

SUN SENIOR NEWS

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IN THIS ISSUE

Neighborhood Watch, Singers	3
All Tune Up, Music & Laughter, Dance	5
Round Dancing, Drama.....	5
Strategic Planning, Governmental Affairs	6
Sunshine Services.....	6
Executive Directors	7
Fine Arts.....	7
Needle Arts, Stamps, Solo Friends.....	9
Jewish Fellowship, Healthcare Professionals...	9
Meditation, Socrates, Conseratie Action	11
Veteran & Patriots, Travel	11
Democrats.....	13
Garden, Birders, Hiking.....	15
SCR Library News	16
Tennis, Table Tennis, Pickleball.....	17
Water Volleyball, He & She Golf	19
Sierra Pines Ladies Golf	19
Timber Creek Women's Golf.....	19
Timber Creek Men's Golf	20
Golden Niners	20
Bocce, Billiards, Conhole, Croquet.....	21
Safety First, Letter to the Editors.....	24 - 25
Observations, Cribbage.....	26
Bridge, Classifieds.....	27

And Much More . . .

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Candy Bryant — Carving a Life of Independence

BY JENNIFER (JEN) MARTIN

George Bernard Shaw once said, “We don’t stop playing because we grow old; we grow old because we stop playing.” His words remind us that engagement, curiosity, and lightheartedness are not luxuries—they are protective forces as we age. One of our newest residents, Candy Bryant, exemplifies this spirit. Actively involved in SCR activities and committed to a fiercely independent life, she seems destined to grow older with grace and fulfillment.

Since moving here two years ago from Humboldt County, Candy has participated in Solo Friends, Needle Arts, Citizens Patrol, Garden Club, Boomers Club (VP), Democrats Club, Government Affairs Committee, Fine Arts, Bunco, Bocce, Swim Aerobics, and the Solo Friends’ Book Club. She also enjoys events such as wine tastings, musical performances, including the Eagles Tribute Band concert, MJ



The Musical and more.

Born in Eureka 1956, Candy grew up with her older brother, Randy. Her father, a

World War II Marine veteran, later became a police officer and retired as a captain. He was also a gunsmith with a shop behind their home where he made and sold rifles. He met Candy’s mother, who had joined the U.S. Navy as a WAVE, at an officers’ dance at Quantico which he attended with a friend..

After Candy graduated from Eureka High School in 1974, she completed two years of business and legal secretarial studies at College of the Redwoods and began working at a law firm in Arcata.

By 1980, Candy had moved to Houston, Texas, where she met her husband, Ted. They married in 1984 and eventually returned to San Jose, California, to be closer to her family. There, she worked in Silicon Valley for several semiconductor companies in their legal departments assisting with semiconductor

(cont’ on page 23)

SCR Foundation 2026

BY KATHI STROPKAI, Chair

Thank you to everyone who participated in our July 12 Bingo fundraiser. Whether you joined us as a player, volunteered your time, or supported us behind the scenes, your involvement makes a meaningful difference. Every Bingo event helps the Foundation continue its work on behalf of our community, and we are truly grateful.

Please mark your calendar for November 22, which will be our final Bingo fundraiser of 2026. We hope you will join us for another fun afternoon. Bingo is open to the public, so please feel free to invite your friends and family.

As August is National Wellness Month, it is a great time to focus on health. Research suggests that regular self-care and healthy habits can significantly improve happiness and reduce stress. Wellness does not require dramatic lifestyle changes; small, consistent choices can lead to lasting results.

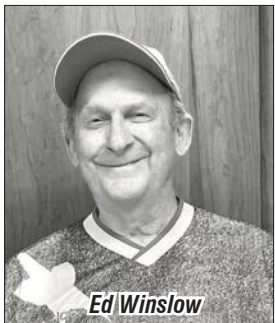
Consider taking one simple step today, such as drinking more water, adding more fruits and vegetables to your meals, improving your sleep habits, or practicing meditation for a few minutes each day. You might also consider joining a yoga, walking, or aerobics class. True wellness goes beyond diet and exercise to nurture your mind, body, and spirit. For older adults especially, staying active, eating well, managing stress, and maintaining social connections are all linked to longer, healthier, and happier lives. This August, we encourage

(cont’ on page 25)

Harmonicoots

BY JO ANN STOOKSBERRY

Our July started out with a bang! We had a great turnout for our July 2nd sing-along at the Pines. The crowd was so enthusiastic, and we even got a Standing-O at the end! We also played before the Annual 4th of July Golf Cart Parade, and it was so wonderful to see all the decorated carts honoring our



Nation’s 250th Anniversary. It was estimated over 140 carts participated!

The Harmonicoots have 2 new members we would like to introduce. Deb Descano was born and raised in Philadelphia. After 45 years in Colorado, she moved to Sun City two years ago. She met our current President, Dennis Hellman, who handed her harmonica and told her, “come to practice!”. The rest is history. After only playing 2 months boldly joined our sing-along performance. Having no music experience or ever playing an instrument she says “I’m loving it”. Ed Winslow and his wife Kay moved here in January from Walnut Creek, Ca. He is semiretired from the legal profession. He enjoys golf, dancing activities, and the opportunity to be with groups of people who also enjoy playing music. He joined the Harmonicoots after meeting a current member and also has never played the harmonica before. Kudos to both Deb and Ed for playing in a major performance so soon!

Just remember we are practicing at the partial Timbers Ballroom until reconstruction is finished. We practice from 10:30 -12:30 every Thursday. Please come in and introduce yourself. If you need us for entertainment, call Jo Ann Stooksberry at 916-749-4425 at least one month in advance.

Harps Up!

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(more Club News cont’ on page 3)

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EDITORS
Gregg & Liz Goldthorpe

ADVERTISING
Gregg Goldthorpe

CONTRIBUTORS

Jennifer (Jen) Martin, Kathi Stropkai, Jo Ann Stooksberry, Sharon Mowry, Jackie Proett, Peggy Wells, Jane Bohn, Wikki Clark, Cathy Razumich, Lenora Davis, Marty Boyer, Mike Luken, Susie Rivera, Geoffrey Browne, Nancy Vavul, Tim Miles, Nikki Combs, Lois Arlen, Karen Levine, Linda Gordon, Ed Cervantes, Steven Gustafson, Sherri Scott, Marty Boyer, Pam Scheel-Hemingway, Suzette Austin, Janet Morelli, Silvana Hughes, Elizabeth Gustafson, Marilyn Vandyke, Jeff Caraska, Marilyn Pluth, Debra Dingman, Jahna Holmes, Dana Eggerts, Mary Nearn, Rich Aug, Bill Moorman, David Moore, Jim Wilsom, The Roseville Police Department, Martin Green, Bruce Ahnberg, Joyce Wade.

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

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Neighborhood Watch/Citizen Patrol

BY SHARON MOWRY, Activities Director

We're excited to share several updates to the Citizens Patrol and Neighborhood Watch programs. First, please join us in welcoming Karen Levine. Karen has been a resident for more than six years and will be a friendly, welcoming presence in the office. She brings a wealth of experience and is an excellent fit for the position.

We've also updated our office hours. The office is now open Monday through Thursday, 8:00 am to Noon. Our Citizens Patrol (CP) program is staffed by 145 volunteers who patrol the community every evening from 7:30-10:00 pm, 365 days a year, including holidays. While on patrol, volunteers watch for anything unusual, such as suspicious activity, vehicles parked in unexpected places, individuals who appear lost or disoriented, and garage doors left open. When necessary, they notify the appropriate authorities or residents. Their dedication helps keep our community safe.

The Neighborhood Watch Program is organized into 13 Villages, each divided into Teams led by volunteer Team Links. Team Links communicate important information to residents and may organize neighborhood meetings throughout the year.

Supporting them are 34 Communicators, who distribute updates from our office to Team Links, who then forward the information to their Teams. This communication network helps keep residents informed about important community matters.

We also have the role of Assistant Team Link, but few volunteers currently serve in this position. Over the past two years, vacant Team Link positions have increased, leaving some Teams without representation and limiting communication to some residents.

Thirty years ago, these programs benefited from an abundance of volunteers. Today, recruiting has become much more challenging. As we evaluate the future of Neighborhood Watch, we're exploring more efficient ways to communicate with residents, including a community-wide email distribution system that can quickly reach everyone with email access.

While the Citizens Patrol program continues to operate successfully, the Neighborhood Watch program may evolve in the coming months. Whatever changes are made, our mission remains the same: to help keep our members safe, crime low, and property values high.

Over the next several months, we will also transition to the NorthStar database used by other Association departments. This change will streamline reporting, eliminate redundant processes, and support more efficient community communications.

We welcome your feedback! Please share your suggestions through the Suggestion Box on the resident website. And if you'd like to get involved, we'd be happy to welcome you as a volunteer!

Sun City Singers

BY JACKIE PROETT

It's August and the Dog Days are licking their chops! They are called Dog Days, because, Sirius, the Dog Star has brightly moved into the summer skies at the hottest time of the year. So far, we have lucked out. The weather has almost been, puppy dog cool. By the time we start back to rehearsals, on Monday, August 17, the Growlers may be woofing in hot lament. Don't worry, the Singers handle the leash! Christmas Carols and a snarky AC out cool the Delta Breeze!

For those of you who came to our "Sold

Out" Concert and would like to join us, now is the perfect time. August 17, 2:30 back of the Ballroom. Auditions are not necessary, and you may attend three times before joining. You'll not only receive that shivering pack of music, but a warming group of friends.

Hope you have had a wonderful vacation. Hope you celebrated Dads, Grads, and the wedding, I Do-dads. Hope you are rested and ready to get back to work preparing our Christmas Concert. Aren't we lucky, knowing that we will be greeted by Director, Paul

(cont' on page 5)

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SCR Foundation Newsletter

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What is Wellness?

The Foundation's mission seeks to support Wellness by promoting engagement and connection with neighbors to reduce social isolation through supporting programs and services that enhance social connections emotion and physical well being for Sun City residents. Wellness is a lifestyle that promotes and helps individuals to maintain their health and wellbeing. Wellness is crucial for senior citizens to maintain independence, manage chronic conditions, and improve overall quality of life. It enhances physical strength, balance and mental clarity while reducing social isolation and emotional stress. Engaging in Wellness programs promotes healthy aging, prevents injuries, and helps

us remain active and engage in our Sun City community. By boosting mental and cognitive health it supports memory and reduces the risk of dementia and depression as well as reducing social isolation. For us here in Sun City, Wellness can be a proactive approach for improving overall quality of life, maintaining independence, developing resiliency, and increasing longevity. As seniors we can support our own Wellness by participating in activities ranging from walking and swimming, eating a nutrient dense diet, hobbies, group activities and community involvement, to having regular medical screenings and check ups. To date, the Foundation has sought to provide opportunities to increase resident Wellness through such programs as our Home Maintenance Program, CPR Training, Caregiver relief through Del

Oro, Alternative Living Resources booklet, Survivorship Guide, and sponsorships of various social activities. Going forward, our goal is to expand our support in the areas of community outreach, caregiving, and creating resident connections through a proactive and holistic approach that improves longevity, self esteem, cognitive function and emotional resilience. We'd love to hear your thoughts on how the Foundation could support your health and Wellness. What's working come? What's not? What would you like to see in the future? Let us know and forward your thoughts to Judy Webster at scrfoundationjw@gmail.com

Sun City Singers

(cont' from page 3)

Melkonian and Accompanist, John Hazelrigg. And yes, we adore dogs and hope you won't mind being treated like one, if we asked you to "sit and stay".

Here's to celebrating 250 years of the greatest Country of all.

• • •

All Tuned Up

BY PEGGY WELLS

Well, it's hard to believe that we are already in midsummer! Our Mayshow, "Spring Sing", was a great success and a good time was had by all. ATU is now gearing up for our fall show on October 7. We haven't picked a theme yet, and we haven't printed tickets yet. But there will be more information forthcoming in the September edition.

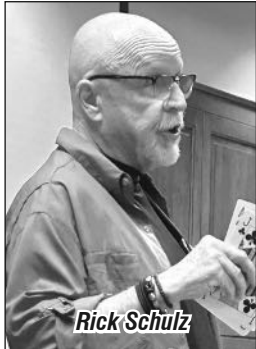
As you may be aware, ATU's regular time was 9:30 on Thursday mornings. But due to the construction project on the new gym, we were moved to 2:00 on Thursday afternoon. So, if you like music, come and check us out at Sierra Pines; singers and all instrumentalists are welcome. There is no audition, and no one ever has to sing a solo. So, if you want to have a good time, come over to the Pines on Thursday afternoon.

• • •

Music and Laughter

BY JANE BOHN

Our last months 'Open Mic' hour of Music and Laughter was once again well attended with a variety of entertainers to keep the smiles on our faces.



Rick Schulz

Entertainers included: pianist Toni Dicapua, singer/guitarist Bruce Barley, magician Rick Schulz, comic Ed Lick, singer Linda Kosut accompanied by guitarist Bruce Barley, flutist Robert Reeder, and jokester Jack McGurk.

Our prize raffle at the close of the show brought smiles to exuberant winners, namely: Sharon Bryant, Nancy Sinclair, Lily Safdie, Elaine Pitt, Jack McGurk, and Linda Kosut.

A special thanks goes to our wonderful fan

club, our fabulous entertainers and all my assistants including Leora Cranmer, Arlette Bennett, Pamela Moll, Doug Hull and Lily Safdie. This group would not survive these precious 25 years without all of you.



Violinist - Beverly Morris

We hope you'll bring a friend, neighbor, spouse or significant other along with a whopping \$1 entrance fee our prize raffle at the end of the show and join in the fun at our next gathering on Wednesday evening 7pm August 12, (doors open at 6:30pm) at our Sierra Pines lodge located on the corner of Del Webb Blvd, and Whistlestop way.

• • •

Dance Club

BY VIKKI CLARK

The Sun City Dance Club continues to keep our members active, entertained, and connected with an exciting lineup of events!

On June 15, members and guests gathered for our annual Election Dinner/Dance, "Stars, Stripes & Spotlights," welcoming the newly elected Board of Directors for 2026-2027. Congratulations to Mike Reed, President; Mary Little, Vice President; Charlie Baughman, Treasurer; and Vikki Clark, Secretary. We look forward to another outstanding year under their leadership.

A total of 104 guests enjoyed an evening filled with great entertainment and fellowship. The event featured five outstanding dance performances showcasing the talent of our club members, followed by a delicious Mexican buffet dinner. The evening concluded with open dancing as DJ Joe kept the dance floor full with a variety of favorite tunes.



Dance — Intro to Line Dance Group.



Dance — Country Couples Group

Our next event was the Performance Showcase on July 20, featuring performances by all dance classes. During intermission, attendees had the chance to win fabulous raffle prizes. This is a fun and must-see event every year.

Looking ahead, August 17 brings our popular All Line Dance Social, "Let's Line Dance... 5, 6, 7, 8!" Whether you're taking your very first line dance class or have years of experience, there will be dances for every skill level. Tickets are available at any dance class or at the door on the evening of the event.

Then, on September 21, don't miss our Ballroom Workshop & Social, taught by the talented instructors Sandi Kremer and Paul Albert. This fun and informative event offers dancers the opportunity to learn new techniques, improve their skills, and enjoy an evening of social dancing.

With so many wonderful events planned, there's never been a better time to be part of the Sun City Dance Club. We look forward to seeing everyone on the dance floor!

• • •

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 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 scilhsquares.weebly.com

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Drama Club

BY LENORA DAVIS

The Drama Club will continue to be involved in rehearsals over the next few months as we prepare for our performances on October 18 and 19. Now is the time to mark your calendars so you do not miss out. Our program will include 4 short comedic sketches sure to entertain and bring laughter to our audience. We hope you will be able to join us.

We have a number of new members who are excited about being on stage for the first time. It's always fun and rewarding to watch them evolve and gain confidence in their acting skills.

In June we completed an actor's workshop, which included character development techniques. As you can see from the photos -

(cont' on page 7)



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Strategic Planning Committee

BY MARTY BOYER

Two projects being pursued by the Strategic Planning Committee illustrate the visionary and problem-solving roles of SPC.

First, since the removal of diseased trees at the bocce courts, SPC has been seeking replacement shade. We recently purchased and had installed temporary pop-up tents while exploring ideas for a permanent solution, including solar structures. Various problems made solar functionally and financially impractical.

Due diligence led us to an affordable concept. Several submissions have been narrowed down to two designs similar to structures installed at the outdoor pool. We expect a detailed proposal for review by committees and the Board of Directors by September with installation next Spring.

The second project, in the preliminary study stage, is a possible new cart building. The more successful Sun City's services and amenities are, the more we wrestle with space issues around the pro shop and restaurant. More public play requires a fleet of carts we need to securely house and maintain. A booming restaurant and catering operation is challenged by a cramped kitchen. The golf pro shop needs more retail space and the Rose Garden offices are inadequate.

SPC envisions a new cart barn on the grass area next to the chipping green. The

new barn would securely store 89 carts and include maintenance, club equipment services and staff space. The vacated cart area at the Lodge would be repurposed to expand the kitchen and pro shop, and add space at the Rose Garden offices.

Funding would come from Common Area Improvement Account. If the Board directs staff and SPC to proceed, the design work could begin this Fall. The proposal would go to residents for a vote next Summer. Construction could begin in Spring of 2028 with expansions in the old cart area to follow and be completed late in 2028.

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Governmental Affairs Committee

BY MIKE LUKEN, *Chair*

The Governmental Affairs Committee had a full agenda on July 14, and we'd like to share a few highlights with the community.

Our guest speaker was Rob Haswell, CEO of Visit Placer, who reminded us what a remarkable place we call home. Placer County spans 1,400 square miles of wonderfully diverse geography, from Gold Rush foothill towns to alpine lakes and forests. In 2025, visitors spent \$1.566 billion here — up 4.1% over the prior year — supporting roughly 16,000 jobs. Placer ranks #2 in California for quality of life and is among the healthiest, happiest, and safest counties in the state, with more than 1,000 family farms and 14 farmers' markets. Rob

encouraged us all to explore our own backyard and support local farms, restaurants, and the Wine Trail. Learn more at visitplacer.com and getplacergrown.com.

Legislative representatives shared updates from Congressman Kiley, Senator Niello, Assemblyman Patterson, and Supervisor Gore. Of local note, a \$225 million federal CHIPS Act grant will help transform the Roseville site for semiconductor production, and a Government Job Fair is set for August 3, 10 a.m.–3 p.m. at the Rocklin Event Center. Supervisor Gore's office announced a Homeless Supply Drive on August 27 (3–6 p.m., 1211 Pleasant Grove Blvd.), plus a Backpack Giveaway and National Night Out, both August 4.

On the Phillip Road Project, the City of Roseville continues to process public comments and prepare the Final EIR; there is no truth to rumors of a hyperscale data center at the site. We'll update the community via the resident website as news arrives.

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Sunshine Services

BY SUSIE RIVERA, *President*

Please join us on August 19, 10:00am to 12:00pm, in the Lodge breakout rooms for our next speaker event. We're excited to present "Empowering the Caregiver." Speakers include representatives from the Alzheimer's Association, Deloro Caregiver Resource Center, and Elder Care Management. We'll cover Alzheimer's Awareness, Caring

for the Caregiver, and Compassionate Communication for Aging Families. We hope to see you there!

Many residents aren't aware that Sunshine Services is separate from the Foundation. We rely entirely on donations. Every dollar received goes toward fixing or replacing equipment. Our donation box is in the Lodge lobby, underneath the Courier magazine rack. The proximity to repair request forms on the adjacent wall, leads to requests in our donation box. It takes a few days to spot these forms. Once discovered, we put them in the correct folder. That delay is the reason residents might not hear back immediately. We absolutely love seeing your generous donations – keep them coming! A little reminder: if you have a repair request, we kindly ask you to double-check the folder location. We are really counting on donations to keep things going strong. Your support truly makes a difference!

We're looking for an Events Coordinator. We host three speaker events a year and would love to have someone who enjoys helping coordinate these events. The position focuses on planning and working with speakers to ensure everything runs smoothly. The Event Coordinators focus is finding engaging speakers and helping make each event a success. Enjoy organizing, meeting new people, or have ideas for future speaker topics? This is a great opportunity to make a difference without a large time commitment. If you'd like to learn more or are interested in volunteering, please contact Sunshine Services. We would love to welcome you to our team!



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Executive Director Comments

BY GEOFFREY BROWNE

As we move into our new Fiscal Year of 2026-2027, I again find myself thinking of all the change that has happened this year. Our community's history here has its foundation in the past, with an eye to the future - that is the Sun City way. The past is important to us, and we're proud of how far we've come and the people who've helped bring us here. Only by studying and learning from the past can we meaningfully move forward. And moving forward we are!

Change before you have to. — Jack Welch

At our Board Orientation in late July, we ensure the newly elected Directors counted (Note: I do NOT know at the time of writing who the winners were!) are familiar with the organization of the Association, the various departments and leaders, and how they all interact. We'll also make sure they understand their role and the legal responsibilities they have to the members and the Association in general. That new Directors will elect the Association Officers and be sworn in at the Annual Meeting on Thursday August 6, 2026 in the Ballroom by City of Roseville Mayor Krista Bernasconi. Be sure to attend as this meeting is open to all Association members.

At the Annual Board Retreat later in August the new Board and I will have a chance to set goals and objectives for the next 12 months. I am sure that discussions around our Vision and Mission statements

will again direct us toward a commitment to the highest service levels, our top-quality restaurant, our best-in-class golf course and our other exceptional amenities, all of which will continue to improve. Other discussion points will include fiscal responsibility, project development and strategic planning for future growth, improved member communications, and protection of property values.

And it is also a chance for all of our new volunteers to begin their work. It is from this pool of committed residents that new ideas and fresh energy is found, contributing greatly to the advancement of our community. The unique opportunity to give back and serve the community that offers so much to all of its residents will not only teach you a LOT about what goes on in Sun City, but you'll also meet a LOT of smart, funny, and genuinely kind people you should be proud to call neighbor.

We look to the past for lessons learned through our community experiences, and now we're looking to help chart the path forward. We've learned over the years that it's important for you to have a forum for positive, two-way communication, and we're listening. Together we can continue our "change" strategy and ensure our positive momentum continues for many years.

Drama Club

(cont' from page 5)

we nailed it! Well, anyway, we did have a good time while learning a lot from our instructor, Karen Pinomaki, who is instrumental in the drama program at Sun City, Lincoln Hills.



Actor's workshop, which included character development techniques.



The October 18 show is a luncheon with reserved seating at tables of ten and the October 19 show will be an evening performance with general theater seating. Tickets will go on sale beginning September 1 from any Drama Club member or at Courier Day in the lodge, and

again on October 1 Courier Day - while they last. They will be priced at only \$15 for the evening show and \$35 for the luncheon, which will offer your choice of cranberry almond chicken salad sandwich, Cobb salad or veggie wrap. Luncheon seating will be determined by date of purchase.

As always, you can get more information about our Club by contacting president, Susan Glover (530-388.6367), or myself, vice president Lenora Davis (707-350-1357)

• • •

Fine Arts Club

BY NANCY VAVUL

As we step into the heat of August, we want to extend a warm and heartfelt thank you to everyone who turned out and supported our very successful "Christmas in July" pop-up sale. Your enthusiasm and attendance contributed to a wonderful event!

This month, our gallery theme is all about water—whether it's stunning beaches, the vast oceans, beautiful waterfalls, or simply something refreshing to drink. We invite you to come and explore the creativity of our talented members through their interpretations of this theme.

We are excited to feature the talented Delia Price in the Card Room this month. Join us for her reception during our Open House on August 9, from 10:00 AM to 2:00 PM. This is a great opportunity for art lovers to enjoy her work as well as the beautiful pieces created

(cont' on page 9)

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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

A simple line drawing of a schoolhouse with a chimney and a flag on top.

Maximize existing school capacity before constructing new facilities
- 2

A simple line drawing of a school bus.

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

A simple line drawing of a checklist with a dollar sign and a checkmark.

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

A simple line drawing of a hard hat with a checkmark on the side.

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

A simple line drawing of two hands, one with a star on the palm, reaching towards each other.

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!

Fine Arts Club

(cont' from page 7)

by our members on display in the Fine Arts Room gallery.

Mark your calendars for August 13, when Mary Tess Mayall will be the presenter at our membership meeting. This promises to be an enlightening event as she shares insights about the happenings at the Blue Line Gallery in Roseville.

On August 26, from 3:00 to 5:00 PM, Nanci Woody will host an uplifting poetry reading in the art room, featuring several members of our club sharing their own poems. Enjoy some delicious snacks while immersing yourself in the beauty of spoken art.

We are pleased to announce that our classes are up and running on our regular schedule again. Be sure to check our website, the "Spotlight," or the art room for details, and don't forget to sign up and pay. We welcome beginners in all our classes, so if you're interested, give us a try!

Let's make the month of August a month that brings us together in creativity and inspiration!

• • •

Needle Arts Club

BY SUSIE RIVERA

While summer heat keeps some residents indoors, our sewing machines have been humming, needles flying, and conversations flowing. If there's one thing I've learned, creativity doesn't take a summer vacation!

This month, I'm honored to begin serving as your new President. Together, we will build on the club's wonderful traditions, keeping Needle Arts fun, welcoming, and full of fresh ideas. Thank you, Peggy Voakes, for your dedicated leadership, unwavering commitment, and years of outstanding service as President. Our business year began on July 1st. If you haven't had the opportunity to pay your dues yet, you can pay at the August 5th meeting.

Even though we didn't have a meeting in July, we had a great time at the Thread Connection potluck on Wednesday, July 22nd, at Sierra Pines. Everyone brought a mix of main dishes, salads and desserts – it was a real treat!

The Needle Arts room has always been about more than fabric, yarn, diamond drills, embroidery thread or Czech glass beads.

It's where beginners become confident, experienced members share their knowledge, and plenty of laughter gets woven into every project. Whether you quilt, knit, crochet, bead, felt, sew or simply enjoy good company, there's always a chair waiting for you. Even if you don't craft, you're still welcome to join us for great conversation and friendship. In fact, several of our members contribute by volunteering at special events, even if they don't sew.

If you think that August is a quiet month, stop by and see for yourself. You might leave with a new project or a new friend. Our next General Meeting is Wednesday, August 5th at 1:30 pm. The ballroom doors open promptly at 1 pm for back table shopping.

See you in the Needle Arts room, where creativity is always in season!

• • •

Roseville 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.

• • •

Solo Friends Club

BY NIKKI COMBS

It's the Dog Days of Summer and it's too hot to play outside. Lucky for Solo members, we have plenty of indoor activities:

Cool off in the Timbers ballroom at the Monday General meeting, August 3, 6:00 pm.

Enjoy a catered dinner with friends at the Saturday Social, August 15, 6:00 pm. The games or entertainment afterwards create a fun evening.

Since all three book clubs are full, create a new one. VP Heather Kendall can assist.

Join in games of Canasta, Hand and Foot, Kings Corners, Mexican Train, Rummikub, Scrabble, or Asian Mah Jong.

Explore different topics with the Men's Group, Solo Gals, or Storytellers. Or find someone to see new sites with Travel Buddies.

Obviously, these are only the sanctioned Solo activities. There are numerous "private" groups and games that meet and spend pleasant hours under the air conditioning. Ask around, or better yet, find a few friends and create your own group. If you are hesitant about inviting other members into your home, arrange an afternoon meeting for iced tea and brainstorming at the Timbers. If you want to open your group to other Solo members, just see Heather for directions. The sky is the limit when it comes to Solo creativity and socialization.

And while you are playing, talking, or cooling off indoors, think about the origins of Dog Days. Ancient Greeks and Romans noticed that Sirius (Scorcher), the Dog Star, rose with the Sun. They believed the star's heat added to the sun's creating the hottest days of summer. In addition, the star caused droughts, thunderstorms, lethargy, fever, mad dogs, and bad luck. Some of these are obvious just by observing the season. Let's hope that bad luck doesn't follow you to any of the games or activities with fellow Solo members.

• • •

Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

A special thank you with appreciation to Marilyn Egan for hosting the Oneg (a sweet table following the Shabbat service) in June. Lois and Randy Arlen lead the Shabbat



Solo members enjoying the cool ballroom for the General meeting.

(Sabbath) Friday night service.

A very special thank you to our very own Linda Kosut, a talented professional cabaret singer, a story-teller through song, who beautifully performed and entertained us at our JFC event along with her guitar accompanist in June. We also enjoyed an interesting and unique musical spoons opening show performed by two skilled people, Rebecca Hellman and Frank Vanacore, with their rhythmic wooden spoons. Appetizers and desserts were served before the cabaret performances.

Some interesting facts about Judaism:

Judaism is based on the Torah also known as the Five Books of Moses. Judaism believes in just one God. God is usually referred to as "Hashem" which is Hebrew for "The Name". The Jewish people began as slaves in Egypt and were freed by God through Moses who

brought ten plagues upon the Egyptians. Shabbat is God's gift to the Jewish people – a day of rest, dedicated to prayer, festive meals and family. Anyone born to a Jewish mother is Jewish. A person can also become Jewish through conversion under the direction of a rabbi.

• • •

Healthcare Professionals Group

BY LINDA GORDON

At the Healthcare Professionals July Meeting our speaker was Cassidy Paganucci, an Investigative Assistant from the Placer County District Attorney's Office. She titles her talk "A Senior's Safety Seminar." She spoke of all forms of scams facing seniors today, including Financial Abuse & Elder Abuse. It was a most interesting presentation and opened our eyes to many things.

Our next Luncheon Meeting will be Wednesday September 2 at 11:00 in the Spruce Room in Sierra Pines. Our speaker will be

(cont' on page 11)



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Healthcare Professionals Group

(cont' from page 9)

Shankan Arcot from Wellness Within Cancer Support Services. This organization offers opportunities for those affected by cancer to learn about and practice wellness. Stay tuned for more information.

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

Nurses from our group hold a Blood Pressure Clinic for Residents on the second Wednesday of every month from 9:30-11:00am to have their Blood Pressure checked and to discuss any issues they may have. While our usual location in the Fitness Center is unavailable Blood Pressures will be done in Sierra Pines. Our next clinic will be August 12. You may just drop in to have your Blood Pressure checked & discuss any questions you may have.

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

• • •

Meditation Group

BY ED CERVANTES

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

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

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

Here are the dates and locations for our upcoming meetings.

Wednesday, August 12th 1:30pm - 2:30pm

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

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

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

• • •

Socrates Café

BY STEVEN GUSTAFSON

Last month Socrates Café (19 of us) met to discuss democracy, socialism, and the parliamentary form of government. As usual a volunteer facilitator presented three questions for discussion:

1. "Democracy is the worst form of government, except for all the others" and "The best argument against democracy is a five-minute conversation with the average voter" are sayings widely (and disputably) attributed to Winston Churchill. In The Republic, Plato's dialogue from over 2300 years ago, democracy is considered to be unstable and to eventually lead to dictatorship. What is your view of democracy?

2. Polls indicate that most Americans have a very negative view of socialism. But polls also indicate that social security and Medicare and Medicaid are extremely popular, even though they were widely denounced as socialist when they were introduced. Finally, polls indicate that the people in Scandinavian countries that have universal health care, guaranteed retirement income, and other socialist features are among the "happiest people on earth". What is your view of socialism?

3. Most nations in the modern world have a parliamentary form of government, although in many cases the parliament is subservient to an authoritarian (as in Russia). Parliamentary government often works well to preserve individual freedoms (speech, assembly, etc.) even in the absence of a constitution that requires these freedoms (as in Great Britain). What is your view of parliamentary government?

Socrates Café meets on the first Monday of every month at 10:00 in the Birch room of the Timbers Lodge. You are welcome to join us.

• • •

Conservative Action Group

BY SHERRI SCOTT

Reflecting upon our 250th anniversary as a nation with a republic form of government, of the people, by the people, and for the people, it comes down to this: we are the freest country in the world but slowly becoming the last free country in the world. Why? It's possibly this premise, to quote Ronald Reagan. "Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for,



protected, and handed on for them to do the same." Let's take a moment and ask ourselves if each of us is doing all we can to maintain the freedoms we hold so dear. Are we refreshing our memories about the advancements this nation has and continues to make toward a more perfect union? Are we searching out truth in knowledge of what is happening within this country, so we make the best decisions in electing our representatives in government? Are we getting actively involved in supporting those freedoms that will be passed on to future generations and the continuation of this freest country in the world? If your self-answer is maybe not, get started by becoming involved in the non-partisan Conservative Action Group. As our group name says, we lean toward traditional ideology and values. All conservatives are welcome, and no membership is needed.

Here's a chance to meet two candidates running for local offices. They are running

in districts which include Sun City Roseville and will be on our ballot in November. Sergey Terebkov, candidate for Roseville City Council (District 4) and Wendy Biel, candidate for Trustee in Roseville City School District (RCS District 4). Come listen and ask questions of them at Sierra Pines starting at 6:30 pm on Monday, August 3. Hope to see you then.

• • •

Veterans and Patriots Club

BY STEVEN GUSTAFSON

I am writing this on the Fourth of July. It's a day when we celebrate the birth of our nation and the freedoms our nation enables us to enjoy.

On the Fourth of July 250 years ago our Founding Fathers demonstrated genuine patriotism--- a feeling of love, devotion, and attachment to a nation and its values, culture, and traditions. Patriotism involves a sense of unity with fellow citizens and a willingness to give up time, resources, or personal comfort to advance the nation's improvement (especially true for military service).

Sun City's Veterans and Patriots had a well-attended Barbeque at Sierra Pines on June 27, with lots of comradery and live patriotic guitar music.

Our next event will be Wednesday August 5th at 10:00 in the Timbers ballroom. A presentation on The Military Order of the Purple Heart will be made by Rob Gullett, a Sun City resident who is a Purple Heart recipient. And of course, there will be coffee, donuts, and raffle prizes.

You are welcome to join us.

• • •

Travel Club

BY PAM SCHEEL-HEMINGWAY

As I write this, travelers have returned from a whirlwind tour of New York, including three Broadway shows and from a spectacular tour of the Canadian Rockies. Check out their pictures!

Other bucket list trips now available for booking for Travel Club members include:

Utah's "Mighty Five" National Parks and the Rockies—August 10-18 (Collette)

Spectacular Scandinavia — September 9-22 (Collette)

(cont' on page 13)

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Travel Club

(cont' from page 11)

Catalina Island — Sept 14-17 (Alamo)

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

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

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

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

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



Travel Club members in the Canadian Rockies.



Travel Club members on Broadway

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

Tuscany — March 13-21, 2027 (Collette)

Greece and Its Islands — April 13-18, 2027 (Collette)

Alps and Dolomites — May 28-June 9, 2027 (Collette)

South Africa, Victoria Falls and Botswana — Sept 2-16, 2027 (Collette)

Niagara Falls to NYC — October 13-20, 2027 (Collette)

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

More trips are being added so see the Travel Club web page on the SCR web site for details on all trips. Click on the "Trips" button for links to the flyers for all available trips.

The Travel Club meets the 4th Monday of most months at 3:00 pm in the Ballroom, but August is the Social and our September date was changed due to SCR conflicts with Ballroom availability so mark your calendars. Our next regular meeting is September 21, 2026. Remember to bring your unwanted travel items (in excellent condition) for the "back table". Items are available to all members on the first-come basis, so check it out when you arrive at the meeting!

...

SC Democrats Group

BY MARTY BOYER

Our Speakers Series guest at the August 26 meeting, 6:30 p.m. at Sierra Pines, will be UC Davis Vice Chancellor Simon Atkinson, who oversees research programs at the university. Atkinson will explain what the Trump

Administration's slashing of research funds has meant to the UC system and specifically, UC Davis, which is among the schools that were most affected. UC Davis is renowned for its research programs, which also makes it a magnet for the most talented, promising post-graduate students and faculty.

Meanwhile, our Summer BBQ Social held in late June was a joyful event. Catered by Still Smok'n BBQ, everyone enjoyed the traditional American fare days before the Fourth of July



Guests at the Group's Summer Social enjoyed a delicious array of traditional BBQ fare from Still Smokin BBQ.



Blair Kelley

holidays. The event became special when attendees were treated to a mini-concert by Timbers Restaurant staffer and Sun City's own songbird, Blair Kelley. Blair delighted the crowd with three very American, patriotic songs: Blowin' in the (cont' on page 15)



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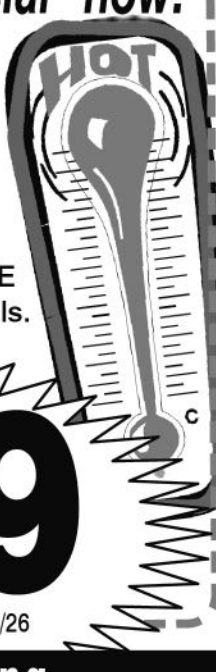
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SC Democrats Group

(cont' from page 13)

Wind, This Land is Your Land, and We Shall Overcome. Blaire is becoming widely known as a singer whose exquisite voice and warm stage presence makes an event memorable. Her songs of hope and patriotism at the Summer Social were uplifting.

• • •

Garden Club

BY SUZETTE AUSTIN

August is a wonderful time in the garden because you enjoy abundant vegetables (like tomatoes and peppers) and late-blooming flowers, while taking advantage of warm soil and cooling nights that are ideal for establishing new roots. It is peak harvest time, but also the hottest time of the year locally. Shift your focus to deep watering, harvesting produce daily to encourage new growth, and prepping for a productive fall garden. Enjoy your Garden!

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

• • •

Birders

BY JANET MORELLI

During the months of June, July and August each year, SCR Birders take a break from bird watching field trips scheduled for the months of the birdwatching season between September and May each year. The summer heat in our birding area, Gridley to Lodi, causes birds to seek shade under cover of deciduous leaves making birdwatching difficult and birdwatchers very uncomfortable in being exposed to the heat and sun. During the break, the Birders will create a new birdwatching Field Trip Schedule for the 9 months starting in September 2026 and ending in May 2027. This schedule will be available on the Birders web site (scrca.org) in August.

An eBlast is sent to all SCR residents signed up on the Birders' email roster a week before each scheduled trip to remind them of the upcoming trip, the destination, date, time, meeting place, and what to bring (carpool and/or park admission fees). New birders are always welcome to join the Birders Field Trips. The only requirement is that they are a current resident of Sun City Roseville. Call Janet Morelli at 916-782-6393 to be added to the Birders' eBlast roster.

The Western Bluebird is a year-round resident songbird of our area. The male bird has a bright blue head, throat, back, wings, and relatively short tail. His chest is brick-red. A female has a grayish-blue head, back and a dull blue wings and tail. They are often found perching on telephone wires and fences



dropping down to capture insects. They usually nest in natural cavities, abandoned woodpecker holes, or bird houses. Nesting spots are often in short supply so the male Bluebird will find one and then entice a female by a colorful display of his brilliant feathers to make the spot their new home.

• • •

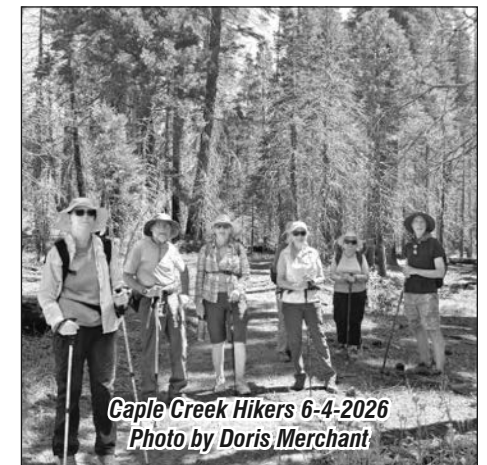
Hiking Group

BY SILVANA HUGHES

On recent hikes we saw snowcapped peaks and a plethora of wildflowers as well as butterflies and moths. How to tell a butterfly from a moth? Butterflies have thin, straight, and long antennae with club-like tips, whereas moths have feathery, thick, comb-like antennae. When resting, butterflies hold their wings upright, while moths will spread them flat. Butterflies are colorful, whereas moths have mostly muted tones. Worldwide, there are about 17,500 species of butterflies and

a whopping 160,000 species of moths; they evolved before butterflies and have had more time to diversify. Moths are very efficient pollinators; their fuzzy bodies easily pick up and transfer pollen. While bees and butterflies are diurnal, moths are mostly nocturnal. (www.brandywine.org)

At our meeting in June, we welcomed



two new members--Linda Vincent and Joanne Ewert--who look forward to joining us on our hiking adventures. Our next meeting will be at Sierra Pines on Monday, September 14, at 5:30 pm. This will be a BBQ with the group providing burgers and fixings and the members bringing side dishes and dessert.

A detailed schedule of future hikes is posted on the SCR Hiking Group web page (<https://www.scrs.org/Hiking-Group>). Please

(cont' on page 17)

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SCR Library News

BY ELIZABETH GUSTAFSON

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

This month we have new books by three great authors – Ann Patchett, Lisa See and Maggie O'Farrell. Patchett's *Whistler* is a father-daughter story about Daphne who rediscovers Eddie who was her step-dad for a year 40 years ago when she was nine. Her love for him returns and they share memories of the tragedy that broke them apart.

See's *Daughters of the Sun and Moon* refers to three Chinese women from very different backgrounds who arrive in 1870 Los Angeles to endure strong anti-Chinese violence including the 1871 Chinese Massacre. O'Farrell's *Land* is set in 1865 Ireland following the Great Famine. It is a multigenerational story of migration, loss and a search for a new home.

In non-fiction, *The Visionaries: The Making of the Post-World War II Order in the West*, tells about the Marshall Plan and the Bretton Woods Agreement. The author argues that these plans led to eight decades of peace, trade and prosperity in the West.

New Books — Fiction: Benedict, Marie - *A Pair of Aces*; Benjamin, Melanie - *The Windsor Affair*; Day, Jamie - *Beach Thriller*; Greer, Andrew Sean - *Villa Coco*; Jewell, Lisa - *It Could Have Been Her*; O'Farrell, Maggie - *Land*; Patchett, Ann - *Whistler*; Patterson, James - *Rocket's Red Glare*; See, Lisa - *Daughters of the Sun and Moon*; Steel,

Danielle - *Weddings*; Thor, Brad - *Choke Point*; Woods, Stuart - *Deep Water*.

Non-Fiction: Holland, James - *The Visionaries: The Making of the Post-World War II Order in the West (History)*

Large Print: Benedict, Marie - *A Pair of Aces*; Greer, Andrew Sean - *Villa Coco*; Grippando, James - *The Right to Remain*; O'Farrell, Maggie - *Land*; Patchett, Ann - *Whistler*; Preston & Preston - *Paradox*; Steel, Danielle - *Weddings*; Woods, Stuart - *Deep Water*.

Mayor Bernasconi to Give State of the City address

Mayor Krista Bernasconi will give the 2026 State of the City address at 9 a.m., Thursday, August 20 at the Placer Valley Soccer Complex.

Attendees are encouraged to wear appropriate footwear for walking and standing on synthetic turf surfaces. Lace up your kicks and join us on the soccer field to hear about what gives Roseville the home field advantage.

This event is hosted by the Roseville Chamber of Commerce. The speech is open to the public.

The speech will be live streamed to the City YouTube channel, and a recording will be available after the event.

Learn more at roseville.ca.gov/soc

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Hiking Group

(cont' from page 15)

pack a change of shoes to keep the driver's car clean.

Below is the August schedule, subject to change depending on weather and trail conditions. We meet at 7:45 am in the lodge parking lot near the pickle ball courts for carpooling. All carpool rides in August are \$12.

August 6: Three Lakes, #4.5 (moderate), 5.75 miles, elevation gain 800 feet.

August 13: Penner Lake, #5 (moderate), 6.5 miles, elevation gain 900 feet.

August 20: Hawk's Peak, #5 (moderate), 6.5 miles, elevation gain 900 feet.

August 27: Castle Valley Loop, #4.5 (easy to moderate), 6.5 miles, elevation gain 650 feet.

• • •

Tennis Club

BY MARILYNN VANDYKE

Aloha! Our quarterly Fun on the Courts event was Tennis Hawaiian Style. We had 19

participants, most of them in grass skirts. Island music, hula dancing, decor and Hawaiian games made this a festive event. In a closely contested tournament Ron Houston edged just ahead of John Desmond to claim the first place. Connie Lugo won the prize for Most Like A Coconut and her Hawaiian tourist outfit was also a hit. Pam Wingo won the best Hawaiian outfit contest. The winner was determined by a coin toss.

We have already started planning for the next Fun on the Court event for Saturday, October 31st. We'd love to see our "old friends" and meet new friends. Mark your calendars for this event. You don't want to miss this one. Contact Pramod at psarpotdar2@gmail to request more information about Fun on the Courts events.

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

Do you want to get back into tennis? Used to play, but feel a little insecure now? The

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

Upcoming events:

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

October 31st, 9:00 am - 12 pm - Fun on the Courts; tennis, lunch and socializing.

• • •

Table Tennis Group

BY JEFF CARASKA

Years ago, August signaled the end of summer vacation's last chapter. What seemed an endless break when school ended two months earlier steadily vanished in a haze of carefree bliss.

With the onset of year-round school years, the traditional summer break changed. But for many Sun City residents, June, July and August will always mean childhood freedom.

On that topic, members of the Sun City Roseville Table Tennis group offered some of their unforgettable summertime memories:

Jan Gregson: "I was 6 or 7 years old and visiting my grandparents in North Dakota, my grandma said she had a 'cookie tree'. She had baked cookies, and tied them on the tree in cellophane bags. The bags stayed up there,

even through a tornado warning."

Dave Wammer: "I was at a national Boy Scouts Jamboree in Valley Forge, Pa. One day, our camp counselor was coming back from a water pump with two buckets of water. Just as he was stepping over a small fence, the Blue Angels flew by about 200 feet over our heads. My counselor stumbled, and there were buckets of water everywhere."

Patty Beck: "I took a trip to the British Isles and the best part was a bus ride to the Isle of Skye. It was beautiful. On our way there, our driver stopped to rescue a lamb stuck in a wire fence that ran along the road."

Ed Araya: "We used to camp in the Andes Mountains between Chile and Argentina. We needed a barge to get my uncle's Jeep truck across a river, but the current was so strong, we started going sideways. We eventually were able to get across."

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

• • •

Pickleball Club

BY MARILYN PLUTH

Join the Sun City Roseville Pickleball Club and come out and play Monday through Saturday from 8:00 am to Noon. Take part in our fun tournaments, social events, and great parties.

We welcome our new members Eileen Bellotti, Michael Cook, Don Edgar, Nancy

(cont' on page 19)



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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.

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"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."

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Pickleball Club

(cont' from page 17)

Edgar, Scott Harvey, Lorraine Liberty, Dana Polini, Connie Umbenhower and Gerry Umbenhower.

Join us on the Pickleball courts Saturday, August 22, at 7:30 am to attend a FREE CLINIC. We will cover safety, rules, scoring and work with you on serves. This no-obligation clinic will satisfy your curiosity--and may just get you hooked! You must be an activity-card holding Sun City resident, and should bring water, a hat, a name tag

and wear court shoes. Paddles will be available for those who don't have one. Registration is required. Contact Marlene at Marlenegrens@gmail.com.

Not ready to play the most skilled players? No problem. "Step it Up" lessons are offered to club members who are considered advanced beginners. Attend this clinic to get more training on strategies and techniques to "Step Up" your game. Registration is required. Contact Mo (text only) at 530-864-6923.

From The Kitchen Pickleball: There's no shot more controversial in pickleball than the lob. Consider the type of lob. One from the kitchen line is a much more accepted shot than from the third-shot baseline. We all go to the pickleball courts

to enjoy a friendly and challenging game. One of us wins the rally. One of us loses the rally. But the fun comes from hitting the ball back and forth. A third-shot lob disrupts this cycle and will likely lead to frustration among your opponents if used too frequently.

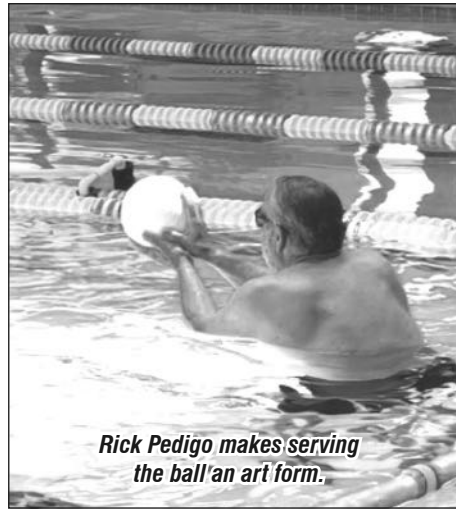
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Water Volleyball

BY DEBRA DINGMAN

Some players take to serving the ball in water volleyball like a natural. Like Rick Pedigo. Rick leans forward with both arms outstretched and aims the volleyball at the opponents. It's like watching a graceful swan on a Sun City pond. Then he whacks it across the net.

Some players make serving look as if it is no effort at all. Some rear back their right arm while holding the volleyball high in their left and whack it across the net with all their might. Some players don't have the arm strength to hit the ball across or may have arthritic shoulders so use both hands in front



Rick Pedigo makes serving the ball an art form.

of their chests to toss the ball up and plop the ball over. Any of these techniques work and after a month of playing, new players will settle into their 'groove.'

Some players can manipulate their serve to a 'weak spot' on the opposing team and can easily rack up the score. Some just pray their awkward serve will make it over. Then the volley begins and the laughter ensues. The first side that scores 21 wins.

Women are allowed to serve from the second row if they want, although several serve easily from the back. No experience is necessary and if one decides the game isn't for them, they've at least made new friends. As of now, there are just as many men as women joining in the fun game.

More information on Water Volleyball can be found inside the Timber Creek Lodge in the Clubs & Groups alcove just to the left as you come in the main front doors. Leaders are Luanne Harold and Greg Umberg. Go to the Sun City website: scres.org, go to the Community tab, then click on Clubs & Groups, then click on Water Volleyball.

...

He & She Golf

BY JAHNA HOLMES

In the Northern Hemisphere, July and August is the hottest time of the year, and here we are, smack dab in the middle of it! Let's hope our Delta Breeze is hard at work keeping us cool in the mornings for golf!

It's also the time of year we need to think about nominating people to run for office on our Council. We are looking for both a President and a Vice President this year. Julie

Harris has been VP for two years, and President for the last three years. Jahna Holmes has been VP/Membership chair for three years and also wants to step down. If you, or anyone you know is interested or would be a good candidate for one of these positions, please contact Julie or Jahna, or any other Council member or team captain. This is a relatively simple and comfortable club to manage. Please give it some serious thought. We need names by mid-October when the Eblist listing the candidates for the November election must be sent out.

June 22nd was a lovely morning for golf! All players in the 18-hole group finished at or just under 4 hours, a record! The first-place team scoring 51 was Brian Gorman & Stephanie Tran, and Ken & Shirley Roberts. Winning second place on a card off with 52 was Scott Mortimore, Jan Rivera, Bill Moorman and Karen Hawkins. Third place with 52 was Rich Aug, Peggy Siminich, Fred Festersen and Marianne Daly.

In the 9-hole group, first place team with 37 was Lou Steck, Pam Cablesas, Tom Mckkeel and Sherill Pahl. Second place was a tie scoring 42 for Dave & Sandy Hanford and Ron & Mary Onodara, along with Marty & Bobbie Hostler and David & Gail Hixson.

...

Sierra Pines Ladies Golf

BY DANA EGGERTS

More Than Just a Game — The Sierra Pines Ladies Golf group continues to demonstrate that golf transcends mere scoring. Every Wednesday, our members gather for friendly competition, fostering enduring friendships, and celebrating the community spirit that defines Sun City Roseville.

Whether you're a seasoned golfer or a beginner, the Ladies Golf group welcomes players of all skill levels. Our weekly rounds offer opportunities to enhance your game, share laughter, and support one another. The true reward lies not in a perfect shot but in the camaraderie that blossoms with each round. Our 8 AM shotgun start allows us to play before the summer sun becomes too intense.

June Awards:

Chip Ins: June 3, 2026: Pat DeCroix at hole 3, Debby Huntington at hole 6, and Raquel Godrey at hole 8. June 10, 2026: Bobbie Hostler at hole 2, Kyle Vodden and Suter at hole 6.

Closest to the Pin: May 27, 2026: Paula

Hau at 17'. Sorry we missed you last month Paula. June 3, 2026: Debbie Behrens at 16' 11". June 17, 2026: Gail Hixon at 15' 4".

Unfortunately, there were no Birdies, Hole-in-One, or First-Time Breaking 50s in June.

We kicked off July by decorating our carts and ourselves in Red, White, and Blue. After a delightful round of golf, we celebrated our nation's birthday with Donuts and Mimosas on the Pines patio. It was a fantastic time for everyone involved.

...

Timber Creek Women's Golf Club

BY MARY NEARN

TCWGC showed up for the June handicap tournament with strong participation and outstanding competition. This annual tournament gives our golfers of all skill levels a chance to compete for the overall win and enjoy three days of friendly competition. Scores were based on net results, with each player's best two of three rounds counted.



Karen Shahoian and Christina Leaman

The competition stayed close from start to finish, with both the top Red and White leaders battling through the last round. Final scores were tight, but two champions prevailed.

Christina Leaman — Red Handicap Champion

Karen Shahoian — White Handicap Champion

Congratulations to all our players for competing so well and making the tournament such a success. We also had a great pizza party

(cont' on page 20)



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Timber Creek Women’s Golf Club
(cont’ from page 19)

after to relax and unwind. Thank you to all the volunteers who set up and served food and drinks!

Hole in One! A big shout-out goes to Nicki Wampold, who scored an ace on Hole 16 during the final round of the tournament.

Best Ball Championship: Our next tournament will be the Best Ball two-round championship, scheduled for August 12 and 19th.

General Meeting: August 12 at 1:30 p.m. in the Aspen Birch room. Please feel free to attend, even if you are not yet a member, to learn more about our club.

June’s Most Improved Handicaps
Congratulations to each of you.

First Flight: Maggie Altnow
Second Flight: Mary MacLean
Third Flight: Sherrill Pahl

“It’s not about how hard you swing—it’s about how well you swing.”

Warm up before every round.
Maintain relaxed grip pressure.
Focus on balance.
Make centered contact.
Develop your flexibility and do light strength training.
Use properly fitted equipment-Specifically shaft flex and driver loft.
Prioritize tempo over effort.
See you out there!

...

Timber Creek Men’s Golf Club
BY RICH AUG

Hello again from The Timber Creek Men’s Golf Club. The funnest club in Sun City. Well, we are well into out summer months. The heat has been bearable, but is starting to stress our golf course, as well as our superintendent Steve Kimbrough. As Steve puts it, we are now in “recovery mode”. Putting loads of water on courses each night. Around 1,000,000 gallons every night. His crew will be doing their best to keep the bare areas to a minimum. By the writing of this article, the sand trap renovations are well under way, or have been completed. The GOAT’S have been here and did a fantastic job, as always. CVS, led by Dave Klinger and his team are filling the fields each month. Valley Hi was a huge success and the sign-ups for Cameron Park are going well. Tom Devitt and his crew have been busy. Empire Ranch had 40



plus players and the sign up for Lincoln Hills has been brisk. June brought our Member/Member tournament. There were 38 teams, 76 players. More than half the field was paid out. The pro shop did a GREAT JOB running the Horse Race. Thank you Tommy, Jake and Danny. You guys made it really fun. When you see those guys, please thank them for their efforts. Another reminder for those of you that have not yet taken a lesson from Tracey Thompson, you need to do so. She is a marvelous instructor and very patient. Call the pro shop and reserve a spot today. As discussed in previous articles, our club relies’s on volunteers to continue to be successful. There are plenty of ways you can help. Ask one of the council members how you can get involved. Currently, we are looking for a secretary for the 2027 season.

Hit’em Straight!

...



Golden Niner
BY BILL MOORMAN

Summer is here and so are Hot August Nights. Many of the Golden Niner’s remember those nights by shining up your car, turning on the radio, cruising up and down your hometown main street to show off your wheels and impress the girls. Today we are happy if the golf cart is fully charged, presentable and will survive our near or farsightedness as we navigate around the golf course. So, enjoy the warm weather with all your golfing through the fall.

In June we hosted five tournaments averaging 88 players a week playing a total of 434 rounds of golf, with 120 members sharing \$2,103 in winnings. Our top money winners were Mark Dinubilo, followed by Tim Jenkins, Jerry Crosby, Anthony Riggio and James Ryan. We only had two Poley’s last month by Bill Moorman and Jim Willson. Our Rodney Dangerfield winner was Fred Amador. All our winnings are kept in the community, being paid on to your resident card and can be spent at either golf club pro shop, The Timbers restaurant or Sierra Pines deli. Our 2025-2026 fiscal year just ended and the Golden Niner’s distributed \$14,306 to its members, which was enjoyed at the above establishments.

The Golden Niners in continuing it’s “Giving Back to the Community” collected and provided the First Tee of Greater Sacramento two \$1,000 scholarships that were presented at its 35th annual FUNvitational at Hagin

(cont’ on page 21)

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Golden Niner

(cont' from page 20)



Oaks to Noah Dabney and Thomas Ma. Congratulations to all 13 winners at this year's event and to your future golf endeavors — enjoy!

• • •

Bocce

BY DAVID MOORE

All the construction at the fitness center hasn't slowed the activity on the bocce courts as the tournament schedule and the summer league have kept things hopping.

The Mixed Choose Partner tournament on June 27 was won by the team of Elaine Turnbull, Larry Herndon and Janet Patrick.

Silver was taken by Salli Scott, Tony King, Terry Lane and Lynn Jones. The team of Pat Ramos, Jack Ramos, Bill Dunk and Bobbi Dunk finished in third place.

The Men's Blind Draw on June 13 was won by Bud Haddix and Bill Dunk. Second

place was taken by Tony King and Michael Foote and Bronze was won by Ken Lane and Bill Pagano.

The women's Choose Partner Tournament on May 30 was won by Linda Fredericksen and Bev Lewis. Silver was taken by Terry Lane and Medina Lane and Bronze was won by Bobbi Dunk and Karen Demattei.

The Mixed Blind Draw on May 16 was won by Bev Lewis, Terry Lane, Lynn Jones and Brad Saunders.

The team of Salli Scott, Pat Ramos, Linda Fredricksen and Gregg Hutchinson took silver. Dawn Haskins, Elaine Turnbull, Fred Hasley and Michael Foote finished third.

As of this writing the Summer League was at the midpoint so we hope to report the final results next month.

We end this write-up on a sad note. Two of our longtime members have passed away since our last report.

Frank Scaliise, husband of Diane Scaliise, was a former member of the Bocce Club and active member of mini league for many years. Sidnee McKinney, with her late husband Jack, were original members of the Bocce Club when it was formed. They played mini league for many years and were active in the tournaments as well as all the social activities. We offer our condolences to their families and friends.

The Mixed Choose Partner tournament was won by the team of Elaine Turnbull, Janet Patrick and Larry Herndon.

• • •

Billiards Club

BY TERRY SATCHELL

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

Our dinner was June 17th catered by Elena's Kitchen and Catering. Door prizes, speeches etc. and friendship were shared. Not to brag, but I will anyway, I won two of the door prizes. The Satchell's will be eating a nice dinner at Original Al's! We heard from our outgoing President Gerri Christoni who shared her thoughts about how much she enjoyed representing us and managing the Club. We also heard from the incoming President David DeNinno. He has thought of growing our club and expanding our opportunities to play. It appears that Manteca has contacted Lincoln about playing us in a tournament! Details to follow but probably Sept. or October. Bob Cecil is working through this for the Club. Thanks to all who ran or run the Club!

What is the purpose of a safety shot? Think about it. It is the one chance you get to hide your opponent and gain ball in hand. The point of a safety is to gain ball in hand!

• • •

Cornhole Group

BY STEVEN GUSTAFSON

Sun City's Cornhole Group meets to play cornhole every Tuesday at 9:00 (in the summer) or 3:00 (in the winter). We play at the Cornhole Arena, formerly known as the Sierra Pines horseshoe lanes.

Plans to upgrade the Cornhole Arena are being considered by Sun City's Sports Activity Committee. This committee oversees all sports in our community except golf (which is overseen by the Golf Committee).

The upgrade would pave the areas where cornhole players stand to toss their bags so they would no longer stand on thin grass or bare dirt. The upgrade would also beautify the Cornhole Arena by extending the grass area and removing decaying wood beams.

A functional and beautiful Cornhole Arena will surely improve scores!

• • •

Croquet Club

BY JIM WILSON

Within the last month, we are pleased to have welcomed several new members into the club. As such, we thought a quick review of some croquet terms might be useful:

Roquet: Striking your ball so it hits another ball on the court, which gives you two extra strokes.

Croquet Stroke: After making a roquet, you place your ball against the struck ball and hit your ball sending both balls across the court.

(cont' on page 25)

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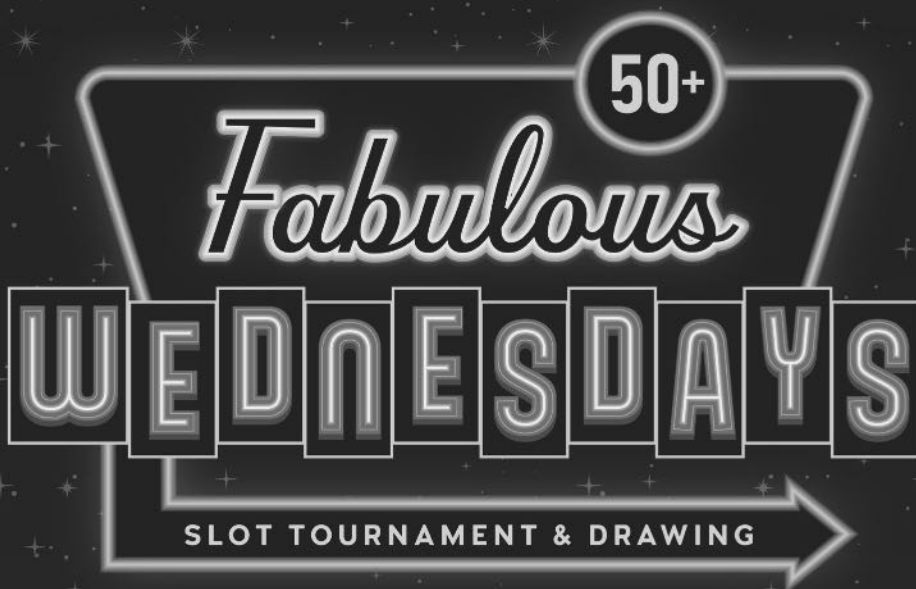
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SUN SENIOR PROFILES *Getting to know you...*

Candy Bryant —

(cont' from page 1)

patents, trademarks and copyright work. While there, she attended the University of San Francisco's (USF's) local campus, earning a B.A. in Organizational Behavior in 1993.

Their son, Cameron, was born in 1994 but when the marriage ended in 1996, Candy returned to her hometown of Eureka to be with her family.

She worked for the County of Humboldt as a social worker in Eligibility, Child Welfare Services, Welfare-to-Work and Mental Health Services. She also ran a program called SOS with a team of people while driving a 38-year-old RV equipped with a shower and meeting rooms. The team provided homeless outreach to the community to help with housing, medical needs, mental health and drug services and case management.

Wanting to become a mental health clinician, Candy returned to school at Humboldt State University, now Cal Poly Humboldt, and earned her MSW (Master of Social Work) in 2015. The degree allowed her to diagnose mental health conditions, complete treatment plans and refer clients for drug and alcohol services. The work was stressful because many of her clients could not see the strengths in themselves that she saw in them. "So many of them were broken and came from abused childhoods," she says. "It was a hard population of people, but we always worked with their strengths."

A few years after retiring from social work in 2018, Candy volunteered to serve on Humboldt County's Grand Jury. Familiar with the county court system and government



Candy Bryant in Costa Rica in 2021.



Candy Bryant with her son Cameron in Tahiti in 2010.

structure, she found the work very meaningful. The jury investigated

citizen complaints, wrote detailed reports on its findings, and submitted them for publication. Candy recalls one investigation involving oversight of the Sheriff's Office. In 2023, several officer-involved shootings occurred during which officers chased suspects through residential areas, firing bullets and endangering residents who happened to be walking nearby. The Grand Jury issued a report about too many officer-involved shootings, many ending in death, and requested oversight for the Sheriff's Office. They did comply a year later, but the committee was dropped. Recently, however, she learned that the Board of Directors raised the complaint again to the resistant Sheriff's Office who now has another Citizen's Oversight Committee in place. Candy's hoping that some needed action will now be taken.

Since last year, Candy has served on the Grand Jury of Placer County. The duties of the jury members include inspecting county offices, like the county jail, juvenile hall, and the sheriff's office. This time Candy chose to assist in a tour of the coroners' office which was a bit unsettling for her. "I still think it's a very important process and I learned so much about local government," she says.



Candy Bryant with two participants in the 2018 International Tattoo Festival in Tahiti.

Candy has traveled extensively throughout the world. Her first big trip was at age 21 when she and her mother

went to England and France. This trip opened her eyes to European history and the desire to travel more. She's been on cruises to Alaska, Europe, Mexico, and the Caribbean. She and her son, Cameron, went to the Bahamas in 2010. In 2015, she loved going on a river boat cruise on the Danube River visiting German and Austria and attending many fun Christmas markets along the way. Three years later, Candy visited Moorea, an island in Tahiti, for three weeks during which an International Tattoo Festival was held. "I've never seen bodies covered in tattoos like that, but I met people from all over the world," she recalls. She visited Costa Rica in 2021, hiking for 3 miles, crossing 10 bridges in the tropical rain forest. She also has vacationed in Cabo San Lucas, Mexico, with her childhood friend, who lives here in Roseville.

Later this year, she's looking forward to going with friends from Humboldt County to tour the Christmas markets in Toronto and Quebec City in Canada.

Another outlet for Candy is being a court appointed special advocate (CASA) where she mentors families who are in the system. Right now, she's working with a single mother with two children, helping with counseling, relationships, and getting the children into productive activities like self-defense classes, for the summer.

Candy's participation in Needle Arts also

keeps her really busy. She makes donation quilts which are provided to foster kids who attend Sierra College. Last year, around 220 quilts were completed and donated by the Needle Arts group. She also sews dresses for an international program called Dress-a-Girl. The outfits she makes are donated to groups worldwide.

Candy lives with Blue, a rescue blue nose pit bull, and tends to her Zen garden where she enjoys solitude. She often sits outside and reads or plays Scrabble, listening to the water bubbling from the corner fountain. She also grows tomatoes, zucchini, strawberries and lemons in her backyard.

While she's relatively new to SCR, she's happy to be here. On her second day here, when she went to the Lodge to get a map of the development, the woman at the front desk told her, "You've just made the best decision of your life." Candy whole-heartedly agrees. Although it's been challenging moving from Eureka, having lived there 25 years, it's also been rewarding for her to make new friends and meet other women who are single and navigating their own lives. She has a full calendar all the time, attends clubs and groups, and takes Blue to the local dog park. "I enjoy meeting new people and love to hear their own stories of how they got to Sun City," she says. "There is always a place at my table."

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

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.



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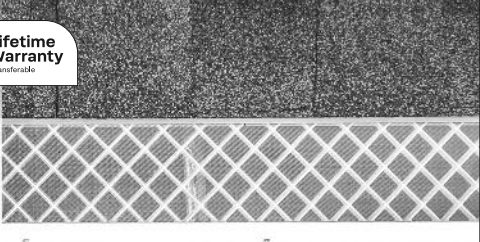


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Safety First — How Do Scammers Reach their Victims?

BY ROSEVILLE POLICE DEPARTMENT

Scammers are constantly finding new ways to reach potential victims—and most scams begin with a simple text, phone call, online ad, or social media message. If you own a phone or use social media, chances are you have encountered a scam attempt recently.

The Federal Trade Commission (FTC) recently published an article with information on how scammers are operating.

Here is what the FTC wants everyone to know:

- Text messages have become one of scammers’ preferred methods of contact. In fact, more people reported being contacted by scammers through text messages than any other method last year. These messages often impersonate trusted businesses or government agencies, using fake alerts about package deliveries, loan applications, unpaid tolls, or account issues to trick people into responding.
- Phone calls remain another common tactic. Scammers may claim you have won a prize, owe money, or must urgently move funds to “protect” your account. These schemes are designed to create fear, urgency, or excitement—often leading victims to share sensitive information or send money.
- Social media scams resulted in some of the highest reported financial losses last year. Fraudsters frequently promote fake job opportunities, fraudulent investment schemes,

and even romance scams to build trust before exploiting victims financially.

To help protect yourself:

- Report and delete suspicious texts. Use your phone’s “Report Junk” feature or forward spam messages to 7726 (SPAM). Then delete the message.
- Report unwanted calls. If you didn’t lose any money but want to report a call, visit DoNotCall.gov. If you’ve lost money to a phone scam or have information about the scammer who called you, tell the FTC at ReportFraud.ftc.gov
- Be cautious on social media. Treat unsolicited job offers, investment opportunities promising “guaranteed” returns, or unexpected online relationships with skepticism. Verify claims independently and watch for fake profiles designed to gain trust before committing fraud.

The bottom line, unexpected texts, calls, or social media messages should always be approached with caution. Scammers are skilled at appearing legitimate and often rely on urgency, emotional appeals, or promises of quick rewards to lower your guard.



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Letters to the Editors...

Authors are solely responsible for the content of their letters.

Data Centers...

Data Centers a Threat to Water and Electricity Supplies, Health, and Livability — Average Americans do not want data centers. There is a nationwide pushback from citizens. This article is meant to raise your awareness. Important: this topic is neither a Democratic or Republican Party concern. It's for all humans.

Roseville's Proposed Phillip Road Site. The City of Roseville is in the planning stages of the Phillip Road Proposal, a property in West Roseville. I just learned the City of Roseville may approve the installation of a data center at the property. For now, the zoning doesn't allow it. However, there may be rezoning effort.

"The Phillip Road Site matters because maps become neighborhoods. Zoning becomes truck trips. Mitigation measures become lived experience. 'Future approvals' become future frustrations. And once public land is converted to private industrial use, the community rarely gets a second first chance." — savereasonfarm.org Save Reason Farm is a grass roots organization in Roseville.

Reason Farms Environmental Preserve is contiguous to over 2,000 acres of privately owned land north of Roseville that is also permanently protected by Placer Land Trust.

What this all means is citizens need to attend public planning meetings before the

approval.

Viewed from the exterior, a Data Center consists of enormous, plain-looking structures. To me they look like big blocks of concrete joined together like a Lego project. These buildings contain room after room of computer data processing components: servers, cabling infrastructure, electrical power and cooling infrastructure.

Erin Brockovich's Community Involvement. I find it gratifying that she has joined the fight. I have fond memories of Brockovich's legal fight against PG&E's ground water contamination which was memorialized in the biographical major film Erin Brockovich. Today, she has a comprehensive website that tracks community involvement, maps, data center cancellations, moratoriums, and lawsuits. The details are sent to her by citizenry across the U.S.

"How Americans are pushing back on the AI data center buildout — at planning boards, the ballot box, and in the courts — and how that pressure is turning into laws. Drawn from the 8,106+ reports, Erin has received from 50 states, and from coverage by reputable news outlets." — <https://brockovichdatacenter.com/>

Data centers are impacting farms, drinking water, irrigation water, and can cause noise pollution. In Virginia, I found an article about citizens impacted by a loud humming

sound which disrupts their sleep!

Data centers have been almost completely ignored by local and national media outlets. That's why I wrote this article. It is my hope that Sun City Roseville residents will spread the word about this Phillip Road Proposal.

*Nina D. Rhea, B.S.,
Public Health Educator,
Retired SCR Resident*
• • •

SCR Foundation 2026

(cont' from page 1)

you to take the "I Choose Wellness Pledge" and commit to one healthy habit each day.

Finally, we want to highlight Board Member Dawn Haskin. Dawn moved to SCR from San Jose in June 2020. Once activities resumed, she joined the SCR Foundation, Needle Arts, and Bocce Clubs, and she joined the Ambassador Committee in 2024. For the Foundation, Dawn handles the distribution of the Resident Survivor Guide and the Alternative Living Considerations Guide, both of which are free for residents. She also does the Bingo calling for our events as well as represent the Foundation and the New Resident gatherings. As a Death Doula and Hospice volunteer, she recognizes the importance of end-of-life preparation. We appreciate her dedication and the time she shares to help others in SCR and the broader community.

Croquet Club

(cont' from page 21)

The game is named after this stroke.

Continuation Stroke: This is the second of the two extra strokes, taken after the croquet stroke, enabling you to make a wicket, roquet another ball, or hit your ball to a better position.

A hoop/wicket: The metal arches that players must navigate their ball through in a specific order.

Peg/stake: The central wooden post on the court. Pegging out is hitting the peg to finish the game.

Rover ball: A ball that has successfully passed through the hoops and is ready to peg out, but is still in play to assist the partner's ball or block the opponent's ball.

Jaws: The opening or entrance way to a hoop. If the ball sets there without going all the way through the hoop, it is considered "in the jaws" which means the player has to wait until the his next turn to strike the ball through the hoop.

These are some of the most basic terms for the game of croquet. There are many others that can be added later on.

The next croquet meeting and dinner will be at 4:30 pm, on Sunday, August 23, 2026, at Sierra Pines.

For those of you interested in joining the club, check the kiosk in the Timbers Lodge lobby for flyers and applications, or contact Patrick or Louisa Maglione, both officers of the club.

• • •

(more Club News cont' on page 26)



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Observations of LLAs (Life’s Little Annoyances)

BY MARTIN GREEN

It’s been awhile since “Observations” has looked at LLAs (Life’s Little Annoyances) so I thought it was time for an update. One annoyance for us oldsters that I don’t think I have noted is the taking of pills and of course the older we get the more pills we have to take. But in order to take our pills we must first open up the pill bottles and that’s where the annoyance comes in as these are made to be older adult proof. Yes, I think you’re supposed to press down on the pill lid to be able to open it but does this ever work? Not in my experience. My method is to use a screw driver to pry the lid open.

Once you’ve done this it’s clear sailing. No the bottle opening has a tinfoil cover. Then once you’ve gotten this off there is a wad of cotton to extract before finally getting to the pills. If they are for blood pressure, by this time you definitely need them.

Pill bottles are not the only things seemingly made to be as difficult as possible to open. Almost every package you receive is so tightly sealed that it almost requires a jackhammer to break into it. This applies to everything you order from Amazon.

Another daily annoyance is the mail. Almost every day my mailbox is filled, aside from bills and advertisements, with letters from charities asking for donations. As I’m sure readers have found out if you once make a donation to a charity you will then receive requests for more for ad infinitum. And

it’s amazing how many charities there are in the world. For one, every animal has its own organization dedicated to its preservation and I think I’m on the list for all of them.

What about that perennial annoyance, the robocall? Yes, the robocallers are still around although I don’t seem to be getting as many calls as before. However, their cousin, the spam e-mails, are as plentiful as ever. Then there are the scammers. There are a multitude out there e-mailing away trying to separate senior citizens from their money. Their e-mails come into my inbox daily and I have to delete them daily.

There is another annoyance I haven’t mentioned before, this an annual one and readers might guess that, yes, it’s having to do your income taxes. Doing this has become even more annoying in recent years because you used to be able to fill out a form asking for the tax forms you needed and the IRS would mail them to you. Nowadays everything is done online so, for me at any rate, it’s a matter of chance if your request goes through and you get anything back.

I was recently reminded just how annoying income taxes can be when I received a notice from, not the IRS, but the FTB, state Franchise Tax Board. The notice said I owed a considerable amount of money, which seemed unlikely, as my state taxes have been about the same for the past few years. Then I saw that this was based on my income supposedly

being an amount that I wouldn’t have minded getting but was far more than I’ve ever received.

I thought that I’d just call the FTB and we’d be able to settle the matter. I should have known better. First, I found it impossible to get through their automated phone system and then, when I somehow did manage to, an automated voice told me due to the high volume of calls I should try again later. I won’t go through the comedy of errors that followed but eventually my tax return was found to be okay. Where did that inflated income figure come from? The FTB person said that lax forms were now run through AI and that AI was apt to misread handwritten numbers. I told this to Alice, my AI, and she said that the standard excuse used to be “clerical error,” then “the computer did it” and now it would be “the AI did it.”

To conclude, the FTB is not the only organization with an almost impenetrable automated phone system. Almost every customer service department, so-called, has as their aim, I’m sure, more to fend off any customer complaints than to be of service. This gets my vote as LLA number one for us seniors and others.

Cribbage Group

BY BRUCE AHNBERG

Our month-ending tournament the last week of June ended in a tie for tournament winner AND high hand! David and Wally tied for top honors as tournament winners, and also tied for high hand honors. They split the pot, and as you can see, were pretty happy with the results. Congrats, guys.



David and Wally Tournament Winners

The Cribbage Club meets every Friday in the Timber Creek Lodge Card Room from 1:00 to 3:00 PM. For a small stake, we play several games, switching partners each time so that everyone plays a new partner until time runs out. At the end of the month we hold our tournament, where we double the stakes. It’s a great game, easy to learn but hard to master, with several levels of strategy and luck.

(cont’ on page 27)

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Cribbage Group

(cont' from page 26)

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...

Bridge Club

BY JOYCE WADE

The Bridge Club is pleased to report the results of the duplicate bridge play at the annual meeting.

North/South

First place: Dick Pankopf and Marvin Arnold

Second place: Sharon Kambestad and Bob Yarrigle

Third place: Brence Davis and Dan Blattt

Fourth place: Ella Bosse and Sherry Hilger

East/West:

First place: Jo Ann Stooksberry and Barbara Adams

Second place: Frances Erskine and Aud Bair

Third place: John Long and Therese Leonard

Fourth place: Sue Tiana and Richard Archibald



Bridge Club officers: Bob Cecil - treasurer, Elaine Casal - secretary, Judith Shively - vice president, and Susan Pankopf - president.

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- ◆ Lost and found items/pets.

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- ◆ 15 words for \$35. Additional words \$1 each.
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Business Ads include anything of a commercial nature or service, including pet sitting, real estate, rentals, timeshare/condos, any service etc.

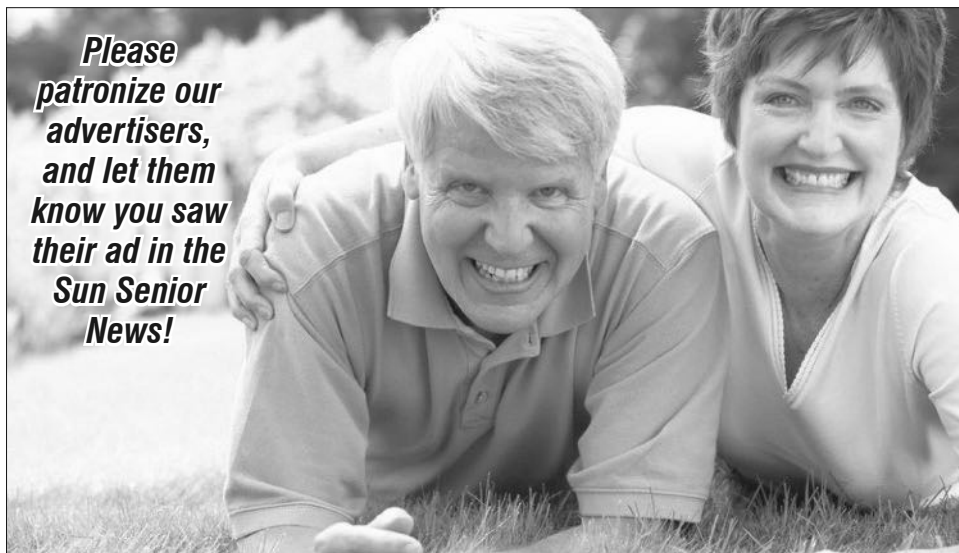
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FOR A FREE HOME
VALUATION EMAIL:
GBROWN@THOMPSON-
BROWN.COM



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



George Brown

RECENT SALES IN SUN CITY ROSEVILLE

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

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