

# SUN SENIOR NEWS

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## Tony Machado — *Making the Most of Life*

BY JENNIFER MARTIN

In 1963 when he started a small photography business, Tony Machado really got into shooting black and white photography. He bought a camera, assembled a dark room and learned the art on his own. What started out as a hobby of taking photos for his neighbors turned into Machado Photos.

Tony was lucky enough to attend a class taught by Ansel Adams, the renown photographer of Yosemite National Park. Adams asked his students to bring three 16x20 black and white photos which they had taken so he could critique them on how to improve lighting and composition. When Adams was asked why he didn’t take photographs in color, he replied, “I haven’t discovered all the shades of black and white.” No doubt Adams would agree with Ted Grant’s statement: “When you photograph people in color, you photograph their clothes. But when you photograph people in black and white, you photograph their souls!”

Soon Tony found himself to be a successful wedding photographer. He did a total of 3,878



Tony Machado holding his dog Lucy.

weddings with no publicity, just word of mouth. He used an expensive camera, a Hasselblad, considered the best of cameras. Perhaps the most famous use of the Hasselblad camera was during the Apollo program missions when

the first humans landed on the Moon. Almost all of the still photographs taken during these missions used modified Hasselblad cameras.

Tony racked up many fond memories at the many weddings he worked, but one in particular, in Oakland, still cracks him up. At the reception, he was watching a couple dancing when one of the woman’s earrings fell and rolled around the floor. She didn’t realize it was missing and returned with her partner to a table. Tony picked up the earring and was going to take it to her, but it was time for the cake to be cut, so he went off to capture that on film. He started back to the lady again, but once more he heard the announcement that the garter and bouquet would be thrown, so he ran off to shoot that. Before he got a chance to return the earring to the woman, he noticed her coming toward him with two tall men. She announced that she knew his family and proceeded to introduce Tony to her companions. Tony put a napkin over his hand

(cont’ on page 33)

## LH Foundation — *Seniors, Dogs and Sugar*

BY DENISE BOWDEN

Named after Augustus Caesar by the Roman Senate in 8 BC, the month of August is one of only three months with no US federal public holidays in the American calendar year. However, it is good to know that there are other less obvious days we can celebrate while waiting for August Bingo. The month starts out in a very sweet way with National Chocolate Chip Cookie Day and National S’mores Day during the first week.

After we all recover from the sugar rush we can look ahead to National Dog Day, observed on August 26th, recognizing the importance of dogs in our lives. Near and dear to us is National Senior Citizens Day on August 21st. A day that was declared by President Ronald Reagan in 1988 and honors the contributions, wisdom and achievements of older adults and recognizes their contributions to society.

At Bingo this month we will be highlighting our grantee Silver Wishes. Their mission is to grant one-time wishes for seniors in our community that make a meaningful difference, brightening someone’s day and renewing spirits.

Wishes granted can come in many forms. Whether big or small, each one creates a powerful WOW moment for the recipient. Something as simple as increased mobility through a walker, wheelchair, or scooter can restore independence and decrease reliance

(cont’ on page 39)

## Vaudeville Group

BY RICHARD HALSEY

August in Sun City would not be the same without the annual performance of Vaudeville, and this year is no exception. Titled “Anything Goes,” and under the direction of Yvonne Halsey, cast members have taken her vision to heart, and they are beaming with creativity and smiling delivery. Having famously directed the cast and show for 10 of the past 11 years, Yvonne knows what makes a Vaudeville show great and has the skills to make it happen! We invite your attendance, and we promise you will walk away smiling, humming, and telling your friends about what you saw and what you heard. We overheard guests following previous shows saying things like, “Wow, that was great!,” and “I never laughed so hard” and “I couldn’t wait to see what they would do next.” A friend of a guest asked, “How was the ventriloquist?”



The guest replied, “Hard to say, I couldn’t tell who was talking.” Tickets are on sale now. The show is scheduled for August 27, 28, at 6:00 PM, and August 29, 30, at 2:00 PM. Playing at Presentation Hall, Kilaga Springs.

• • •

## Sunny Singers

BY JOANNE SCHUMACHER

The Sunny Singers is an octet of women from Sun City Lincoln Hills who love singing and performing. We were originally formed in 2005. We have been performing ever since with anywhere from 5-8 singers.

All our members are very active in a variety of musical venues, participating in stage and choral productions at Sun City Lincoln Hills as well as other vocal groups and church choirs in the area.

We regularly sing in Vaudeville, Tap Company, and Player’s performances, as well as for clubs within Lincoln Hills. If you live in Lincoln Hills, you may have heard us singing for Veteran’s Club events such as Memorial Day and Veteran’s Day celebrations or at your club’s event. We have also performed at private and corporate functions over the last 21 years.

We sing vocal renditions of Oldies, Pop tunes, Show tunes and other genres of music. We’re especially known for our harmonies with piano and flute accompaniment.

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(cont’ on page 7)

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## Beavers – Love ‘em or hate ‘em, but don’t miss this meeting!

BY LINDA FRANKLIN

Come hear David Greenspan, co-founder of Wet Meadows, speak about these natural born engineers known as the American Beaver or castor canadensis who inhabit our Sun City Lincoln Hills' streams. Beavers, the largest rodents in North America, have continuously growing, chisel-like front incisors. Because their teeth never stop growing, beavers must constantly chew and gnaw on wood and bark to keep their teeth worn down and sharp. Besides that, they love eating the cambium under the bark. Hence, their habits of chopping down trees and using the branches to build dams that obstruct the flow of water or block culverts can be frustrating.

On the positive side, building these dams prevents water from rushing downstream and saves it to create wetlands that become lush acres of habitat for multiple other species. While you enjoy sharing our environs with the birds, fish, turtles, coyotes, rabbits, butterflies, and many other species on the trails of our preserved open spaces, it is the beavers who have created the wetlands that provide their habitat. These wetlands also provide natural fire breaks, and since beavers' dams slow the



Monday, August 10th, 11am,  
Presentation Hall at Kilaga

rate of water flow, they prevent flooding and allow time for aquifers to refill.

Beavers are family oriented, and we have increasing numbers of them living in our streams. The CA Dept. of Fish and Wildlife has realized that this keystone species is our natural ally in restoring degraded lands, and we are now required to co-exist with these furry mammals.

Come for a fascinating program with David Greenspan, Monday, August 10th, 11am, Presentation Hall at Kilaga, where we will learn about building Beaver Deceivers and Pond Levelers to trick beavers into allowing water to flow downstream for everyone's water needs while maintaining their own wet, happy homes.

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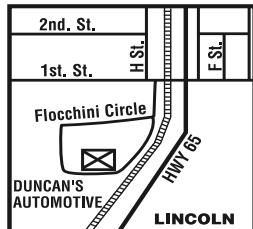
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# Neighbors InDeed —

*Neighbors Helping Neighbors: How One Hour and a Lightbulb Can Save a Life*

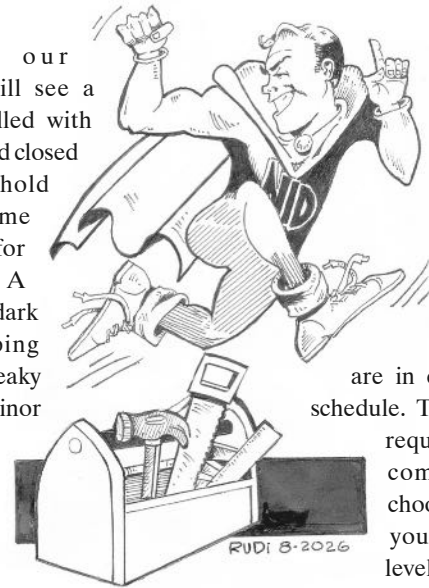
BY DAVE SHORT

Look around our community, and you will see a vibrant neighborhood filled with lifelong friends. But behind closed doors, a simple household issue can quickly become a serious safety threat for some of our neighbors. A burnt-out lightbulb in a dark laundry room, a chirping smoke detector, or a squeaky garage door aren't just minor inconveniences—they are dangerous slip-and-fall accidents waiting to happen.

That is where Neighbors InDeed steps in, and we need your help.

We are a local volunteer network dedicated to keeping our senior community safe, independent, and thriving. You don't need a contractor's license or heavy construction equipment to make a massive difference here. In fact, your lifelong handy skills, a basic household toolbox, and an hour of your spare time are the ultimate superpowers.

By volunteering with us, you can tackle quick, low-strain tasks that keep your peers



off dangerous ladders. A typical volunteer visit takes less than an hour and involves simple fixes like swapping out hard-to-reach lightbulbs, changing smoke alarm batteries, or programming a thermostat.

The best part? You are in complete control of your schedule. There are no heavy lifting requirements and no long-term commitments. You simply choose the quick fixes that fit your schedule and comfort level.

Your time protects a neighbor's independence and brings immense peace of mind to a household. Plus, you'll get to meet wonderful people right here in our community.

Ready to put your skills to great use? Lend a helping hand to the neighborhood you love. Contact Neighbors InDeed today at 916-223-2763 or visit [www.NeighborsInDeed.org](http://www.NeighborsInDeed.org) to join our volunteer crew.

PS If you are not so handy with tools, are you a people person that can talk on the phone? We have a place for you, too!

## Michelle's Featured Listings



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# Architectural Review Committee — Pink Flamingos and Cars on Cinder Blocks

BY MARIE BARNES, ARC Chairperson

A recent letter to the local paper expressed frustration with community standards—and with the expectation that residents would follow them. As more homes change ownership, this is a good opportunity to explain the three groups that help maintain the quality and appearance of our community.

Architectural Review Committee (ARC) — The Architectural Review Committee (ARC) reviews proposed exterior changes to homes and ensures they meet the community's architectural standards.

Its primary responsibilities include:

- Reviewing homeowner applications for exterior modifications and landscape.
- Ensuring changes comply with HOA guidelines approved by the Board of Directors.
- Preserving the community's appearance and protecting property values.
- Recommending updates to architectural guidelines as community needs evolve.

While standards may change over time, it's probably safe to say that pink flamingos aren't likely to be approved anytime soon. Contact: ARC@schca.com

Compliance Committee — The Compliance Committee is often confused with the ARC, but it serves a different purpose. Rather than reviewing proposed changes, it helps ensure existing community rules are

followed.

Its responsibilities include:

- Monitoring compliance with HOA rules and regulations.
- Identifying violations and recommending corrective action when needed.
- Conducting routine inspections of the community.
- Communicating with homeowners about violations and the importance of maintaining community standards.

This volunteer committee has a challenging job. Receiving a non-compliance letter can feel like getting a red card in soccer, but it's simply a notice that something needs attention. In most cases, a conversation quickly clarifies the issue and identifies an easy solution. Contact: Compliance.Committee@schca.com

Community Standards Office — The Community Standards Office administers the day-to-day enforcement process and works closely with the Compliance Committee.

Its role includes:

- Enforcing community guidelines and policies.
- Processing violations and coordinating corrective actions.
- Serving as a liaison between residents and the HOA Board.
- Helping residents understand

requirements and resolve concerns.

• Creating and sending the letters of non-compliance.

Why Standards Matter — This is where the "pink flamingos and cars on cinder blocks" example comes in.

Without community standards, you could buy a home and, six months later, find yourself living next to a bright blue house with a yard full of pink flamingos and an abandoned car on cinder blocks. If you were preparing to sell your home, would that help—or hurt—its value?

Community standards exist to preserve the beauty, consistency, and value of the neighborhood. Every homeowner agrees to these standards when purchasing a home here. They aren't arbitrary; they're part of the commitment we all make to protect our investment and our community.

The recent letter also mentioned Disneyland. That's an interesting comparison. Disney is known for its meticulous attention to appearance and maintenance because it understands that a consistent, attractive environment matters. Our community follows the same basic principle, albeit on a much smaller scale.

If you receive a non-compliance letter, don't take it personally. It's not intended to embarrass anyone and it is confidential. Instead, contact the Community Standards Office, ask questions, and understand what's being requested. Most issues can be resolved quickly through communication, and that's far better than letting a small problem become a larger one. Contact: Community.Standards@schca.com

# Lincoln Hills Foundation Wise Aging Presentation Series

BY DENISE BOWDEN

Aging brings change, but planning ahead can make all the difference. The Wise Aging Series presented by the Lincoln Hills Foundation helps residents understand the physical, cognitive, financial, and practical aspects of aging so they can make informed decisions before a crisis occurs. Having a plan provides a clearer path forward, more choices, and greater peace of mind for individuals and their families.

Programs are offered monthly and will continue as long as there is resident interest and important topics to explore. Each session features a one-hour presentation followed by a 15-minute question-and-answer period. Presentations are recorded and made available exclusively to Sun City Lincoln Hills residents.

Attend one session or the entire series — each presentation stands on its own and offers practical, actionable information. Previous topics included "High Risk Medications," and "Key Considerations for Aging and End of Life Planning."

The next presentation on August 7th at 10:00 a.m. in Kilaga Springs Presentation Hall will be on "How to Navigate the Maze that is Medicare". Future presentations will cover

(cont' on page 33)

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## Sunny Singers

(cont' from page 1)

one of the Vaudeville Shows on August 27, 28, 29, or 30.

For more information or to schedule an engagement by the Sunny Singers contact: Karen Hardage at 916-408-3491, kmhardage@yahoo.com or Joanne Schumacher at 415-999-1242, jkschumacher1@gmail.com

## Chorus Club

BY KARIE GEIGER

Summer Harmony: Behind the Scenes with the Chorus Steering Committee — While audiences are enjoying sunny days and summer vacations, the dedicated members of the Chorus Steering Committee have been hard at work. Behind the scenes, this passionate team is busy planning, organizing, and laying the groundwork for an incredible upcoming fall season. From securing music scores to coordinating marketing and rehearsal logistics, summer is truly the unsung hero of our choral year.

All of this warm-weather preparation is building toward our highly anticipated winter concert series, scheduled for December 11th, 12th, and 13th. This year's winter program promises to be a magical showcase of harmony, but bringing a production of this scale to life requires months of early coordination. The Steering Committee's tireless summer planning ensures that when the full Chorus gathers again in early September, everything will run seamlessly.

Speaking of gathering, a new season means a wonderful opportunity for new voices! If you have ever wanted to share your love of music and perform with a supportive community of singers, now is the perfect time to take the stage. The Chorus rehearses weekly on Tuesday afternoons, offering a consistent, rewarding creative outlet.

While we welcome enthusiastic singers of all vocal ranges, we are currently looking especially for Baritones and Basses to help enrich our lower registers and bring a rich depth to our winter repertoire.

If you are interested in joining our musical family, we would love to hear from you. Whether you are a seasoned performer or returning to choral singing after a break, there is a place for you in our lineup. Please reach out

directly to our membership co-chair, Adrienne Stenson at makstens@gmail.com for details on how to get started. Reach out today, and get ready for an unforgettable season of song!

## Music Group

BY BRIAN JEWELL

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

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

The first part of the gathering is for the group sing-and-play. This is a popular event, as it provides people of different proficiency levels a chance to play along with other people in a casual environment.

Participants typically play various instruments, including guitars, piano, accordion, flute, percussion, etc. All instruments are welcome. The list of sing-and-play songs is posted before every meeting on the Music Group website. Songs are selected from the Music Group library (on the website) and are popular tunes that everyone is familiar with. To view the lead sheets (chords and lyrics) for the sing-and-play songs, visit the Music Group website and drill-down on the meeting date.

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

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

Every month, there are guitar classes, the Guitar Ensemble for anyone interested in reading music, and a seasonal vocal training

workshop for people who like to sing. Also, there are drum circle and Ukulele group meetings every month.

Consult the Compass for class information. Contact Sal Caruso at 916-343-5810 for the



Bob and Herman perform a "squeezebox duet" during July Meeting.

Guitar Ensemble. Contact Ron Peck at 925-788-5869 for the Ukulele Ohana.

## Players Club

BY JANE PATTON

You're A Good Man, Charlie Brown!

What do Linus, Lucy, Snoopy, Schroeder, Sally and Charlie all have in common? They are "Peanuts" characters from the beloved comics by Charles Schulz. This November the Players will bring them to life when they present the musical "You're A Good Man, Charlie Brown", written by Clark Gesner and directed by Jane Patton.

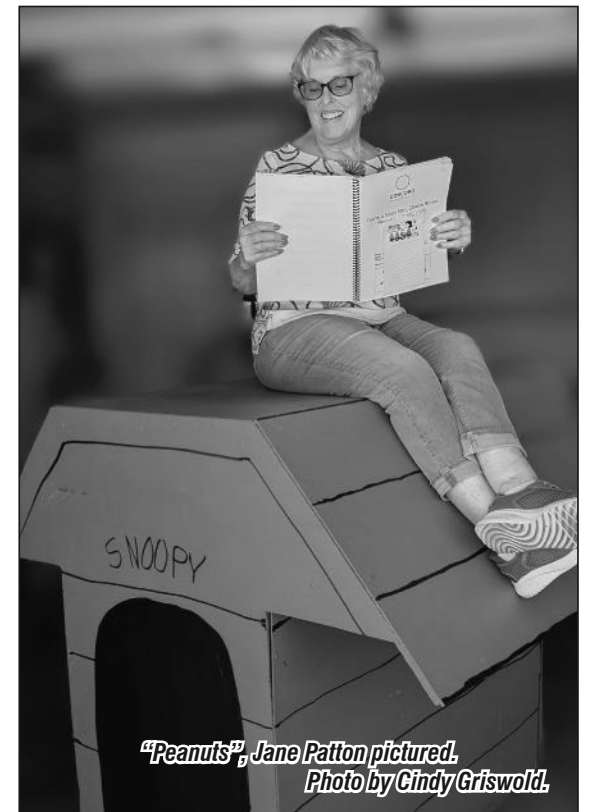
In the 1960s Peanuts was one of the most widely-read comic strips in the world, revealing traits readers could relate to: Charlie's insecurities, Lucy's bossiness, Snoopy's imagination and Linus's philosophical world view, which were woven into themes including the search for happiness, the importance of friends and family, childhood anxieties, gratitude, and optimism. When considering the idea of a musical based on "Peanuts", Clark

Gesner wrote several songs and presented them to Schulz who was immediately supportive of the project moving forward. From all accounts Schulz was delighted with the outcome.

Although Peanuts characters are kids, the actors representing them onstage are not. The original off-Broadway production of "You're a Good Man Charlie Brown" opened in 1971 starring Gary Burghoff (think "MASH") as "Charlie Brown". The musical was later revised in 1999 replacing the original character of "Patty" with "Sally", played by Kristin Chenoweth, who earned a Tony for her outstanding performance. The productions remain a major success, faithfully representing the characters and the comic strips. Gesner credits the show's success to Schulz's "immensely human view of the world and his special ability to say it for all of us."

Audiences of all ages will be able to relate to these charming, timeless characters.

"You're A Good Man, Charlie Brown" runs November 5-8. Auditions will be held August 11-12 at 5:30. Please see the Players website for details, or attend our next meeting, August 10th at 4:00 in Presentation Hall, KS.



(more Club News cont' on page 9)

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— • —

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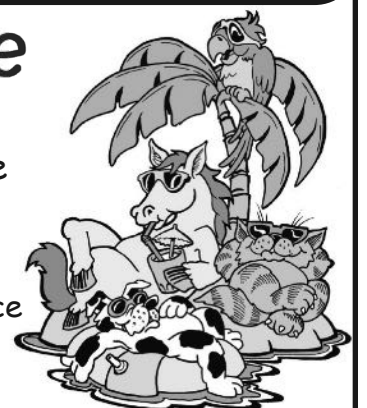
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# Neighborhood Watch —

*The Experts Share How to Make You Safer and Prepared for Emergencies*

BY JUDIE PANNETON

When's the last time you checked the expiration date on your fire extinguisher? Do you have grab bars in your bathing areas? Know all of the different exits and entrances for Sun City Lincoln Hills? Consider taking the advice of safety experts. "Have a plan," Lincoln



Night Out event is scheduled from 4:00-7:00 PM at the Sports Pavillion and it will include information, times for questions, and lots of fun and food and refreshments. Plus, you may meet some new neighbors.

One of the many attractions of Sun City Lincoln Hills for prospective buyers is its



*Safety tips were provided by Lincoln Fire Department firefighters and the chief in a recent presentation.*

Fire Chief Anthony Mejia recently told residents at a Neighborhood Watch safety presentation in KS Presentation Hall. The planning refers to medical emergencies, home evacuations, house fall prevention, battery charging and storage, among other potential life-threatening situations. Do you have the first thing firefighters look for when responding to a call for medical assistance? How about a go bag with prescriptions, documents, chargers, etc? Know how to prevent falls in your home and how to contact firefighters if you can't get up? What about storing, charging and disposing of batteries? Get the answers in the video at [schwatch.org](http://schwatch.org) along with some resources mentioned in the information-filled presentation.

If you missed this event and/or have questions you'd like to ask fire, police, and county emergency services experts, mark your calendars for October 6. A free, National

level of safety. It's thanks, in part, to residents looking out for each other and our community's strong working relationship with the Lincoln Police and Fire Departments, coupled with their partnership with Neighborhood Watch.

Did you know that Neighborhood Watch was established in May of 2000 by a small group of residents who organized watch teams based on mailbox locations? Today, Mailbox Captains serve 595 mail stations and village Coordinators work on your behalf, too. The volunteer workers' and the group's efforts are aimed at giving residents a sense of security through information, reducing crime, increasing personal safety, and increasing neighbor-to-neighbor connections.

Please consider joining other Neighborhood Watch volunteers for rewarding service to your community. Training is available and more information can be found at [schwatch.org](http://schwatch.org)

## Ballroom Dance

BY ERNIE MICHELI

The Ballroom Dance Club has reorganized its weekly lesson schedule. Tuesday lessons will no longer provide split classes of beginner and intermediate instruction. There will be one combined curriculum that occurs in a single time slot from 3:30 p.m. to 4:30 p.m. Open dance will take place between 2:00 and 3:00 p.m.

Hot August Night Dance is on Saturday, August 8th from 5:00 to 8:30 p.m. A special group photo is planned for this dance.

August instruction will be the waltz. John and Mary Kirkwood will provide instruction. Lessons are held in the Kilaga Springs



Phil and Paula Suek

Lodge Multipurpose rooms each Tuesday. If you have questions, you can visit our website at [sclhbd.com](http://sclhbd.com) or send an email to [sr64danz@sbcglobal.net](mailto:sr64danz@sbcglobal.net)

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## Line Dance Club

BY SYLVIA FOX

You will meet friendly line dancers at all our events. Our atmosphere is welcoming and helpful. We were all beginners at one time. Our club's experienced line dancers are here to help those who want to try a fun exercise that is good for the body and mind.

We encourage our members to continue to take line dance lessons offered in the Compass as well as attend our club's dance labs offered on Tuesday's Saturday's and Sunday's. We have a few annual workshops for our members who dance to our favorite D.J's T&T.

Our last club workshop was on Sunday July 26th where all our members danced for 3 hours to their favorite dances.

Also attend the line dances sponsored by our association for a fun evening of dance. Our D.J's have a list of all the available dances that can be requested by dancers. It is always fun to hear the music played to your favorite line dance.

Check out our website [sclhdc.com](http://sclhdc.com) for information and membership applications

Contact Sylvia Fox [foxsam25@gmail.com](mailto:foxsam25@gmail.com)

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## Country Couples

BY DTIM TATUM

It was truly a great honor for the Country Couples Dance Team to be invited by the Sun City Lincoln Hills Association to perform the show as part of the 4th of July celebration on the Terrace at Orchard Creek which also especially marked the 250th anniversary of our independence – our beautiful country of America! Our dance team of Deborah & Jim Christie, Karen & Mark Worley, Colleen & Brian Hope (seen in the photo) and led by our Club Chairwoman Sandra and her husband Gary Moulton were dancing to the live music that brought joyful applause from the big crowd festively dressed in the red, white and

blue, patriotic color scheme! Indeed, it was such a beautiful moment under the clear blue sky along with the magnificent presence of the Statue of Liberty and Uncle Sam! And for once in a long, long while, the electric atmosphere seemed to ignite everyone to feel so proud to be an American living in a beautiful country of America!

And the celebration will surely continue his month. In fact, we plan to have "No-Frills Hoedown Dance" on Saturday, August 15th from noon to 4:30 PM at Kilaga Springs Lodge to welcome those who are back from summer vacation! So, put on your dancing shoes and come to dance to your heart content! For more information, please contact:

Dtim Tatum 279-966-8551 or [2nparadise@sbcglobal.net](mailto:2nparadise@sbcglobal.net) Website: [www.sclhcc.com](http://www.sclhcc.com)

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## Round Dancing Group

BY CATHY RAZUMICH

Round dancing is easy social ballroom dancing that is choreographed and cued. Round dancing includes most common ballroom rhythms such as Waltz, Rumba, Cha-Cha, Foxtrot, Jive (East Coast Swing), Slow Two-Step, and Tango.

Round dancing 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 called a "cuer". The cuer announces the steps that dancers should perform as the music plays. By following the

(cont' on page 11)



Country Couples Dance Team performed on the 4th of July!



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## COMMUNITY VOICES. COMMUNITY PRIORITIES.

Guided by input from nearly **80 community members**, parents, staff, business leaders, and local partners the Facilities Needs Committee evaluated WPUSD’s facilities, enrollment trends, growth projections, and funding challenges.

### THE COMMITTEE DEVELOPED FIVE RECOMMENDATIONS TO INFORM THE DISTRICT’S 2026 FACILITIES MASTER PLAN:

- 1

Maximize existing school capacity before constructing new facilities
- 2

Prioritize support service facilities, including maintenance, transportation, warehouse, and food service facilities
- 3

Explore long-term funding solutions to address major facility needs
- 4

Continue pursuing developer contributions to help offset the impacts of growth
- 5

Expand community outreach and education regarding school facility needs and funding challenges growth.

THESE RECCOMENDATIONS WILL HELP GUIDE  
WPUSD’S 2026 FACILITIES MASTER PLAN.



Scan  
to learn  
more!

## Round Dancing Group

(cont' from page 9)

cuer's verbal instructions throughout the dance, all dancers on the floor perform the same steps at the same time. When you start round dancing, you learn the name of each cue and its corresponding footwork so that when the cuer says the name, you know what steps you should do. This makes leading and following much easier.

As you learn cues for the various dance rhythms, you can practice (have "floor time") by attending the various round dances held in Roseville and other nearby locations. There are also periodic weekend festivals in Yuba City, Lodi, and other destinations.

We would love to have you join us for a fun Thursday afternoon. Contact Cathy Razumich 408-218-2144 to sign up for a FREE INTRODUCTORY SESSION. No ballroom dancing experience is needed. Singles and couples are welcome.

We meet on Thursdays from 1 to 3 PM in the Placer Room at Kilaga Springs Lodge (1167 Sun City Blvd in Lincoln.) Round Dancing is sponsored by the Sun City Squares. More club information can be found on our website [selhsquares.weebly.com](http://selhsquares.weebly.com)

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## Ceramic Arts Group

BY MIKE BRADY

Hello fellow potters! The very warm weather is here! What to do on a hot afternoon? Come on down to the air-conditioned potter's studio and spend a cool afternoon making pottery! The studio in the Orchard Creek lodge is open to any resident on any Friday. Come and give it a try. We have small packets of clay available for a few dollars so that you can experiment. Check the Compass for beginner orientation classes as well. Summer is a great time for pottery. Fellow resident potters will help you get started.

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Recent project by club member Jim C.

## Creative Glass Club

BY SUSAN HAAS

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

We are inviting You to try new Art endeavors! Members work on a variety of projects, including stained glass, fused glass, and mosaics. We offer workshops for both beginners and advanced artists and special member only projects. We meet the 1st and 3rd Tuesday evenings 6:00-8:30 and 4th Thursday 9:00-noon. We meet at the Kilaga Lodge. Do drop in and see what we are creating! We will be displaying our artwork in the window cases in Orchard Creek, please stop by to see the possibilities. We are also sponsoring the Artisans in the Lodge in October. Yearly membership fees \$20. Please contact Corene for membership questions-925-813-8385.

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## Mixed Media

BY JILL SHORT

August promises to be a fun, inspiring, and creative month for our Mixed Media Club!

This month, we'll explore an exciting mixed media layering experience inspired by music. As we listen to music for inspiration, we'll combine rhythm, color, texture, and imagination to create expressive layered artwork. This unique project encourages us to let go of perfection, embrace the creative process, and simply enjoy making art. Make sure you RSVP when you are sent the information.

Our August Challenge theme is "Under the Sea." Dive into your creativity and interpret the theme in your own unique style. Whether you're inspired by colorful sea life, rolling ocean waves, vibrant coral reefs, or mythical underwater worlds, we can't wait to see your artistic creations at our August 19 meeting!

Looking ahead, mark your calendar for September 16, when members will gather at noon for our Annual Club Meeting and Luncheon at Nan Griffin's home. Additional details will be emailed before the event. During this special gathering, we'll conduct our annual club business, including the election of our Club Leadership Team, and collect annual club dues of \$20. Most importantly, we'll enjoy a wonderful afternoon of delicious food, friendship, and conversation as we celebrate

another year of creativity together.

We hope you'll join us for these exciting events as we celebrate creativity, friendship, and the joy of making art!

The Mixed Media Club meets on the third Wednesday of each month from 12:00 -3:00 p.m. in the Fine Arts Room (OC). If you're interested in visiting the club or learning more, please contact Club President Chris Fetter at 916-276-7895 or email [mixed.media.chrisf@gmail.com](mailto:mixed.media.chrisf@gmail.com)

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## Needle Arts

BY JAN HESS

I was tickled to hear a new Needle Arts Club member tell me she found our room by following the happy chatter in the Orchard Creek hallway. (The sign next to the door also gives a clue that something wonderful is happening inside!) Members are always welcome to join Needle Arts club regardless of your skill level or area of interest.

Needle Arts did not meet during July, but we still kept busy during the month. Our room facilitated various specialized groups every weekday and hosted a weekend retreat for members eager to work for a prolonged period of time on individual projects. But wait! There is more! Needle Arts presented a workshop to learn how to make beaded earrings and another workshop to learn how to needle point a key chain.

Like July, we are not meeting during August. But a glance at our web site or at the posted calendar in the Orchard Creek hallway will keep you informed of the many activities offered.

Stop by to chat or to see what amazing activities are taking place. We will be happy to welcome you.

Contact: Cindy Nelson, 916-903-9095 [slhneedleartsres@gmail.com](mailto:slhneedleartsres@gmail.com)

...



Needle point a key chain.

## Painters' Club

BY TAMSEN ARMSTRONG

Don't miss the "Two Tube Colors + Black & White" Club Painting Challenge on August 18th at 1:30 PM in the OC Fine arts Room. We are excited to see what you've come up with for this unique theme.



Kathleen McGuiston at the Fine Arts Show.

There's something so calming about waterlilies that I wish my backyard came with a pond full of them. If you love them too, then join us for our September 15th meeting where Terri Taylor will demonstrate one of her spectacular "Pond Series" oil paintings. Originally from Oregon, Terri found herself in the Sacramento area continuing to paint and teach after selling her family manufacturing business. We will also have a Show & Tell that day, so bring something you've been working on or are particularly proud of.

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

Our Spring/Summer Luncheon at the Turkey Creek B&G was well attended and a lot of fun. Thanks for bringing your wonderful paintings to share.

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## Paper Arts Club

BY LINDA LUCCHETTI

We celebrated "Christmas in July" last month. Thank you to our guest instructor, LeAnn, who presented



(cont' on page 13)



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## Paper Arts Club

(cont' from page 11)

four holiday cards.

Mark your calendars for September 3, when our popular "Overstock Sale" will be back at the Sports Pavilion. Members will be selling their excess products like paper, ink, stamps, and other "tools of the trade." Set-up will be from 8:00 to 9:00 AM; club members participate from 9:00 to 10:00 AM; and, non-club members and residents participate from 10:00 AM-12:00 PM (no entry fee.)

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

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## Photography Club

BY DIANE MARGETTS

Our July presentation featured Truman Holtzclaw, one of our own great photographers and a presenter that always packs the house! Truman shared many different types of beautiful reflection photos to show how to get unique and outstanding images. If it is smooth and shiny, there's a reflection in there! Everything from water to wood, mirrors, paint, cement, glass, metal and others can yield some surprising and incredible reflections. In August, Jim Dunn will preset 'Birds of Brazil'. This will be a presentation we don't want to miss!

Following on the heels of our incredibly successful Death Valley field trip, the Field Trip Committee is in the process of planning 'Fall in San Francisco', an entertaining and photographic journey through iconic sites, city views, ocean beaches, city streets and fall foliage at the Golden Gate Park. We plan to visit locations that highlight sunsets, sunrises, moon rise, evenings/lights and the ideal day time photo opportunities.

Our robust educational program is about to spring into action. On the summer and fall agenda are classes on Intentional Camera Movement, Introduction to Lightroom, Masking in Lightroom, and Digital Photography Boot Camp.

You can enjoy the many gorgeous images taken by our photographer at one of our many exhibits. We just wrapped up one

of our most popular annual exhibits at the Orchard Creek Alcove. The exhibit featured nine photographers and 25 phenomenal photographs.

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

Contact: Diane Margetts; 916-955-1809

Website: <http://www.lhphotoclub.com>

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## Woodcarvers Club

BY LIONEL RAINMAN

Woodcarving has likely been around as long as humans have had sharp tools. Imagine a person living in the forest, surrounded by standing and fallen trees. What better way to pass the time than to start shaping wood. That's probably how woodcarving began.

No one recorded the date. There were no books, and carving was far too enjoyable for anyone to stop and write it down. Early carvers likely started by whittling simple shapes or making tools and utensils. Before long, they discovered they could create almost anything from wood, and carving may well have become their favorite pastime.

Come visit and see what our favorite pastime is. We have tools to try before you buy, carving plans, and friendly members who are always happy to help you get started.

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

Contact: Lionel Rainman 916-253-9534.

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## Stamp Club

BY TIM MILES

Fall is on us and so are the on-coming holidays. We normally meet twice a month but, due to events at the Roseville Lodge (7050 Del Webb Blvd), we will only meet August 11th this month. However, the Tuesday

September dates are the 8th and the 22nd. We have dealer-members, all the various album pages available at each meeting, a complete set of catalogs, and anything you might need. Guest speakers, door prizes are part of the meetings also. All meetings start promptly at 6:30 pm and we're usually on our way home around 8:30 pm.

We have, from time to time, "garage days" where you can bring anything pressing to Al Capparelli's garage and he will probably be able to accommodate your needs. Call first to 916-771-8288 and confirm the appointment as everything is, at this time, tentative.

Make sure that our Secretary Lee Coen (leejcoen@gmail.com) has your web address so he can update you with any new dates for anything.

We are one of the oldest stamp clubs in Northern California.

If any reader has an "old" album put away feel free to bring it to a meeting and we will be happy to give you a free quick appraisal.

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## Apple User Group

BY NINA MAZZO

Did you know you can copy images, video, or text from an app on your iPhone or iPad, then paste it into another app on your nearby Mac or vice versa? Our educational seminars and meetings provide opportunities to increase helpful tips and tricks on Apple products.

Meetings this month include an educational seminar on Thursday, August 6 (details to be announced) and a general meeting on Tuesday, August 11, when Ken Spencer will take a look at Safari and Artificial Intelligence. Both meetings are held in Presentation Hall (KS) with Ask the Tech at 6:30 p.m. and the program at 7:00 p.m. An educational seminar will be held on Monday, August 24, with Ken Caswell discussing Preview. Ask the Tech at 10:15 a.m. and the program at 10:30 a.m.

There are a few seats left for our annual member banquet on Tuesday, September 8th, with a waitlist available if needed. We are celebrating our 24th anniversary with a Safari theme. There will be great prizes and a delicious buffet dinner! See our website for the flyer with details.

Are you curious about opportunities to be part of the club team? See the volunteer interest form on our website.

Club website: [www.LHAUG.org](http://www.LHAUG.org). General

information phone is 916-913-6833 (please note no texts only voice message).

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## SCHOOLS

BY PATTI KINGSTON

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

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

"The HUB" is a Western Placer Unified School District (WPUSD) family resource center and is adjacent to the Phoenix/Atlas High School. They offer shelf stable food, produce, backpacks and school supplies, clothing, hygiene kits, college and career support and referrals to County and Local services. Anyone in the community needing this resource may come to the facility at 790 J Street, Monday-Friday, 8 AM to 4 PM during the school year.

For more information on volunteering in a Lincoln elementary school, contact Cyndi at [ccolloton@yahoo.com](mailto:ccolloton@yahoo.com). If you are interested in tutoring Math, History or English at Phoenix High School contact Irma at [jmeidm@aol.com](mailto:jmeidm@aol.com)

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(more Club News cont' on page 17)



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| <b>33 DAY REPOSITION PRINCESS Nov 22, 2026</b>                                                                                                                                                                                           |                            | \$3,904                                   | \$4,407  | \$4,834 |
| <b>Sapphire Princess ~ 2670 Passengers</b>                                                                                                                                                                                               |                            |                                           |          |         |
| Sail from Los Angeles, California to Singapore visiting Hawaii; Tokyo, Japan; Kagoshima, Japan; Okinawa, Japan; Hong Kong; Da Nang/Hue (Chan May), Vietnam; Cam Ran (Nha Trang), Vietnam; Ho Chi Minh City (Phu My), Vietnam; Singapore. |                            |                                           |          |         |
| <b>30 DAY SOUTH PACIFIC PRINCESS Nov 4, 2026</b>                                                                                                                                                                                         |                            | \$1,399                                   | \$1,599  | \$2,749 |
| <b>Crown Princess ~ 3080 Passengers</b>                                                                                                                                                                                                  |                            |                                           |          |         |
| Sail round trip from San Francisco, California to Juneau, Alaska; Skagway, Alaska; Hubbard Glacier, Alaska; Ketchikan, Alaska; Victoria, BC, Canada; San Francisco, California.                                                          |                            |                                           |          |         |
| <b>16 DAY PANAMA CANAL PRINCESS Dec 3, 2026</b>                                                                                                                                                                                          |                            | \$2,846                                   | \$3,5429 | \$5,300 |
| <b>Crown Princess ~ 3080 Passengers</b>                                                                                                                                                                                                  |                            |                                           |          |         |
| Sail from Sydney, Australia to Los Angeles, California visiting Bay of Islands, Auckland, Tauranga, New Zealand; Suva, Dravuni Island, Fiji; Tahiti, Moorea, French Polynesia; Honolulu, Kahului, Hilo, Hawaii; Los Angeles.             |                            |                                           |          |         |
| <b>13 DAY REPOSITION HOLLAND AMERICA Oct 8, 2026</b>                                                                                                                                                                                     |                            | \$1,019                                   | \$1,454  | \$1,554 |
| <b>Rotterdam ~ 2668 Passengers</b>                                                                                                                                                                                                       |                            |                                           |          |         |
| Sail from Amsterdam to Ft. Lauderdale visiting Zeebrugge (Brussels), Belgium; Portland, England; Falmouth, England; Kings Wharf, Bermuda; Ft. Lauderdale, Florida.                                                                       |                            |                                           |          |         |
| <b>12 DAY PANAMA CANAL PRINCESS Dec 5, 2026</b>                                                                                                                                                                                          |                            | \$1,474                                   | \$1,674  | \$2,174 |
| <b>Caribbean Princess ~ 3140 Passengers</b>                                                                                                                                                                                              |                            |                                           |          |         |
| Sail round trip from Ft. Lauderdale, Florida to Grand Cayman, Cayman Islands; Falmouth, Jamaica; Cartagena, Columbia; Transit the Panama Canal; Colon, Panama; Limon, Costa Rica; Celebration Key, Bahamas; Ft. Lauderdale, Florida.     |                            |                                           |          |         |
| <b>12 DAY CARIBBEAN CUNARD LINE Nov 26, 2026</b>                                                                                                                                                                                         |                            | \$1,499                                   | \$1,599  | \$1,999 |
| <b>Queen Elizabeth ~ 2081 Passengers</b>                                                                                                                                                                                                 |                            |                                           |          |         |
| Sail round trip from Miami, Florida visiting San Juan Puerto Rico; St. John's Antigua; Castries, St. Lucia; Bridgetown, Barbados; Philipsburg, St. Maarten; Roat Town, Tortola; Miami, Florida.                                          |                            |                                           |          |         |
| <b>14 DAY CARIBBEAN PRINCESS Nov 28, 2026</b>                                                                                                                                                                                            |                            | \$1,499                                   | \$1,699  | \$1,899 |
| <b>Regal Princess ~ 3560 Passengers</b>                                                                                                                                                                                                  |                            |                                           |          |         |
| Sail round trip from Ft. Lauderdale to ; St. Maarten; San Juan, Puerto Rico; Amber Cove, Dominican Republic; Grand Turk, Turks & Caicos; Celebration Key, Bahamas; Fort Lauderdale, Florida.                                             |                            |                                           |          |         |

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

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| Cruise Line ~ Sailing Date                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Starting Price                    | Balcony                             |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|-------------------------------------|
| <b>12 DAY EGYPT Pharaohs &amp; Pyramids</b> <b>January through December</b><br><b>Viking Antares ~ 62 Passengers Viking River Cruise</b><br>Start and end with 2 nights in Cairo, Egypt visiting Luxor, Egypt; Qena, Egypt; Aswan, Egypt; Kom Ombo, Egypt; Edfu, Egypt & More!                                                                                                                                                                                                                             | <b>\$6,999</b>                    | <b>INCLUDES ROUND TRIP AIRFARE!</b> |
| <b>70 DAY CIRCLE SOUTH AMERICA Jan 3, 2027</b><br><b>Zaandam ~ 1432 Passengers</b><br>Sail round trip from Ft. Lauderdale to Grand Cayman; through the Panama Canal; Ecuador; Peru; Chile; Strait of Magellan; Cape Horn; Argentina; Antarctic Experience; Uruguay; Brazil; French Guiana; Barbados; St. Lucia; St. Kitts & Nevis; Puerto Rico; Ft. Lauderdale.                                                                                                                                            | <b>\$16,214 \$17,814 \$31,014</b> | <b>INCLUDES ROUND TRIP AIRFARE!</b> |
| <b>36 DAY JAPAN &amp; HONG KONG Sep 21, 2027</b><br><b>Viking Orion ~ 930 Passengers Viking Ocean Cruise</b><br>Sail from Vancouver to Hong Kong visiting Alaska; Sapporo, Tokyo, Shimizu, Osaka, Hiroshima, Beppu, Kagoshima, Nagasaki, Japan; Taiwan; Hong Kong.                                                                                                                                                                                                                                         | <b>\$20,498</b>                   |                                     |
| <b>129 DAY WORLD CRUISE Holland America Line Jan 5, 2027</b><br><b>Coral Princess ~ 2000 Passengers</b><br>Sail round trip from Los Angeles visiting Hawaii; Samoa; Fiji, Vanuatu; New Guinea; Australia; New Zealand; Indonesia; Malaysia; Vietnam; Hong Kong; Japan; Alaska; Canada; return to Los Angeles.                                                                                                                                                                                              | <b>\$20,342 \$21,904 \$28,291</b> | <b>INCLUDES ROUND TRIP AIRFARE!</b> |
| <b>15 DAY GRAND EUROPEAN River Cruise July through November</b><br><b>Viking Longship ~ 190 Passengers Viking River Cruise</b><br>Sail from Amsterdam, Netherlands to Budapest, Hungary visiting Kinderdijk, The Netherlands; Cologne, Germany; Koblenz, Germany; Miltenberg, Germany; Wurzburg, Germany; Bamberg, Germany Nuremberg, Germany; Regensburg, Germany; Passau, Germany; Melk, Austria; Krems, Austria; Vienna, Austria (2 Days); Budapest, Hungary (Overnight On Board).                      | <b>\$5,999</b>                    | <b>INCLUDES ROUND TRIP AIRFARE!</b> |
| <b>129 DAY WORLD CRUISE Holland America Line Jan 5, 2027</b><br><b>Volendam ~ 1432 Passengers</b><br>Sail round trip from Ft. Lauderdale through the Panama Canal visiting Ecuador; Peru; Chile; French Polynesia; Samoa; Fiji; Australia; Bali; Indonesia; Singapore; Malaysia; Thailand; Sri Lanka; Maldives; Mauritius; South Africa; Namibia; Senegal; Canary Islands; Morocco; Portugal; Spain; France; Netherlands; Norway; Denmark; England; Puerto Rico; Ft. Lauderdale.                           | <b>\$28,009 \$31,009 \$52,009</b> |                                     |
| <b>125 DAY WORLD CRUISE January 2027 &amp; 2028</b><br><b>Viking Sky &amp; Vesta ~ 930 Passengers Viking Ocean Cruise</b><br>Sail from Los Angeles, California to London, UK visiting Hawaii; French Polynesia; Cook Islands; New Zealand; Australia; Indonesia; Singapore; Malaysia; Sri Lanka; Maldives; Seychells; Kenya; Tanzania; Madagascar; Mozambique; South Africa; Namibia; Angola; Nigeria; Ghana; Senegal; Spain; Morocco; Portugal; France; England. Call for complete itinerary and details. | <b>\$59,999</b>                   | <b>INCLUDES ROUND TRIP AIRFARE!</b> |

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### **Wise Aging: Navigating the Medicare Maze:**

**What You Need to Know for 2027**

**Brent and Ellen Smedley, Principals**

**Friday, August 7, 2026 | 10:00 AM – 12:00 Noon**

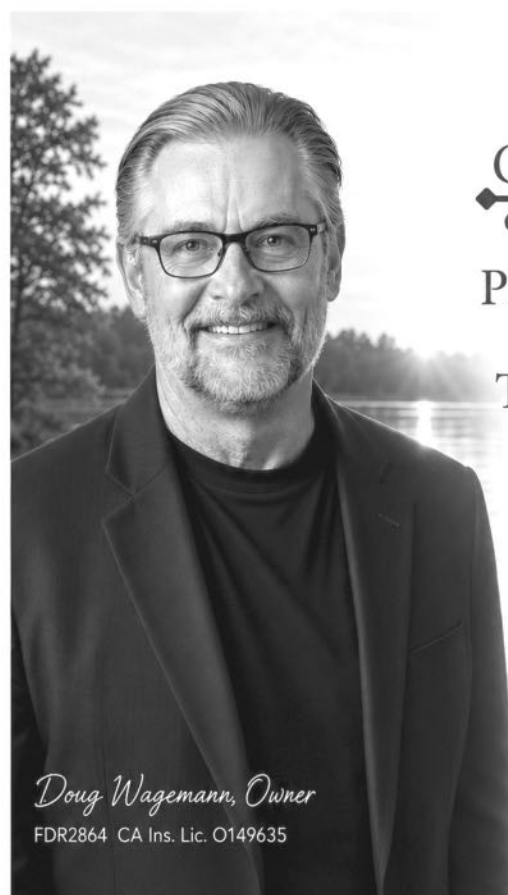
**Kilaga Springs Presentation Hall**

Medicare can feel like wandering through a maze. Join Brent and Ellen Smedley, principals of Smedley Insurance Solutions, for a free Lincoln Hills Foundation presentation designed to make Medicare easier to understand.

With Medicare Open Enrollment for 2027 beginning October 15, this is a timely opportunity to learn how Medicare works, when and how to sign up, and how to compare your plan options. Brent and Ellen will review the pros and cons of different types of plans, what to consider when choosing coverage, and how Medicare is changing.

The presentation will also include a look at the overall state of Medicare and what future changes may mean for older adults.

This forum will help residents ask better questions, compare options more confidently, and plan ahead with clearer information.



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## Writers' Group

BY RAY BIRGE

We're proud to be the SCLH Writers' Group dedicated to encouraging the growth and development of members in meeting their individual writing objectives. We want to be the most creative organization possible by providing feedback and constructive suggestions to our members and have fun doing it. We author short stories, novels, poetry and even memoirs. Remember, if you can tell it, you can write it!

Ready for summer? August is the month of the Poppy, smells of cut hay, and memories of years gone by. Remember the pond or creek you played in when you were a lot younger. Remember the Drive-in Movie Theater and parking in the last row for a little 'privacy' - only to forget to take the speaker off your window and you drive off with it still attached.

Fun Facts About August —

- August is famous for the Perseids meteor shower which peaks in mid-month.
- On August 7, 1782, George Washington created three new military badges to honor the common soldier. One was the Badge of Military Merit, the precursor to the Purple Heart.
- August is also the month of National Watermelon Day, Kiss and Make up Day (maybe at the drive-in), National Honeybee Day and International Left-Handers Day.

The Writers' Group meet on the 2nd and 4th Monday of each month from 5 to 7 pm in the Computer Room (OC). Hopefully, we'll see you there.

Any questions call George O'Conner, Secretary 818.585.5261 or george7282yahoo.com

• • •

## Lavender Friends Club

BY JOAN LACKTIS

When the weather heats up, Lavender Friends like to stay inside where it's cool. We had our Best Ever Mixer in the comfort of the OC Ballroom this year instead of the Sports Pavilion. It was as much food, fun, and games as always. And this month we are taking our annual bus trip to Red Hawk Casino, a good

place to while away a hot August day enjoying bowling, go-karts, gambling and dining.

Maybe while we're staying in and avoiding the heat, it's a good time to invite some friends over for some LGBTQ history. "Nuclear Family" is a three-part docuseries from Ry Russo-Young about growing up with two moms in the early 1980s, when most sperm banks denied access to gay families. "Visible: Out on Television" is a documentary miniseries about the representation of LGBTQ+ people in the television industry. They are available on various streaming services. Whatever your viewing pleasure, I hope you are staying

connected and staying cool.

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

• • •

## Singles

BY KATHY SHADDOX

Our members are enjoying their hot summer days and hot August nights! We kick off this month with our monthly Birthday Celebration on Sunday, August 2nd in the Terra Cotta Room at Kilaga Springs. All members who were born in August will get a free Drink on our club; and Dennis Doane will lead us in singing Happy Birthday.

Join us at our Activities Meeting on August 4th in the OC Computer Room. If you have new ideas for events, be sure to let us know.

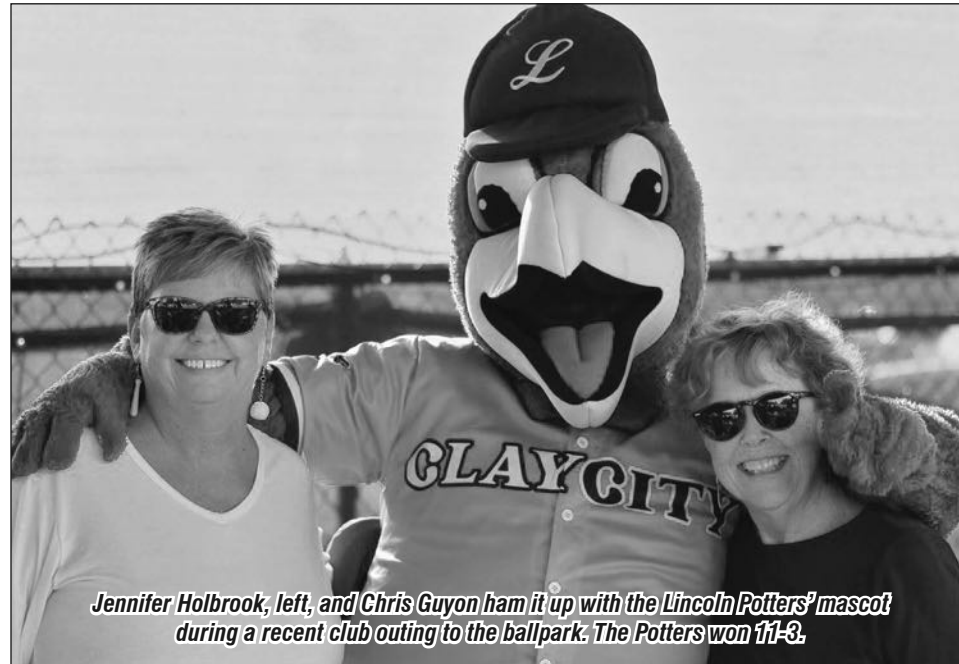
2nd Saturday Breakfast will be in the OC Sports Bar on August 8th. It is a great way to meet other members. Dennis Reid will greet you, and you may order anything off the menu. No reservations needed.

Our Business Meeting is on Wednesday, August 12th at Kilaga Springs MP Room. Be sure to attend, the meeting is short, and immediately following we will be playing Left/Right/Center games.

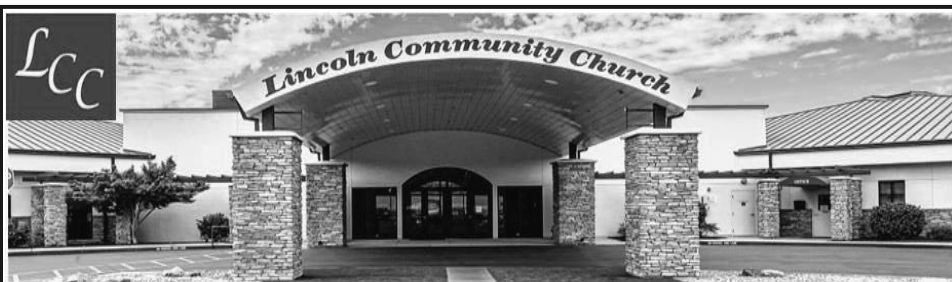
Watch for our blast telling us where the Cocktail Time will be on Wednesday, August 19th.

One of our big events will be our Awesome

(cont' on page 19)



Jennifer Holbrook, left, and Chris Guyon ham it up with the Lincoln Potters' mascot during a recent club outing to the ballpark. The Potters won 11-3.



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## Singles

(cont' from page 17)

Auction to be held on Wednesday, August 28th in the OC Ballroom. This is how we raise money to be spent to lower the cost of our dinner dances. Put your thinking cap on and come up with an auction item that your fellow members can bid on! Items like, ride to the airport, lite yard work, dinner party at your home, tickets to shows, Backyard parties, wine tasting, etc. Maybe, you have a new idea!!

Singles play Bocce on Wednesdays at 10:00 am at the Sports Plaza, with our Captains, Peggy Woods and Jim McMann.

Wish you could join? Contact Mari Long, Membership Chair at 916-409-9136

That's all Folks

Hope to see you at the events

• • •

## Shalom Social Group

BY JUDY GANULIN

Rain or shine, summer or winter, the Shalom Social Group continues to offer interesting activities, good food and great camaraderie! That's one reason our membership keeps growing. Our next big event is Pizza and Bingo night on August 19. Our Women Together heard an interesting and informative presentation on a topic that concerns almost all of us –decluttering! Following another successful brunch, our Men's Club is busy planning the next one. Last month we had members of The Sacramento Bee staff meet with us to explain their new plans to engage the community. Our group is focused on Jewish culture, history, and food, but membership is open to all. For information on membership or our activities, please call Margie Gulko, 916-543-5303 or Deanne Iliff-Maisel, 530-518-3704.

• • •

## Alzheimer's-Dementia Caregiver's Support Group

BY DENISE WEBFIELD

This group provides a unique opportunity to meet with others caring for someone with dementia. We share experiences and resources. The Women's Group meets on the first Wednesday of each month. (August 5th) at 1:00 PM in the Fine Arts Room (OC). The Men's Group meet on the third Thursday of the month

(August 20th) at 10:00 AM in the Multipurpose Room (OC). Please Note...there will be NO General meeting in August due to a room shortage. September is our annual social!!! We have a date...and a theme! "Take me out to a Ballgame" Get your favorite Jersey or ball hat ready to wear!!! Any ball team counts! There will be games, prizes, and food! Date is September 23rd. 1-3 pm at the Sports Pavilion. For more info contact Elizabeth Farley 916 521-9968 or elizjohnfarley@gmail.com

• • •x

## Bosom Buddies

BY DOTTIE SUHRHOFF

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

July was a fun month. We took a tour of the Lincoln Public Library, had lunch at Leatherby's and hosted a Caregivers Luncheon. The library tour, led by Linda Derosier, was very interesting. We learned about all the services and spaces provided by the library. There is a huge children's area, computer areas,

new release books, lockers to get books without having to come into the library, newspapers, magazines, rooms available for rental, and classes that are offered. After the tour, our group went to Leatherby's for lunch and ice cream!

We also had our annual Caregivers Thank You Luncheon with a theme of summertime fun. We want to give a huge thank you to Verity Gould and Karen Tetzlaff for all their hard work organizing this great event with over 40 people in attendance. The food was wonderful and the Watermelon Trivia and Beach Bingo games were tons of fun.

We will have a core meeting on Thursday, August 6, and our regular meeting on Thursday, August 13.

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

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

• • •



## Low Vision Support Group

BY STU SINGER

Every day Doctors of Optometry do a wonderful job of prescribing eyeglasses that can restore one's vision somewhere in the vicinity of 20/20. However, for many people with low vision the task of creating near normal vision is not possible. For such individuals the goal is to find the best possible outcome, which is often far short of 20/20. Fortunately, there are Optometrists who are specially trained to make these challenging diagnoses. The Low Vision Support Group's August 4 presenter is just such a specialist. Dr. Rachel Norton, Director of the Low Vision Clinic at the Sacramento Society for the Blind, will share the latest innovations in maximizing results for those with visual impairment. Dr. Norton will also have several of her colleagues share their insights with the group at 2 pm in the Fine Arts Room at Orchard Creek. All Sun City Lincoln Hills residents are invited to attend.

Upcoming Meetings:

September 1, 2 pm, Fine Arts Room at Orchard Creek. A panel of instructors from the Society for the Blind, will share their journeys dealing with severe vision loss and their roles aiding others in the community. Last year a similar group provided profound insights and great inspiration to our group.

The October 6 meeting will feature Roseville Retinal Specialist Dr. Cameron Pole who will discuss new medical treatments with a particular focus on Macular Degeneration.

• • •

## Multiple Sclerosis

BY JERI DI FIORE

Oh, my goodness it's been hot! But what a good time to stop and catch up!

We'll be catching up officially in-person at our next scheduled MS Meeting:

Tuesday, September 15, 1 PM, Kilaga Springs Lodge, Sierra Room.

In the meantime, our small group of 65-and-over, Lincoln Trailmixers is working hard to again be the Number One Fundraisers in this year's Multiple Sclerosis Campaign.

A generous matching donor has offered \$2,000 for donations starting 7/15/26.

Text Captain Joni Deutsch 916-398-0349 to make your Matching donation please.

(cont' on page 21)



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## PROSPER<sup>US</sup>

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Placer  
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FOUNDATION

## Multiple Sclerosis

(cont' from page 19)

The MS Society is the largest funder of MS research Nationwide!

Thanks so much to our Corporate Donors:

Devin Arp - Sunrun Solar, Donna Judah - Coldwell Banker Real Estate, Hank Rhoads - American Senior Mortgage, Star Dental - Roseville, Roberts Retirement Financial Services.

Are you newly diagnosed, or have a friend or relative with MS, you are invited to our September 15 Meeting, 1 PM, Kilaga Springs Lodge.

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

• • •

## Genealogy Club

BY NANCY SWITZER

The password for today is, "Vexillology". The term was created in 1957 by American scholar Whitney Smith, as he combined the Latin word vexillum (meaning flag or banner) with the Greek suffix -logia, (meaning study of). The August 21st 10:00 AM Club Meeting at Presentation Hall, Kilaga Springs, is in part about Vexillology.

Our presenter, Dave Gillard, the President of the Gold Country Chapter of the Sons of the American Revolution will speak about the historical facts behind several flags which were used in the American Revolutionary War and also answer questions about becoming members of the SAR/DAR after the program. Dave will be assisted in his presentation by Gold Country Chapter members Ron and Connie Barker, and Dave Hulbert, a Sun City resident.

We are still looking for a Vice President and a Recording Secretary. Please consider helping our club become even better by volunteering! You will not be in it alone!

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

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

Coffee, Cookies and Chat afterwards in the Café.

• • •

## Food Adventures Club

BY KATIE BLOOM

The Food Adventures Club offers members a wide variety of dining experiences and other food related activities. The club has the following events scheduled for the rest of the year:

August 26th: Pizza party at Kilaga

Mid-September: Lunch at Mati Greek Restaurant

October 19th: Trader Joe's Day at Kilaga

November 9th: Thanksgiving dinner and trivia in the Ball Room

December 11th: Christmas activity at Kilaga

We are currently planning activities for 2027.

Contact: Debbie Clawson debdeb53@yahoo.com; 510-449-6130.

• • •

## LH Italian Club

BY ANNE (CORSARO) FINN

Were you able to join us for our annual inaugural dinner and dance in July? If so, you enjoyed a wonderful evening of toe-tapping fun that transported guests back to the Roaring Twenties. Now it's time to get ready for our regional event at KS on August 22. Featured will be the beautiful area of Liguria, Italy. Follow us on a virtual tour to the port city of Genoa and through the stunning coastal area of Cinque Terre on the Italian Riviera. You'll be treated to food tastings and a live demonstration of how to make Genovese pesto. And the best



part is, you won't need to pack heavy luggage or deal with jet lag! There's still time to purchase tickets, so don't miss out! Please check out our website at [www.lhitalianclub.org](http://www.lhitalianclub.org) for details on these and future events. For membership information, contact Sandi Graham at 916-826-5711.

• • •

## Travel Group

BY LINDA & JOANNE & PAM & LISA

A big "Thank You" to all the travelers that attended the Lincoln Hills Travel Show on July 29. It was gratifying to see new and old friends who travel with us. The next Travel Show will be on MONDAY, November 9, 2026, at 1 pm in the Willow Room of the Lincoln Public Library.

Travel Group Member Appreciation Event- Mixer and food at the Lincoln Hills Sports Pavillon in October. More details to come!

Please be sure to check our website [lincolnhillstravelgroup.com](http://lincolnhillstravelgroup.com) often for new tours and events.

Some updates on tours:

- Kingdoms of Southeast Asia is sold out but the waitlist is always available!!
- Holland/Belgium Tulip River cruise in April 2027 still has a few openings.
- Explore Tuscany in April 2027 has space available but act fast.
- Discover Spectacular Scandinavia in June 2027 has seats available.

New - Amish Country Getaway

New - Discover Switzerland, Austria, and Bavaria featuring Oktoberfest

New - Niagara Falls to New York City  
New - Discover American Heritage Holiday

New - Antarctica (2028)

New - Discover Tropical Costa Rica (2028)

Look for future trips coming in 2028 - Spain & Portugal, Morocco, Alaska, Japan's Cherry Blossoms, Canadian Rockies and Rocky Mountain train, London & Paris! And more!!

All trips on the Lincoln Hills Travel Group website include airfare and a ride to/from the airport. You can sign up for any of these trips on our website with a secure link directly to Collette.

Lincoln Hills Travel Group Leaders: Joanne Schumacher 415-999-1242 [jkschumacher1@gmail.com](mailto:jkschumacher1@gmail.com), Lisa Viviano 916-798-7462 [lisav4747@gmail.com](mailto:lisav4747@gmail.com), Pam Speck 916-925-389-6302 [joepamspeck@gmail.com](mailto:joepamspeck@gmail.com), Linda Bevins 916-666-7627 [djbevins17@gmail.com](mailto:djbevins17@gmail.com)

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## RV Group

BY MARY CARBREY.

I'll be honest with you. I thought I had seen and done everything around Angels Camp, California. So, when our Club scheduled a rally there, I figured I would just kick back and enjoy the wonderful weather and RV camaraderie.



We toured the magnificent Calaveras Big Trees, hiked around New Melones Lake, ate a fabulous catered Italian dinner, explored Mercer Caverns, and enjoyed a huge bonfire. But I was most pleasantly surprised by our private tour of the Angels Camp Museum. I highly recommend it! That's the beauty of our club. We can always discover new places from

(cont' on page 22)

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## RV Group

(cont' from page 21)

each other's previous experiences. And who better to share it with, than our fellow RVers?

To learn more, see our website at [www.lhrvg.com](http://www.lhrvg.com) and join us on the second Thursday of the month, 4:30 PM in the Placer Room. And remember, all types of RVs are welcome! For general information contact our club president, George Slaats at 916-257-3372 or [Georgeslaats@gmail.com](mailto:Georgeslaats@gmail.com). For membership contact Cara Roberts at 925-330-9387, or [Constanceroberts@gmail.com](mailto:Constanceroberts@gmail.com).

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## Sports Car Club

BY ROB PHILLIPS

In our Mission Statement we state that we participate with our sports cars in select civic and/or community events. That is just what we

did when a small group took part in the City of Lincoln 4th of July Parade celebrating our country's 250 Anniversary. While we were limited to only a few cars, we were sure that out participants were driving Red, White or Blue cars.

On Thursday July 16th nearly 20 cars embarked on a day trip to Grass Valley and lunch at historic Tofanelli's Restaurant. While the weather was a classic warm July day club members enjoyed the scenic drive. This drive from Lincoln to Grass Valley offers a scenic journey through California's Gold Country. Rolling hills, horse ranches, vineyards, and majestic oak trees give way to granite outcroppings and views of the American River canyon. This relaxed drive is as enjoyable as the destination, capturing the character and beauty of Northern California's foothills.

More rides are in our future so if you have a sports car join us - New members are always

welcome! If you're interested in joining or learning more about the club, please visit our <http://lhrsportscars.com> or contact Carol Asnault at [casnault@comcast.net](mailto:casnault@comcast.net)

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Representing the LHSCG in Lincoln 4th of July Parade.

(cont' on page 23)



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## Tesla Club

BY PAUL GARDNER

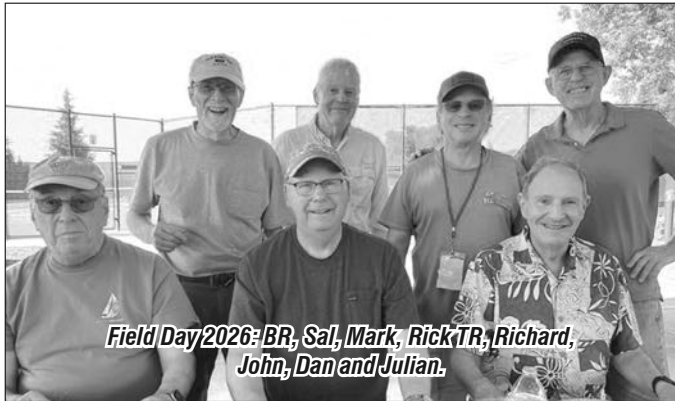
The next meeting of the Tesla Club will be on Saturday, August 29, in the Kilaga Springs Presentation Hall, with our doors opening at 1:30 to allow for lots of Q and A. Membership in the club is free and you are invited to attend and bring your friends and neighbors who might be interested in driving a Tesla. After the meeting, we will be happy to provide rides to those who would like to experience the incredible magic of Full Self Driving. For further information log into lhteslaclub.com or email lhteslaclub@gmail.com

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## Amateur Radio Group

BY DAN LEHRER, KN6DRN

Field Day 2026 for the LHARG was a smashing success. Despite antenna challenges, Excel freezing up and wind gusts, the Team came through. Antenna experimentation was



Field Day 2026: BR, Sal, Mark, Rick, TR, Richard, John, Dan and Julian.

undertaken by Mark, KM6HDI. A vertical soaring into the air was hoisted up and down several times to achieve a low SWR. Mark also built a tabletop "shack-in-a-box" allowing for easier viewing in our Northern California sunlight. John, NQ6Q set his own goal of trying to contact all 50 States on Field Day. He came close with 44.

We had a delicious Pizza Party at dinnertime with special beverages and even a Birthday celebration of Dan's, KN6DRN Daughter.

The Club had 64 Phone contacts and 215 Digital QSO's. We accumulated 1,310 Bonus Points and our total Preliminary score was 2,308.

Meetings are held at the South Tower every Monday night at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the

LHARG. We can help with programming handheld radios. For more LHARG information visit our Website, the URL is: lharg.us or email dlehrer72@gmail.com

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## Republican Club

BY SUE DUMAS

November 3rd is just around the corner! Your Club and your Country need you!

This summer has been electrical! Celebrating Americas historical 4th of July 250th birthday with Parades, FIFA competitions, record breaking pyrotechnical displays, and many more – plus, our own celebration!

Sadly, on July 11th Senator Lindsey Graham passed. Our hearts go out to his family, staff and the good people of South Carolina. His presence, influence, work, humor, and love of this country will be greatly missed.

Last of summer fun is almost over for this year, as we gear up for November!

Wednesday, August 19th – (KS) Presentation Hall – Movie night – 6:00 PM doors open; movie starts promptly at 6:15 PM: "Glory" – Starring Matthew Broderick and Denzel Washington. Awarded 3 Oscars, including Best Actor - Denzel Washington.

Robert Gould Shaw leads the U.S. Civil War's first all-black volunteer company, fighting prejudices from both his own Union Army, and Confederates.

Wednesday – September 16th – (KS) Presentation Hall – 6:00 PM to 9:00 PM Speaker Night, Guest Speaker will discuss several key propositions on November's ballot.

Wednesday – October 7th – Sports Pavillion – 12:00 PM – 3:00 PM – Candidate Speakers and Ballot Review Lunch. Come hear a plain English explanation for a better

understanding of propositions, as written on your ballot.

The most important job at hand, is to get our conservative base to VOTE! Placer did a better job of voter turnout of California's 58 counties, but we need to do even better! To do this we need everyone to "show up" ... to put together info packets, walk neighborhoods, register voters, harvest ballots, and work at polling stations. Our club needs volunteers to head up or work in different committees, to win in November. Find out how you can help!

Check out our website or Lincoln CA Republicans on facebook.

www.RepublicanClubSCLH.org

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## Veterans Group

BY STEVE WITMER

Leatherby's Family Creamery will be the venue for the Veterans Group's annual ice cream social on Thursday, August 13. Advance reservations are required because seating is limited. Members interested in attending should RSVP to Lois Gilbert by email not later than August 7 with the number of attendees at: grandma-lolo@sbcglobal.net. For questions, call Lois at 650-759- 5583.

Planning is underway for the group's next social event, our annual Oktoberfest luncheon on October 23. We are seeking a volunteer to work with the Veterans Group social events chairman to manage the event. Complete records of earlier events are available as

(cont' on page 24)



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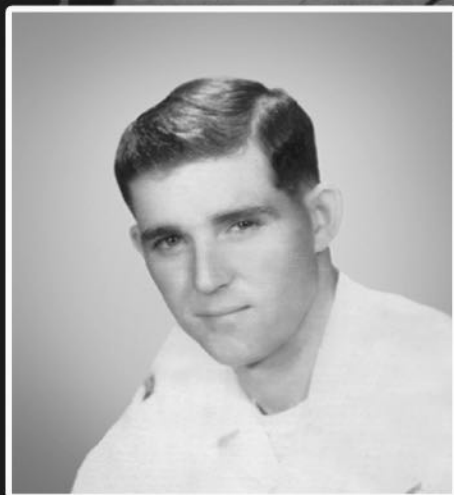
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## Veterans Group

(cont' from page 23)

guidance. Contact Phil Cameron, 916-705-4310, [pcam45@yahoo.com](mailto:pcam45@yahoo.com), if you are willing to help.

Residents can pick up a bright, new American flag on the 15th of the month when the Veterans Group sells replacement flags in the Orchard Creek lobby from 8:00 a.m. to 4:00 p.m. Flags are \$20 each. To purchase a flag at anytime, contact Van Oosbree at 559-307-5577, leave a message with your name, address and phone number and the best time to call back.

...

## Democrats

BY PAT MACHT

In a "just- in- time effort" for opening day of school, Lincoln Dems completed a very successful backpack drive helping the Western Placer Unified School District's Family Resource Center (The HUB) put backpacks on the arms of more than 200 children in need.

Lincoln Dems step up for whatever the HUB needs because, in spite of its small size, it is a mighty backstop for struggling kids and families. Located on the campus of Lincoln High School, the HUB was also grateful for the new supply of small toiletries we provided earlier. Showing up to help others is one of Lincoln Democratic Club's signature programs.

Big news in August: The Western Placer Unified School District election is heating up and several candidates will present at our

August 20th meeting at Kilaga Springs Lodge. We will hear what they stand for and get those burning questions answered.

Moving into the Fall will demand our full focus on supporting Democrats in competitive House and Senate races and exerting our voices in the down- ballot races like the local school board and Lincoln City Council.

There are endless ways our members can help, whether by joining our phone bank crew, or be a door-to-door canvasser. You can support our office, our social media strategy, or write postcards to voters. As Thomas Jefferson once said, "we do not have government by the majority. We have government by the majority who participate." Whatever one's interest and skill, Lincoln Dems are there. It also isn't too late for members to join Our Neighbor-to-Neighbor campaign – where we connect with like-minded neighbors, building a strong coalition to win in November! Go Dems!

...

## Garden Group

BY LORRAINE IMMEL

Kristen Maloney of Serendipity Ranch Flowers in Lincoln says, "Our flowers are about more than just beauty, they are about creating feelings. Our mission is to not only grow beautiful flowers, but to cultivate a special place for our community to gather, discover, learn and connect with nature." She will be the speaker for the August 27 General Meeting, 2:00 PM, Kilaga Springs.

(cont' on page 25)

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## Garden Group

(cont' from page 24)

Serendipity Ranch Flowers offer farm tours and host events throughout the year to provide you with the opportunity to come see their flowers growing, create bouquets of your own and just be surrounded by the beauty on their ranch. Schedule a tour to learn about farming, composting techniques as well as new growth, partial growth, and what it takes to grow a harvest entirely from seed. While they mostly grow cut flowers, they also grow fresh herbs, edible flowers, and vegetables. Their farm has multiple layers of landscapes including an 85-year-old Willow Tree, California Redwoods as well as heirloom shrubs planted decades ago. Visit their website for events about classes, tours, etc. <https://www.serendipityflowers.shop/>

There will be sign-ups for the Table Talk Luncheon at this meeting (invitations have already been sent to members) and Brown Bag Sales, Door Prizes, and Master Gardeners Q's & A's at 1:30 PM.

• • •

## Bird Group

BY SHERRY SINGER

Please note the following schedule changes.

Future Bird Walks:

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

Future Meetings:

No meeting is scheduled for August.

The next meeting will be on SEPTEMBER 21, the third Monday in September

"When we hear a Sandhill Crane, we hear no mere bird. We hear the trumpet in the orchestra of evolution...the symbol of our untamable past" - written by Aldo Leopold, known as the father of wildlife ecology.

While watching Jeopardy! the other night, I heard that Sandhill Cranes are the oldest living bird species on the planet! Not content with a TV game show as a reference, I started reading about Sandhills and discovered an article by Drew Lefebvre from the Montana Natural History Center who wrote on just that topic.

According to the article, the oldest known definitive Sandhill Crane fossil, discovered in Florida, dates to about 2.5 million years ago. Most modern birds can only trace their lineage back to about 1.8 million years. Additionally, fossils of close taxonomic relatives of Sandhill Cranes have been discovered that have been dated to 60 million years ago. The dinosaurs that gave rise to the birds were exterminated by an asteroid merely 6 million years earlier. A possible reminder of how ancient the Crane lineage is, can be heard in the loud, prehistoric



Sandhill Cranes in Lodi

rattling of their calls to each other.

For more information, you can attend an entire festival about Sandhill Cranes in nearby Lodi. The Sandhill Crane Festival has been celebrating this living fossil in early November for 27 years.

Contact Information:

Visit us at our website [www.sclhbirders.org](http://www.sclhbirders.org)

Or contact Don Fallon, our chairperson at [donfallon102@gmail.com](mailto:donfallon102@gmail.com)

• • •

## Hikers and Walkers

BY LISA MARIOTTI

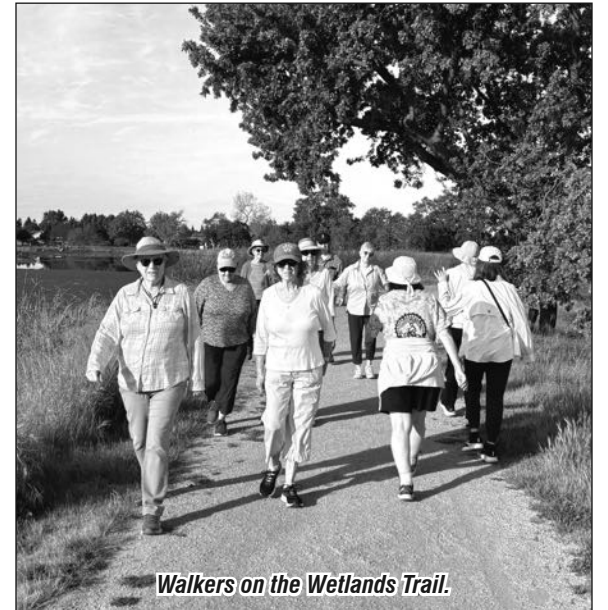
Sun City Lincoln Hills is known for its beautiful walking trails, and our Wellness and Wednesday Walkers make the most of everything our community has to offer. If you love to walk or hike and are looking for a fun, supportive group, join our club and hit the trails with us!

Walk For Wellness started in early 2023 to provide an opportunity for aging individuals to continue walking but at a more relaxed pace with a minimum of hills. The goal of this group is to help people maintain or improve their mobility and social connections (including occasional after-walk coffee at Kilaga Café). The group has also provided an opportunity for people to build their abilities before transitioning to the

Wednesday Walkers or Hikers. The Wellness Walkers generally walk inside our community with favorite walks along the Wetlands Trail and Canyon Oaks/Elderberry Trails. Occasionally we venture outside the community to walk at Lincoln's Aitken Ranch Park or Ingram Slough wetlands.

The Wednesday Walkers meet every Wednesday morning at a different SCLH trail every week. This group walks at a brisk pace and usually finishes a 2.5 to 3 mile walk in approximately 60 minutes. It's a fun way to exercise and mingle with both hikers and faster walkers. The summer schedule is currently in

(cont' on page 27)



Walkers on the Wetlands Trail.

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## Hikers and Walkers

(cont' from page 25)

effect with a meeting time of 7:30 AM (8 AM in winter). The meeting locations vary and if there is a 5th Wednesday, the leaders choose a different route within the community or a local park.

For questions, contact the Wednesday Walkers coordinator Debbie Schryver (916-666-1741) or Wellness Walkers coordinator Karl Aitken (w4wleader@gmail.com).

Check the website for lots of fun hikes in August! Expect cooler weather up in the mountains! Call President Tom Denzler, 530-368-2564 for more information about our club or visit LHHikersandwalkers.org

• • •

## Cyclists

BY TOM FRADY

You would think 9 or 10 different cycling groups riding 2,3 or 4 times a week would be enough, but the Lincoln Hills Cyclists aren't content with that level of activity. Although the club just completed a destination ride to Lake Tahoe and spent the day on the American Rive Bike Trail, more events are planned for the remainder of the year.

On August 13th, there will be another Club Social Hour, this one at Fowler Ranch Farm Brewery. September 23rd is the annual club potluck at the Sports Pavilion. This is a perfect time to get to know rider and spouses . . . and eat some great food.

Next, another destination ride to Solvang.

Of course, while technically not a club event, the annual Tour de Lincoln is October 17th. Club members provide the backbone of the planning committee.

Details of these events will be forthcoming and go to the calendar to sign up.

If you'd like to get out on your bike, even just a little, and are not already a member of the Lincoln Hills Cyclists, give us a try. There is a group just perfect for you.

• • •

## Water Volleyball Club

BY MIKE CARLSON

We've Moved! Due to renovations and repairs at the Kalaga Springs pool, we have moved our play sessions to the Orchard Creek pool until the repairs are completed.

If you haven't had the chance to check us out, now is the perfect time to do so. We play Monday through Wednesday and Saturday.

Contact us at LHWatervolleyball.com or email Elaine at schwatervolleyball+membership.com. See you in the pool!

• • •



## Tennis Group

BY PAULA GRIFFIN

The Wimbledon Woodie 2026 Social was a smashing success! Participation was up 56 percent over last year's numbers. Per tradition at the All England Lawn Tennis & Croquet Club, all white tennis attire, wooden racquets, strawberries & cream, and scones were in play. Picture attached is the winner of the Best Dressed in All Whites contest, Pam Geernhaert, with Tournament Director Eric Garcia. Until next year's Wimbledon Woodie Social, visit us on the courts every Wednesday, Thursday, or Saturday morning for drop-in play, or groove your strokes Wednesdays and Saturday mornings during ball machine practice. The club also offers Triples Play every Saturday morning, and Live Ball play on the second Sunday of the month. Looking for more competitive play? Fall SATA (Sacramento Area Tennis Association) and USTA (United States Tennis Association) teams are forming and begin play soon. See our website <https://SCLHTG.com> or email us at LHTG01@gmail.com for more information on club activities.



Best Dressed — Wimbledon Social 2026.

• • •

## Table Tennis Club

BY WES HILL

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

The club has over 250 members, possessing over 250 skill levels. The odds are excellent you will find others with abilities similar to yours. To accommodate as many players as possible, we usually play doubles. When numerous players are waiting to play, we shorten wait times at each table by having at least two players rotate out after each game. Sundays from 3 PM to 5 PM, and on other days and times when there are fewer players present, we have the option of playing singles. Because of the popularity of the sport, we ask that residents accompany their guests at all times.

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

Club membership is FREE. To become a member and receive our FREE, monthly newsletter, provide your contact information on the sign-up sheet located near the entrance to the Multi-Purpose room during the hours

(cont' on page 28)



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Letters to the Editors...

Authors are solely responsible for the content of their letters.

In response...

I am writing in response to Sally Watkins’ recent “Letter to the Editor” regarding our community. In her letter, Ms. Watkins referred to what she termed the “dark side” of the community she chose to move into. It is unfortunate if the nature of a Homeowners Association (HOA) was not fully clarified prior to her purchase. To provide clarity for all residents, it is helpful to review exactly what an HOA is and how it functions:

A Homeowners Association is a private organization that establishes and enforces rules for a housing community. It collects mandatory dues from residents to maintain shared spaces, essentially operating as a local administrative body for the neighborhood.

Rules: Residents must adhere to a set of guidelines known as CC&Rs (Covenants, Conditions, and Restrictions), which regulate aspects of the community, including home exteriors.

While HOAs limit certain personal freedoms regarding property modification and require ongoing fees, they also protect property values, ensure community aesthetic standards, and grant access to shared perks like parks and recreational facilities.

The community was established in 2000 with specific rules and design guidelines precisely to maintain these standards. These guidelines are also reviewed and updated periodically to ensure they remain relevant.

Ms. Watkins also characterized the

Compliance Committee as a “marauding band of volunteers whose idea of a good time was to find residents to write up for infractions of the rules.” The compliance committee is comprised entirely of your neighbors. We do not operate with personal agendas, nor do we deserve the disparaging labels that have recently been directed toward us. Our sole objective is to volunteer our time to keep Lincoln Hills clean, beautiful, and a pleasant place for everyone to live.

Brenda Cathey

My Rebuttal

I would like to thank the very existence of Sun City, Lincoln. There is no loathing here. There is so much support here, when needed. You just have to reach out. We do have a “Handy Helpers Making a Difference” group that helps when issues/problems arise. Complaints aren’t forwarded to the Board but are dealt with through the Architectural Review Committee as well as the Compliance Committee. There are no volunteers roaming the streets gleefully looking for violations. Yes, committee volunteers do periodic checkups to make sure compliance remains. They just want a quiet safe community for everyone. No one wants to be the bad guy. We moved to Sun City, Lincoln for continuity of standards as well as a quiet and safe environment. If one can’t agree with those requirements then perhaps this community isn’t for you because you are

only going to be miserable otherwise.

I love the fact that there are rules, because where I moved from, there were house colors that stood out and were downright ugly as well as yards not being kept up. Not to mention the streets were lined with cars, some needing repair and some just didn’t have any additional space in their driveway. There would be basketball hoops set up in front of people’s driveways making it difficult to pass when driving down the street.

So, to find a community that has rules in place to prevent that from happening, I was ecstatic. The rules are fair and I have no intention of bucking them. The painters and landscapers all work with the Association so no issues arise. They too work in compliance with community requirements. Pick the same color you had your house painted the last time, attach the paperwork and it’s a no brainer. Unless of course, you have never painted your house. Then yes, you will have to select a color that is in compliance with Sun City Lincoln rules.

The work that goes into maintaining this community is awesome. Without their commitment. We would be like everyone else. I don’t want to be like everyone else. And if I had an issue or I didn’t like to be confined... easy, peasy... I would move to a house that is not connected to an actual community operating under by-laws. That way they won’t need to answer to anyone. Easy enough.

With the amount of things to do here, from the clubs, the facilities, the amenities, I feel like we live in Paradise. I’ve been here for 18 years and am planning to stay here for the duration.

Alice Huntington

**Table Tennis Club**

(cont’ from page 27)

we play. In the last newsletter, you would have learned that a woman standing at the center of a ping pong table should be named Annette. Perhaps more importantly, you would have also been informed of the club’s doubles competitions, the Halloween Party on October 24th, and our Holiday Party December 19th. For more information, check out our club website: <https://sites.google.com/view/LHTTC>

**Senior Softball**

BY ERNIE MICHELI

August is wrapping up the 2026 Lincoln Hills Senior Softball League season! The last games are scheduled for Saturday, August 1.

The playoffs are starting on Monday, August 3, and will keep going through the week! The championship game(s) are set for August 12. Make sure to visit the website ([lhssl.net](http://lhssl.net)) to get the complete schedule and tournament bracket.

The playoffs feature all ten teams from the regular season. To be eliminated, teams must lose twice (double elimination). The teams’ seeding is determined by their regular-season wins and losses. The top two teams receive a bye in the first round.

The end-of-year banquet is happening on August 11 at the Orchard Creek Ballroom, and it’s a fantastic chance for players,

(cont’ on page 29)



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## Senior Softball

(cont' from page 28)

managers, and sponsors to come together and celebrate the season!

A general membership meeting is scheduled for Tuesday, August 4, from 3:00 to 4:00 p.m. at Presentation Hall, Kilaga Springs Lodge.

Huge congrats to everyone who played in our recreational league this summer! The players, managers, umpires, field crew, and scorekeepers all contributed to making 2026 such an amazing season.

Just a heads-up: Del Webb Field will be closed when the playoffs have concluded for maintenance until October. Once DWF is revitalized, Fun Ball will be back in action during the fall. We'll share more details soon.

If you need more information, please contact President Bruce Briggs. You can call 916-543-3401 or email [bbriggsrsoftball@sbcglobal.net](mailto:bbriggsrsoftball@sbcglobal.net).

...



Fran Lively

Photo by David Hughes

## Pickleball Club

BY DIANE FERRARI

Have you been thinking about trying pickleball? Now is your chance! Our FREE Learn to Play class is Wednesday, August 26, open to all Lincoln Hills residents. This beginner-friendly session covers rules, scoring, basic strokes, footwork, and how to get involved in club programs. Play a real game before you leave! Bring water, a hat, and court-friendly shoes—we'll provide the paddles and balls. To register, contact Cathy Shanley at [welcometopickleball@gmail.com](mailto:welcometopickleball@gmail.com). Join the Pickleball Club now. Membership offers: Ladders, Round Robins, Drills, and plenty of opportunities to meet new playing partners. New players are especially encouraged to join. For membership information, visit [lhpclub.com](http://lhpclub.com). Our fall calendar is packed with fun events you won't want to miss. September 15–16 Frenemies Scramble II: The Revenge Tour! Pull on your favorite team's jersey—any sport—and enjoy this exciting scramble featuring both social and competitive play. September 27 Welcome to the Season Round Robin & Party. Join us for pickleball, a potluck, and dancing as we celebrate the start of another fantastic season. October 8 is Oktoberfest! Come enjoy an evening of fun and December 1 is the Winter Holiday Party. Don't miss your final opportunity this summer to receive 15%

off Small Group Training (SGT) with Pro Ian Dickson. Form your own group of 3–8 players for a customized 90-minute coaching session focused on strategy, shot selection, skills, and court awareness. To schedule your group, email [Ian.Dickson@selhca.com](mailto:Ian.Dickson@selhca.com). See you on the courts!

...

(more Club News cont' on page 30)



Team Pickleball 1st Place Winners.

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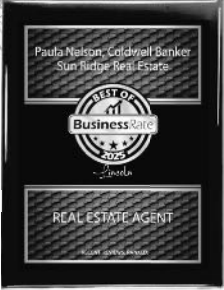
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| Lincoln Hills June Sales Snapshot |                    |             |             |               |                    |
|-----------------------------------|--------------------|-------------|-------------|---------------|--------------------|
| Address                           | Street             | Approx SqFt | Orig Price  | Selling Price | Floorplan          |
| 420                               | Stockman Ln        | 1020        | \$445,000   | \$445,000     | Mariposa           |
| 1753                              | Leander Ln         | 1161        | \$519,900   | \$499,000     | Millpond           |
| 1500                              | Topanga Ln         | 1194        | \$314,900   | \$320,000     | Condo              |
| 1403                              | Topanga Ln         | 1240        | \$565,000   | \$565,000     | Cambria            |
| 955                               | Dogwood Ln         | 1515        | \$547,000   | \$552,000     | Pine Hill          |
| 1550                              | Topanga Ln         | 1519        | \$395,000   | \$395,000     | Condo              |
| 1190                              | Sun Trail Ln       | 1539        | \$550,000   | \$525,000     | Pine Hill          |
| 503                               | Violet Ln          | 1549        | \$500,000   | \$500,000     | Alpine             |
| 240                               | Mountain Quail Ct. | 1549        | \$555,000   | \$585,000     | Alpine             |
| 1170                              | Overland Ln        | 1549        | \$599,000   | \$621,000     | Alpine             |
| 2245                              | Kingfisher Ln      | 1549        | \$570,000   | \$582,000     | Alpine             |
| 1250                              | Tarapin Ln         | 1655        | \$565,000   | \$582,000     | Trinity            |
| 2775                              | Eagles Peak Ln     | 1673        | \$579,000   | \$584,000     | Trinity            |
| 1802                              | Winding Ln         | 1727        | \$689,900   | \$650,000     | Echo Ridge         |
| 1387                              | Tahoma Ln          | 1729        | \$629,000   | \$645,000     | Echo Ridge         |
| 290                               | Lariat Loop        | 1791        | \$678,800   | \$665,000     | Tahoe              |
| 1184                              | Segolily Ln        | 1854        | \$675,000   | \$654,100     | Plumas             |
| 912                               | Castleberry Ln     | 1873        | \$719,000   | \$720,000     | Orchard Crest      |
| 231                               | Cabot Ln           | 1910        | \$769,000   | \$739,000     | Fremont            |
| 1152                              | Castleberry Ln     | 1934        | \$819,000   | \$835,000     | Fremont            |
| 1843                              | Andover Ln         | 1983        | \$745,000   | \$730,000     | Tahoe              |
| 2149                              | Prairie View Ln    | 2073        | \$739,000   | \$770,000     | Annadel            |
| 2356                              | Winding Ln         | 2151        | \$749,000   | \$749,000     | Sausalito          |
| 1152                              | Secret Lake Ln     | 2176        | \$845,000   | \$845,000     | Sausalito          |
| 1260                              | Freschi Ln         | 2192        | \$749,000   | \$739,000     | El Dorado *        |
| 72                                | Sawmill Ln         | 2250        | \$1,025,000 | \$1,035,000   | Napa****           |
| 1607                              | Barn Valley Ln     | 2397        | \$899,000   | \$895,290     | Monterey***        |
| 223                               | Saddlehorn Ln      | 2465        | \$995,000   | \$975,000     | Monterey           |
| 1800                              | Prairie View Ln    | 2514        | \$730,000   | \$699,000     | Tiburon            |
| 700                               | Canyon Oak         | 2955        | \$1,175,000 | \$1,140,000   | Meadowgate***      |
| 1663                              | Barn Valley Ln     | 2962        | \$1,399,900 | \$1,329,900   | Meadowgate***      |
| 2173                              | Sutter View Ln     | 3063        | \$1,310,000 | \$1,285,000   | Santa Barbara*/*** |
| 2471                              | Walden View Ln     | 3063        | \$1,299,000 | \$1,303,000   | Santa Barbara*/*** |

\*Casita \*\* Golf Courtst/View \*\*\*Pool \*\*\*\*Added SqFt

Total Homes sold in Sun City per MLS 06/1/26 - 06/30/26

### Lincsters

BY LORA FINNEGAN

Our Red, White and Blue tournament was a patriotic success with the White team sweeping the field. Kudos to Karen Escobar for stepping up to chair her first Lincsters tournament, and many thanks to her hard working committee.

Team Captains Joyce Kirk (Red team), Marnie Badgley (White) and Patty Alderete (Blue) led their players in energetic cheers and nine-hole rounds. The final scores were close. The Red and Blue ladies tied with a net team score of 101 and the conquering team

was the White shirts with a net team score of 97. CTTT winner - Michele Strouth - 14 feet 4 inches. Fran Rivera won the prize for the best decorated golf cart with an over-the-top creation. And Linda Morley won for best hat.

Coming this fall is the Lincoln Hills Ladies XVIII and Lincsters' Breast Cancer Tournament, benefiting the Placer Breast Cancer Foundation. Come join us: you'll contribute to a good cause and make new friends! Just go to our website: <https://Lincolnhillslincsters.memberplanet.com>

...

(more Club News cont' on page 31)



Lincsters — J. Kirk, P. Alderete, K. Escobar and M. Badgley.

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## Ladies Golf - 18 Hole Club

BY KAREN ESCOBAR

Congratulations to Kathi McCoy, our July Net Chix winner, who posted an impressive net score of 72 on the Orchard Course. Kathi also captured Closest to the Pin with her tee shot landing just 4 feet, 8 1/2 inches from the hole. Flight winners for the month included Donna Sanderson, Maggie Tse, and Karen Escobar.

June featured a three-way tie for Net Chix honors! Sharon Knoll, Robin Cain, and Vivian Lim, each carded a net 72 on the Hills Course. Flight winners for June included Patti Tilton, Sylvia Feldman, Yeong Hur, and Diana Lilienthal.

We are pleased to welcome two new members, Kerry Hart Angel and Cindy Macaluso! Kerry moved to Sun City Lincoln Hills in February from Fair Oaks, California,



July Net Chix Kathi McCoy



New Member Kerry Hart Angel



New Member Cindy Macaluso

where she was a long-time resident, having attended Del Campo High School. She enjoys bowling, hiking, working out at the gym, and of course, golfing. Cindy and her husband moved from Redmond, Washington, in May of this year to be closer to their granddaughters. She is a devoted dog mom who enjoys golfing, gardening, Mahjong, card games, home decorating, and traveling.

If you live in SCLH and want to play with ladies who love golf, we invite you to join the Ladies Golf XVIII group. Our club gathers every Thursday for a fun and friendly Play Day, featuring a

different game format each week to keep things new and exciting. Come join the fun and get to know the amazing women in our club! Please contact our Membership Chair, Kathy Lee, at kathy.lee2@att.net or 925-998-3538.

## Men's Golf Club

BY WALTER MILGROOM

140 players showed up to compete in the annual June Jitters 4 Man tournament.

The competition was close as always, but there were some decisive winners in each of the four flights.

The overall gross winning team was Fred Jaicks, Mike Black, Jeff McClaskey and Ray Overton.

The more prestigious title of 1st place Net winner went to the team of:

Walter Milgroom, Bob Schoenherr, Randy Hamman and John Eisenhower.

2nd flight: Barry Reed, Chris Carroll, Scott Marshall

3rd flight: Gary Homer, Mike Galmeister, Paul Yeager, and Jerre Hanes.

4th flight: Tom Traxel, Doug King and Albert Ferreira

The Men's Golf Club tournaments are open to all members of the golf association and are free of charge. They are held monthly and are a different format each month.

It's a great way to enjoy some friendly competition and meet some new friends.

You'll always be playing with players of a comparable ability as yourself and be flighted with others of a similar handicap.

• • •

## Billiards Group

BY SUSAN VOIGHT

Billiards is for everyone! I should know. I played many, many, (too many) years ago, but never actually knew how to play or ever thought I could learn. All the little bits of information that help you to understand how you stand before moving into a shot, look at the table to see the lineup of the shot you want to take. All the different techniques.

These I learned and much more during the Mentoring sessions we have on Tuesday mornings. Session 1 at 9:15 to 10:15 and Session 2 at 10:30 to 11:30. When you arrive, see Cathy Goebel, who runs these sessions and she will direct you where to go. Go for 1, stay for both!

I started learning about 3 years ago and I love it! The great news is that Mentoring is Free and if you decide to join the Billiards Group,

(cont' on page 34)



June Net Chix Winners: Sharon Knoll, Robin Cain, and Vivian Lim.

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| \$700,000                        | \$17,500                                   | \$10,500                                    | \$7,000                                 |
| \$800,000                        | \$20,000                                   | \$12,000                                    | \$8,000                                 |
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## SUN SENIOR PROFILES *Getting to know you...*

### Tony Machado

(cont' from page 1)

that held her earring, whisked it away and displayed the earring to the woman who had no idea she had lost it. In fact, she thought he had somehow used magic to get it off her ear. A few weeks later, she ran into Tony again and said, "How did you do that?" He didn't have the heart to tell her what really happened and just let her think he was a magician.

Tony was born in San Francisco in 1943. His family moved to Hawaii when he was two. His father was a mechanic, and his mother was a nurse. An only child, Tony grins at the thought of being spoiled rotten. Their house in Hilo was at the beach, and his childhood was a happy one. Until April 1, 1946, when there was a knock at the door. A neighbor asked to borrow a cup of sugar. Tony's dad noticed as he faced his neighbor that the ocean was gone! He immediately told Tony and his mother to get as far inland as possible. The tsunami that hit that day killed 159 people in Hilo and turned their house 180 degrees on its foundation so that the front of the house became the back, and the back became the front. From that day onward, they lived with Tony's grandmother inland in Hilo.

When Tony was nine, the family moved to San Bruno where he eventually attended Capuchino High School. It was a new school back then and became known for its athleticism. For example, the school won 17 championships in 1958. Tony played basketball and excelled in swimming. "I liked the back stroke," he says, "because I could breathe." He graduated in 1961, then attended College of San Mateo.

In 1963, Tony joined the Army and was stationed in San Antonio, Texas, where he was a medic.

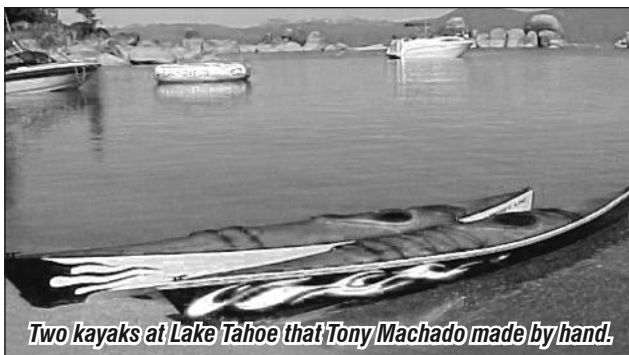
"They called me Doc," he says. He left the Army in 1966 and began working for Wilsey, Ham and Blair, a civil engineering and land surveying firm, where he mapped and surveyed Foster City located in San Mateo County. He was with them for ten years



Tony Machado in 1968.



Tony Machado's entire family in 2025.



Two kayaks at Lake Tahoe that Tony Machado made by hand.

before transferring to Brian, Kangas, Foulk & Associates, commonly known as BKF, an engineering firm that offered services including civil engineering, transportation, entitlement support, land planning, and surveying. Tony worked in mapping and surveying for 36 years until he retired.

In 1969 Tony married Nancy, a nurse by profession. The couple had four children: Julie who lives in Sacramento with her husband, Richard, and two children; Michael who lives in Napa with his wife Kayla and two children; Brian who lives in Burlingame with his wife, Stevi, and two children; and Lindsey, who lives in Napa with her husband Brian and their three children.

Family life made good use of a house they owned in Tahoe, spending summers at the beach and winters skiing on the snow slopes.

In 2005 on a trip to Tahoe, Tony stopped at Lincoln Hills to play golf with a friend. He remembers shooting an 89 and thinking it'd be nice to live here. So, he bought the house but didn't move in until 2009. Since then, and

now single, Tony spends his time participating in the Coyote softball team, the Rec softball team, and plays golf with his buddies two to three times a week.

An energetic person who loves to

work with his hands, Tony also spends time making good use of his carpentry skills. He has made rocking horses, kayaks, rolling cabinets, benches, cradles, and toy chests. He often makes bird houses and gives them away at parties. "That way I'm always invited to dinner," he quips. Once he made 36 bird house kits for his daughter, Julie, to give to her students. But when he mentioned she'd have to use a nail gun, she explained that a nail gun was considered a weapon and couldn't be taken to school. So, Tony took all the kits back, drilled holes in all of them and put the screws in a little so that the kids could assemble them without a nail gun.

Tony's wedding business had him traveling everywhere in California as well as to Oregon, Nevada and Hawaii. He travels with his family to Hawaii every year and even went to Alaska with his softball group. As far as having a bucket list, he confesses that he doesn't have one. "I think I got it all done," he says.

Tony loves living in Lincoln Hills and shows his appreciation in many ways, making things for his neighbors or taking photos. He'll show up, for example, at a dress rehearsal for one of their stage productions, take everyone's individual photo as well as scene and group photos, mount them on special foam board, and give them away for free. It gives him an outlet for his creativity and shows his generosity of spirit and thoughtfulness.

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

## Lincoln Hills Foundation Wise Aging Presentation Series

(cont' from page 5)

"Cognitive Aging, "Living Longer and Living Well," "Fiduciaries, Care Managers and Help When Life Gets Complicated," along with many other timely subjects.

The Wise Aging series is presented as part of the Lincoln Hills Foundation's mission to strengthen the support, services, and quality of life for residents of SCLH. As our community grows older, the Foundation is committed to helping residents navigate the realities of aging through trusted information, practical resources, and grants that support healthier, more independent living.

Plan Ahead, Stay Informed, Age Wisely.

To make suggestions for future presentation topics go to [lincolnhillsfoundation@gmail.com](mailto:lincolnhillsfoundation@gmail.com)

For more information on the Lincoln Hills Foundation go to [www.lincolnhillsfoundation.org](http://www.lincolnhillsfoundation.org)

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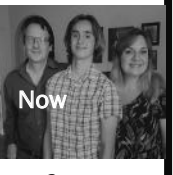
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## Billiards Group

(cont' from page 31)

membership is only \$10 per year

Of course, Mentoring is not just for beginners. We have many different levels of players in the group and our mentors help beginners through advanced players learn something new every week. In fact, during each week, we also have nine different tournaments:

Monday — Billiards 101 and Rack-N-Roll; Tuesday — ChiX with StiX; Wednesday — CueMasters and Co-Ed; Thursday — Upstarts and Players; Friday — Challengers; Saturday — Breakers. You'll definitely want to try a few.

Almost as good as the free Mentoring, is the fact that we are an absolutely fun and welcoming group. You'll make many new friends and will want to make sure you attend our two fun events during the year. Our Summer Picnic and our Holiday Dinner and Dance are both great times to enjoy getting together with the friends you've made and also a chance to meet many of the members you haven't had a chance to meet yet.

Check out our website: [www.lhbilliards.com](http://www.lhbilliards.com). And then come join us at the tables. Have some fun. You deserve it.

• • •

## Shuffleboard Club

BY JON KLINE

Morning Club play continues: Tuesdays and Saturdays from 8:30 to 10:00 A.M. During hot weather, come after 8:00 AM to set up a court and start playing. New players are welcome; we will quickly show you how to play. The four new commercial grade shade canopies give sun protection to the players standing or sitting at both ends of all five courts. Thursday Evening Socials continue. Come join us on Court 10 every Thursday anytime between 7:00 and 8:30 PM to play and socialize. - all residents & guests welcome! Bring a snack or dessert to share. At twilight, we turn on the 8 LED lights. Court 10 is located at the back of the Softball parking lot in the Sports Plaza. "Intro to Shuffleboard" clinics and club tournaments will return in September; check club website or flyers in the OC club bin for dates and times. For residents' open play, all equipment is in the onsite cabinet with use and safety instructions posted there. Court 10 gate is now locked from 7:00 PM to 7:00 AM. Call V-Force security to unlock for evening play: 279-239-9094. You can reserve courts up to 7 days in advance online via the WellFit Resident website. For large group reservations, please contact WellFit to reserve courts 2-8 weeks in advance. Club volunteers are available to help your group get started and go over the basic game & safety rules. Remember that no bending or lifting is required to play shuffleboard, and everything is free.

Contact Jon Kline at 650-279-0001 or at

alsojonny@gmail.com

Club Website: Facebook/SCLH Shuffleboard Club

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## Cribbage Club

BY MEL SWITZER

Close your eyes while I Crib you,

Tomorrow I'll skunk you!

Remember that always is true.

And then while you're away, I'll just win every day,

And I'll send all my winnings to you.

Can't conceive that I'm losing,

You'll know I'm just kidding!

Yet all of my dreams will come true.

And then while I rake hay.

I'll win every day,

And I'll send all my winnings to you!

This person above doesn't always win because the "sharks" in the group just will not let that happen. We play partner style Cribbage, meaning there are four players at each table, and we deal five cards to each player. We just throw one card in "the kitty" and play the remaining four cards in our hand.

Then there is the "dreaded cribbage board", which is used to keep score. But you are NOT required to keep score. Others can do that. If you and your partner win, you score 121 points and the two "losers" move to the next table. On a great day, you never move from your first table. On a poor day, you are a "social butterfly". If you end up with "the lowest" score all session, you get your admission fee back. You can't beat that.

So here are the recent winners: June 16th John Gilmore, June 23rd Mike, June 30th Ken Jones, July 7th Mark Edmonds and July 14th Jerry Carlson. All these superstars and the rest of us play Cribbage each Tuesday morning starting at 8:30AM in the OC Card Room. We welcome all those who know or want to learn this simple card game to join us. We're a fun-loving group. Come join us and we will be happy to see you.

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## Duplicate Bridge

BY WENDY WOHL

Bridge perfectly balances logic, psychology, and teamwork. You and your partner decide each other's hands through agreed upon bidding, then try to outsmart your opponents by deducing card placement and probabilities. Every hand is a new puzzle which keeps the brain incredibly sharp. If you have been playing social bridge for a while and want to step it up a notch, contact our President, Elise Homer, 916-303-0751 for advice on how to proceed. Games are every Wednesday and Saturday in the KS lodge.

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(more Club News cont' on page 35)



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## Euchre Club

BY SUSIE SMELSER

Try something new to beat the heat: Euchre! A fun card game loved by many in the midwest. Have you ever been "euchred"? What the heck is a bower? What do you mean the jacks are the highest? Wait, the Jack of clubs is really a spade? These and many other intricacies are all part of the simple card game Euchre, a quick to learn, easy to play, fast paced trump-based game. The game is played in groups of four or six, working with partners to take 3 out of 5 "tricks". We welcome all levels of players, and we enjoy teaching anyone that has not played the game. The club meets on the 2nd and 4th Thursdays from 6:00 to 8:00 PM in the card room at the OC Lodge. For more information contact Susie Smelser 707-362-6518, susiesmelsers@gmail.com

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## Pedro Group

BY BONNIE KING

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

Contact: Denise Jones – 916-543-3317.

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## SSNLH WRITERS...

### S'Mores And More

BY JOY S. HUTCHISON

Growing up in California, our family vacations centered around camping out in various state and national parks within a day's drive from home. We knew all of the songs at the evening campfires and enjoyed making America's favorite dessert, sticky, gooey, chocolaty S'mores! I remember that I would swirl my whittled stick just so, roasting my marshmallows to golden brown before I squished them between two graham crackers garnished with Hershey's chocolate squares.

Thinking about those days, one of my very favorite places to camp was in Yosemite. In those days, we would wake up to the smell of frying bacon and perked coffee wafting through the campground. After a day of hiking the waterfall trails and enjoying a meal wrapped in aluminum foil and roasted over hot coals, we would head over to a clearing to watch the brown bears as they dug into the dumpsters to enjoy their evening meal. We would then continue on to the campfire where a forest ranger, dressed in his very spiffy uniform, would present some kind of nature program along with assorted types of entertainment. After the campfire was over and dusk had settled into the valley, we were alerted that the big bonfire at the top of Glacier Point was about to be shoved off the ledge, with "Let the fire fall!" heard from below. Our eyes looked upward

as the glowing embers gently floated over the majestic pillars of granite before extinguishing above the valley floor.

Although I've made many visits to Yosemite since then, those childhood memories are when I learned to appreciate and protect this beautiful place. In 2018 my oldest daughter and I spent a long weekend at a watercolor workshop there, and on one of our days we set up our easels and paints at the base of Yosemite Falls where John Muir's cabin used to be. It was a thrill knowing that my eyes were seeing the same natural beauty he loved so well and the wonderful heritage he left for future generations to enjoy.

I'm sure you have memories of your childhood vacations, too. It's not only fun to reminisce, but it's fun to share those memories with those you love.

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### The Worst Rabbit Hole Ever

BY STU SINGER

"Hi, I'm Chloe, your automated AI Agent! I am dedicated to ensuring that we solve your problem! So, let's get started! In a few words, tell me how I can help you today!"

Her voice was perky; my sense was ominous. In a tone normally reserved for my tax accountant, I responded "I am having an issue with the Hulu app on my television."

This is the conversation nobody wants, but almost everyone must endure. Despite the upbeat nature of this and any other AI voice, positive outcomes are rare. And yet, this was

my only viable option.

Let me explain. I have had the same cable provider for more than two decades and have been subscribing to Hulu for years, largely because I love "The Bear". My wife and I have watched all four seasons on our app. A month ago, as we sat down to start the final season of the show, the app erroneously notified me that I needed a paid subscription or I must sign into my account. My accurate ID and password failed. As did my equally correct phone number and email. Weeks of unsuccessfully changing passwords and futile Google searches, left me at my wits end. My wife told me to let it go; it was not worth the stress.

No way, Chloe owed us that fifth year.

Unsurprisingly, my second and third attempt to communicate with Chloe failed. By the fourth try, I found myself talking louder, slower and with exaggerated enunciation much like one would speak to a toddler or a pet. Even Chloe's AI algorithm seemed to be tiring of the ordeal. Perky had largely given way to exasperation. "Let's just try doing this a different way", she intoned in a voice my mother had often used on me when frustrated. "Let's try to be more specific about your problem".

It was time to turn to a carefully crafted skillset. Thanks to hours of experience in similar situations, I can say the word "representative" 12 times in less than 15 seconds without becoming winded. If needed, the pairing of "representative/agent" can be spoken 10 times. I'm still perfecting "Live Agent".

(cont' on page 37)



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# Freedom From Back Pain

Now, a clinic that fills the missing link of healthcare and chronic pain.

Has your chronic back pain made life difficult, unbearable even?  
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Are you suffering from stenosis, bulging or herniated discs?  
Have doctors and specialists offered you pain management techniques that don't really address the problem?

You are not alone. Nearly 38% of the world's population suffer from debilitating back pain. And even more unfortunate, the surgeries recommended to fix you have such a high failure rate that there is a medical term for it, Failed Back Surgery Syndrome (FBSS). FBSS comes with a whole host of symptoms that often make life more difficult than it was before you opted to have surgery and include persistent pain that can affect not only the back, but the neck and limbs as well.

***"For our 45th anniversary our children gifted us an Alaskan cruise," shared Max G. of Wheatland, "It's the trip of a lifetime! But while the excitement of exploring the Tundra Wilderness was almost too much to bear, so was my back pain. I've had two failed surgeries and my surgeon keeps pushing for another. One of those fool-me-once situations, but I also didn't want to spend 10 days in a cramped cruise room miserable and taking pain pills."***

Not all hope is lost however. We specialize in treating back pain. Whether it's from a disorder, repeated injury, osteoarthritis, or something more complex like FBSS, we are helping people live lives free from pain!

Our patients are typically individuals who have been told they should have surgery but would either have a difficult time going under the knife or have tried that route with little success and decided to explore other options. There is more to healthcare than prescription pills and scalpels. By offering several integrative therapies at Lincoln Acupuncture we are able to combat and treat your pain from several angles ensuring the possible outcome.

We have pioneered non-pharmaceutical, non-surgical innovative medical solutions that not only address the back pain itself, but its cause as well.

Acupuncture has been used for thousands of years to reduce inflammation, increase blood flow, and stimulate the release of endorphins, the body's natural painkillers. To expedite this process, we integrate a targeted microcurrent therapy called ATP Resonance BioTherapy™. This technology was originally developed by NASA to expedite healing and recovery.

In especially complicated conditions they will also utilize BioVantage Regenerative Therapy™, a proprietary technique that makes use of terahertz frequency. We use it today to combat inflammation and in a majority of cases, offer our patients a more permanent solution.

***"If you would've asked me 3 months ago if I thought I would feel this good after acupuncture treatments, I would've told you, you're nuts! But I'm a believer! My wife and I are currently booking excursions for the cruise and I'm actually looking forward to it. Before I would've been hesitant to even schedule something like dog sledding knowing my pain was through the roof, but now I can't wait! Obviously I have my kids to thank for this trip but I can't help but take my hat to the team at Lincoln Acupuncture because those ladies are the reason I'm going to truly enjoy this trip."***

The staff at **Lincoln Acupuncture** have the skills to help. Your success is our priority.

Ready to schedule your new patient consultation?  
Call **(916) 884-0398**, a Vitality Coordinator is ready to help you get started living life pain free.

**Take Back Control of Your Life! Contact 916-884-0398**

## The Worst Rabbit Hole Ever

(cont' from page 35)

The fourth “representative” forced Chloe into her first tactical mistake.

“I gather you want to speak to a representative. Is that true? Please respond, “Yes” or “No”.

“YES!”

“I’m sorry, I could not understand your response. Please respond “Yes” or “No.”

It is unlikely Chloe is going to improve at discerning “yes” from “no”. Strategy hint: Stay quiet and force her to make the next move. Stay strong.

She caved. “In order for me to get you the proper representative, please describe what you need assistance with.” She had now switched to her DMV voice.

While this query qualifies as a victory, it can also easily careen into very dangerous territory. The wrong response can snatch defeat from the jaws of victory. For example, saying “For years I have paid for my Hulu app but now it has stopped working”, can allow Chloe to pivot to a recitation of my current account balance, minimum payment due or the history of Hulu. And, of course, the dreaded “Did this answer your question, yes or no?”

Staying with a coherent game plan when dealing with an AI assistant is essential. Wait for Chloe to falter. “Let me connect you with a representative.”

The smell of victory.

However, before you think congratulations

are in order, be aware that not all AI stories have happy endings. Yes, she did connect me with a representative. Cheerfully, he told me that while he completely sympathized with my situation, and believed it would be easy to fix, he was not the right person to deal with this app problem. Consequently, he was going to connect me to a supervisor who could. Before I could ask for a contact number, there was the sound of a phone ringing. Soon that stopped, to be followed by a worrying silence. Then came a dial tone. This encounter had ended. I put my phone down knowing this entire process would have to be repeated.

I will...but not today.

...

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

## ATTN: Retired Law Enforcement Officers

You are invited to join us for our quarterly meetings for some camaraderie, coffee and terrific guest speakers.

We were formed in 2002 and have approximately 120 members.

Please contact Chuck Schmidt, the RLEO Group coordinator at: 530cms@gmail.com

## Kilaga Spring Library

BY SARAH I. KEVIN

Lights, Camera, Read!

We’ve been busy creating two exciting new displays, and we think you’re going to love them! First, check out our new Page to Screen section, where you’ll find books that have been transformed into movies, TV shows, and documentaries. Read the book, then watch the show — or do it the other way around! Either way, it’s twice the fun. And book lovers, don’t miss our Meet the Author display, a collection of every book featured in our Meet the Author Lecture Series over the past three years. It’s a wonderful walk down memory lane and a great reminder of the incredible authors who have visited us. Come in, browse, and discover your next great read. We love sharing these treasures with you!

## Meet the Author Lecture Series

BY RITA RUTLEDGE

Meet the Author Lecture Series: Marissa Vanskike

Monday, September 14, 2:30 PM  
Presentation Hall (KS)

Ever have coffee at Rebel Hen in the historic Lincoln Brand Feeds Building? The

protagonist of local author Marissa Vanskike’s most recent book does. Her book is set in our own backyard, the town of Lincoln, where she lives with her family. The many recognizable references have you feeling like you are a character in her book.

Vanskike is a mystery and thriller author known for her adept use of suspense and shocking endings. With three published novels to date, her work has been praised for its twists, suspense, and binge-worthy plots.

Her novels have been published in more than seven countries and explore themes of complicated family dynamics, sacrifice, and the lengths one will go to reconcile the potent disconnect between fact and truth.



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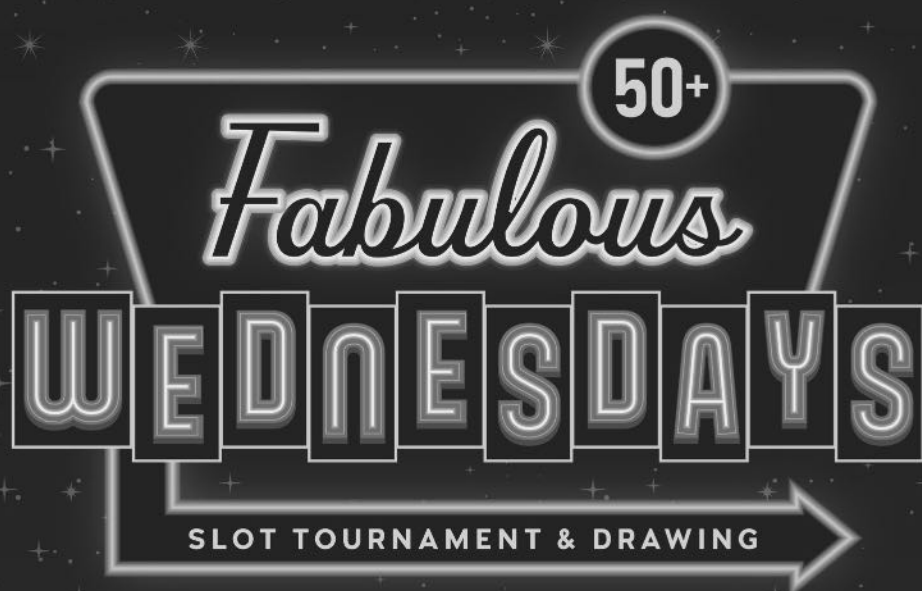
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# LH Foundation —

(cont’ from page 1)

on others. A room refresh, yard makeover, special day trip, or meaningful experience can remind a senior that they are known, valued, and remembered during a difficult situation in life. Stop by their table at Bingo and hear some wonderful success stories.

August Bingo will be on Thursday, August 20th so mark your calendars. As we will still be in the hot days of summer, take advantage of the cool ballroom and get out of the heat. Doors open at 12:30 and play starts at 1:00. Twelve cards for \$25, with exact change appreciated. Payouts are \$100 for the first eleven games and \$250 for the final game. Make an afternoon of it and enjoy lunch at Meridians beforehand.

Bringing a group? We are taking table reservations. Email your request to [lincolnhillsfoundation@gmail.com](mailto:lincolnhillsfoundation@gmail.com).

Looking to volunteer? Contact us at [www.lincolnhillsfoundation.org](http://www.lincolnhillsfoundation.org)

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

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

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

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

# SUN SENIOR NEWS CLASSIFIEDS

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SUN CITY REAL ESTATE UPDATE

There are multiple markets across the country that are seeing values fall. I, honestly am a bit surprised by the resilience in our regions market. While we have seen values fall, the fall was I would call fluff. Whenever we have an overheated market like 2020-2021 people will pay over for housing because demand exceed supply. What I’ve seen is that the fluff from those buyers who paid top dollar has gone but the underlying values seem to be holding. We will know more as we head into the second half of the year. Late summer and fall since 2022 is when we have seen prices dip.



WRITTEN BY

GEORGE BROWN

[gbrown@thompson-brown.com](mailto:gbrown@thompson-brown.com)

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- ◆ ONE AD PER HOUSEHOLD, PER MONTH
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- ◆ Lost and found items/pets.

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

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

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

If you have any questions, please email us at: [SunSeniorCA@gmail.com](mailto:SunSeniorCA@gmail.com)



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



George Brown

RECENT SALES IN LINCOLN HILLS

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

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