First, we have more experience - not only in acting, directing, stage and floor crew, but also working with each other as a team. We work together well and encourage each other, which builds both confidence and trust. I see so many strong friendships formed over the



Susan Glover

last four years and new ones being formed as we move forward.

Secondly, many of our actors have just completed an Acting Workshop, led by Karen Pinomaki of the Sun City Lincoln Hills drama group. She is an amazing instructor with many years of acting and directing experience. We are so fortunate to be able to have her help us improve our skills. Some of the participants in the workshop will be on stage for the first time in our October performance.

One of our four October sketches will be "Can't You See We're Acting?," a short comedy we know you will enjoy. The photo shows the members of this cast: Bob Jorgenson, Bonnie Osborne, Tina Kinghorn,



Bob Jorgenson, Bonnie Osborne, Tina Kinghorn, Jennifer Martin and Glenn Burleson.

Jennifer Martin and our newest member, Glenn Burleson. We are all excited to welcome him to our Drama Club family. Also seen is the director, Susan Glover.

We would like to thank our wonderful Sun City community for so strongly supporting us since our conception four years ago. We pledge to continue to strive to entertain you.

For more information about our Club, contact president Susan Glover (530-388-6367) or myself, Lenora Davis (707-350-1357).

• • •

Music and Laughter

BY JANE BOHN

Our June gathering was once again well attended with an exciting group ready to perform. The following is a list of entertainers who kept us happy and smiling violinist Beverly Moris, singers Peggy Wells, Carolyn Winter, and Jean Duffin backed by singer guitarist

Ken Roberts, magician Rick Schulz, pianist Jan Given, violinist Joe Given, a cappella singer Linda Kosut, and lastly two comics Jack McGurk and Ed Lick. What a fun group of talent for our listening pleasure.

Our enthusiastic prize winners included: Rick Schulz, Valerie Young, Sharon Rubio, Linda Good, Marilyn Egan and Audrey Andrews.

We are ever grateful to our devoted fan club, our Sun City talented entertainers and our steadfast helpers including Ken Roberts, Carolyn Winter, Pam Moll, Dwight Rose, and Arlette Bennett.

We hope you'll mark your calendar for our next event on July 8 at 7pm (doors open at 6:30) at our Sierra Pines Lodge located on the corner of Del Webb Blvd and Whistlestop Way. Don't forget your whopping \$1 entry fee for a drawing at the end of the show.

• • •



Jean, Ken, Carolyn and Peggy.

Dance Club

BY VIKKI CLARK

The Sun City Dance Club celebrated another successful event on June 15th with our annual Election Dinner and Dance, "Stars, Stripes & Spotlights." Members enjoyed a delicious Mexican buffet, followed by the installation of our new officers for the coming year. Congratulations to Mike Reed, President; Mary Little, Vice President;

Charlie Baughman, Treasurer; and Vikki Clark, Secretary. We appreciate their willingness to serve and help guide the club through another exciting year.

Following dinner and the installation ceremony, members filled the dance floor and enjoyed an evening of dancing to the great music provided by DJ Tom. It was a wonderful opportunity to socialize, celebrate our club,

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Sunshine Services

BY SUSIE RIVERA, *President*

Have you ever wondered what happens to medical equipment after it's returned to our Medical Equipment Loan (MEL) Program? Behind the scenes a careful process ensures every item is safe, clean, and ready for the next resident who needs it.

Two of our valued volunteers, Dennis Hellman and Bob Walker, play a vital role in maintaining the equipment that supports our community. Their efforts keep the program running smoothly and ensure borrowers receive equipment they can depend on.

The MEL inventory includes wheelchairs, two-wheel and four-wheel walkers, canes, ice machines, and knee scooters. When borrowed equipment is returned to storage, it undergoes a thorough inspection. Each item is checked to ensure it's safe, functional, and in good working condition.

Once inspected, the equipment is completely cleaned and sanitized. This important step helps maintain a safe and hygienic inventory for all users. After cleaning, the equipment is placed back into inventory and made available for future borrowers.

If an item requires repairs, Dennis and Bob assess the problem and, whenever possible, restore the equipment to proper working order. Their efforts help extend the life of many items and maximize the resources available through the program.

The process also applies to newly donated equipment. When donations arrive,

the monitor on duty evaluates each item to determine whether it's safe, functional, and suitable for use. Approved items are cleaned, sanitized, and added to inventory.

Not all donated equipment can be used. Excess equipment in good condition is donated to local charity thrift stores where it can continue to benefit others. Equipment that is no longer usable or safe is discarded.

The MEL Program depends on generous donations and dedicated volunteers. Together, they help ensure residents have access to essential mobility and recovery equipment when it's needed most.

Ambassador Committee

BY KAREN POWER

It's already July and hard to believe that 2026 is officially halfway behind us. July will be a busy and exciting month here. This 4th of July is extra special with the celebration of our nation's 250th anniversary. Sun City will be hosting their annual fireworks show and barbeque on July 3rd and then the golf cart parade on July 4th. The Ambassador Committee wishes everyone a safe and festive 4th of July weekend.

On June 27th, the Ambassador Committee hosted the quarterly New Resident Orientation breakfast. This event is set up to provide information to new residents about all the wonderful things our community has to offer. We had 85 new residents in attendance and

the participants. The participants had the opportunity to meet with members of the Board of Directors, Sun City staff, and fellow residents. There were presentations from the Activities Department, Golf, and the Timbers Restaurant.

The Ambassador Committee would like to thank all the people who stepped forward to volunteer at the Mix and Mingle. All the volunteer committees in Sun City need a refreshing of new volunteers to make the committees successful. Sun City Roseville is a wonderful community to live in, in large part due to the people that volunteer their time to the various committees. If you missed the Mix and Mingle and are interested in volunteering, you can find the contact information for each committee in the monthly courier or on the online SCR portal.

for types of books we accept. We also accept jigsaw puzzles.

For Jack Carr fans, we have the first in a new series, *The Fourth Option*. It introduces Chris Walker, a former Navy SEAL and CIA operative who turns into a vigilante to give justice to a friend's widow. If you loved *The Book Woman of Troublesome Creek*, try *The Mountains We Call Home* which revisits Cussy who is now in prison where she becomes the prison librarian and teaches other inmates to read and write.

New Books — Fiction: Carr, Jack - *The Fourth Option*; Connelly, Michael - *Ironwood*; French, Tana - *The Keeper*; Haig, Matt - *The Midnight Train*; Harvey, Kristy Woodson - *Summer State of Mind*; Kline, Christina Baker - *The Foursome*; McAllister, Gillian - *Caller Unknown*; Patterson, James - *26 Beauties*; Stockett, Kathryn - *The Calamity Club*; Strout, Elizabeth - *The Things We Never Say*.

Large Print: Berg, Elizabeth - *Life: A Love Story*; Burke, Caro Claire - *Yesteryear*; Clancy, Tom - *Rules of Engagement*; Connelly, Michael - *Ironwood*; French, Tana - *The Keeper*; Haig, Matt - *The Midnight Train*; Patterson, James - *26 Beauties*; Richardson, Kim Michele - *The Mountains We Call Home*; Sanford, John - *Revenge Prey*; Stockett, Kathryn - *The Calamity Club*; Taylor, Brad - *Shadow Strike*.

Library News

BY ELIZABETH GUSTAFSON

Library hours: Monday-Saturday 9-5, Sunday 10-4.

Your library buys new books each month and also accepts donations. We buy only current year hard cover and large print books. We accept donations of paperbacks that are published within about the last five years and some hard cover books if they are the current year best-sellers. See our donations policy on our website or the handout at the library

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Dance Club

(cont' from page 5)

and enjoy time with fellow dancers.

Looking ahead, mark your calendars for July 20th when the Dance Club presents its annual Performance Showcase. All of our dance classes will be performing, highlighting the talent, dedication, and hard work of our dancers and instructors. Admission is just \$5 per person, making it one of the best entertainment values in Sun City. Tickets are available from any dance class or may be purchased at the door the night of the event.

On August 17th, join us for our popular All Line Dance Social. Even if you are not currently enrolled in a line dance class, you'll find plenty of easy and fun dances that everyone can enjoy. It's a great way to spend an evening with friends while getting some exercise and learning a few new steps.

As the Fitness Center undergoes its transformation, dance classes provide an excellent alternative for staying active. Dancing offers cardiovascular benefits, improves balance and coordination, and keeps both the body and mind engaged. We invite everyone to come join the fun and discover why dance is one of the most enjoyable ways to stay healthy and active.

• • •

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 scsquares.weebly.com

• • •

Fine Arts Club

BY NANCY VAVUL

July is shaping up to be a month of celebrations as we observe not only America's 250th anniversary but also the beginning of a new year for our club. Please join us in welcoming our new secretary, Diana Combs, and our new social director, Donna Self. We are excited to have them on board!

Reflecting on our installation luncheon last month, we extend our heartfelt thanks to Carol Vickerman and her organizing committee for creating a delightful event that provided fantastic opportunities for socializing and fun.

To kick off this new year, we invite all members to an ice cream social in place of our meeting on July 9. It'll be a delicious way to connect and enjoy each other's company.

Mark your calendars for July 11 and 12, from 10:00 AM to 2:00 PM, when we will host a pop-up sale titled "Christmas in July." At the same time, we are also thrilled to feature the artwork of Susan Edie in the card room,

with a reception on July 12, coinciding with the pop-up sale across the hall. Join us to appreciate her beautiful creations.

In another opportunity, Robert Chapanot has arranged for members to create small works of art to be given to the patients at Shriners Children's Hospital. This is a fantastic chance to share our creativity and bring joy to those in need.

Additionally, we have selected new monthly themes for our gallery wall. July's theme is open with a suggestion of "America the Beautiful" followed by the theme of "Water" in August. Be sure to stop by to see the stunning artwork our members have created around these themes.

Finally, classes will continue throughout the summer with some modifications. Check the schedule in the room or online and sign up to keep your creativity flowing!

• • •

SCR Needle Arts Club

BY PEGGY VOAKES

Our Needle Arts Club is dark in July – no General Meeting and, this year, no newsletter. Most of our smaller groups do, however, get together over our summer break and, of course, behind the scenes our dedicated committees are already preparing for another great year. If you are looking for more info, please pick up our June/July newsletter in the Needle Arts Room or the Lodge lobby kiosk.

Our calendar year runs from July through

(cont' on page 8)



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SCR Needle Arts Club

(cont' from page 7)

June. Dues will be due beginning July 1. If you, like me, might forget over the break, you can pay your dues in the Needle Arts Room at any time. There is an envelope marked "Membership" in a basket on the counter as you come in the door. Of course, a volunteer member will be at the door to the Ballroom at our August meeting to make that task easy for you.

Our next meeting will be Wednesday, August 5, 1:30 pm, in the Ballroom. Be sure to come a little early to shop the back table. I hope to see you there!

• • •

Roseville 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 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.

• • •

Solo Friends Club

BY NIKKI COMBS

Deputy District Attorney Shannon Quigley and Client Services Counselor Julie Avendano from Placer PROTECT gave an informative talk at our May General meeting. PROTECT stands for Provide Resources and

Outreach to Elderly Citizens. These ladies offer adult protective services and support victims in Placer County.

Seniors are victims of physical abuse including neglect, financial and emotional abuse, and fraud. As usual, education is key to staying safe. Shannon recommends having a Power of Attorney instead of adding someone (family or caretakers) to your accounts. This gives you a layer of protection, even if you think your loved one would never cheat you.

For shopping, PROTECT reminds everyone to be aware of our surroundings. Make eye contact with anyone nearby. Keep your wallet in a cross-body bag or your front pocket. Ask for help to your vehicle and don't carry too much. If you look frail, thieves will sense an easy target.

Fraud and scams are daily occurrences. Have strategies ready for any suspicious call, text, email, or letter. Any sign of urgency for your attention or money is a red flag. You are the gatekeeper to your finances and personal information. Be strong and say "No" until you can research the situation. Always check with your bank before withdrawing money. Tellers are trained to spot scams.

Help the County stop abuses by calling the Fraud Hotline: 916-645-7226 (SCAM) or email: protect@placer.ca.gov. They are there to help.

The next General meeting will be Monday, July 6, 6:00 pm in the Timbers ballroom. Bring your checkbook to sign up for the Social Dinner on Saturday, July 18.

Solo Friends needs some volunteers: 1) To prepare the General meetings slide show, 2) To help with the warming trays for the Social Dinners. Please contact a Council member for more info.

• • •

Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

Happy Fourth of July to all of our Sun City Roseville community!

A special thank you with appreciation to Ruth Elkins and Karen Levine for leading the Shabbat (Sabbath) Friday night service and to the JFC Board members for hosting the Oneg (a sweet table following the Shabbat service) in May.

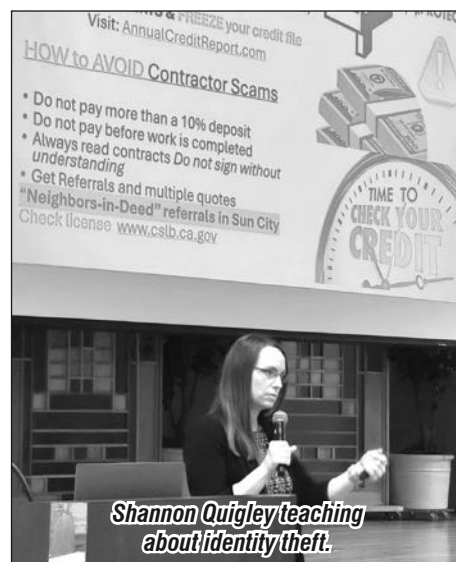
Our annual BBQ in May successfully presented itself with hamburgers, hot dogs and veggie burgers all perfectly grilled by our own JFC "Master Chefs" Barry Klein and Russell Levine. Accompanying side dishes were potato salad, coleslaw and beans. Elegant desserts completed the BBQ dinner, and everyone had a great time.

The next JFC Book Club meeting will be on July 13 at 7:00pm at the home of Ruth Elkins and Ray Seamans. The book that will be discussed is "The First Pharaoh" by Lester Picker.

Our next event will be a fun and exciting night of Bingo with a pasta dinner on July 26 at 6:00pm at Sierra Pines. There will be prizes to win!

In the month of July we celebrate Tisha B'Av which is a fast day in the Jewish calendar. Tisha B'Av and Yom Kippur are both major fast days in the Jewish Calendar, but they differ in purpose and meaning. Both are 25 hours

(cont' on page 9)



Jewish Fellowship Circle

(cont' from page 8)

fast from sunset to the following night. Tisha B'Av is rabbinic while Yom Kippur is biblical, but both are commanded in the Torah. Yom Kippur is the holiest day of the year focusing on atonement and repentance. Tisha B'Av is a day commemorating the destruction of the First and Second Temples.

•••

Meditation Group

BY ED CERVANTES

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

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

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

Here are the dates and locations for our upcoming meetings.

Wednesday, July 8th 1:30pm - 2:30pm in the Spruce Room at Sierra Pines

Friday, July 31st 1:30pm - 2:30pm in the Spruce Room at Sierra Pines

Wednesday, August 12th 1:30pm - 2:30pm in the Spruce Room at Sierra Pines

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

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

•••

Healthcare Professionals Group

BY LINDA GORDON

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

Our next Luncheon Meeting will be on July 1. Our speaker will be Cassidy Paganucci, an Investigative Assistant from the Placer County District Attorney's Office. She will present a "Senior's Safety Seminar" In this she will assess Elder Abuse with an emphasis on Financial Abuse aka Scams.

Nurses from our group hold a Blood Pressure Clinic for Residents on the second Wednesday of the month from 9:30-11:00am to have their Blood Pressure checked and to discuss any issues they may have. While our usual location in the Fitness Center is unavailable Blood Pressures will be done in

Sierra Pines. Our next clinic will be June 10. You may just drop in to have your Blood Pressure checked & discuss any questions you may have.

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

•••

Conservative Action Group

BY SHERRI SCOTT

We are thrilled at this point with the results coming in from the June 2 Primary Election as this article was sent for publication. Why do we say, "at this point?" Because there are 39 additional days for results to be verified, counted, summarized, and certified by the State. There are approximately 23 million registered voters receiving a ballot in California including 300 thousand in Placer County. The Placer County Elections Office has a strong commitment to ensuring accuracy of mail-in ballots by verifying signatures with FBI trained employees. This process is coupled with mailing post cards and/or calling the voter where signatures do not match County records. Dishonesty is minimized in Placer County. Honesty in vote counting may not be true in other counties. California's electoral process needs to be dramatically changed to regain our and many others' trust in final election results.

We held a pizza party instead of our formal meeting on June 8. We welcomed and got to know many of our new members and look forward to their involvement in CAG activities. As expected, many conversations



centered on the results of the Primary Election. Of sad note, however, is the abysmal state-wide voter turnout of 25%; Placer County was not much better at 35.5%. We will begin actively supporting candidates and ballot measures for the November General Election starting in August.

Our July 6 meeting will focus on the revised draft Phillip Road Environmental Impact Report as prepared by the City of Roseville. A general overview will be provided with question-and-answer discussion. The meeting will be held at Sierra Pines starting

(cont' on page 10)

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Conservative Action Group

(cont' from page 9)

at 6:30 pm.

If anyone has a question about the Conservative Action Group, our mission, our activities, or are just politically inquisitive, please stop by our Courier Days table at Timbers Lodge.

...

Veterans & Patriots

BY ELIZABETH JARRETT

Happy 250 Birthday America! Trivia for the 4th. Did you know the Declaration of Independence was signed on July 2, 1776, with the intention of celebrating on July 3? The first organized July 4 celebration



was in 1777 in Philadelphia. There was a 13-gun salute, and it ended with 13 rockets to honor the original colonies. Early settlers from Europe brought fireworks with them into our developing country. The American Polytechnic Association reports that in 2025, U.S. consumers used 288.9 million pounds of fireworks and spent 2.3 billion dollars on those fireworks.

Our Club has been very active. On June 3, our Meeting speaker was Gus Ballis, representing Project Healing Waters, outdoor recreational program for Veterans. We thank Gus for his time and the information shared. If you did not attend this presentation, you can contact Project Healing Waters for more information. projecthealingwaters.org

We had our annual summer Bar-B-Q on June 27. It was great to see a lot of members and guests attend. Social events can only happen with support from members. We thank all volunteers that made this event possible. We appreciate Blue Star Moms for giving their time to help serve the food. Photos in August Courier.

Remember, due to a full holiday week between July 1-4, we will not be meeting for our Wednesday, July 1 General Meeting. Meeting will resume in August.

We need your help to plan presentations going into Fall. If you know of something that could be of interest to the Club, please let us know. Contact Elizabeth Jarrett at elizabethjarrettmft@gmail.com

We will have a Veterans' Display Project for the month of November. If you want to have an item displayed, please begin deciding on that now. Space will be limited. Lorraine Liberty is coordinating this; she can be contacted at lorraineiberty@gmail.com

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Socrates Cafe

BY STEVEN GUSTAFSON

We had a fascinating discussion on genetic engineering at Socrates Cafe last month. Letha Dawson was our volunteer discussion facilitator, and she provided interesting background material on mRNA, CRISPR, and related genetic engineering technologies. As usual, there were three questions for discussion. Very roughly paraphrased, they were: Genetic engineering can now or soon will be capable of effectively and safely treating diseases such as cancer or conditions such as Down's Syndrome, Huntington's disease, and muscular dystrophy in living or yet-to-born persons. Should we use it?

This technology could also be used to make our future offspring "designer children" with enhanced intelligence and increased resistance to disease and deformities, and it could even be used to choose their gender, height, eye and hair color, etc. What restrictions should be placed on such uses?

Applying this technology is expensive, so it could lead to a highly stratified society in which rich people are extremely intelligent

(cont' on page 11)

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Socrates Cafe

(cont' from page 10)

and healthy, and poor people are not. To what extent is this possibility abhorrent? Perhaps genetic engineering should be permitted only when medically necessary?

Socrates Cafe (usually about 20 of us) meets on the first Monday of every month at 10:00 in the Timbers lodge (usually the Birch or Club room). You are welcome to join us.

• • •

Democrats Group

BY MARTY BOYER

First, a massive THANK YOU! to members who volunteered to staff the polling place at Sierra Pines for four days for the Primary Election, led by Chair Ann Neumann. It's patriotic work, and we are grateful. Ann's volunteers included: Marisa Bernetti, Constance Albright, Johanna Benker, Susan and Fred Chapman, Cynthia Cotton, Linda Fredericksen, Gloria Green, Janis Gillespie, Carol Kelly, Tina Kinghorn, Warren

Lyons, Dorothy Manning, Carol Meininger, Pam Sandknop, Barb Smith, Nancy Spurlock, and Dave Willis.

July's Speakers Series guest will be Tom Ross, CEO of Swing Strategies and an expert on ballot initiatives, their impact and likelihood of passage. Join us July 29th, 9:30 a.m., Sierra Pines, and get clarity on the many initiatives that may appear on the November ballot and are likely to be the most confounding aspect of the election.

Those attending the May meeting learned about issues facing our Group. Sun City's Charter Clubs and Groups Committee is working to bring many clubs and groups into compliance with HOA rules. As a political



Roseville Council Candidate Rick Bartee was welcomed at May meeting.

group, we face compliance issues and took the first steps to correct problems. Council voted to not renew our affiliation with the Placer County Democratic Central Committee due to its requirement that members be registered Democrats. In Sun City we must, and do, welcome members regardless of party. We also voted to terminate our registration as a political action committee (PAC), not allowed under Sun City rules. Before that action, we must research possible tax issues under PAC identity. We encourage members to read the FAQ document emailed to members in late May and again June 3. It provides more information.

We hope many of you attended and enjoyed our summer BBQ social in late June, which was in planning stages as of this writing.

• • •

Garden Club

BY SUZETTE AUSTIN

Remember that the Garden Club does not meet in July and August. Our next meeting will be Tuesday, September 1 at Sierra Pines. Doors open at 6:15 pm, meeting begins at 6:45 pm and end by 8:15 pm. Refreshments are provided and guests are welcome.

A "Share the Bounty" table is provided for members to share extra fruit, vegetables and herbs with other garden club members. At each meeting Rene McCabe updates us about current garden events in the local community as well as other

information of interest to our members.

At our June meeting we celebrated with a "Garden Swap." Members brought their extra garden-related "stuff," such as pots and planters, seeds and seedlings, plant cuttings, tools and books to this meeting. Each member received raffle tickets to enter a drawing for their favorite items. What a fun evening!

Our 2026 Garden Tour was a huge success and proceeds will be used to purchase several benches to be located in Sun City. If you are aware of a location within our community that would benefit from a bench to provide a respite during a walk or a place to sit and savor our beautiful surroundings, please share your suggestion with Linda Gordon.

The Garden Club would appreciate your input for upcoming programs. Let us know of speakers you have heard or subjects you would be interested in learning more about.

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(more Club News cont' on page 13)



Rene McCabe and Garden Happenings in our Community

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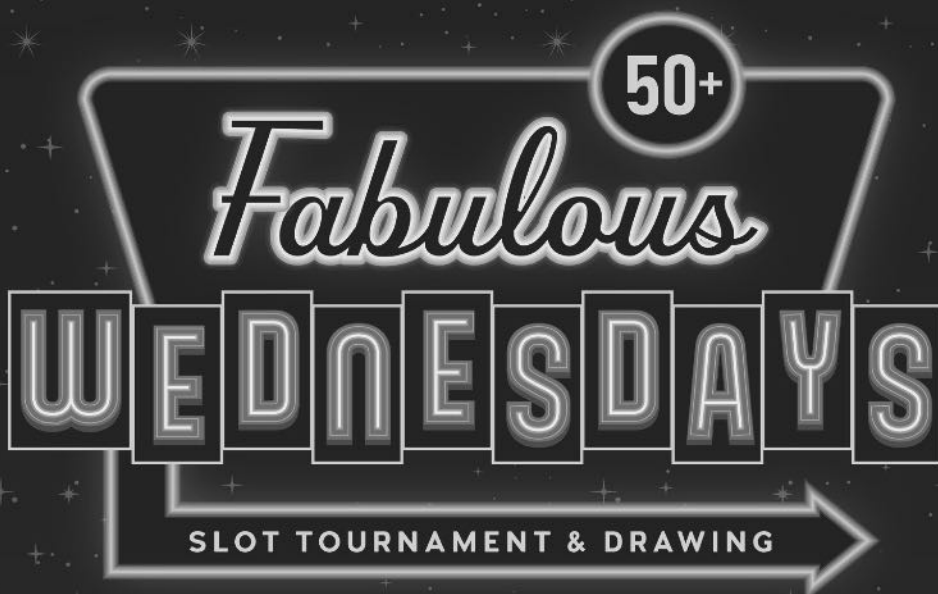
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Birders

BY JANET MORELLI

In May, SCR Birders wound up their 2025-2026 bird watching schedule of 21 field trips that started in mid-September 2025. A new schedule will be created this summer for the next season (mid-September 2026 to mid-May 2027) and be posted to the Birders' web site in August. A week before each field trip, Birders will receive an eBlast providing information regarding the destination, place and time to meet for the trip, what to bring, and fees (if any). SCR residents can add their name and email address to the Birders roster by contacting Janet Morelli at 916-782-6393.



Black-crowned Night Heron

Cattle Egrets and Black-crowned Night Herons were visible in the trees. Eighteen species were identified in the area including the Green Heron, Grackle, Tree Swallow, and Double-crested Cormorant.

A mature Black-crowned Night Heron is a stocky bird with a black crown and back, a white neck and body, and short neck and yellow legs. It also has a red eye. The bird is primarily nocturnal, spending the night waiting for a frog, insect, or rodent to pass by and sometimes will plunder the nests of other birds looking for food. In the daytime, this Heron will return to its nest in a tree with other herons in a rookery, a communal nesting place for herons and egrets near a lake, stream, or marsh.

...

The first scheduled field trip in May was to the Linda Creek Trail near the Maidu Community Center in Roseville. There the Birders identified 27 species, including the Ash-throated Flycatcher, Wilson's Warbler, Black-headed Grosbeak, Nuttall's Woodpecker, and California Towhee. The last scheduled field trip was to North Natomas Regional Park where hundreds of herons and egrets were nesting in rookeries in the trees on islands in the pond. Many Great Egrets, Snowy Egrets,

nationalforests.org)

The Tahoe and El Dorado National Forests are our group's preferred summer destinations where we hike at higher and cooler elevations. Come join us on a hike and explore the natural beauty nearby! You can hike up to three times before becoming a member.

Below is the July schedule, subject to change depending on weather and trail conditions. We meet at 7:45 am in the lodge parking lot near the pickle ball and tennis courts for carpooling. Bring plenty of water, sunscreen, insect repellent, and lunch, and pack a change of shoes to keep the driver's car clean. Cost of carpool ride is \$10 on July 2, the rest are \$12.

July 2- Little Bald Mountain - #4.5 (moderate), 5.5 miles, elevation gain 950 feet.

July 9 - Summit Lake - #4 (easy to moderate), 6 miles, elevation gain 600 feet.

July 16- Razorback Ridge - #5 (moderate), 5 miles, elevation gain 1000 feet.

July 23 - Carson Pass to Woods Lake via Winnemucca Lake - #4.5 (moderate), 5 miles, elevation gain 500 feet.

July 30 - Euer Valley - #4.5 (easy to moderate), 6.7 miles, elevation gain 500 feet.

...

Water Volleyball

BY DEBRA DINGMAN

Television-land could have made a complete soundtrack for their many sitcoms if they had just taped the sounds from the Sun City Water Volleyball Court! In fact, many residents say they "heard" us play. There is a chorus of "Wow!" moans of "Ohhhh" and lots of cheering and clapping heard past the Fitness Center's walls (even during construction!)

Just in case you thought you would have to sign up to play 3 times a week for 2 hours each in order to be part of the fun, here's the deal: Of course, you learn to play better and learn the other players better the more you come, but some of the players come only once or twice a week. Others might miss playing because they are on a trip, have a medical procedure, or are doing 'Nana duty.' Amazingly, there seems to be enough players every time. Lines will be moved in for a small court if there are only 6 on each side—which almost NEVER happens, even in the dead of winter!

Water volleyball has about 30 on the group roster. All wear swimsuits to play. Some wear water gloves and almost all wear water shoes



Doug Hull helps set up for water volleyball.

(available on Amazon.) Players come in various shapes and sizes and it doesn't matter who you were in your former career. But your reaction time will get better; your health will improve; you will meet a great group of friends, and the fun is better than watching a sitcom!

More information on Water Volleyball can be found inside the Timber Creek Lodge in the Clubs & Groups alcove just to the left as you come in the main front doors. Leaders are Luanne Harold and Greg Umberg. They are in the directory or via the Sun City website: screcs.org under the "Community" tab.

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Pickleball Club

BY MARILYN PLUTH

Join the Sun City Roseville Pickleball Club and come out and play Monday through Saturday from 8:00 am to Noon. Take part in our fun tournaments, social events, and great parties. We welcome our new members Carolyn Cicotte, Marilyn Johnson and Scott Parry.

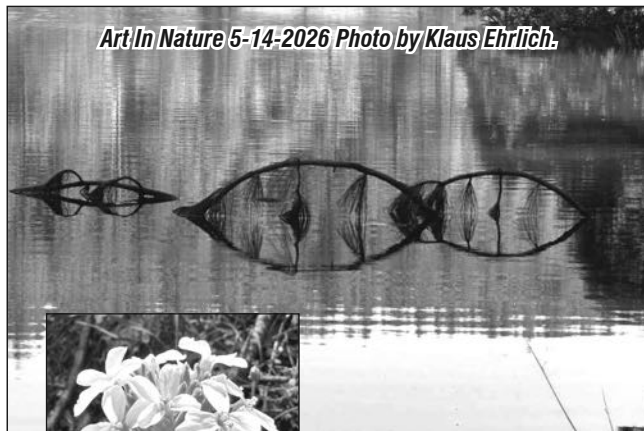
Join us on the Pickleball courts July 18, at 8:00 am to attend a FREE CLINIC. We will cover safety, rules, scoring and work with you on serves. This no-obligation clinic will satisfy your curiosity--and may just get you hooked! You must be an activity-card holding Sun City resident, and should bring water, a hat, a name tag and wear court shoes. Paddles

(cont' on page 15)

SCR Hiking Group

BY SILVANA HUGHES

Did you know that the United States is home to 63 national parks and hundreds of other protected sites that showcase America's natural beauty and cultural history? California boasts nine national parks—more than any other state—and 28 state parks—the largest and most diverse state park system in the nation. In addition, there are 20 National Forests in California. National Forests are created to protect and maintain lands unsuited to agriculture but capable of yielding timber



Art In Nature 5-14-2026 Photo by Klaus Ehrlich.

Western Wallflower 5-14-2026 Klaus Ehrlich.

or forage for livestock and water for irrigation, domestic use, and power. Recreational activities include camping, hiking, fishing, boating, biking, riding horses and OTVs. (<https://www.nationalforests.org>)



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Pickleball Club

(cont' from page 13)

will be available for those who don't have one. Registration is required. Contact Marlene at 815-274-5462.

Not ready to play the most skilled players? No problem. "Step it Up" lessons are offered to club members who are considered advanced beginners. Attend this clinic to get more training on strategies and techniques to "Step Up" your game. Registration is required.



Pickleball Council/ May 12 Meeting.

Contact Mo (text only) at 530-864-6923.

The Pickleball Club held their quarterly Council Meeting on the courts at 4:30 pm on May 12. There was discussion of new and upcoming improvements to the courts with high attendance from club members.



Inter-community/Recreational/Play-Tournament/Participants.

On May 27th, the Sun City Pickleball Club hosted an inter-community recreational play tournament with Heritage Solaire. A total of 20 participants between both communities played pickleball together. The format for this recreational tournament got our newer pickleball club members participating and many enjoyed it. We saw a lot of smiles, laughs, and talent from our newbie players. The event ended with socializing, snacks and beverages. Thanks to all for participating and special thanks to Lisa Baude and Kris McGushin for organizing this fun event!

Have a safe and happy 4th of July celebration!

• • •

He & She Golf

BY JAHNA HOLMES

Here we are celebrating our 250th year as a nation. But how long have we been playing golf as a nation? Built in 1884, Oakhurst Links in White Sulphur Springs, West Virginia, is generally considered the very first organized golf course and club in the United States. It was a 6-hole track in a pasture but was later expanded to 9 holes. However, Foxburg Country Club in Pennsylvania, established in 1887, holds the distinction of being the oldest golf course in continuous use in the U.S. with its layout remaining largely unchanged. Finally, the South Carolina Golf Club in Charleston, organized in 1786 is the first documented site of golf played in America, though no longer in operation today.

Our Memorial Day tournaments were

played on a windy but sunny day. The 9-hole group played a full scramble from the same red, white or gold tees, a fun game. The first-place team scoring 32 was Ken & Karen Shahoian and Gus Ballis & Shelley Weisman. Second place was a 3-team tie scoring 34: Leonard Clark & Monica Konkel with Jahna Holmes & Wayne Berger; Bill Pagano & Candi McDonald & Jim Berry, And Marty & Bobbie Hostler and Leon & Barb Futran. CTP women was Candi McDonald at 45 feet, the only woman. Jim Berry was at 10 feet, & Marty Hostler at 28' 6.

The 18-hole group first place winners scoring 121 were Barbara Simon, Ron Galvin, and Ken & Shirley Roberts. Second place winners in a card-off scoring 124 were Rich Aug, Steve Proctor, Peggy Siminich and Yolanda Lawrence. Third place with 124 was Frank Paluch, Shirley Libis, Diane and Terry Dooley. CTP #16 woman was Barbara Simon at 1'1" (wow!) Tom Mekeel was 22' 1".

• • •

Sierra Pines Ladies Golf Club

BY DANA EGGERTS

May was an exciting month for the Sierra Pines Ladies Golf Club, with several impressive accomplishments and memorable moments on the course.

Congratulations to our May chip-in winners:

- May 6: Pam Hemingway on Hole #2 and Bobbi Hostler on Hole #2
- May 13: Shelley Weisman on Hole #9

(cont' on page 17)

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Sierra Pines Ladies Golf Club

(cont' from page 15)

• May 20: Jahna Holmes on Hole #7

While we had no birdies to report this month, our ladies still found plenty of ways to shine.

A Milestone Round

A special congratulations goes to Jahna Holmes, who broke 50 for the very first time on May 20, posting an outstanding score of 45! That achievement alone would make for a memorable day, but Jahna wasn't finished.

Closest-to-the-Pin inners

- May 6: Cindy McCray – 50' 7"
- May 20: Jahna Holmes – 29' 1"

Jahna's performance on May 20 was nothing short of remarkable. Between her chip-in, closest-to-the-pin honor, and personal-best score, she had a day to remember. Many of us are wondering: What exactly did Jahna have for breakfast that morning? Whatever it was, it certainly worked! Fantastic job, Jahna.

Summer Tee Time Schedule

As temperatures begin to rise, we are adjusting our schedule to stay ahead of the summer heat. Beginning in June and continuing through August, our weekly shotgun start has moved to 8:00 a.m.

Starting in September, we will return to our regular 9:00 a.m. shotgun start.

Northridge Niner Invitational

On June 9, eight of our Sierra Pines ladies represented the club at the Northridge Niner Invitational held at Northridge Country Club. We appreciate their participation and look forward to hearing about their experiences from a wonderful day of golf and fellowship.

Congratulations to all of our award winners and participants. We look forward to more great rounds, personal achievements, and fun times together throughout the summer.

• • •

Timbercreek Women's Golf Club

BY MARY NEARN

May was an outstanding month for special tournaments for our club. We had stellar performances, enthusiastic member participation, and wonderful camaraderie that makes our club so rewarding and fun.

Sunheim Cup Success Bringing Home the Cup!

Amajor highlight



Cindy Murphy Timber Creek and Edda Ashe Lincoln Hills exchange the trophy!

of the month was Timbercreek's victory at the Sunheim Cup. This accomplishment reflected the skill, preparation, and teamwork shown by our players throughout the event. Thank you to all the players! After such a successful effort and a demanding training regimen from Coach Cindy Murphy, it was time to celebrate! From our Coach "Special thanks to Lynne Peaslee for keeping me stable and doing all the computer work and

to Maggie Altnow for helping with decisions and listening to me rant." Thank you Cindy for all your work and everlasting enthusiasm for this tournament. Congratulations to TCWGC!

Fiesta in the Fairway — Club members also took part in Fiesta in the Fairway, our annual Invitational. It was especially rewarding to welcome members' friends, enjoy their company, and highlight our club and facilities. Congratulations and thank you to Susan Green and Becky Green for the successful and wonderful execution of the event. We also recognize the team of Becky Green, Susan Green, Donna O'Neil, and Laurie Gold as the overall winners. Special thanks as well to all the volunteers and sponsors in front and behind the scenes.

Left to right Becky Green, Susan Green, Donna O'Neil, and Laurie Gold

Most Improved Handicap-May Congratulations to All!

- First Flight Barbara Simon
- Second Flight Peggy Siminich
- Third Flight Nancy LaBrada

In Memoriam — Sadly, one of our members, Johnice Swallender,

passed away on May 10. Johnice loved golf, travel, and spending time with friends. The Timbercreek Women's Golf Club community will miss her.



Johnice Swallender

• • •



Becky Green, Susan Green, Donna O'Neil, and Laurie Gold.

Golden Niners

BY BILL MOORMAN

Say hello to good weather golf. After only missing one day last month, due to rain, we are now enjoying spectacular golf conditions. With the Golden Niners playing 261 rounds of golf in three tournaments, with 86% of the players receiving a portion of the winnings totaling \$1,090. Our top money winners were Michael Foote \$28, followed by Lowell Ploss and Gordon Rusaw with \$25, then Gary Bass and Roy Myers at \$24. Remember, your winnings are issued once a month to your resident car and can be used at either pro shop or at the

Timbers or Sierra Pines snack shack.

Five Golden Niners hit great tee shots to earn a poley. Congrats to Mark Dixon, Fred Festersen, Royce Harnsberger, Don Meyers and James Ryan. We had a three-way tie for our Rodney Dangerfield winner last month with Brooks Blaskower, Mark Dinubilo and Steve Hutcheson enjoying the award.

Aloha to our new members and future winners Les Wieduwill, Larry Munwiller, Tim Jenkins and Edwin Daley. Thank you for bringing our membership up to 161. Welcome to the Golden Niners.

• • •

Timber Creek Men's Golf Club

BY RICH AUG

Hello again from the Timber Creek Men's Golf Club. Well, we are halfway through our 2026 year and tournament season, with many more to go. Summer is here in full force. Playing conditions are particularly good, even with the heat stress on the courses. Medal Play is behind us. The winners are as follows: Championship Flight, 1st place Greg Gonzales, 2nd place Jeff Bennett & 3rd place Barry Frkovich. Blue Flight: 1st place Tom Hovorka, 2nd place Frank Taylor, 3rd place Jerry Olson, 4th place Paul Carnagie. Gold

(cont' on page 19)

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Timber Creek Men's Golf Club

(cont' from page 17)

Flight: 1st place Jerry Kuwata, 2nd place, Ernie Bell, 3rd place John Quintel, 4th place Chet Pabis, 5th place Terry Reigesberger. Congratulations to all the winners, and thanks to all that participated. Member/Member was a huge success. Results are not available at the time of this writing. Dave Klinger and his crew have been doing a wonderful job with CVS numbers booming. Also, kudos need to be given to Tom Devitt and his group of helpers that continue to make Good Guys very popular. Our new tournament Director Scott Mortimore has picked up where Mike Carroll left off without a hitch. A big thank you to Mike for all the work he put in as tournament director. We wish him well in Idaho. It's volunteers like Mike & Scott



Timber Creek Men's Golf Club
President Mike Murphy



Tournament sign up table.

and others that keep our club going. Speaking of which, we are looking for volunteers to step up for the secretary position for 2027 year. Recruiting has begun! Don't be shy. There are 218 of you out there. Volunteering in the Men's Club is extremely rewarding and a lot of fun! If interested, contact one of the council members. That's it for now.

Hit'em Straight!

• • •

Tennis Club

BY MARILYNN VANDYKE

The Tennis Club continues to organize quarterly Fun on the Courts events. The last one in March had a St Patrick's Day theme and was well attended. As I write this newsletter in early June, the next event is on June 20 with a Hawaiian theme. The idea of these events is to get all tennis enthusiasts out to play tennis, talk about the good old days, to meet new people, have some great food and merriment. Stay tuned for more information on the Hawaiian event in the August issue. We have already started planning for the next Fun on the Court event in October. We'd love to see our "old friends" and meet new friends. Contact Pramod at psarpotdar2@gmail to request more information about Fun on the Courts events.

For our May General Meeting, we had a special BBQ dinner prepared by our own Steve Butkovich. Steve had his own special chicken marinade that many attendees raved about! Hunt Steve down and he might even give you, his recipe.

Remember to sign up for SCR tennis matches organized by Patrick. We play tennis 6 mornings a week. Contact Patrick at magli1@aol.com for more information and sign-ups.

Do you want to get back into tennis? Used to play, but feel a little insecure now? The Tennis Club would like to encourage all people of all levels to give it a try. We'll give you the support and even loan you some equipment so that you can get 'back in the swing' of things. Just reach out to Ron rhousto2141@yahoo.com and he can help you get started. The tennis wall on court 5 was recently renovated. You can also use the ball machine to practice various skills. Contact Ron for training on the ball machine.

Mark your calendars for the following Upcoming events:

August 5, 5:30-8:30 pm - General Meeting and dinner at Sierra Pines.

October (exact date TBD) - Fun on the Courts; tennis, lunch and socializing.

• • •

(more Club News cont' on page 20)

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Table Tennis

BY JEFF CARASKA

Sun City Roseville residents come from all walks of life and from a variety of locations.

For Ed Araya, that original location was some 5,900 miles away in Valparaiso, Chile.

He and his wife Mariette moved here in 2023 from a Del Webb community in Manteca. "There was no golf course, there," Araya said. "So we moved here." Because table tennis was something Araya began playing in high school, joining the group here was a good activity to add to his golfing pursuits.



Ed Araya

"I like the exercise I get from table tennis," he said. "And I enjoy the experience."

As a youngster, Araya participated in soccer, track and field, basketball and tennis. He even played a little rugby. He moved to the United States in 1970 following his education in Chile.

Much later, while working in Silicon Valley, he assisted in the creation of a corporate soccer league and played in that into his early 50s. He passed his love of sports along to his daughter and son.

"Table tennis became part of our home and school activities," he said. "We installed

a table in our garage and played every chance we had."

Araya likes to stay involved in a variety of activities, including pickleball. "Table tennis is one of the most important," he said, citing its wide range of benefits. "It's a game or a pastime, it's an athletic activity if you want to make it such." He also appreciates and enjoys the social interaction that's part of the game. "And sometimes it's a mental exercise because we have to keep score."

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

• • •

Billiards Club

BY TERRY SATCHELL

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

Our dinner was June 17th catered by Elena's Kitchen and Catering. More to follow as we have not had it yet. Door prizes, speeches etc. and friendship will be shared.

New Board was nominated and voted in are Pres. David DeNinno, VP David Zan, Treasurer Bob Cecil and Secretary will be Terry Satchell. We also acquired Rich Berger, Jeff Mapes and Jerry Crosby as Councilmen. Thanks to all for the process.

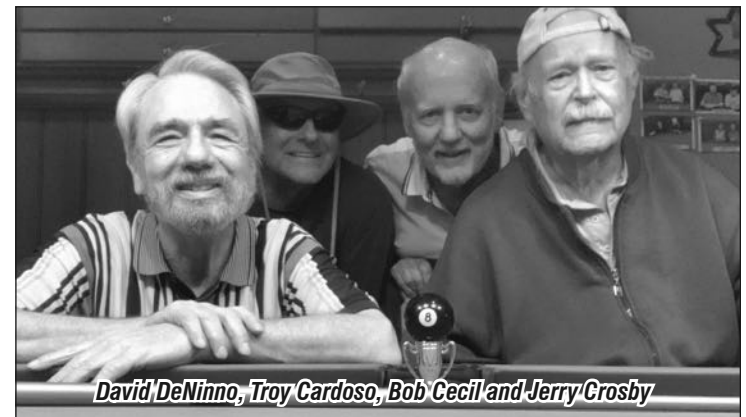
This month I would like to discuss



David DeNinno, Jerry Crosby, Ron Judd, Bob Cecil and Tony

how to brush a table thoroughly. First start from the top down. Start with the rails using the middle part of the brush and clean all the rails. Then take the end of the brush and sweep out under the rail toward the center of the table. Now start at the top of the table and brush one direction usually toward where you break. Last, reclean under the bumper where you finished brushing. This cleaning will provide you with a more consistent table roll and improve your game by 2,768%!

Tuesdays Men's Tournament Results May 5-5 Ken Lane, David DeNinno 5-12 David DeNinno, Jerry Crosby, Ron



David DeNinno, Troy Cardoso, Bob Cecil and Jerry Crosby

Judd, Bob Cecil, Troy Cardoso 5-19 Jerry Crosby Mr Lischerelli 5-26 David DeNinno, Troy Cardoso, Bob Cecil and Jerry Crosby

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(more Club News cont' on page 21)



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Croquet Club

BY PATRICK MAGLIONE

Our second meeting of the year was conducted on May 24, where Roberta Simpson, Pam Manwiller, and John Desmond, three of our new members in attendance, were introduced, each telling us a little about themselves. Our two other new members, Nancy Watkins and Connie Lugo, were unable to attend due to other commitments. However, Connie popped in near the end of our social to say hello and grace us with her smile. Welcome, once again. As with all our meals, Debbie Phillips and Sally Wander hosted a wonderful croissant sandwich dinner of beef or turkey or ham, ham roll ups, broccoli salad, potato chips, and the surprise dessert was a Klondike bar. Several attendees went home with leftovers, after playing a trivia game.

Our existing croquet groups have welcomed new players into their groups and several new groups have been established. Our new players are progressing well as a result, and on their way to becoming confident self-sufficient players. The ultimate goal is for all players, especially new players, to learn the rules, strategy, and how to avoid a "sticky wicket" well enough to be able to be an active player either with an existing group, or better yet, able to start their own group. We're off to a great start with the wicket at the end of the court well in sight! "Rushing" the ball to move forward, we will have entered our new fiscal year on July 1 with our membership renewal of a giant \$10 taking us through to June 30,

2027. See you on the court or at our next membership meeting on August 23, when we will, once again have our meeting, a great meal, and a fun time. Have a cool summer everyone!

• • •

Cornhole

BY STEVEN GUSTAFSON

Cornhole is fun because it's simple. You throw a light bean bag a few yards toward a slanted board. If your bag goes through a hole in the board, you get three points, if it lands on the board, you get one point, and if it misses the board, you get zero points. You and your opponent alternate throwing until you're each thrown four bags.

Now comes the hard part—you must do arithmetic! You subtract your total points from your opponent's total points. Then you repeat everything until either you or your opponent accumulates a score of 15 and is the winner. There is often controversy about whose arithmetic is correct!

In the summer we play cornhole every Tuesday at 9:00 on the Cornhole Arena (formerly the Sierra Pines horseshoe lanes). You are welcome to join us.

• • •

Cribbage Group

BY BRUCE AHNBERG

Our month-ending tournament in May ended in a tie! Wayne Berger of Village 9 and Wally Cameron of Village 5 tied for top honors after two hours of spirited play. We keep track of the games played, awarding points for



Wayne Berger & Wally Cameron Tie Winners

winner and skunks. (A skunk is when the winner beats the loser by 30 points, the rarer double skunk is when the winner beats the loser by 60 points). In addition, we award the winner of high hand, this time going to Charlie Barron of Village 2. Congratulations all.



Charlie Barron High Hand

The Cribbage Club meets every Friday in the Timber Creek Lodge Card Room from 1:00 to 3:00 PM. For a small stake, we play several games each week, switching partners each time so that everyone plays a new partner until time runs out. At the end of the month we hold our tournament, where we double

the stakes. It's a great game, easy to learn but hard to master, with several levels of strategy and luck. There are national cribbage organizations that play large tournaments, and smaller local tournaments that are more informal, meeting at coffee shops and the like. The game originated in England, where it is played in pubs. Be careful if an Englishman offers you a game of cribbage, he's bound to be a skilled player.

Come on in and join us. There are no membership dues. We provide the boards and cards. It's a lot of fun, with a good group of people.

• • •

Bridge Club

BY JOYCE WADE

The Annual Meeting of the Bridge Club was held on the last Monday of June at Sierra Pines when the membership elected officers for the coming year. For 2026-27 Susan Pankopf will stay on as president along with treasurer Bob Cecil; vice president is Judith Shively and Elaine Casey will continue as secretary. Other members serving on the Bridge Council include Lynda Hammel membership chair, Cynthia Cecil social chair, Maddi Robison communications chair, and Joyce Wade publicity chair. Club dues of \$15 were collected at the meeting, and payments will be received through July. Scores for the bridge play that followed the meeting and luncheon will be reported next month.

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(more Club News cont' on page 27)

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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

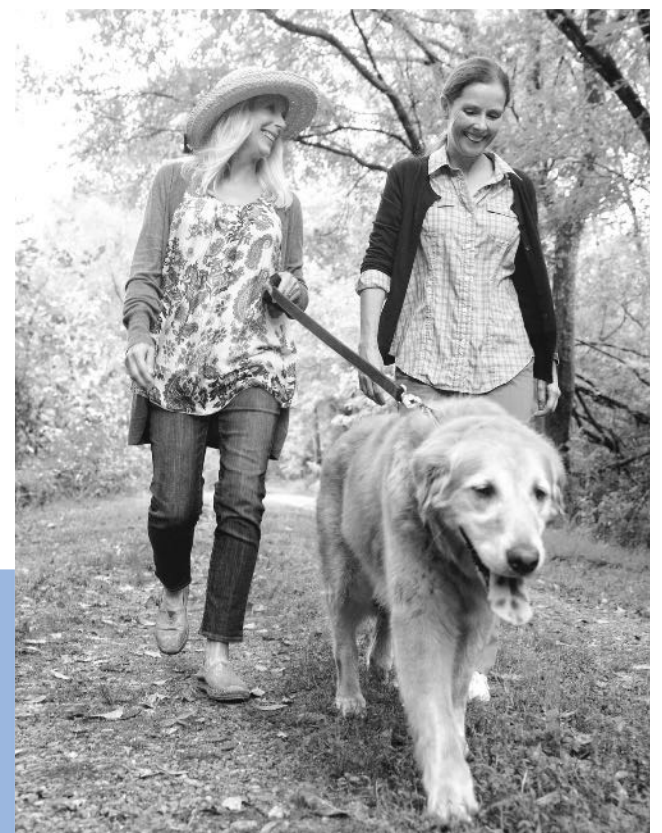
"Now when I go to bed at night I don't have those shooting pains. I don't have that burning sensation. I can let the sheets touch my feet and it isn't painful," Dawn enthusiastically describes life after receiving treatment. "I can wear socks and shoes and I can enjoy working in my garden."

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.

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SSN WRITER...

Barb Futran

(cont' from page 1)

While her children were growing up, Barb and Bill purchased property and built a home with another family at Lake Almanor. They spent summers there, boating, playing tennis, practicing marathons and driving their dune buggy to the nearby town of Chester. Football was very important to the family as well, so Stanford and 49ers' games were rarely missed. All of the children became accomplished in sports.

As the years flew by, Bill and Barb parted ways. She met her second husband, Leon, in 1983, through mutual friends. He, too, was a dentist, practicing in Roseville and living in Sacramento. After Barb moved to Sacramento in 1986, she started a modeling career, appearing in print ads in local and regional newspapers. She and Leon got married in 1989 during a ski trip in Jackson, Wyoming.

Besides boating in the San Juan and Gulf Islands off the coast of Washington and British Columbia, respectively, the couple made it a priority to attend the Sacramento Jazz Jubilee every year until it closed. "Four days over the Memorial Day weekend, we rejoiced over the Dixieland jazz," Barb recalls. "After playing 9 to 18 holes of golf first," she added.

In 1985, Barb and Leon purchased a home from friends in Squaw Valley (now known as Palisades Tahoe) and moved there when Leon retired three years later. Barb sold real estate for 14 years and was a ski instructor for a short period but found that the two jobs conflicted with each other. Real estate won out. "I still enjoy skiing at 86, but the terrain I ski on has changed," she says.

Meantime, Leon realized the time had come when a retirement community would suit them best, so they found a lot on Whistlestop Way and had their home built in 1998. They began to take golf lessons at Haggin Oaks in Sacramento. That led to 14 years at the John Jacob Golf School in Arizona. They'd spend one week in late April, then the second week playing elsewhere, all over Arizona and Utah. "Once we had 35 friends from Tahoe attending the school at the same time and had the time of our lives!" Barb remembers.

Loving their lifestyle in Squaw Valley, Barb and Leon didn't move to SCR until last year. "Although we are mostly mountain people," Barb says, "we have joined several clubs



Barb Futran modeling photo in 1986.

and love the activities provided. The parties are so much fun, but what makes it all fulfilling are the lovely people we have become friends with."

Barb's running craze started in 1975 when she was 35 years old. She and her girlfriends ran around the block, then two more, then a half mile until they felt 5K or 10K was possible. Her first marathon was in San Francisco which qualified her for the Boston Marathon in the spring of 1981, followed by a marathon in New York City. She won the Arizona Marathon in her age group and ran the Avenue of the Giants twice. In the early 1980's, she ranked 15th in long distance in the country.

Another record was set when she ran Pikes Peak in 2000. The race had her going 8,000 feet uphill to 14,010 feet. She placed first in her age group (60-64 years of age) and broke the course age group record for a few years. She ran the race in 4 hours.

In 2014, as a member of the Tahoe Donner Hiking Club, Barb hiked and backpacked in the High Sierras, Italy's Dolomites, Chile, Argentina, Portugal, Spain (the Camino), Mexico, Canada and Scotland. She biked



Barb Futran on a trek of Kanchenjunga in the 1990s.



Barb Futran at the top of Pikes Peak in 2000.

throughout Alaska and from Seattle to Portland. She even taught running classes for women.

For 36 years, Barb volunteered to help with the Western States 100 Race. She worked the first aid station, guided runners at the American River crossing, was a crew member several times and even housed a W.S. runner.

But if you asked Barb what she loved the most out of all the activities she's participated in, she'd say it was trekking to the highest mountains in the world. "Trekking is one of the most important parts of my life," she says. She credits living in Tahoe with an elevation of 6200 feet and higher as helping to prepare her trekking accomplishments 1990 to 2018.

Her first trek was to the renown Mount Everest in 1990, and the next was to K2, the world's second highest mountain. She's also gone to Kanchenjunga, the third highest mountain in the world. Her last trek, at age 78, was to Nepal's Ancient Passes. Altogether, she did 15 high altitude treks reaching 19,000 feet.

Now that her trekking days are over, Barb is enjoying activities at SCR. She and Leon still golf and participate in clubs like the travel club and pickleball. Top of her bucket list is to excel in pickleball. Looking at her prior achievements, there's no doubt she'll succeed.

There are two quotations that Barb lives by. One is: The desire to win is nothing without the will to prepare. The other is: Success doesn't come from what you occasionally do. It comes from what you consistently do. By following this wisdom, Barb has been able to achieve her dreams.

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.

• • •

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

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

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✧ RULES AND ENTRY FORM ✧

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

2026 VOICES OF LINCOLN POETRY CONTEST

ENTRY FORM

(One Per Poem – PLEASE PRINT)

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.

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), Lesli 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 aauwroselivesouthplacer.org.

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BY THE ROSEVILLE POLICE DEPARTMENT

California Attorney General Rob Bonta is warning Californians about a surge in fraudulent investment schemes circulating on Meta platforms, including Facebook, Instagram, and WhatsApp. Scammers are using deceptive ads and deepfake technology to impersonate trusted figures and lure victims into high-risk schemes that can drain life savings.

According to Bonta, these scams often use photos of well-known or trusted people without their permission in order to create the necessary trust to get into consumers' pockets.

Common Investment Scams

Pump-and-Dump Schemes

Scammers promote low-value stocks or volatile cryptocurrencies through fake endorsements and "insider" tips. Victims are urged to join private groups, often moved to encrypted apps, where hype drives prices up. Once inflated, scammers sell off their holdings, leaving victims with steep losses.

Confidence (Relationship) Scams

Fraudsters build trust over time, posing as advisors or mentors. Victims are directed to realistic-looking, but fake, trading platforms that show fabricated profits. As victims invest more, they are later blocked from withdrawing funds or told to pay additional "fees," which are never returned.

Protect Yourself

Be cautious of any investment promoted on social media, especially those promising

guaranteed or unusually high returns. Legitimate financial professionals rarely solicit clients this way.

Cryptocurrency transactions are often irreversible. Always maintain records of all activity. Finally, avoid so-called "asset recovery" services demanding upfront fees; many are scams targeting victims a second time.

To avoid falling victim to predatory investment schemes on social media, people should take the following steps:

Watch for red flags

Be skeptical of guaranteed returns, urgent "act now" pressure, or celebrity endorsements, especially those created with AI. Treat requests involving cryptocurrency, moving conversations to encrypted apps, or handling other people's money as major warning signs.

Verify before you invest

Research independently. Confirm credentials through FINRA's BrokerCheck, check reviews, and verify email domains carefully; scammers often mimic legitimate addresses. Consult a trusted financial or legal advisor, and take seriously any warnings from your bank or advisor. If something feels off, don't proceed.

Be cautious of deepfakes

Scammers increasingly use realistic fake videos to impersonate public figures. Look for subtle inconsistencies in audio or visuals, and search online to verify whether the content is authentic. Legitimate experts rarely promote

investments through social media ads or obscure platforms.

Protect your information

Limit what you share on social media, keep profiles private, and confirm unusual messages, even from friends, through another method. Never share personal, financial, or login information, and do not grant remote access to your devices.

Anyone who believes they've been targeted or victimized should report it to local law enforcement and oag.ca.gov/report.

Roseville PRL Named National Gold Medal Finalist for the Fifth year

Roseville Parks, Recreation & Libraries (PRL) has once again been recognized among the nation's best, earning a spot as a finalist for the prestigious National Gold Medal Award for the fifth consecutive year.

Presented annually, the National Gold Medal Award is one of the highest honors in the parks and recreation profession, recognizing agencies that demonstrate excellence in community engagement, innovation and service.

Roseville is one of only four agencies in the nation selected as finalists in its population category. The recognition reflects PRL's commitment to delivering exceptional programs, services and facilities that enrich residents' lives, as well as the dedication of the PRL team and the continued support of the community.

The National Gold Medal Award winners

will be announced Sept. 30 at the National Recreation and Park Association (NRPA) Annual Conference in Philadelphia.

New Water Quality Report Now Available

BY THE CITY OF ROSEVILLE

Roseville Environmental Utilities has published its annual 2025 Water Quality Report. The report explains where your drinking water comes from, how it is treated and tested, and how we make sure it is safe to drink. The report shows that Roseville's drinking water meets or exceeds all state and federal safety standards.

Our staff regularly test and monitor water throughout the year to ensure it remains safe and reliable for homes and businesses. The report includes water quality results from the previous year and information about the city's water system.

"Providing safe, reliable drinking water is one of our most important responsibilities," said Sean Bigley, Director of Environmental Utilities. "This report reflects the dedication of the employees who work every day to protect public health and deliver high-quality water to our community."

The report includes:

- Where Roseville's water comes from
 - Water testing and monitoring results
 - Information about drinking water standards
 - Answers to common questions about drinking water quality
- View the full report at roseville.ca.gov/waterquality

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Three Generations Strong

Observation on Coping in Old Age

BY MARTIN GREEN

Up until now I've written three memoirs, The View From 85, The View From 90 and The View From 95 (all available as e-books on Amazon). If I followed this timeline the next one would be The View From 100. This would be being a little optimistic so I'm trying a View From 96.

One of the aims of these Views is to depict how an old guy is coping, or trying to cope, with all the travails that come with old age. I thought it might be helpful to list these travails and then I thought it might be of interest and maybe even useful to readers of "Observations" so this will be the first.

Before getting into them I have to mention something that most readers probably already know---that I lost my wife Beverly over three years ago. If Beverly was still here things would be much different, and much better.

One thing we notice as we age is that things we once did with ease or even without even thinking have become tasks or projects. Getting dressed in the morning is an example. I won't attempt to describe my dressing routine; I think everyone has to find his or hers own. I'll just say that you might hold on to furniture or even sit if necessary---just don't lose your balance and fall. Let me note the depressing statistic here that every year one in four Americans over 65 fall, making falls the leading cause of injuries among this age group.

I must admit that in the last few years I've had several falls, luckily none causing anything beyond scrapes and bruise. After one of these falls my good next-door neighbor arranged with the Roseville Fire Department

to have a lockbox installed on a post on the porch of my house. The Fire Department has the key to the lockbox, and the lockbox holds the key to my house. Last year I had another fall and the only good thing about it was that the lockbox worked. I called 911, told the lady who answered of my arrangement, she called the Roseville Fire Department and about 15 minutes later four burly firemen arrived and without having to break down my door came to my rescue.

Getting back to the matter of getting dressed, buttons are the enemy of old guys (and old fingers). This is especially true of shirts whose designers thought it was a good idea to hide the buttonholes or those shirts with tiny buttons and tinier buttonholes. I can still manage these but it's getting to be a struggle so I've ordered some shirts that you can just pull on over your head and save myself the aggravation.

One of the major things you had to cope with when living alone, I soon discovered, was having your laundry done. Beverly used to take care of this and the only thing I did was tote the clothes in a basket to and from the laundry room. Another neighbor showed me how to use the washer and dryer, which are pretty old. I've been told the newer ones require a programmer to operate but these are pretty simple so even I can do it. After a while I was not comfortable toting that basket of clothes back and forth (fear of falling) so I packed the clothes in the compartment under the seat of my walker and also on the seat and transported them that way.

I see I've mentioned my walker. I had a basic walker issued to me by Kaiser when I'd had hip replacement surgery some ten years ago. As I progressed through my nineties, I used it more and more until it dawned on me that having a more updated one would make my life easier so I ordered this one via Amazon. Having the seat to put things on and the compartment to put things in have made things much easier. For the laundry it takes me two trips either way but using the walker makes sure I won't fall.

Another thing you have to do is take the garbage out every week. I've heard enough stories of people falling down in their garages so here again I use my walker. Again, my neighbors help me out by taking care of the

garbage cans. There's more but I've run out of space so they will have to wait until next month. Comments are welcome. My e-mail is mgreensuncity@yahoo.com





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Election Committee

(cont' from page 1)

This year on the SCRCA member website, the IT department has added an Election Button so you can quickly access Election information. If you click on the button, you will find all the candidates statements, video on completing your ballot, as well as our Election Committee governing documents.

On Election Day, the committee will be tabulating the ballots in the Aspen, Birch and Cedar rooms in the Timber Lodge. All members are invited to come and observe the tabulation of ballots. There will be a special observation area set up for observing the count.

REMEMBER! Your ballot needs to be received by 10 am on Tuesday, July 21.

Mah Jongg Club

BY DEBBIE WATHEN

June has been a busy month for the Mah Jongg club!

We had our bi-monthly luncheon catered by Panda Express, hosted by Karen Power and Pam Manwiller.

Pat Oberlander taught another class in June our group is growing every month. If you are interested in learning this challenging additive game call Pat Oberlander at 916-929-5582 to see when her next class will be!

A little Mah Jongg history for our card playing Mah Jongg members MJ used to be played with cards, then changed over to tiles which happened in the mid 19th century!!

We play Monday afternoons from 12:30pm to 3:30pm and Friday mornings from 9:00am to 12:00pm, anyone is welcome to stop by and see how the game is played. With the weather heating up, join us in the cool cardroom.

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

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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.

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:

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

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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George Brown

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|--------------------------------|---------------------|------------------|
| 2056 Arlington Drive | 1992 Sq. Ft. | \$629,000 |
| 7020 Windchime Way | 1547 Sq. Ft. | \$630,000 |
| 808 Dragonfly Court | 2287 Sq. Ft. | \$717,650 |
| 7072 Stagecoach Circle | 1774 Sq. Ft. | \$725,000 |
| 7108 Secret Garden Loop | 1983 Sq. Ft. | \$755,000 |
| 7028 Windchime Way | 2083 Sq. Ft. | \$800,000 |
| 7308 Timberrose Way | 2287 Sq. Ft. | \$819,500 |
| 416 Barusch Court | 2362 Sq. Ft. | \$825,000 |
| 6360 Rose Garden Lane | 2287 Sq. Ft. | \$849,000 |
| 117 Wild Oat Court | 2287 Sq. Ft. | \$860,000 |
| 309 Rosestone Court | 2375 Sq. Ft. | \$890,700 |

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