

SUN SENIOR NEWS

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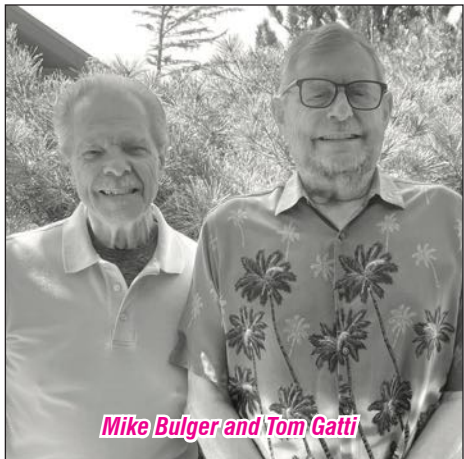
Mike Bulger and Tom Gatti — 25 Years in the Fitness Center

BY JENNIFER MARTIN

A “people person” is an individual who enjoys interacting with others and thrives in social situations. This term is commonly used to describe someone who is sociable, friendly, and adept at building relationships. And it describes Mike Bulger and Tom Gatti to a tee. For more than 25 years, these two SCLH residents have been working in the Fitness Center and enjoying their interaction with both new and longtime residents.

Born in 1943 in Hayward, California, Mike grew up with one older brother, Ralph. His father worked as a ship builder in San Francisco, then as a builder of greenhouses for a local nursery. Mike went to Tennyson High School where he played football (right guard). After graduation in 1960, he went to Barber School where he learned to style hair. He worked in his own shop and managed another for 13 years.

His next career move was to join the Teamsters and become a truck driver. His route took him throughout San Francisco and Daly City where he delivered linens from Mission



Mike Bulger and Tom Gatti

Linen and Uniform Services, vending machines for Delacour, and periodicals from Cal-West Periodicals, among other companies.

It was during his days as a barber that he married his wife, Pamela, who had gone to high school with him. They married in 1964 and had two children, Derek who lives in Palm Desert with his partner, and Dana who lives in North Bend, Washington with her husband,

Dean, and daughter, Leigha. Mike and Pam played soccer in the bay area for The Outlaws, an adult soccer team, so when they moved to SCLH in 2000, Mike joined the Men's Soccer team here.

In April of 2001, Mike started working at the Fitness Center. His father had been a body builder and had his own gym equipment at home, so Mike got into fitness at an early age. Besides being able to exercise at the Fitness Center, he likes getting to know people on a one-on-one basis. In fact, talking with residents is one of his favorite activities. He also plays golf every Tuesday with a group of guys called Bill's Renegades and is proud of the two hole-in-ones he's made along the way.

Besides visiting his children, Mike and Pam enjoy cruising and have been to the Panama Canal, Alaska, Mexico and the Caribbean. They also traveled to Israel in 2008. They both are having a great time in retirement at Lincoln Hills.

(cont' on page 37)

LH Foundation — Fall is in the Air!

BY DENISE BOWDEN

September starts us off with the Labor Day holiday. Most of us remember when it marked the official start of the school year; now, it's the first official school holiday of the new year.

Later in the month, the Autumnal Equinox ushers in the first day of fall and hopefully cooler air with the changing leaves.

We cannot let September pass without remembering that 25 years ago this month, our nation experienced 9/11—a day we will never forget. We hope everyone will take a moment on September 11 to quietly remember those who lost their lives and honor the countless individuals who stepped forward to help wherever they could.

Our next Bingo is on Thursday, September 24th. Though it may be officially Fall it may still feel like summer so take advantage of the cool ballroom and get out of the heat. Don't forget to bring your water bottles and stay hydrated. Doors open at 12:30 and play starts at 1:00. Twelve cards for \$25, with exact change appreciated. Payouts are \$100 for the first eleven games and \$250 for the final game. Make an afternoon of it and enjoy lunch at Meridians beforehand.

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

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

LH Election Committee

BY JUDY MARTIN, LH Election Committee Member

Meet Your Elections Committee — Ever wonder who makes sure Sun City Lincoln Hills elections run smoothly, fairly, and by the book? That's the job of the Elections Committee—a minimum nine-member standing committee appointed by the Board of Directors to oversee every Association election, from electing or removing directors to amending governing documents, approving assessment increases, and granting exclusive use of common areas. The BOD appoints an Inspector of Elections who runs the election with the assistance of the committee. Members are volunteer residents in good standing who serve one election cycle at a time.

Why It Matters — The Committee's mission is to run elections that are fair, transparent, and unbiased — while staying compliant with SCLH's governing documents and California's Davis-Stirling Act (Civil Code §5100-5145). It works closely with the Inspector of Elections to protect the integrity of every vote cast.

What They Actually Do — Behind the scenes, the Committee recruits Board candidates, prepares the slate of nominees, reviews election materials, hosts a Candidate Information Session and a Candidate Briefing session, as well as a Candidate Town Hall and a Candidate Forum. They run “Get Out the Vote” campaigns, recruit and train volunteers for ballot processing. Then they report back to the Board in writing and in person at open

meetings. On election day, they coordinate operations per the Association's rules and state law under the direction of the IOE.

Get Involved — The Committee meets monthly on the first Friday at 10:00 a.m. in the Orchard Creek Lodge Multimedia Room—all SCLH members are welcome to attend.

2026-2027 Committee Members: Pat Hammer (Chair), Janet Becker, Linda Bringle, Carole Edwards, Denise Hexom, Susan Ishimaru, Helen MacLaren, Judy Martin, Linda Minor, and Lynne White.

Architectural Review Committee (ARC) — Looking Ahead for You

BY MARIE BARNES

The Architectural Review Committee (ARC) plays an essential role in maintaining our community's aesthetic integrity, appearance, and property values. We continually look ahead to address issues that impact residents and the community—especially fire safety and the hot weather we experience here.

Recent changes include allowances for specific non-combustible fencing and increased rock coverage. The ARC is also actively researching alternatives to wood siding, replacement roof tiles, and revisions to the plant list to include more fire-retardant species. These recommendations require time,

(cont' on page 42)



The Lincoln Hills
Foundation Presents
"Wise Aging" Series

Spot the changes. Make the plan. Keep your choices open.

Wise Aging Series: Cognitive Aging
"It's not Just Our Body that is Aging"

Marcia VanWagner

Friday, September 25, 2026 10:00 AM – 11:30 AM
Kilaga Springs Presentation Hall

Join us for a presentation on **Cognitive Aging** and learn how to recognize normal changes, adapt thoughtfully, and plan before life starts making the decisions for you.

Your brain ages just like the rest of your body. Cognitive aging is not a disease, and it is different from dementia. It simply means the brain may work a little less efficiently over time.

Cognitive aging refers to the gradual changes in cognitive abilities as individuals grow older. This natural process typically involves a decline in various mental functions, including memory, reasoning, processing speed, and multitasking.

While cognitive aging is a common experience, the extent and nature of these changes can vary widely among individuals. Some aspects of cognitive function may remain stable or even improve with age, depending on lifestyle and health factors.

This is a presentation that we all should hear so we understand what is happening and can adjust before it becomes a crisis.



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SUBMISSIONS: The Sun Senior News - Lincoln Hills welcomes announcements

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

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Neighborhood Watch — Safety Events and Lessons from Unfortunate Experiences

BY JUDIE PANNETON

will be in KS Presentation Hall on September 23, at 1:00 PM to inform us about the latest issues regarding trespassing, traffic and scams affecting our community. Listen to the most current information and bring your observations and questions.

You can learn more safety ideas from



high between her and her neighbor's homes. Shirely hosed down the pile to prevent a fire and called the fire department; Firefighters could not determine a cause for the smoking bark. (Shirley made sure to thank the cleaning lady for her quick action.)

Online fire experts note that bark can



Neighborhood Watch National Night Out 2025 — Officer Brett Schneider, NW/Exec. Dir. Linda Minor, Officer Yahir Moreno and Sergeant Jesse McCauley.

first responders, including the police, fire departments, and emergency services and health experts at the community-wide, Neighborhood Watch National Night Out event. It is scheduled for October 6, beginning at 4:00 PM at the Sports Pavillion. There will be time for questions and answers. Be better informed, join your neighbors, meet new ones, enjoy food, refreshments and fun.

A 2026 Neighborhood Watch events calendar is listed at schwatch.org. You can also find emergency contact information, local, county and state safety alerts on the website as well as who your village's Coordinator and Mailbox Captain are.

Did you know that yard bark can become a fire hazard under some circumstances? Resident Shirley Guzman knows it can from a recent, personal experience early one morning. Her neighbor's cleaning lady pounded on her door, and when Shirley answered it, she learned that smoke was billowing several feet

spontaneously combust due to heat generating as it decomposes and/or if the bark is too deeply piled. They recommend that bark not be piled more than 2-4 inches deep to prevent heat buildup and to regularly water the bark during dry conditions. Firefighters also urge residents to not dispose of lithium-ion batteries in their garbage cans. The batteries, used in most portable electronic devices, contain harmful chemicals and can cause fires. They belong at recycling centers, the Lincoln Fire Chief, Anthony Mejia, recently informed residents at a Neighborhood Watch Safety Forum.

Thanks to neighbors who keep an eye out for each other and spread the safety word, Sun City Lincoln Hills becomes a safer place in which to live. Shirley, who is a Neighborhood Watch Coordinator, informed the residents of her village about what happened to her so that they can be aware of the fire potential. One of her neighbors posted the incident on social media to help keep others be informed, too.

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Sunny Singers

BY JOANNE SCHUMACHER

Thanks to all of you who came to the Vaudeville show in August; we hope you enjoyed our rendition of "Shenandoah". If you saw our performance, that was an example of our harmonies and singing style. Of course, we have peppy songs, too! We especially love singing with our two accompanists - Cheryl Duncan on the piano and Mona Stryker on the flute.

Our group, the Sunny Singers, is an octet of women from Sun City Lincoln Hills who love singing and performing. We were originally formed in 2005; and we've been performing ever since. Three of the original founders still sing with us! We sing vocal renditions of Oldies, Pop tunes, Show tunes and other genres of music.

If you are a member of the Lincoln Hills Women Together Shalom group, we'll be providing entertainment for your upcoming anniversary luncheon in September. We'd love to see you there.

All our members are very active in a variety of musical venues, participating in stage and choral productions at Sun City Lincoln Hills as well as other vocal groups and church choirs in the area. Watch for some of our members in the upcoming November production by the Lincoln Hills Players of "You're A Good Man, Charlie Brown".

If you live in Lincoln Hills, you may have heard us singing for Veteran's Club events such as Memorial Day and Veteran's

Day celebrations or at your club's event. We have also performed at private and corporate functions over the last 21 years.

We provide musical entertainment with a variety of themes and are available for holiday parties, memorials and general entertainment for clubs and other local groups.

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

• • •

Chorus

BY KARIE GEIGER

Get ready to deck the halls, tap your toes, and sing along! The Chorus is officially back to brighten your winter with their highly anticipated, delightfully festive holiday concert series, "Hallelujah! Singing the Season." Show dates are December 11, 12 & 13 in the Orchard Creek Ballroom.

This year's musical lineup is packed with standard-setting classics, cozy nostalgic hits, and upbeat swing tunes designed to kickstart your holiday spirit. Audience members will experience the goosebump-inducing majesty of Handel's magnificent Hallelujah Chorus, feel the cozy comfort of Irving Berlin's dreamlike White Christmas, and celebrate the timeless joy of reuniting with loved ones through Home for the Holidays.

Looking for a little extra rhythm? Get ready to snap your fingers as the ensemble livens up the stage with the playful, high-energy

arrangement of Swingin' Saint Nick. Beyond these standout headlines, the performance features a rich tapestry of choral arrangements and interactive seasonal favorites that will leave the whole family humming all the way home.

Whether you are starting a new holiday tradition or continuing a beloved annual custom, this concert offers the perfect mix of warmth, spectacle, and togetherness. Treat yourself and your family to an evening of spectacular harmony and community cheer inside the elegant surroundings of The Ballroom. Tickets are expected to move fast, so gather your friends, secure your seats early, and help us sing in the most wonderful time of the year!

• • •

Music Group

BY BRIAN JEWELL

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

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

The first part of the gathering is for the group sing-and-play. This is a popular event, as it provides people of different proficiency levels with a chance to play along with other people in a casual environment. Participants typically play various instruments, including guitars, piano, accordion, flute, percussion, etc. All instruments are welcome. The list of sing-and-play songs is posted before every meeting on the Music Group website. Songs are selected from the Music Group library (on the

website) and are popular tunes that everyone is familiar with. To view the lead sheets (chords and lyrics) for the sing-and-play songs, visit the Music Group website and drill-down on the meeting date.

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

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

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

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

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Players Club

BY SUSAN ANDERSON-VILLARREAL

Things sizzled this summer in the Players Club, with another spectacular triumph. The “Adventures in Aging Boldly” short play festival concluded to resounding applause. Sun City audiences raved about the performance, deeply connecting with the familiar, shared experiences of community life portrayed on stage. Thank you to our talented playwrights, cast, and enthusiastic neighbors for making this celebration unforgettable!

Events like the “Short Play Festival” create opportunities for actors to hone their acting skills. Similarly, so do classes and workshops. Next up, under the tutelage of Cathy Shanley, our club has launched a free “Scene Study Workshop” this fall to help members continue



developing and growing as actors. Participants will work with scene partners on engaging scenes from a variety of plays, strengthening character development, building confidence, and sharpening their performance skills in a fun, supportive environment. The workshop began in late August and will conclude in October.

And now for our big news. We are thrilled to announce that our November production of the musical “You’re a Good Man Charlie Brown”, written by Charles Schulz and Directed by Jane Patton has been cast!

Congratulations to: Steve Gile (Charlie Brown), Mary Whittaker (Lucy), Tim Lambirth (Snoopy), Susan Stecz (Sally), Brenda Wright (Linus) and Skip Greillich (Schroeder). Along with a small ensemble, Charlie Brown and his friends will sing and dance their way into your hearts, in the Ballroom at Orchard Creek, November 5–8! You’ll feel the warmth and wit of Charles Schulz’s beloved comic strip characters as they come to life on stage. Please join us for a delightful musical performance filled with laughter, friendship, and plenty of fun! We can’t wait to see you there! Tickets go on sale September 17th. The Players Club meets again on Monday, September 14th at 4:00, PH, Kilaga.

...

Vaudeville

BY RICHARD HALSEY

The 2026 Vaudeville Show, “Anything Goes!” is officially over, and it’s a wrap! We’re so proud to have shared our performances with you, and we hope you enjoyed your time with us. We’re already looking forward to coming back in 2027 with a brand-new variety show packed with laughter, and we’d love to see you there. Thank you for being such a wonderful and supportive audience. Director Yvonne also wants to thank you and recognize the cast and crew for their amazing dedication to delivering the best show possible. Wishing you a wonderful holiday season, and if you see someone without a smile, please share a smile with them! Club contact: Yvonne Halsey; email: Yvonne5678@gmail.com

...

Ballroom Dance Club

BY ERNIE MICHELI

The Ballroom Dance Club recently put on an ice cream social dance party with a “Hot August Nights” theme. Everyone was invited to dress in 1950’s style, and the results were a riot of color and creativity.

We kicked off the evening with a group photo that included everyone. Charlie Schuman took the picture while Mike Martin arranged the photo.

The competitive events really showed off everyone’s talent. Stacy Reynolds was the best-dressed female in her blue poodle skirt, black top, and cat-eyed framed glasses, and



Jack Craig was the best-dressed male in his hippie outfit. John and Mary Kirkwood were the best-dressed couple, with John rocking a denim outfit, a wig, bowling shirt, and saddle shoes. Mary was dressed in a blue poodle skirt with a pink poodle, a white top with cat-eyed glasses, and saddle shoes.

Al Lustig and Kathy McCuiston won the dance competition, out-dancing everyone else as they “twisted” through multiple songs. The freeze dance was a tough competition, but Wood McCann and Jeanne Cervantes took the win.

A huge thanks to everyone who helped make the evening a success! John Kirkwood did an amazing job as the Master of

(cont’ on page 7)

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LEARN MORE!



Ballroom Dance Club

(cont' from page 5)

Ceremonies. Ruth Algeri picked the dance music. The decoration committee turned the Multipurpose Room (KS) into a 1950's diner. The kitchen committee served yummy root beer floats and sundaes.

If you're interested in joining, annual membership dues are just \$10 for residents and sponsored guests. We have lessons, every Tuesday in the Kilaga Springs Lodge Multipurpose room. Open dance is at 2:00 p.m., and the September lesson starts at 3:30 p.m. where Jim and Lia will teach the fox trot. If you have any questions, you can check out our website at sclhbdc.com or email sr64danz@sbcglobal.net.

• • •

Line Dance Club

BY ALICE ROLLINS

Our Club enjoyed an afternoon of line dancing with music provided by DJ T&T on July 26th. We now are looking forward to our Association Line Dance night on October 2nd. We offer line dancing labs to all our members on Saturday mornings at 8 AM for improver and above, and Sunday mornings 9 AM to noon for beginners through intermediate. We encourage everyone to take line dancing classes offered in the Compass to learn the basics, and to continue to improve. Dancing is a great way to exercise your body and mind! Check out our web site for more information and to find an application.

Contact: Sylvia Fox 916-384-8268
Foxsam25@gmail.com
www.sclhldc.com

• • •

Round Dancing Group

BY CATHY RAZUMICH

Round dancing is social ballroom dancing. The music has been choreographed. All dancers follow a Cueur who announces the upcoming steps. Our group meets on Thursdays from 1-3 PM in the Placer Room at Kilaga Springs Lodge. Singles and couples are welcome. No dancing experience is needed.

There is a special pop-up event this month for beginners. One dollar - one hour - 1 pm on Thursday September 10!

In Round Dancing there are 2 movements:
 • Step: A single movement of one foot.

• Figure: Two or more basic steps combined into a standard movement.

An example of a figure is the "Box". A waltz box has 6 steps: Forward, Side, Close (move feet together), Back, Side, Close. The cue is "box". When you round dance, you need to know how to execute a step or figure and its corresponding "cue" name. As you dance and the Cueur announces the cues, you know what footwork to do. This makes leading and following much easier

Common ballroom rhythms are Rumba, Waltz, Cha-Cha, Two-Step, Foxtrot, and Jive (East coast swing). For each rhythm, skill levels are categorized by complexity. The six skill levels, called "phases", range from Phase I (beginner) to Phase VI (expert). Before a dance starts, the Cueur announces the name of the dance, the phase and the rhythm. For example, "Could I Have This Dance", a phase 3 waltz. In our sessions, our Cueur, Marie Hathaway, works with us on various figures so we can dance more rhythms and progress through the phases.

We would love to have you join us on Thursday afternoons! Contact is Cathy Razumich 408-218-2144. Round Dancing is sponsored by the Sun City Squares. More club information can be found on our website sclhsquares.weebly

• • •

SC Squares

BY KRIS KNUTSON

Ever think about square dancing? No way! Is your perception of square dancing that it is old fashioned and hokey? A lot of that perception is often stereotyped through the lens of a

nostalgic school gym classes 40-50 years ago.

Like everything, square dancing has changed in 50 years. While some people enjoy donning the traditional-style square dance clothes, long gone are any strict dress codes. Most prefer casual clothes and comfortable shoes. Music too has changed with square dance clubs. Instead of hearing songs by Hank Williams or Eddie Arnold you're more likely to hear songs by Elvis Presley, Elton John, Taylor Swift or Darius Rucker.

The one thing that hasn't changed is the fun. Some see square dancing as a big puzzle or game. You will start at home with your partner, the caller mixes everyone up. Has

them change partners and positions. Then magically the caller makes 1 last call and you're at the home position you started at with your original partner, it's amazing!

To get more information about the magic of square dancing call Tom Bolton 818-321-7708.

• • •

Country Couples

BY DTIM TATUM

Indeed, we often beat the summer heat by enjoying ourselves at the picnic with fun activities at the Sports Pavilion or joining our awesome Social Event Coordinator Rich Pick and his lovely wife Donna at some restaurants around town for delicious food and great camaraderie!

Additionally, we have been enjoying our dance events especially during the hot summer months like our "Hot August Hoedown Dance" which was one of our club's "No Frills" fun dance events. Tickets for this kind of dance are cheap, but members are guaranteed to have tons of fun! And as our Chair Sandra Moulton said: "This is a great time to catch up with all your Country Couples and Line Dance friends! As we all are looking forward to talking and sharing our summer fun with each other."

Still, we can easily prolong our summer

fun throughout September as it's actually the month that symbolizes the transition from summer to fall in the Northern Hemisphere. We might even look forward to having another picnic at the Pavilion like we had last year.

Oh, there's so much fun with all the dance and social activities! And not only that, but our free Monday evening dance practice taught by our dance volunteer leaders is still ongoing in the dance room at Kilaga! So, why not come and observe or join us sometime?

For more information about our club's membership, dance events, and social activities, please contact:

Dtim Tatum 279-966-8551 or visit our website: www.sclhcc.com

• • •

Creative Glass Club

BY SUSAN HAAS

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

We are inviting You to try new Art endeavors! Members work on a variety of projects, including stained glass, fused glass, and mosaics. We offer Tips and Tricks at each open studio. We offer workshops for both beginners and advanced artists and special

(cont' on page 8)



*Country Couples — All smiles
as we beat the summer
heat at the picnic!*



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Creative Glass Club

(cont' from page 7)

member only projects. We meet the 1st and 3rd Tuesday evenings 6:00-8:30 and 4th Thursday 9:00-noon. We meet at the Kilaga Lodge. Do drop in and see what we are creating! We are also sponsoring the Artisans in the Lodge in October. Yearly membership fees \$20.

Please contact Corene for membership questions-925-813-8385.

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Mixed edia

BY JILL SHORT

September is an exciting month for the Mixed Media Club!

Join us on Wednesday, September 16, for our Annual Business Meeting, where we'll elect our Leadership Team for the coming year. Your voice and vote help shape our club, and we'd love to have you there.

We'll celebrate with a delicious Salad Luncheon hosted by Nan Griffin at her home, beginning at 12:00 noon. Lunch is provided by the club. Watch your email for the address, RSVP details, and other important information. Annual membership dues of \$20 will also be collected. If you can't attend, please remember that dues must be paid by November to maintain your membership.

Beyond the business meeting, it's a wonderful opportunity to reconnect with friends, welcome newer members, enjoy great food, and kick off another year of creativity together.

Looking ahead to October, we'll be creating a charming Fall Fox Project, combining paint and paper to make an adorable art piece.

Curious about Mixed Media? We meet the third Wednesday of each month in the Fine Arts Room (OC) from 12:00-3:00 p.m. Visitors are always welcome! To attend a meeting or learn more, contact Jill Short at Jillann322@gmail.com.

We can't wait to share another year of creativity, friendship, and inspiration with you!

...

Needle Arts

BY JAN HESS

As summer winds down, many of us are thinking ahead to projects we want to make for ourselves or others. Many "elves" in our Creative Makers breakout group have been working all year long. These unique items will be for sale at the "Artisans at the Lodge" event on October 3 and again at "SCLH Holiday Market" on November 1 from 10:00 AM until 3:00 PM. Both events will be held at the OC Lodge. All proceeds from the events will go to our Needle Arts Club to help fund our Community Service projects and our special programs.

Welcome back to our monthly club meeting on September 8 at 12:30 PM in P-Hall (KS). Our featured guest, Mary Jo Koekpe, is a teacher at the quilt shop Sew Katie Jean. She will give tips about sewing for the holiday season. We hope you will join us.

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

...

Painters' Club

BY TAMSEN ARMSTRONG

The club offers many fun activities such as Painting Challenges, Show & Tell, artist demonstrations, group discussions, and presentations. Social luncheons held in spring and winter are a fun way to get together. Organized art shows are held in local restaurants and galleries as well as in the SCLH Ballroom and Lobby.

We welcome all residents. We paint in watercolors, acrylics, oils, pastels, and pen & ink. The club is dedicated to the idea that we

are each on our own personal artistic pathway, hoping for camaraderie, inspiration, and learning. Meetings are held in the OC Lodge Art Room every 3rd Tuesday of the month starting at 1:30 PM. The Board meets every 2nd Tuesday at 11:00 AM. Dues \$20 a year, \$35 family.

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(more Club News cont' on page 9)



Painting by Mia Mills

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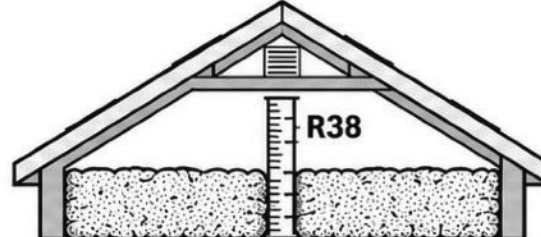


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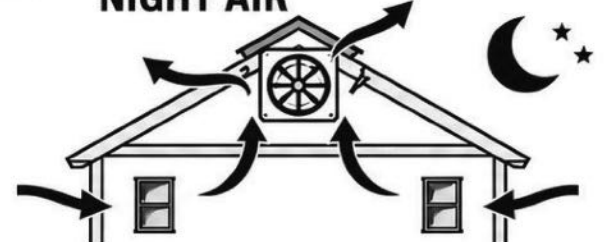
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Paper Arts Club

BY LINDA LUCCHETTI

Quote of the month: “I’m not a hoarder; I’m a curator of craft supplies!”

Thank you to our Project Coordinator, Mina Bahan, who led our August project with -- not 2, not 3, but 5 beautiful greeting cards for several occasions! We added some unique greetings to our collections.

Mark your calendars for October 22 and our popular Home Craft Room Tour. See what members are making, along with how they organize their spaces. You will pick up

some useful tips. Look for more information to come.

If you can’t get enough of card making and being with friends, the place to be on the third Thursday of the month is Open Lab. Thanks to our Open Lab Coordinator, Dottie Macken, for “keeping the lights on.”

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

• • •



Pennie Davis at August meeting.

Photography Club

BY DIANE MARGETTS

Sun Senior News for Sep 2026

In August, James Dunn shared magnificent pictures and information from his wildlife trip to Brazil’s Atlantic Rainforest, Southern Pantanal, and Northern Pantanal. The 14-day trip started at Sao Paulo, Brazil in the Atlantic Rainforest. The Trilha dos Tucanos lodge had dedicated Toucan feeding areas: one at the lodge with fruit and one by the rooms. Next, was a trip to Campo Grande in the southern Pantanal area at a sinkhole called “Buraco das Araras”. Both Red & Green and Blue & Yellow (Gold) Macaws were free flying and interacting. Pousada Aguape, in the savannah area, provided opportunities to photograph multiple bird species at lodge feeders (fruit and grain).

Cokie will be presenting on the “Lightroom Family” for our September 8 general meeting. This is ahead of several scheduled classes which will focus on post processing. In addition, Ron Nabity will take us back to basics with a series of classes on photography bootcamp’. Many of us will greatly appreciate a refresher!

Field trips generally slow down during the summer months because people are on their own vacations. However, we do have a fall in San Francisco field trip planned, which will be a spectacular time with many photo opportunities.

We invite you to our exhibit, venues for some spectacular photography! We just concluded our annual display in the Orchard

Creek alcove. Member photos will be refreshed at Buonarrotti’s Restaurant in Downtown Lincoln on near the end of September. And several LHPC members have their works adorning the walls at the lovely downtown Simple Pleasures Lincoln Cafe.

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

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

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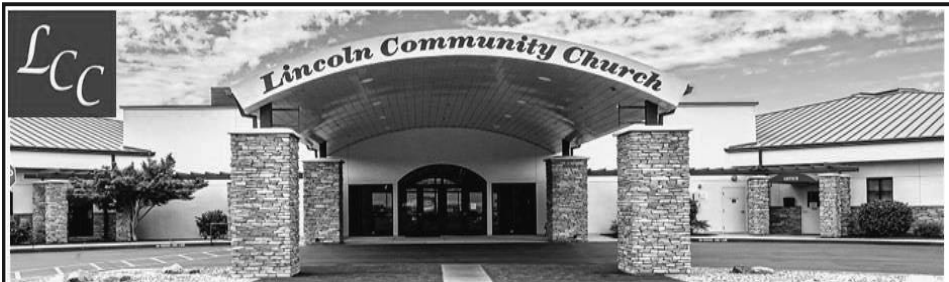
Woodcarvers Club

BY LIONEL RAINMAN

Do you want to carve but don’t know how to get started. Start here and let me give you some direction.

When you come into the Woodcarvers Club meeting room you will find an active group of carvers with skill levels from Novice to Expert. Some members will be working on a carving pattern they have chosen, some may be putting the finishing touches on their project or some members could be in a group project with an instructor. Often a novice carver will be getting help from a more experienced member who will be showing them a carving technique. A member may be looking through our vast library of carving books and plans. We have several expert carvers that are here to help

(cont’ on page 11)



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Woodcarvers Club

(cont' from page 9)



you create or guide you to finish a project that you'll be proud of.

With an overview of the club complete, a new member will be instructed on carving technique and safety with a small carving project that gets them started.

Come in and see what we are doing and get inspired to start woodcarving. We meet every Wednesday from 1:00 to 4:00 PM in the Sierra Room at Kilaga.

Contact: Lionel Rainman (916)253-9534
lrainman1414@Yahoo.com

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Stamp Club

BY TIM MILES

September is upon us and the schedule is picking up all the way to the end of the year.

We meet on certain Tuesday nights (6:30 pm) at the Sun City Roseville Lodge (7050 Del Webb Blvd). The September meetings are the 8th, and 22nd October meets are the 13th and 27th and the Nov meet is only one night, Nov10, due to Thanksgiving.

We will have an "open Garage Day" on Sep17th and 18th at Al Capparelli's (916-771-8288) garage. Call first to make an appt. as it gets busy. There will be "empty" albums w/ a minimum bid. You must appear in person to qualify.

Our Secretary, Lee Coen (leejcoen@gmail.com), always sends an email to all members about club events so be sure he has your email address. There is a luncheon being worked on for the 16th so notification will come in an email, no doubt.

Our Tuesday meetings feature door prizes, used materials, access to dealers, stamp material of whatever sort you need, and all

things philatelic. We even have a full set of stamp catalogs. Our dues are \$20.00 per year, which is a "steal".

We always mention that anybody can attend at no charge to have an "old" album appraised. We're happy to do it.

• • •

Astronomy

BY BARBARA SWERDLOW

Space the final frontier! Interested in learning about our solar system, deep space discoveries, and current space projects? These topics and more are presented at our monthly meetings. Meetings are held the first Wed. of every month at P-Hall (KS) at 6:45pm. Our August presentation was Moon Rockets of the past and present. Our September presentation will be Ghoulish Appearances In Our Skies.

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

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

Website: lhag.org

Contact: Cindy Van Buren rvbcbv@att.net

• • •

Travel Group

BY LINDA & JOANNE & PAM & LISA

Lots is happening at the Lincoln Hills Travel Group! Don't miss out on the excitement!

For newsletters, become a member of the Travel Group. Click on this link for information and to sign up: <https://www.lincolnhillstravelgroup.com/membership>.

For solo travelers, contact Pam Speck to be sure your name is on that email mailing list! There will be periodic gatherings for those looking to meet other solo travelers.

Lisa Viviano is gathering folks who are interested in a once-in-a-lifetime adventure to Antarctica! Contact her to get additional information and an invitation to her event.

Mark your calendar and watch for details of the Travel Club Appreciation Event at the Lincoln Hills Sports Pavillon on October 8 from 4-6 pm. Food will be available at \$10 per person catered by Doggiestyle Hot Dogs Food

Truck. Come out for some fun and fellowship with fellow travelers.

Check out our website for three upcoming custom trips: Amish Country, Niagara Falls to New York City, and North & South Dakotas featuring the new Roosevelt Presidential Library.

There are still 6 spaces on the Holland/Belgium Tulip River Cruise - contact Linda Bevins for details.

Check out the tour to Discover Switzerland, Austria and Bavaria featuring Oktoberfest in September 2027.

Please be sure to visit our website: lincolnhillstravelgroup.com, or contact one of the committee members with any questions!!

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

Lincoln Hills Travel Group Leaders — Joanne Schumacher 415-999-1242 jkschumacher1@gmail.com, Lisa Viviano 916-798-7462 lisav4747@gmail.com, Pam Speck 916-925-389-6302 joepamspeck@gmail.com, Linda Bevins 916-666-7627 djbevin17@gmail.com

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LH Italian Club

BY ANNE (CORSARO) FINN

Our August regional event was a great success! Guests were taken on a virtual tour of the Italian Riviera, complete with lively presentations and yummy food tastings. Our

next event is Musica Bella on September 13 in the Ballroom (OC). Come and experience a celebration of sound straight from the heart of Italy...bold voices, vibrant rhythms, and pure Mediterranean magic! Dive into the melodies that shaped generations, from the grandeur of opera to modern day hits. You'll also be treated to a delicious buffet lunch. So come tap your feet, sing along and ride this fabulous musical time machine. This is one event you won't want to miss! Also, don't forget to save the date for Turkey Bingo on November 1. It's definitely a club favorite! Please check out our website at www.lhitalianclub.org for details on these and future events. For membership information, contact Sandi Graham at 916-826-5711.

• • •

Food Adventures Club

BY KATIE BLOOM

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

October 19th: Trader Joe's tasting event at Kilaga.

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

December 11th: Christmas cookie event at Kilaga.

Then we kick off 2027 with Soup Day at Kilaga on January 25th, this is a much-beloved events which we have held for many years.

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(more Club News cont' on page 15)



LH Italian Club's Inaugural Great Gatsby Dinner

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15 DAY BRITISH ISLES & IRELAND		
VIKING OCEAN ~ 930 PASSENGERS	July – September 2027	\$8,899
London to Belfast exploring England, Ireland, Northern Ireland & Scotland, with dramatic coastlines, historic ports and charming seaside communities.		
15 DAY AUSTRALIA & NEW ZEALAND		
VIKING OCEAN ~ 930 PASSENGERS	January 2027	\$8,899
Sydney to Auckland exploring Australia & New Zealand, with cosmopolitan cities, spectacular coastlines and scenic ports.		
8 DAY MISSISSIPPI DELTA EXPLORER		
VIKING RIVER ~ VIKING MISSISSIPPI ~ 386 PASSENGERS	March 2027	\$4,966
New Orleans to Memphis visiting Darrow, St. Francisville, Baton Rouge, Natchez, Vicksburg & Greenville.		
26 DAY REPOSITION ~ CUNARD		
QUEEN ELIZABETH ~ 2,547 PASSENGERS	May 2, 2027	\$3,904
London (Southampton) to Rome, Italy visiting La Coruna, Spain; Leixoes (tours to Porto), Portugal; Tangier, Morocco; Gibraltar; Cartagena, Spain; Alicante, Spain; Valencia, Spain; Barcelona, Spain; Messina, Italy; Piraeus (Athens), Greece; Istanbul, Turkey (2 Days); Kusadasi (Ephesus), Turkey; Mykonos, Greece; Katakolon (Olympia), Greece; Sorrento (Pompeii/Capri), Italy; Civitavecchia (Rome), Italy.		
27 DAY REPOSITION ~ HOLLAND AMERICA		
NIEUW STATENDAM ~ 2,666 PASSENGERS	Apr 4, 2027	\$3,080
Ft. Lauderdale to London (Dover), England visiting Kings Wharf, Bermuda; Portland (Weymouth), England; Dover, England; Rotterdam, The Netherlands; Casablanca, Morocco; Agadir, Morocco; Arrecife, Lanzarote, Canary Islands; Santa Cruz (Tenerife), Canary Islands; Funchal (Madeira), Portugal; Lisbon, Portugal; Dover (London), England.		



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70 DAY CIRCLE SOUTH AMERICA ZAANDAM ~ 1432 PASSENGERS Sail round trip from Ft. Lauderdale to Grand Cayman; through the Panama Canal; Ecuador; Peru; Chile; Strait of Magellan; Cape Horn; Argentina; Antarctic Experience; Uruguay; Brazil; French Guiana; Barbados; St. Lucia; St. Kitts & Nevis; Puerto Rico; Ft. Lauderdale.	Jan 3, 2027	\$16,214
36 DAY JAPAN & HONG KONG VIKING ORION ~ 930 PASSENGERS VIKING OCEAN CRUISE Sail from Vancouver to Hong Kong visiting Alaska; Sapporo, Tokyo, Shimizu, Osaka, Hiroshima, Beppu, Kagoshima, Nagasaki, Japan; Taiwan; Hong Kong.	Sep 21, 2027	\$20,498
114 DAY WORLD CRUISE Princess Line CORAL PRINCESS ~ 2000 PASSENGERS Sail round trip from Los Angeles visiting Hawaii; Samoa; Fiji; Vanuatu; New Guinea; Australia; New Zealand; Indonesia; Malaysia; Vietnam; Hong Kong; Japan; Alaska; Canada; return to Los Angeles.	Jan 21, 2027	\$20,342
15 DAY GRAND EUROPEAN River Cruise VIKING LONGSHIP ~ 190 PASSENGERS VIKING RIVER CRUISE Sail from Amsterdam, Netherlands to Budapest, Hungary visiting Kinderdijk, The Netherlands; Cologne, Germany; Koblenz, Germany; Miltenberg, Germany; Würzburg, Germany; Nuremberg, Germany; Regensburg, Germany; Passau, Germany; Melk, Austria; Krems, Austria; Vienna, Austria (2 Days); Budapest, Hungary (Overnight On Board).	March to November	\$5,999
129 DAY GRAND WORLD CRUISE Holland America Line VOLENDAM ~ 1432 PASSENGERS Sail round trip from Ft. Lauderdale visiting Ecuador; Peru; Chile; French Polynesia; Samoa; Fiji; Australia; Bali; Indonesia; Singapore; Malaysia; Thailand; Sri Lanka; Maldives; Mauritius; South Africa; Namibia; Senegal; Canary Islands; Morocco; Portugal; Spain; France; Netherlands; Norway; Denmark; England; Puerto Rico; Ft. Lauderdale.	Jan 5, 2027	\$28,009
125 DAY WORLD CRUISE VIKING SKY & VESTA ~ 930 PASSENGERS VIKING OCEAN CRUISE Sail from Los Angeles, California to London, UK visiting Hawaii; French Polynesia; Cook Islands; New Zealand; Australia; Indonesia; Singapore; Malaysia; Sri Lanka; Maldives; Seychelles; Kenya; Tanzania; Madagascar; Mozambique; South Africa; Namibia; Angola; Nigeria; Ghana; Senegal; Spain; Morocco; Portugal; France; England. Call for complete itinerary and details.	FREE First Class Airfare & Door to Door Car Service January 2027 & 2028	\$59,999



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

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

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

S.W. from Sacramento



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Democratic Club

BY PAT MACHT

It's now or never! In just 7 short weeks, voters go to the polls for the midterm elections. Without a winning outcome, we are in for another two disruptive, destructive, and downright dangerous years ... it could spell an end to democracy as we know it. Who will represent us on the Lincoln City Council and the Western Unified School District is important, too. And because so much is at stake, Lincoln Dems are determined to send Democrats to Congress and elect the best of the best candidates in those down ballot local races.

Fortunately, the Lincoln Democratic Club has never been bigger, stronger, or more energetic in its history. We have a ton of events planned and loads of opportunities that will help steer our selected candidates to victory. Want to address voter postcards? We need help to get more than 5,000 out between now and November. Want to try out the phone bank, or go door-to-door for a few hours, or help at campaign headquarters? Join others in doing just that. Our popular Neighbor to Neighbor effort is easy and fun, too. The club equips you with all the best info to share with selected like-minded neighbors down the street.

And we have big plans for the September, October and November meetings at Kilaga ... more candidate nights, a meeting with the League of Women Voters to untangle the pros and cons of nearly 20 ballot propositions. It is also where our members will get the latest developments as Election Day gets closer and closer. And yes, we're also planning a post-election analysis night with a top-notch political analyst. Stay abreast of what's happening by going to www.lincolndems.org. Sign up to help. It's an all-hands-on-deck election!

...

Genealogy Club

BY NANCY SWITZER

Have you ever thought of writing a family history book? Do you worry that you would spend hours of time writing and publishing one that your family would never read? Our September 18, 2026 meeting will start at 10:00 AM in Presentation Hall (KS), and the Presenter is Betty Lemley, who will give us some ideas for this book if you do want to write one! Betty will share many low-cost, simple

ways to share your family stories with young and old, and you can just pick one or two that fit your life story.

Betty has loved genealogy/family history since her grandmother introduced her to it when she was a young teenager. Her favorite thing about family history is collecting stories and memories and then sharing them with her children and grandchildren. She also enjoys teaching and attending Family History classes. Betty has a certificate from BYU-Idaho in Family History research and thoroughly enjoys helping others discover their roots and preserve their family stories. When she is not working on preserving family history stories, she enjoys learning, reading, attending plays and storytelling events, traveling and spending time with family and friends. Betty and her husband are the parents of eight children and their 23 grandchildren.

After the meeting, there will be Coffee, Cookies, and Chat in the Kilaga Café.

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

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

...

Lavender Friends Club

BY SANDI DOLBEE

As our annual August day trip to Red Hawk Casino Resort drew to a close, and the air conditioned bus pulled into the parking lot at Orchard Creek, the nonstop chatter finally began to wane. From wheels up seven hours earlier to now, the two dozen members who went on the trip had laughed and played through the afternoon, topping it off with a buffet dinner before heading back. Watching them, I couldn't help but wonder: who wouldn't want to be at the forefront of all this? Hopefully, the answer to that question will start to unfold in these final months of the year, when Lavender Friends embarks on the search for new officers.

All four offices are up for grabs — president, vice president, secretary and treasurer. Three of our four incumbents are terming out, which means there will be at least three new faces on the Executive Team. A nominating committee this month will begin

casting their nets for interested persons, with the goal of coming up with a recommended slate for election at our January business meeting. So, if you are a club member and reading this, think about which office you see yourself holding for the next two years (with the possibility of an additional two-year term).

I've been the president for the last four years and I can honestly say that it's been a lot more fun than trouble as I've watched this club of LGBTQ residents and allies grow, and new and veteran members come together to raise money for our events, give back to the community, support each other and just plain have a great time.

Not too long ago I read about a Marine lieutenant who was asked why he volunteered for a particular mission. "If not me, then who?" he responded. So, think about it Lavender Friends; we need a president, vice president, secretary and treasurer. The nominating committee and I are looking forward to hearing from you.

...

Shalom Social Group

BY JUDY GANULIN

"Keep on keeping on" could well be the motto of the Shalom Social Group. Events, education, community service, spirit, fun times and great food keep us excited and happy with our group! When Sacramento Bee reporters and editors were unable to meet with us as planned, Black Observer Newspaper editor Steve Magagini and former Bee assistant city editor Maury Macht filled in and were very well received. We enjoyed our Pizza and Bingo night last month. We will celebrate our Rosh Hashanah (Jewish New Year) holiday with a Havdalah service to end the Sabbath that week. Lincoln Chamber of Commerce president Mark Luster will speak at the next Men's Club brunch. Our Women Together will celebrate its tenth anniversary on September 17. For more information, please call Margie Gulko, 916-543-5303, or see our website, <https://shalomsocialgroup.godaddysites.com>

...

SCHOOLS

BY PATTI KINGSTON

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

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

"The HUB" is a Western Placer Unified School District (WPUSD) family resource center and is adjacent to the Phoenix/Atlas High School. They offer shelf stable food, produce, backpacks and school supplies, clothing, hygiene kits, college and career support and referrals to County and Local services. Anyone in the community needing this resource may come to the facility at 790 J Street, Monday-Friday, 8 AM to 4 PM during the school year. The SCHOOLS annual meeting will be held at the HUB on September 30 at 10 a.m.

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

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(more Club News cont' on page 17)



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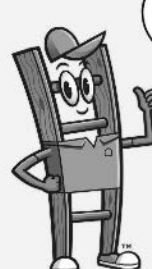
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Singles

BY KATHY SHADDOX

Our Activities Meeting is on September 1st at 4:00 pm in the OC Computer Room. Join us if you have new ideas or wish to volunteer to chair or help organizing an event or activity.

Labor Day is the day set aside for all employees to be honored with a day off from work with pay! Most of us are retired, but still enjoy celebrating.

September 9th is Admission Day. California officially joined the Union as the 31st State on September 9, 1850.

Our Business Meeting will be held on Thursday, September 10th at 5:30pm in the OC Ballroom. Following the meeting, we will enjoy our "Games-On-The-Move" and you can win prizes.

Join us for our 2nd Saturday Breakfast on September 12th at 9:00 am in the OC Sports Bar. No reservations needed and our host, Dennis Reid, will greet you. You can order anything off the menu and enjoy the morning with fellow members.

Our monthly Birthday Celebration is on Sunday, September 13th at 4:00 pm in the Terra Cotta Room at Kilaga Springs. If you are a member and have a birthday this month, be sure to attend and have a free drink on your club! Dennis Doane will call you up so we can all sing to you!

This is the month that the Singles Club has their annual Dennis Beldon Bocce Tournament at the Sports Plaza. This event will be held on Wednesday, September 23rd.

On Thursday, September 24th at 5:00 pm at the Sports Pavilion is our Bocce Bash Dinner/Dance. Bocce Tournament winners will be announced and awards given.

Don't forget we play Bocce every Wednesday at 10:00 am, chaired by Peggy Woods and Jim McMann.

Doesn't all this sound exciting? For \$20 you can become a member. Just contact Mari Long at 916-409-9136.

...

Writers' Group

BY RAY BIRGE

September is magical. It blends the lingering warmth of late summer with the crisp air and cozy sweaters of Fall. It is the traditional month of the Autumnal Equinox announcing the transition from Summer to Fall. Hopefully,

that includes cooler temperatures.

My favorite theme attributed to September, "Harvest and Hues" celebrates cooler weather, apple harvest, pumpkins and changing leaves.

It's also known as the "back to school" month. Remember when you were in grammar school how you got those new shoes or that new coat for school? It was an exciting time of year for kids, and probably a time of relief for many parents.

Fun facts to write about in September

- Labor Day, this year is on September 7th, celebrated on the first Monday in September, became a national holiday in 1894. It's a day to honor the social and economic achievements of American Workers.

- This September 9th the Seattle Seahawks face off against the New England Patriots to start the National Football League's regular season. For some, a long-awaited event. For many spouses, not so much.

- September's "Harvest Moon" is the fullest moon of the year. On September 26, it rises soon after sunset providing extra light for farmers to harvest crops.

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

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

Any questions call George O'Conner, Secretary 818.585.5261 or george7282@yahoo.com

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Veterans Group

BY STEVE WITMER

Leatherby's Family Creamery was the venue for the Veterans Group's annual ice cream social on Thursday, August 13. In addition to the tasty ice cream and warm camaraderie, the event provided an opportunity to recognize Veterans Group members who devote extra time and effort in support of the group. Certificates of appreciation were presented to the members

who man the flag sales/recruitment table in the Orchard Creek lobby on the 15th of every month.

Shirley Schultz, the Veterans Group's longtime social chair, was presented a special-recognition plaque from President Peter Gilbert. The plaque was awarded in appreciation of Shirley's exceptional leadership, imagination and tireless drive that ensured years of successful social activities for the club.

The speaker at the group's next general membership meeting will be Dale Peterson, who spent 33 years in the construction and testing of nuclear submarines at Mare Island Naval Shipyard. The meeting is on Thursday, September 17 at 1:00 p.m. in the Kilaga Springs Presentation Hall.

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

...

Republican Club

BY SUE DUMAS

Stakes are getting higher, as we watch Dem Socialists win primaries. If they prevail in November, we risk waking up in a country we no longer recognize—a Republic that may not survive. It is the logical result of decades of half-truths and propaganda pushed by liberal media, educators, and entertainers. All Republicans Must Vote!

LHRC Board Member, Michelle Kubo is running for Western Placer Unified School District Board of Trustees in November. She believes in academic excellence, fiscal responsibility, greater transparency, and partnership with



Shirley Schultz

parents so our students can succeed. She has been endorsed by the Placer County GOP Central Committee and LHRC. Long-term Placer resident, Michelle is a mom and grandmother with past careers in nursing and medical sales. She will bring common sense, and accountability. Let's help her WIN!

(cont' on page 19)



Republican Club Pizza Party

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Republican Club

(cont' from page 17)

Our summer social events; Pizza Party, and Movie Matinee were well attended and enjoyed. September will be back to work to "Make America Great – Again!"

Wednesday, September 23rd – (KS) P-Hall – Doors open 6:00 PM starts 6:30 PM – State Assemblyman, Josh Hoover will be discussing propositions. Coffee and cookies in (KS) Placer Room.

Wednesday, October 7th Sports Pavilion – 12:00 PM–3:00 PM. Bring your ballot for review and to meet several candidates! Become informed, "meet, greet and eat!" Hot Dog Vendor; \$6 - for hot dog, chips and soft drink. (Cash)

See Lincoln CA Republican Facebook page, and Club website for full calendar and events.

www.RepublicanClubSCLH.org

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Sports Car Club

BY ROB PHILLIPS

On Friday, August 21 about 20 LHSCG Members embarked on a ride to the Blackhawk Museum complex in Danville led by Miles Rodgers and Janine Corby.

This is much more than just an automobile museum. It is a museum founded in 1988 and currently organized around six major exhibit areas.

• Don Williams Automobile Gallery–The museum's signature attraction, featuring an

exceptional collection of rare, classic, luxury, and historically significant automobiles.

• Spirit of the Old West – Explores the history and culture of the American West.

• Into China – Presents Chinese art, culture, and history.

• Art of Africa –Features African art and cultural objects.

• World of Nature – Focuses on wildlife and the natural world.

• Pat's Compacts – A newer exhibit devoted to small, economical automobiles and their place in automotive history.

We took a scenic backroads route from Lincoln to the Blackhawk Museum Danville, passing through the delta town of Isleton with a stop at the Delta Farmers Market by the Tower which was a very nice alternative to simply taking I-80.

Coming up on September 25 a planned ride for a Picnic Ride to the nearby Ciotti Cellars is in the works.

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

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Tesla Club

BY PAUL GARDNER

The next meeting of the Tesla Club will be on Saturday, September 26, in the Kilaga Springs Presentation Hall, with our doors opening at 1:30 to allow for lots of Q and A. Membership in the club is free to all Lincoln

Hills Residents, and you are invited to bring anyone who might be even a little curious about driving a Tesla. After this meeting, we will be going on a 30-mile scenic road trip to demonstrate the incredible capabilities of Full Self Driving. For further information log into lhteslaclub.com or email 916-541 -6632stop lhteslaclub@gmail.com

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RV Group

BY MARY CARBREY

RV season is in full swing, to say the least!

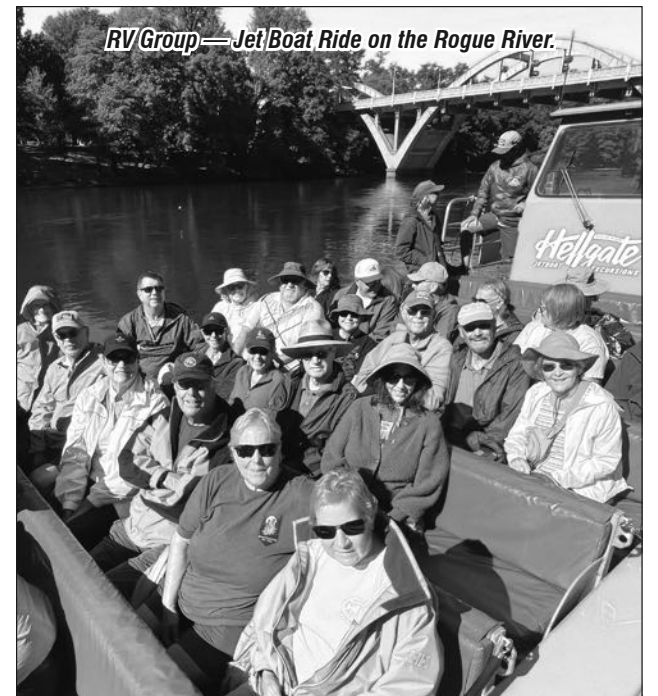
Earlier this summer, our group headed up to Central Point, OR. We stayed at the Southern Oregon RV Park which was quite nice! The highlight of our trip was a thrilling jet boat ride on the Rogue River, followed by a fabulous outdoor brunch overlooking the water. Several bald eagles accompanied us along the river's edge, which made it extra special. In addition, we enjoyed wine tasting, golf, a nearby Big Top Circus and Blue Cheese tasting at the Rogue Creamery. We even held a bumper car race at the nearby amusement park! More exiting adventures are still happening in 2026 and 2027.

To learn more, see our website at www.lhrvg.com

and join us on the second Thursday of the month, 4:30 PM in the Placer Room. Remember, all types of RV's are welcome. For general information contact our club president, George Slaats at 916-257-3372, or Georgeslaats@gmail.com. For membership contact Cara Roberts at 925-330-9387 or Constanceroberts@gmail.com

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(more Club News cont' on page 21)



RV Group—Jet Boat Ride on the Rogue River.



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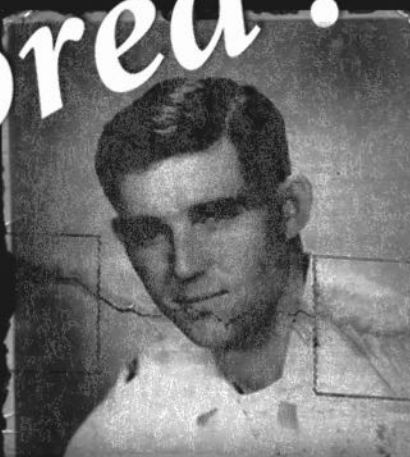
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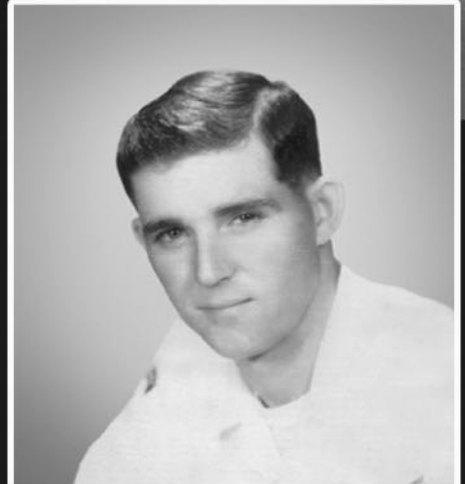
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Apple User Group

BY NINA MAZZO

Ever wondered how to use artificial intelligence (AI) in your daily life? Marcia Van Wagner will show you how to make the most of AI with simple tasks like answering questions, improving your emails, and so much more, all using your iPhone, iPad, or Mac. Join us on Thursday, September 3, in the KS Presentation Hall. Ask the Tech begins at 6:45 p.m., and the program will start at 7:00 p.m. If you can't make it, you can catch the presentation on our website under 'Videos' on the homepage. We usually record most presentations, so you might want to check out past programs for more tips on everything from using your iPhone camera like a pro to keeping your online and email accounts safe, and even finding and organizing your files on your computer.

Members get a weekly email with the upcoming weeks meetings and open lab dates. If you're new to our community, check the club website for more info, including how to join.

We're gearing up to celebrate our 24th anniversary! We're still growing our knowledge of Apple products and related tech, and having fun in the process!

Club website: www.LHAUG.org. You can reach us at 916-913-6833 (please only send voice messages, no texts).

• • •

Multiple Sclerosis

BY JERI DI FIORE

Never have we had a new member volunteer to be our speaker at their first Lincoln MS meeting — well, lucky us!

Lisa Richmond, newly relocated from Seattle, is high-energy, intelligent, charming, and has worked with the MS Society promoting fundraising and membership ideas. As Speaker, she plans to share these ideas.

Please join us to welcome Lisa:

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

Also at this meeting, Captain Joni plans to update us on our current fundraising results.

Plus, Joni has ideas submitted to maintain our last two-year #1 position, including:

\$2,000 Matching donation starting July, offered by a generous donor.

Importantly, we want to catch up with you, and how you survived this summer!

Thanks so much to our corporate donors:

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

Are you newly diagnosed, or have a friend or relative with MS, you are invited to the September 15 Meeting.

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

• • •

Bosom Buddies

BY DOTTIE SUHRHOFF

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

In August we had a general meeting featuring Cassidy Paganucci, an investigative assistant and PROTECT coordinator for the Placer County District Attorney. She gave an excellent presentation about how to identify scams, report elder abuse and report fraud. Her office is hosting a Senior Resource Fair on September 24 at Maidu Community Center in Roseville. There will be over 60 Placer County senior based

free resource providers in attendance.

In September we will have the core meeting on Thursday, September 3, at Patty McCuen's house. All members are welcome to attend. Our regular meeting will be on Thursday, September 10, at 1 pm at Orchard Creek. Our speaker will be someone from Green Acres talking about how to keep our gardens growing. Many of our ladies go to lunch at Meridians just prior to the meeting. All are welcome to go to the restaurant with us. It gives us a chance to talk to different people and get to know each other better.

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

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

• • •



Cassidy Paganucci, PROTECT Coordinator



Coffee at Meridians

Low Vision Support Group

BY STU SINGER

In literature many of the greatest stories are those of individuals overcoming enormous adversity. At the September 1 Low Vision Support Group meeting, such profiles in courage and resilience will be on full display. For the second year, a group of instructors from the Sacramento Society for the Blind will participate in a panel discussion detailing their various journeys through life while dealing with near or total blindness. Last year's group often noted that dealing with the realities of vision loss was much like the five stages of grief—denial, anger, bargaining, depression and acceptance. In a riveting discussion of self-examination, the four panelists explained how each had progressed through different paths from denial to acceptance. These narratives of perseverance and success led to lives of great fulfillment working with others in the blind community. It should be a fascinating and educational afternoon hearing the inspiring stories of a new group of speakers. All Sun City Lincoln Hills residents are welcome to attend this meeting at 2:00 in the Fine Arts Room at Orchard Creek Lodge. Like the attendees last year, you are likely to find yourself deeply moved.

Our October meeting (Tuesday, October 6 at 2 pm in the Fine Arts Room) will feature Dr. Cameron Pole, a retinal specialist located in Roseville. Dr. Pole will share with the members new, less invasive treatments for low vision. This will be an opportunity to remain current on the latest breakthroughs in medicine.

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(more Club News cont' on page 23)



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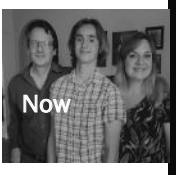
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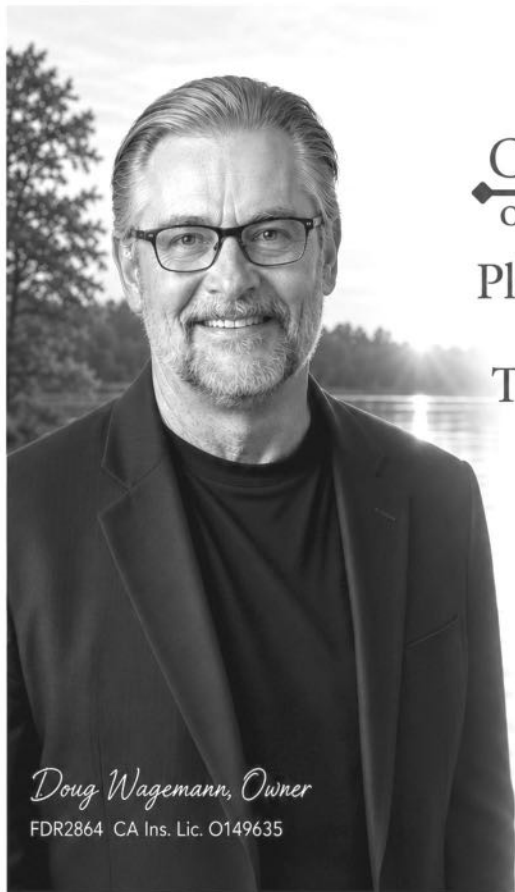
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COPD Support Group

BY ELIZABETH FARLEY

The COPD Support Group is for those with ALL breathing issues and all stages. We share tips, discuss how we all cope and adjust, and give emotional and social support to each other. In the future, we hope to have speakers talk of new medical advances and techniques for better breathing. We make new friends along the way who understand our limitations and find activities that work for us. The next meeting will be Thursday, September 17th at 1:00pm. For information and location, please text/call Elizabeth Farley 916-521-9968.

• • •

Alzheimer's-Dementia Caregiver's Support Group

BY DENISE WEBFIELD

This group provides an opportunity to meet with others caring for someone with dementia. We share experiences and resources. The Women's Group meets on the first Wednesday of each month. (September 2nd) at 1:00 PM in the Fine Arts Room (OC). The Men's Group meets on the third Thursday of the month (September 17th) at 10:00 AM in the Multipurpose Room (OC). In lieu of a general meeting we will host our Annual Social at the Sports Pavillion on September 23rd from 1-3 PM. The Theme is "Play Ball". Wear your favorite team jersey and join us for hot dogs, chips, peanuts, soda and ice cream. Live Music will be provided by Dan Jam Band.

Multiple activities abound including mixer games, dancing, raffles and prizes. Be sure to RSVP by September 21st so we can have an accurate headcount. RSVP to Elizabeth Farley 916 521-9968 or elizjohnfarley@gmail.com

• • •

Amateur Radio Group

BY DAN LEHRER, KN6DRN

Art, KI6GYG and Dan, KN6DRN were on hand to greet folks after their New Resident Orientation meeting. It is always a pleasure discussing our hobby with new residents. Our members participated in two contests, the NA QSO Party one using RTTY and the next one using CW. Contacts were made during the California State Fair and a handsome QSL card was received from that contact. We attended the annual CCOC meeting and learned a few Club tips.

At our weekly meetings we were all interested in various videos presented by Art, KI6GYG, Jim, K6GYM and Julian, KO6EPL. Art's "QSL Animation", Julian's "The Technology We Killed in the 1960s is Now Worth \$3.3 Billion" and Jim's "Where Time Comes From" were all fascinating.

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

LHARG information visit our Website, the URL is: lharg.us or email dlehrer72@gmail.com

• • •

Garden Group

BY LORRAINE IMMEL

Welcome To Autumn!

If you have not signed up for the September 24 Garden Group Event (TABLE TALK & LUNCHEON) you must have your reservation in by September 13th. (There is no General Meeting at the Presentation Hall at KS this September month.)

If you can't find your original email INVITE for TABLE TALK (the info for the Event and the form to fill out) contact lorraineimmed@gmail.com. Those of you who have already sent in your reservation should have received a confirmation from the Event Chair, Debbie Schryver via email. If not, check with her: Debbie Schryver, 916-666-1741.

*Reminder: If you plan to participate in the FALL CENTERPIECE SHARING at the Table Talk Event, be sure to send your name via email to lorraineimmed@gmail.com so we will have a name tag for it when you bring it. It should be fun and inspiring to see different ways people use fall items and you will also receive 3 extra door prize tickets for it! The Centerpiece doesn't have to be for a table only-it can be something you put together for a side table, buffet, mantel, etc. and should use real plants (live or dried flowers/leaves, pods, etc.-add woodland and/or figurines if you want!)

• • •

Birders

BY SHERRY SINGER

Please note the following schedule changes.

Future meetings:

Our next meeting will be on September 21, the third Monday in September.

Future Bird Walks:

September 25 – Effie Yeaw

October 9 – Dry Creek Community Park

Last month on July 13, the Bird Group held their Annual Member Photo Extravaganza! This year's focus included all of nature, not exclusively birds, resulting in fabulous pictures from our very talented photographers along with some additional creative flourishes.



For example, Robin Immen paired the song "Rockin' Robin" to her pictures, some of which were, of course, Robins. And Carol

(cont' on page 25)

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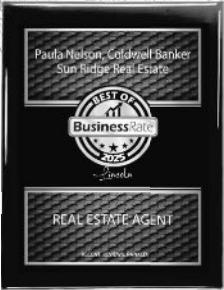
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Lincoln Hills July Sales Snapshot					
Address	Street	Approx SqFt	Orig. Price	Selling Price	Floorplan
593	Orchid Ln.	1190	\$500,000	\$488,000	Calaveras
114	Ivy Arbor Ct.	1491	\$579,000	\$572,000	Pine Hill
1002	Stone Pine Ln	1491	\$549,000	\$549,000	Pine Hill
1225	Silver Fork Ln	1515	\$569,999	\$525,000	Pine Hill
247	Bloomfield Ct.	1515	\$530,000	\$524,000	Pine Hill
400	Plover Court	1549	\$569,900	\$530,000	Alpine
704	Wagon Wheel Lane	1549	\$609,000	\$587,000	Alpine
2060	Laurelhurst Ln	1626	\$600,000	\$605,000	Lassen
2403	Blue Heron Ln	1673	\$559,000	\$581,000	Trinity
1780	Mary Rose Lane	1681	\$619,000	\$635,000	Echo Ridge
2543	Woodacre Ln	1704	\$659,000	\$621,500	Echo Ridge
1017	Longhorn Lane	1764	\$649,999	\$578,000	Santa Cruz
601	Northfield Ln	1791	\$775,000	\$599,000	Tahoe
386	Snapdragon Ln	1793	\$607,000	\$595,000	Tehama
300	Lariat Loop	1823	\$654,000	\$654,000	Orchard Crest
2229	Longspur Lp	1836	\$769,000	\$780,000	Orchard Crest
423	Poppyfield Court	1844	\$650,000	\$621,000	Orchard Crest
401	Wood Duck Court	1854	\$875,000	\$771,800	Plumas
1885	Starview Lane	1873	\$729,000	\$719,000	Orchard Crest
2240	Prairie View Ln	1873	\$729,000	\$729,000	Orchard Crest
968	Magnolia Ln	1873	\$685,000	\$679,000	Orchard Crest
265	Lariat Loop	2073	\$799,000	\$730,000	Annadel
955	Yosemite Ln	2176	\$815,000	\$811,000	Sausalito
297	Sawmill Lane	2192	\$799,000	\$800,000	El Dorado*
1755	Maple Grove Ln	2192	\$785,000	\$805,000	Annadel
2462	Loon Lake	2240	\$1,100,000	\$1,152,000	Napa**
504	Sawmill Lane	2258	\$1,150,000	\$1,080,000	Napa**/**
1781	Blackbird Ln	2263	\$789,000	\$775,000	Shasta
2306	Longspur Ln	2264	\$799,000	\$816,000	San Mateo
714	Canyon Oak Ln	2612	\$899,000	\$885,000	Springcrest**
460	Lilypond Ln	2955	\$1,175,000	\$1,172,600	Meadowgate**

*Casita ** Golf View ***Pool

Total Homes sold in Sun City per MLS 07/1/26 - 07/31/26

Neighbors InDeed — We need you!

Neighbors InDeed is Looking for Volunteers: A Resident Who Wants to Make a Difference

BY CINDY KENNA

Neighbors InDeed has always been powered by the generosity and practical knowhow of our community. As more residents rely on us for everyday tasks that help them stay safe and comfortable at home, we're looking for new volunteers who are willing to share their time, their skills, and their kindness.

Information & Referral: I&R volunteers are often the first point of contact for residents seeking help. They answer calls and connect neighbors with the right Neighbors InDeed service. If you're patient, organized, and enjoy helping people find solutions, this role is a wonderful way to serve the community.

Dispatch: Dispatchers are the bridge between incoming requests and the volunteers who can help. They match the right volunteer to the task. It's rewarding and helps our neighbors every day.

Medical Equipment: This group of volunteers delivers and picks up items such as wheelchairs, walkers, and other equipment. This role is ideal for residents who are comfortable lifting light to moderate items and enjoy helping neighbors. Clear communication



and a warm smile go a long way.

HandyHelpers: Handy Helpers assist residents with small household tasks that can prevent a fall or simply make life easier. From changing light bulbs to replacing smoke alarm batteries or helping with simple maintenance, these

volunteers make a meaningful difference every day.

Whether you're handy with tools, great on the phone, or skilled at organizing and coordinating, there's a place for you at Neighbors InDeed. You can set your own schedule and make a real difference for neighbors who count on us.

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



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Birders

(cont' from page 23)

Smith set her bird pictures to the song "Bird is the Word". Suzanne Hutchinson chronicled the development of two baby hummingbirds living in her backyard from hatchlings to fledglings. Sal Acosta shared his pictures of local Dragonflies and Damselflies that have been particularly abundant this year in Lincoln, illustrating that it is not just birds that are beautiful. Don Fallon went in a totally different direction by showing us video clips from his nighttime crittercam. Apparently, it's a lively group of animals that frequent our yards and common areas at night, including deer, raccoons, rabbits, coyotes, and a bobcat with a rat in its mouth!

The following is a list of the other members who also contributed their nature photographs, some of whom used bird photographs from our own Ferrari Pond: James Dunn, Greg Geren, Truman Holzclaw, Bryan Johansen, John Redmond, Simon Vu, Nancy Whitaker and Larry White.

A Big Thank You to all the photographers who contributed to our Extravaganza. You help to make Sun City a great place to live!

Contact Information:

Visit us at our website www.sclhbirders.org

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

• • •

Hikers and Walkers

BY LISA MARIOTTI

Ahhhh – September! Can't wait for some cooler hiking and walking weather! The Club has two big events this month, in addition to our weekly hikes and walks—the Annual Meeting and a hiking getaway to Mammoth Lakes. The Lincoln Hills Hikers and Walkers invite you to come along this month—care to join us?

Our Annual Meeting is on Thursday, September 10th, and we're looking forward to a wonderful presentation by our fellow hiker and geologist, Mark Smelser. Mark is always so much fun to have along on our hikes and his enthusiasm for geology is contagious. We know our club will really enjoy

his presentation, roughly titled "Digging Deep into the Hills of Sun City & Hiking in Pursuit of Geologic Curiosities." Attendees can expect an entertaining introduction to our regional geology, including the fascinating things we can observe along our hiking trails.

Our other big hiking event this month is our getaway to Mammoth Lakes—an incredible destination with lakes galore! Hikers will have their choice of strenuous, moderate, and easy hikes over the course of four or five days. There are also some fun side trips planned, including a visit to the Bristlecone Pine Forest and a trip to see Devils Postpile National Monument. Our getaways are a great way to get to know your fellow hikers better, make new friends, and enjoy the outdoors

together.

Our Walkers enjoy weekly opportunities to walk together within our community, with routes and paces suited to a wide range of abilities—from relaxed strolls to brisk walks. Please check our website LHhikersandwalkers.org for the latest schedule and starting locations. For questions, feel free to contact the Wednesday Walkers coordinator Debbie Schryver (916-666-1741) or Wellness Walkers coordinator Karl Aitken (w4wleader@gmail.com).

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

• • •

(more Club News cont' on page 27)



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\$800,000	\$20,000	\$12,000	\$8,000
\$900,000	\$22,500	\$13,500	\$9,000
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LH Cyclists

BY GREG SANDUSKY

The Markleville Death Ride once again drew 3 of our strongest riders; Mike Rubino, Rod Monsees, and Doug Smith to endure 103 miles and 14,000 feet of climbing. At the other end of the cycling spectrum, our Easy Riders group continues to grow in both ridership and range. These rides are designed to be welcoming, relaxed, and accessible to more members of the community. Some routes now extend beyond SCLH, using only bike paths and bike lanes while still staying under 15 miles. For those who prefer to remain within the community, an experienced rider is always available to lead the way.

Several dozen members and their friends and family congregated last month for our social hour at Fowler Brewery. Upcoming is our annual potluck at The Pavilion on Sept. 23, and our multi-day destination riding trip

to Solvang from Oct. 6 through 8.

So whether you love cycling the hills and distance, easy going group bike riding, or somewhere in between, we have a group for you. Visit www.lincolnhillscyclists.com or contact Greg Sandusky at hunkylusk@gmail.com for more information.

• • •

Pickleball

BY DIANE FERRARI

The temperatures may be cooling down, but things are heating up on the pickleball courts. Fall brings opportunities to learn, improve your game, meet new players, and have some fun. New to pickleball? Join our FREE Intro to Pickleball class on September 30! Learn the basics, including rules, scoring, strokes, footwork, and club programs and then put your new skills to work in a game. Paddles and balls are provided. To register, email welcometopickleball@gmail.com.

Ready to build your skills and confidence? Our Pickle Partners program is designed specifically for newer players who want additional opportunities to play, practice, and gain confidence without the pressure of regular open play. To learn more email Cathy Shanley at welcometopickleball@gmail.com. Looking to sharpen your game? Pro Ian Dickson will lead the Net Play Tactics: Build Kitchen Confidence Clinic for 2.5–2.75 players on September 22. Registration is available through WellFit. And, of course, fall wouldn't be complete without some great club events. Save these dates: September 27: Welcome to the Season Round Robin & Party. October 8: Oktoberfest Celebration—tickets went on sale September 9, so don't miss out! November 10: General Membership Meeting, 3:30 PM, Orchard Creek Ballroom. We need you there! December 1: Winter Holiday Party. Join the club this fall and enjoy ladders, round robins, drills, clinics, socials, and plenty of

opportunities to play. Fall is the perfect time to get out, get active, and get on the courts. Grab your paddle and we'll see you out there!

• • •

Men's Golf

BY WALTER MILGROOM

Congratulations to all the contestants in this years Red White and Blue Tournament.

As always, it's one of the more popular and competitive tournaments for the Lincoln Hills Mens Golf Association. The overall Gross winners are Fred, Mike, Jeff and Steve. (last names withheld by request of one of the winning players, available upon request).

For those who enjoy the recognition of seeing their names in print, we have lots of names:

Flight 1: Ciro Estremo, Mike Macguire-Back, Dan Guth, Ray Otis

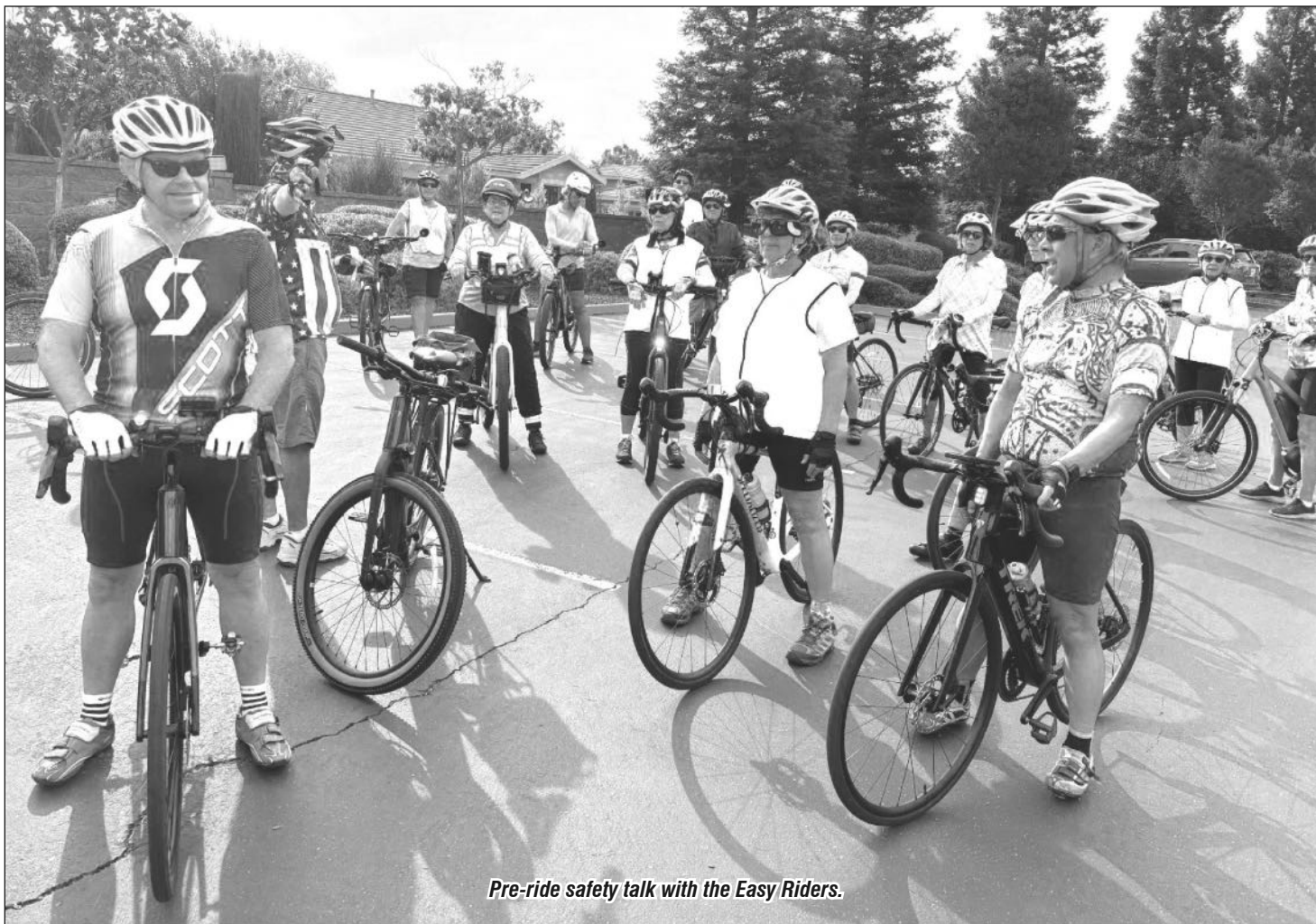
Flight 2: Tom Gorley, Jeff Warner, Jim Citarella

Flight 3: Joe Bellah, Barry Sasabuchi, Tony Machado, Gil Luca

Flight 4: Rick Luyet, Jack Woods, Chris Thompson, JR Marrs

And a special shot-out for someone who deserves to see his name in print; Congratulations to Ed Daniels for spending the last 55 years trying to make a hole-in-one, and finally doing it on the Lincoln Hills Golf course, hole #16 Hills Course. Well Done, Ed!

• • •



Pre-ride safety talk with the Easy Riders.



(more Club News cont' on page 29)

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Jim O.

"We were pleasantly surprised by the **effort and enthusiasm Michelle displayed.** We heartily recommend The Realty Experts when selling or buying a home in Sun City Lincoln Hills"

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Jim & Liz S.

"We would highly recommend Michelle to anyone purchasing or selling a home. Even after the sale, she continues to stay in touch making sure **every need and question is addressed.**"

Jim & Jan S.

"Your dedication, knowledge and attention to my specific needs were a testament to your success. **You're great!**"

Pat D.

"Your energy and ability to follow through so quickly and accurately makes it so much easier to be your client. I look forward to knowing you as a friend. **You are lovely.**"

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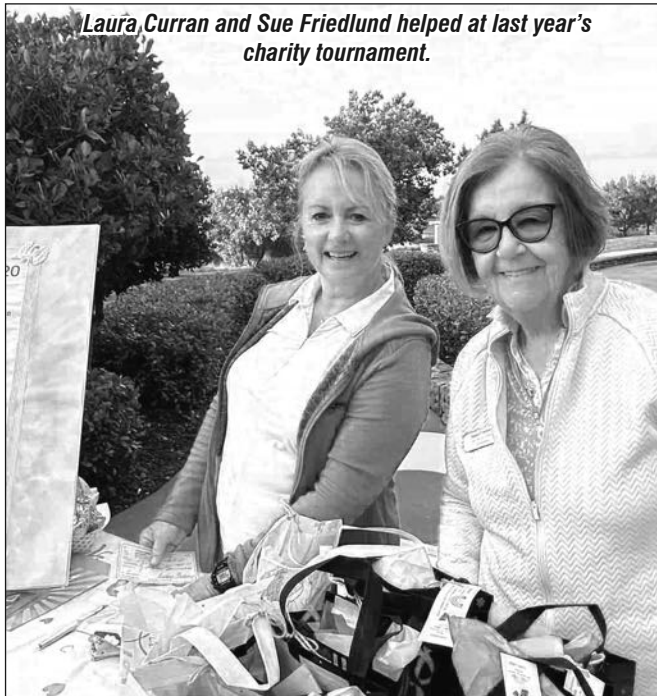
Lincsters

BY LORA FINNEGAN

Who doesn't know some family touched by breast cancer? On October 7, Lincsters fight this disease by teaming up with the Ladies XVII golfers for our 23rd annual Breast Cancer Tournament. Funds raised go to the nonprofit Placer Breast Cancer Foundation and support research and local outreach. Chairs are Jane Hall and Kim Hall; we still need tourney sponsors (contact Kim at Philkim2125@gmail.com). To donate, make checks out to "PBCF" and mail to Jan Varin, 1882 Coldwater Lane, Lincoln CA, 95648.

Welcome to our new members: Sue Alston, Cheryl Von Bergen, Denise Hexom, Mary Keaney, Helga Marshall, Andrea (Andie) Potts, and Michele Strouth. Our next General Meeting is September 16 after golf.

Reminder: the bare spots on the course (not divots) are most often areas where



Laura Curran and Sue Friedlund helped at last year's charity tournament.

Dallisgrass has died or been removed. It is considered ground under repair you can move your ball out of this area for free relief.

Come join Lincsters and make new friends! Just go to our website: <https://Lincolnhillslincsters.memberplanet.com>

• • •



Carolyn Broback

Maggie Tse and Vivian Lim.

There were also some impressive shots on the course. Debbie Ferini captured Closest to the Pin on Hole 12 with an incredible 2 feet, 9 inches, while Judy Dong took the honor on Hole 7 with a terrific 12 feet, 2 inches.

Following golf, everyone gathered in the Orchard Creek Ballroom for a celebratory luncheon. The program emcee was tournament co-chair, Bonnie Hing. Captain Lissi Bedford opened the presentation and was joined by 10 past captains: Eileen Boore, Wendy Seagraves, Bonnie Hing, Edda Ashe, Barbara Grant, Sylvia Feldman, Peggy Carr, Donna Sanderson



Lissi Bedford



Bonnie Hing

Ladies Golf - 18 Hole Club

BY KAREN ESCOBAR

The annual Captains Cup golf tournament was held on August 13, bringing together 48 enthusiastic golfers for a day filled with great golf and plenty of fun.

A huge shoutout goes to tournament co-chairs Kathy Woodward and Bonnie Hing for putting together such a wonderful event. The golfers were especially fortunate to enjoy temperatures in the high 70s—a welcome and almost unprecedented treat for August!

Congratulations to our winning teams! First Flight

honors went to Karen Thom, Ronnie Link, Lissi Bedford and Mitsuko Cameron. The Second Flight winning team was Chris Lee, Kathy Lee,



Former Captains: Eileen, Wendy, Bonnie, Edda, Barbara, Carolyn, Sylvia, Peggy, Donna, Deb, and current captain, Lissi.

and Deb Dunipace, along with the very first captain, Carolyn Broback.

Carolyn entertained the group with an interesting and humorous look back at the early days of the club, including the story of how the Ladies Golf XVIII became recognized as a club. Her stories brought back memories of the early 2000's, claiming in 2003, a round of golf cost just \$15—and that included fruit at the morning send-off and lunch in the Solarium!

It was a wonderful day celebrating not only golf, but also the friendships, traditions and women who have helped make Ladies Golf XVIII such a special part of the SCLH community.

• • •

(more Club News cont' on page 31)

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HOPE AFTER SHINGLES

Local clinic treating shingles and post shingles complications with amazing results.

Mother's have described it as a "pain worse than labor," others compare it to passing a kidney stone.

Post Herpetic Neuralgia (PHN) is a complication following a bout of shingles and is often ranked in the top 5 most painful experience a person can endure in their lifetime. Affecting more than 18% of shingles patients, PHN causes you to experience the pain of active shingles for longer than 3 months, and in some cases, years after the rash has dissipated.

Audrey of Lincoln Hills shares her story. "I had been diagnosed with shingles, and I thought it was going to be like the flu or any other virus. I'd have it and then get over it. Two months later, the blisters were gone but the pain was so intense I was begging them to put me in the hospital and sedate me."

During active shingles, the virus injures nerves in and around the skin where the rash and blisters occur. Your immune system eventually suppresses the virus and the rash and blisters disappear. Unfortunately, nerve damage often disrupts the function of your nervous system and the damaged nerves send random, uncontrolled pain signals to the brain causing lasting, debilitating pain.

"I couldn't sleep," said Audrey, almost in tears. "I was always in pain. I couldn't leave the house. I thought this was the end of my life."

PHN pain has been described as burning, stabbing, and even gnawing. Even worse, it has a tendency to escalate to unbearable levels, episodes that Audrey referred to as "seizures." "You can actually feel them coming on, so you know you're about to be in major pain and there's nothing you can do about it."

This pain can gradually go away, return intermittently, or in worst cases, stay with you for the rest of your life.

After living with this for more than 2 years, Audrey was no longer willing to take that chance of enduring it for a lifetime and sought the expertise of RaeAnn Salvador, of Lincoln Acupuncture and Integrative Health. Sadly, we have seen an increase in PHN cases. My PHN cases are some of the most tragic cases I've seen. The pain these people experience is just beyond words. Fortunately, I am able to offer them real hope.

"I started going for treatment and everyday was better and better. After about a month, I told my husband, 'I'm going to start doing our big Sunday family dinners again,'" shared Audrey. "It's changed my life."

While the clinic specializes in acupuncture (it's in their name after all), it's the 'Integrative Medicine' part of the practice that's a hole-in-one when treating Post Herpetic Neuralgia.

ATP Resonance BioTherapy is the real winner here. ATP treats PHN two-fold. It both eradicates residual shingles virus which reduces future episodes, and it aids in repairing damaged nerves. Nerves have the ability to regenerate and repair on their own. "Our ATP therapy ensures and supercharges that process."

It should also be noted that if ATP Resonance BioTherapy is used to treat an active case of shingles, the lifespan of the active virus and the chances that you'll develop Post Herpetic Neuralgia reduce significantly.

When asking Audrey "how do you think things would have progressed if you'd never found Lincoln Acupuncture?" Her only response, "that's for a different conversation." Audrey's husband shares, "As a person, you can only handle so much pain. Audrey is on the other side of this now and to me, that's most important. And she got the results she needed by coming here."

If you or a loved one is experiencing the pain of an active shingles outbreak or are now suffering from post-herpetic neuralgia, RaeAnn Salvador, LAc and the staff at Lincoln Acupuncture and Integrative Health are here to help.

Visit **AcuLincoln.com** for more information or call **916-884-0398** to schedule an appointment for an initial consultation.

There is hope.

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Softball

BY ERNIE MICHELI

The 2026 Recreational Softball season has ended! Huge congrats to Coldwell Banker, Coach Mike Hazelhofer, and his team for their amazing 20 wins and just 8 losses, which was the league-best! The league playoffs kicked off on August 3, when all ten teams battled it out in a double-elimination tournament for the league championship.

On August 12, Mary Olsen Century 21 Select triumphed over Coldwell Banker Sun Ridge in the championship game to snag the 2026 Recreational League Championship. Mary Olsen, coached by David Hughes, by every definition, was a Cinderella team as they were the ninth-seeded team playing the top-seeded team, Coldwell Banker. This championship tournament was a rollercoaster of excitement, with some really close games, and the final game was a nail-biter, where Mary Olsen clinched victory with a score of 10 to 7.

A big thank you to our fans who packed the stadium and even spilled onto the grassy hillside along the first base line many times during the season, especially during the tournament—thank you for your support! Your cheers and rooting were greatly appreciated by the players.

The umpires, led by Montie Boatwright and Charlie Schuman, brought professional-like officiating to each game. They were the unsung heroes throughout the season. As the teams are congratulating each other at the end of each game, the umpires often disappear without any sign of appreciation. Thanks to all the umpires for a difficult task that was well done.

Our season wouldn't have been possible without our sponsors. Their contributions helped cover equipment and supplies. The banners hanging from the outfield fence represent the individuals and businesses that support our league.

We'll be taking a break from softball in

September as the field is rejuvenated by Sun City's field maintenance crew. Fun Ball will kick off in October.

...

Table Tennis Club

BY WES HILL

The table tennis club plays in the Multipurpose Room (KS) Tuesdays from 6

PM to 8:30 PM, Fridays from 8 AM to noon, and Sundays from 8 AM to 5 PM.

We have 282 members, and it's safe to say there are at least another 100 residents who are procrastinating about joining. Why is it safe to say that? Because no one can prove otherwise! If you enjoy playing ping pong at any skill level, there is no reason not to join the club. Membership is free. As a member,



Table Tennis Club



LHSSL 2026 Champions — Mary Olsen Century 21

you will receive President Carl Lynch's monthly newsletters which are both entertaining and informative, and which include a calendar of upcoming events. You missed our June Potluck and our July Ice Cream Social but can still join us for our Halloween and Holiday parties. During play hours, there will be a membership sign-up sheet on a table near the main entry to the Multipurpose Room

We use seven, high-quality tables, and movable barriers around each table so we don't have to use all 10,000 of our daily steps chasing ping pong balls. There are a variety of loaner paddles available, and we even provide the ping pong balls.

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

For more information, check out our club website: <https://sites.google.com/view/LHTTC>.

...

(more Club News cont' on page 32)



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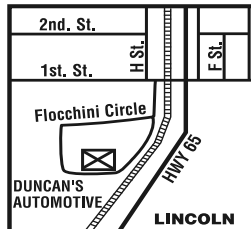
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Tennis Group

BY PAULA GRIFFIN

Fall is in the air! Registration is underway for the Fall Frolic Doubles Tournament on September 12. Find a partner and join the fun! Non-residents, over 55 years of age, are invited to play in this tournament with residents. Players will be assigned to 6.0, 7.0, or 7.5+ combined rating brackets. After the friendly competition, lunch will be served and prizes

awarded. Sign-ups are due by September 7. Next up will be the Oktoberfest Tournament on Saturday, October 10th. New this year, members are invited to show off their artistic talents and design the tournament tee-shirt! If tournaments are not your thing, or you are new, thinking about returning to tennis, or recovering from an injury, all tournaments have a lunch-only option if you want to come

(cont' on page 33)



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Tennis Group

(cont' from page 32)

out and socialize with fellow tennis players. We also offer ball machine practice on Thursday and Saturday mornings, Triples play every non-tournament Saturday, and drop-in play on Wednesday and Saturday mornings. If you need a practice racquet, contact our resident pro Eric Garcia at 530-945-8618 for a loaner. Eric also can get you involved in group play and provides lessons through WellFit. Check out all club activities on our website at <https://selhtg.com> or email us at LHTG01@gmail.com for more information.

See you on the courts!

• • •

Water Volleyball Club

BY MIKE CARLSON

We're Back!! All indications point to us returning to play at the newly renovated Kilgus Springs pool sometime in early September! If you didn't get a chance to check us out at the Orchard Creek pool, now is the perfect time to do so! We play Monday through Thursday and Saturday. Come out any Saturday and play. We have a spot for you no matter what your skill level is. First contact us at LHWatervolleyball.com or email Elaine at selhwatervolleyball+membership.com. See you in the pool!

• • •



Cribbage

BY MEL SWITZER

I'll deal the hands, and you place a card in the cat, as we play today

Playing with the cards, for hours and hours while we watch you

Play your runs and straights all day long, you see

And you're full of glee

Join with us now and play each Tuesday morning

Everything is fine. Such a cozy room,

The tables are all waiting for you as the morning, sun shines on them

Good hands dealt to you, only to you

Our club is a very, very, very fine club

With four cards in your hand

This game can be so grand

Now everything's complete because of you

And our

La-la, la-la-la-la-la

La-la-la-la, la-la-la-la-la

La-la-la-la-la-la-la

La-la-la-la-la-la-la-la

La-la, la-la-la-la-la

La-la-la-la, la-la-la-la-la

La-la-la-la-la-la-la

Our club is a very, very, very fine club...

"Our House" has had a great number of winners lately, including Ken Von Deylen on 7/21 with a score of 729.

Jean Stefani on 7/28 earned a score of 723, while Jean Westvold on 8/4 scored 729 and Susan Shanellec on 8/11 pegged 725 points.

We laugh, sing (sometimes) and generally

enjoy each other's company while we try to "skunk" our opponents.

We play four handed cribbage, and you are not required to keep the score on the "Dreaded" Cribbage Board.

So, we play the great game of Cribbage each Tuesday starting at 8:30 AM in the OC Card Room.

We practice for a half an hour, and the "real" play starts when the cowbell chimes at 9:00AM sharp.

If you learned how to play cribbage with your grandfather or you long lost aunt back in the day, so many years ago,

honor them by showing up and joining the fun we have each week.

You will be happy you did. Join Our House

• • •



(more Club News cont' on page 35)

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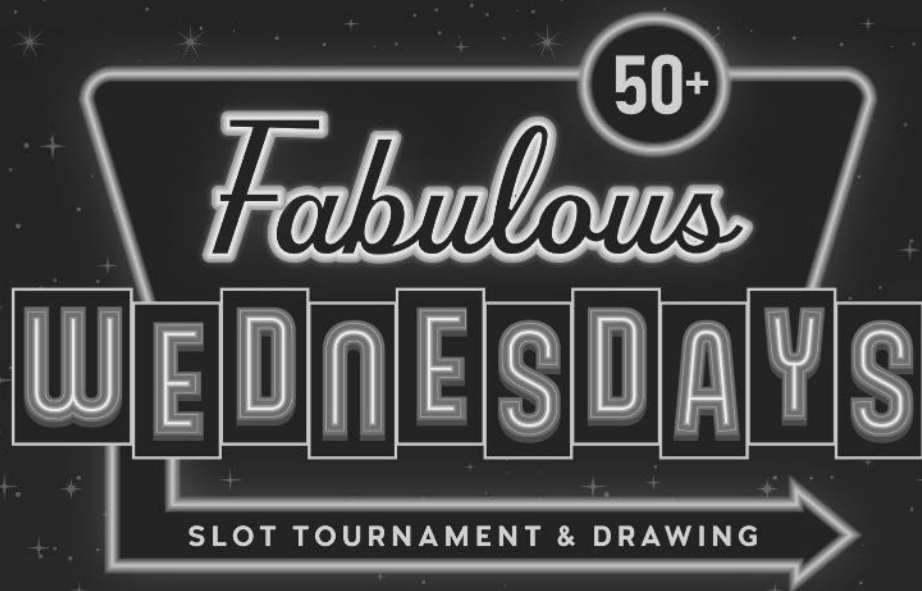
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Billiards Group

BY SUSAN VOIGHT

How about trying a new skill or returning to an old one? Try our Billiards Group! We have free Mentoring sessions for Beginners to Advanced on Tuesday mornings with two sessions. Session 1 at 9:15 to 10:15 and Session 2 at 10:30 to 11:30. It is recommended that you sign in about 15 minutes ahead of time for each session to make sure that Cathy Goebel, who runs the Mentoring Group, can direct you to the right Mentor for your needs and skill level. No cue stick is needed. We have everything you need to get started: cue sticks, chalk, and of course, the billiards balls. You can get double the impact when you stay for both sessions! The Mentoring sessions are "Free" and if you decide to join the Billiards Group, it is only \$10 per year.

Once you become a member there are nine tournaments each week that you can attend with suggested skill levels. You can be sure you'll find one of these tournaments fits your skill level:

Billiards 101, Rack-N-Roll, ChiX with StiX, Cue Masters, Co-Ed, Rackateers, Players, Challengers and finally, Breakers.

Billiards 101 is held each Monday at 10am to 12:30pm and is run by Jim Mac Williams. Jim is there to guide you and give instruction when needed. It's a fun and easy way to play some games with other beginners.

We are a fun and welcoming group where you'll make many new friends. Overall, Billiards is a great social game.

Don't forget to check out our website: www.lhbilliards.com for all the information which includes Tournament times and other events. And then, come join us at the Lincoln Hills Billiards Group. You'll be happy you did!

...

Shuffleboard Club

BY JON KLINE

Morning Club play continues: Tuesdays and Saturdays from 8:30 to 10:00 A.M. During hot weather, come after 8:00 AM to set up a court and start playing. New players are welcome; we will quickly show you how to play. The four commercial grade shade canopies give sun protection to the players standing or sitting at both ends of all five courts. Thursday Evening Socials will resume on September 17th from 7:00 to 8:30 PM. Court 10 is located at the



Spotted at the Sports Plaza.

back of the Softball parking lot in the Sports Plaza. Sign up for "Intro to Shuffleboard" clinics September 21 and October 12 at 9:00 AM. Next club tournament is September 26. Details on club website or flyers in the OC club bin. For residents' open play, all equipment is in the onsite cabinet (contact club for padlock combination), with use and safety instructions posted there. Court 10 gate is now locked from 7:00 PM to 7:00 AM. Call V-Force security to unlock for evening play: 279-239-9094. You can reserve courts up to 7 days in advance online via the WellFit Resident website. For large group reservations, please contact WellFit to reserve courts 2-8 weeks in advance. Club volunteers

are available to help your group get started and go over the basic game and safety rules. Show your support for shuffleboard; contact club to purchase a "Lincoln Hills Shuffleboard" license plate holder (See Photo)! Remember that no bending or lifting is required to play shuffleboard, and everything is free.

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

Club Website: Facebook/SCLH Shuffleboard Club

...

Duplicate Bridge

BY WENDY WOHL

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

...

Pedro Group

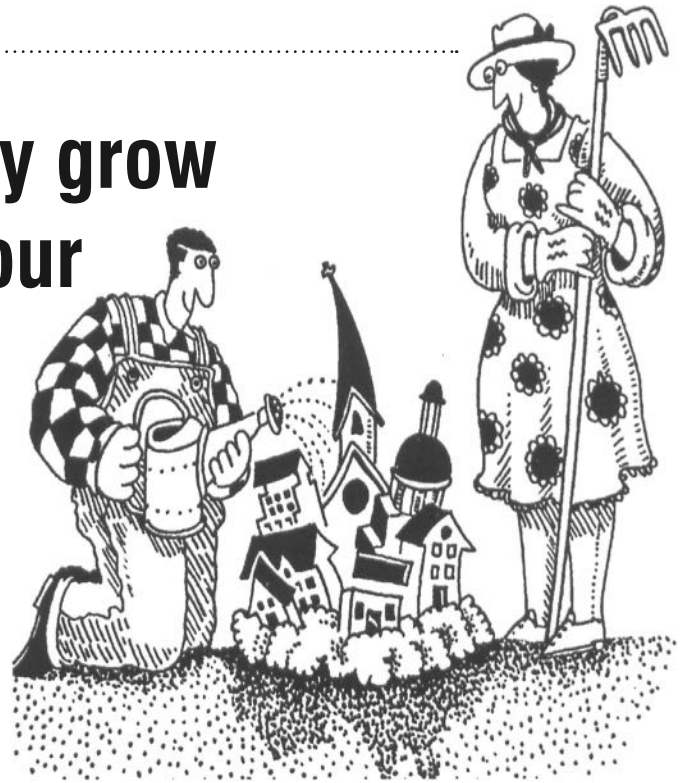
BY BONNIE KING

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

Contact: Denise Jones – 916-543-3317.

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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 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.

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

A simple line drawing of a hard hat with a checkmark.

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

A simple line drawing of two hands shaking.

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!

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

Mike Bulger and Tom Gatti

(cont' from page 1)

Tom was born in Vallejo, California, in 1943. He grew up in Fresno with three sisters, one older and two younger. He remembers dragging Main Street in his '37 Chevy Coupe. After graduating from McLane High School in 1961, much to his mother's dismay (she wanted him to go to college), he joined the Air Force. After basic training in Texas, he was sent to England where he joined the Fireman/Crash Rescue team at an American Air Force Base which housed F-100 Super Sabre fighter jets.

Three years later, he returned home and, much to his mother's happiness, enrolled at Fresno State University where he majored in Marketing. He met his wife, Linda, through a mutual friend and married in 1969. They have one son, Jim, married to Cindy. Their daughter, Lexi, graduated from William Jessup College and lives in Roseville.

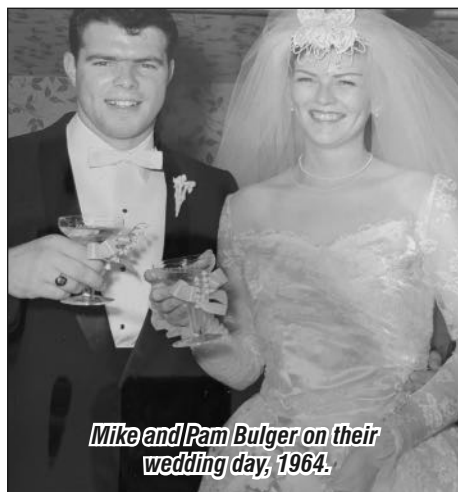
Tom's career years were spent in Sales with Campbell's Soup, a company which he sings the praises of. During thirty years of service, he held eight different positions in sales, marketing and management. He traveled about 100,000 miles a year. His last position before retiring in 2000 was as Division Manager of a team that sold products to Safeway stores. Exhausted from traveling, he was happy to take an early retirement and move with Linda to SCLH in 2001.

Once here, Tom joined in many activities, including softball and pickleball. He even was one of the founders of the water volleyball team. He also operated the spotlight as a member of the Tech crew for the various drama productions and other shows produced here. "I got replaced by a computer," he likes to quip about not being on the Tech team anymore. And of course, he started working at the Fitness Center which he loves. "Every day it's a different experience," he says. He's working with his sixth Fitness director, Deborah McIlvain, who he claims is the best so far. An experienced salesman, his favorite activity at the front desk is recruiting residents for the various fitness activities.

Besides longevity at the Fitness Center, one of Tom's claims to fame is winning a Gold medal for Pickleball in the Mixed Doubles division at the 2010 World's Senior Games in Saint George, Utah. Vacations include travels to China, Italy, Spain and Portugal as well as three cruises to Alaska. When they went to England, he took photos of the places he had



Mike Bulger in his barber shop, 1967.



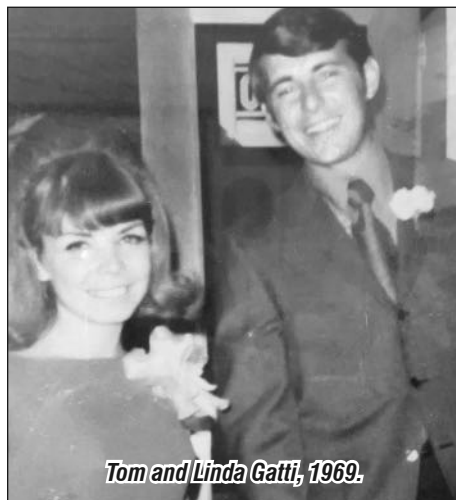
Mike and Pam Bulger on their wedding day, 1964.

taken photos of forty years before when he was in the Air Force so he could compare them. His bucket list includes living in Italy someday.

Mike and Tom's official titles in the Fitness Center are "Wellfit Monitors." They serve as frontline representatives of the Wellfit Department, providing exceptional customer service and operational support to residents and guests. Among their duties, they are responsible for validating member and guest participation, supporting daily fitness and wellness operations, and ensuring that all programs and services are delivered in a safe, welcoming, and professional manner. They work three days a week, for five hours per day. Neither one feels that it's "work" though, because, as they see it, they're having fun helping friends.



Tom Gatti on the Tech Crew 2019.



Tom and Linda Gatti, 1969.

Working the front desk involves selling classes, passes, personal training sessions, retail items and concessions. They also balance funds at the end of each shift and prepare end-of-day reports. They date, track and manage lost and found items and ensure that all signage and flyers are current and properly displayed. And they are both trained in CPR and have First Aid certification.

Besides experience and competencies in customer service and interpersonal skills, their job description states that they must have leadership attributes. They must demonstrate professionalism, communicate respectfully with everyone, maintain composure and sound judgment in busy or emergency situations, and foster a welcoming, inclusive, and safety-focused environment. Both Mike and Tom's personalities match this job description perfectly.

This coming December, both men will be honored at the Sun City Lincoln Hills annual Christmas party where they will celebrate their 25 years of dedicated service. Quite an achievement!

So, the next time you go to the front desk of the Fitness Center, look to see if one of them is working there. If so, you're sure to get the best customer service on the planet as well as

engage in a lively, friendly conversation. Tom says he's never quitting, so you'll see him for sure. Mike will probably be there as well, if he isn't visiting family or going on a cruise. Both men have a wealth of information, and it'll be a memorable experience for all.

Bhuwan Thapaliya, a poet and economist from Kathmandu, Nepal, once said, "The right people don't add noise to your life; they bring peace, warmth, and kindness. They make you gentler toward yourself and the world." Mike Bulger and Tom Gatti are definitely the "right people."

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

Meet the Author Lecture Series

BY RITA RUTLEDGE

Meet the Author Lecture Series: Richard Meredith

Monday, October 5 • 2:30 PM Presentation Hall (KS)

Raised on Sea Hunt and Jacques Cousteau documentaries, local author Richard Meredith dreamed of life at sea. After serving in the U.S. Navy, he completed college and graduate studies. His career as a marine biologist and petroleum industry analyst took him from the Tropical Pacific to the Amazon rainforests and from the Yukon to the Caribbean. These experiences inspired his stories.

Come hear him speak about his action-adventure thrillers. Maskirovka: The Russian Science of Deception draws on his petroleum industry work, The Crow's Nest is influenced by his years on commercial fishing boats, while Sky Dance reflects his ecological restoration work in Ecuador. His latest novel, The Double Cross of Brigid follows a diver searching for a lost Gold Rush map.

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SSNLH WRITERS...

Don't Mess with Texas

BY STU SINGER

I have always viewed ants as a nuisance. Spill some sugar on a kitchen counter and they may suddenly appear. Any picnic can encounter them as uninvited guests. Nuisance, yes; life-threatening, hardly. In fact, we have given multiple grandchildren "Ant Farms" so they can discover how fascinating these little industrious creatures can be. These views changed significantly after a recent trip to Texas.

Now I know them for what they truly can be—assassins.

When we visit our son and daughter-in-law in Austin, Texas, we find places to do some casual birding together. In June, we found ourselves at a nearby Water Treatment Plant deemed "A Birding Hotspot". Soon after embarking on its sandy trail, we spotted Cattle Egrets, Black-Belly-Whistling Ducks, Blue-Winged Teals and much to our surprise, families of Red Headed Ducks. The setting seemed perfect.

My serenity was abruptly disrupted by a loud ruckus erupting fifty or so feet behind me. Turning toward the commotion, I was stunned to see my wife sitting on the ground, while my daughter-in-law was screaming "Take off your shoes". Once they were in her possession, she began pounding them on the ground while our son appeared to be slapping at my wife's clothes. My shoeless and bewildered wife remained seated on the trail.

Assuming the situation did not require my assistance, I chose to remain at a safe distance. Running toward danger has never been my favorite option. After the scene settled down, I

learned what had happened. My wife wandered off the trail in hopes of catching a glimpse of a Cardinal she had heard. Instead, she stepped into a mound of Invasive Fire Ants.

For those of you, like me, who are unfamiliar with these creatures here is some critical information. Despite their diminutive size, they are among most vicious animals on the planet. Their individual plan of attack is simple. They clump onto their victim, i.e. my wife, with their jaws and using the stinger at the other end of their body like a jackhammer, they repeatedly inject venom into their prey, i.e. my wife.

As a group they are even more frightening. In this case, when one is alarmed it sends signals to the rest of their family to join the fight. If a nest is attacked by predators, they will use the dead bodies of comrades to aid in scaling walls. In an amazing feat of engineering, if a flood engulfs the area around a nest, they will link together to form an "ant-lifeboat" to weather the crisis. Thus, it is likely an "Ant Farm" filled with Invasive Fire Ants would quickly result in the formation of brigades, the construction of a fortress topped by cannons, surrounded by a moat. It would come with a special parental guideline: "This toy is not suitable for children".

Shaken, but unbowed, my wife demanded that we continue birding. She said she felt fine and what are a couple of ant bites? "Just wait", our daughter-in-law responded ominously, adding, "Trust me by tomorrow morning you will need mounds of Cortisone and Zyrtec."

Her prediction was confirmed the next day.

By then twenty-eight individual red welts, each topped with a white pustule, had appeared on my wife. It was a stunning result for an attack measured in seconds. "Can you imagine," she mused as she downed pills and slathered on

(cont' on page 39)

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Don't Mess with Texas

(cont' from page 39)

cream, "what would have happened if it had just been you and me there?"

Here's the scary answer: severe Invasive Fire Ant attacks can put a human being into Anaphylactic Shock. Scratching the sores can lead to serious infection. Chickens and baby sheep have been brought down by large groups of these little guys. My wife now begins emails to our Austin family with "Thank you for saving my life".

When we returned to Lincoln, much to her chagrin, she became a bit of a celebrity. Friends came over to view the carnage firsthand. Family members demanded photo proof of the aftermath. A visit to Urgent Care got her stronger meds but five weeks later there was still visible evidence of her encounter though most of the swelling had subsided. Neighbors regaled us with their own Fire Ant stories from time spent in Texas. Everyone was thrilled to note that these tiny demons have not gotten closer than Southern California. And many asked if she managed to glimpse that Cardinal?"

Sadly, the answer is no.

...

The Scoreboard

BY JOY S. HUTCHISON

On the last day visiting my northwest family in July, my daughter invited her son's family over for brunch. It also happened to be the day of the final FIFA World Cup championship game. I really don't know that much about soccer, but we all agreed that watching it would be fun. Also, since I seldom watch sports on my own anymore, I've missed having someone to share hoots & hollers or

groans & moans with.

Before the game, the sports announcers filled us in on the star player for each team. There was a twenty-year age gap between them! Oh, my... age and experience versus youth and stamina. This should get interesting

When the players came onto the field, they spread out all over the turf. Where are helmets and bulky pads? They had on flimsy but shiny shirts and shorts, and shoes that looked similar to lace-less slippers! The ball was dribbled by their feet, sometimes not going very far, and then, wham! Up in the air and over to the other side of the field! Sometimes it was bounced from one player's head to the other. Ouch!

With lots of action on the field, I kept trying to keep up with who had the ball and where it was headed. Help! I needed someone who could explain to me what was going on when the referee blew his whistle!

When the allotted time was up, no one had scored, and overtime was needed. Everyone was sitting on the edge of their seats, concentrating so quietly that you would think we were watching a moon landing. Suddenly, we watched as the ball bounced into the net beyond the goalie! The scoreboard showed the point and the game was over. The TV cameras then focused on the winning players who were jumping up and down and hugging each other as if they were at a family reunion.

Whatever favorite sport you enjoy watching, everyone is a winner when the game is well played.

...

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

Lincoln Theatre Company Opens Its 15th Season of Quality Theater

BY PEGGY SCHECHTER

Lincoln Theatre Company is proud to announce the opening of our 15th season with the Steve Martin and Edie Brickell's musical Bright Star, featuring a live orchestra and celebrating another year of bringing quality theater to audiences throughout the Lincoln community, the Sacramento region, and beyond.

Looking ahead our 2026-27 season includes Bright Star, Miracle on 34th Street, Come From Away and Calendar Girls.

At the heart of Bright Star is a deeply moving and beautifully woven story that spans decades. Set in the American South during the 1920s and 1940s, the musical follows literary editor Alice Murphy, whose life is forever changed when she meets a young soldier returning home from World War II. Their connection awakens long-buried memories and sets her on a journey to uncover the truth about a past filled with love, loss, and unexpected hope.

As the story unfolds, Bright Star reveals how choices made in youth can echo through a lifetime, and how redemption can arrive in the most surprising ways. With its bluegrass-inspired score and heartfelt storytelling, this musical blends humor, romance, and emotional depth into a powerful theatrical

experience.

For 15 seasons, Lincoln Theatre Company has been dedicated to creating memorable theatrical experiences through compelling stories, exceptional performances, talented musicians, creative production teams, and the shared excitement of live theater. Each show this season offers audiences the opportunity to laugh, cry, be inspired, and experience the magic that can only happen when performers and audiences come together in the same room.

Audiences can look forward to the return of beloved LTC veterans known for their fabulous voices and compelling stage presence, alongside new talented performers who bring remarkable vocal ability and powerful dramatic characters to the stage. Together, this blend of seasoned artists promises a production filled with emotional depth, musical excellence, and unforgettable performances.

Bright Star will run September 11 through 27, with performances held on weekends, including both evening and matinee performances. This production brings this acclaimed musical story to life, adding depth and richness to the emotional journey.

Tickets can be purchased online at www.lincolntheatrecompany.org or by calling the box office at 916-409-7030.





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Letters to the Editors...

Authors are solely responsible for the content of their letters.

Equitable allocation of SCLH Capital Projects Funding

I am writing to advocate for a data-driven approach to capital projects and budget allocation to ensure equitable benefits for all community members. Funding should balance the needs of active sports participants with those of less physically active residents by supporting activities such as seated chair yoga, brain-boosting puzzles, and creative arts. These options keep the mind sharp, encourage gentle movement, and build social connection.

With HOA dues increasing faster than Social Security cost-of-living adjustments, funding must provide equal access to community benefits across all departments. We need to redefine what it means to be "active" in our over-55 community to encompass mental and social engagement, not just physical fitness.

To build an inclusive community, we must address underlying biases regarding aging and disability. For example, past policies required the removal of driveway guardrails upon home sales to avoid a perceived negative image of disability, while also charging fees for their installation. Such practices disregard our actual demographic data.

National data demonstrates that disability prevalence increases significantly with age:

- General Disability: Approximately 24%

of adults aged 65–74 and 46% of those aged 75 and older report having a disability.

- Mobility Limitations: Mobility disabilities affect 15% of those aged 65–74 and 48% of adults aged 85 and over.

- Hearing Loss: This affects about one-third of adults aged 65–74, nearly half of those over 75, and up to 96% of those aged 90 and older.

- Vision Disabilities: Vision problems affect roughly 6% of seniors over 65 and rise to about 9% for those over 75.

Given this data, there is a clear case for integrating accessibility into our capital project spending. I request that the HOA consider these demographics to ensure funding is allocated equitably for events and infrastructure that support the entire community.

Donna Fields

...

SCLH Needs Serious Reform

Homeowners' associations were originally created to maintain shared spaces, protect property values, and provide basic neighborhood services. In practice, however, many HOAs have grown into powerful private governments with too little oversight and too much control over the people who live under them. In SCLH an HOA that brings in more than \$24 million a year, it is not just a

small neighborhood community. It is a large financial operation that should be held to a much higher standard.

SCLH major problem is how HOAs are often structured from the start. Developers commonly control the community in the early stages, then hand it over to a board of volunteer homeowners. That board consists of only seven people, with three rotating in one year and four the next. This creates a system where a very small group can control massive sums of money and major decisions affecting thousands of residents. Plus the turnover of Executive Directors, six in ten years, including interims, develops inconsistencies within the HOA.

That kind of power can lead to abuse, and it has in SCLH. Residents in SCLH have raised concerns about creative accounting, weak financial transparency, the use of lawsuit threats, and temporary restraining orders to silence opposition. Instead of serving homeowners, the SCLH board operates more like enforcement agencies. Fines, legal actions, and selective rule enforcement can

turn daily life into something that feels less like community living and more like a police state.

There are also serious concerns about corruption. When board members, managers, or related parties (the lawyers) benefit from contracts, legal fees, or hidden financial arrangements, trust collapses. Homeowners deserve clear budgets, independent audits, open records, and real accountability. Without those safeguards, an HOA can easily become a closed system that protects itself rather than the people paying into it.

For these reasons, SCLH should be reformed at minimum and abolished where reform is impossible. At the very least, they need strict limits on board power and executive director power, mandatory independent audits, stronger homeowner protections, and easier ways for residents to remove abusive leadership. No private association should have the ability to collect millions of dollars while operating with so little transparency and so much control over the homeowners.

Steve Bringman

...

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

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

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

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

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LH Foundation Wise Aging Series... “Good to Know – Need to Know”

BY DENISE BOWDEN

Planning ahead can make all the difference in aging well and being prepared for life's unexpected turns. The Lincoln Hills Foundation's Wise Aging series brings experts and practical information to help seniors navigate the transitions ahead.

Upcoming Wise Aging Presentations
Cognitive Aging — Friday, September 25 at 10:00 a.m.

Cognitive changes are a natural part of aging and can vary from person to person. Common changes include difficulty with memory recall and slower processing speed—experiences many of us may notice from time to time. Join us for an informative presentation on what to expect and how to navigate the changes that come with aging.

Encore Presentation—Medicare Updates:

What You Need to Know for 2027 Wednesday, October 21 at 10:00 a.m.

With Medicare Open Enrollment beginning October 15, this encore presentation is especially timely. Learn how Medicare works, compare plan options, understand the pros and cons of different types of coverage, and identify what to consider when making your Medicare choices for 2027.

Don't miss these valuable opportunities to get informed and plan ahead. Each session will be held in Kilaga Springs Presentation Hall.

Previous Wise Aging sessions covered High-Risk Medications and Navigating the Maze That Is Medicare. If you missed either presentation, you can watch the videos on the Lincoln Hills Foundation website at www.lincolnhillsfoundation.org

Native Plants, Thriving Wildlife

BY LINDA FRANKLIN

Placer County Master Gardeners, Monica Finn and Jill Birchell

Monday, September 28, 2pm, Presentation Hall, Kilaga Center

Would you like to welcome more butterflies, moths, native bees, hummingbirds, woodpeckers, sparrows, chickadees, and titmice into your garden?

Native wildlife depends on the food and habitat it evolved alongside. By adding local native plants that provide nectar, seeds, fruits, nuts, and caterpillar host plants, we can make our landscapes more welcoming to insects, birds, pollinators, and small mammals. Native plants often need less water and fewer pesticides in our hot, dry climate, saving time, lowering summer water bills, and supporting healthier soil and runoff control.

Ecologist and entomologist Douglas Tallamy, co-founder of Homegrown National Park, encourages people to replace portions of lawn with native plants. His work highlights the specific relationships between local plants and the insects and wildlife that coevolved with them—relationships essential to biodiversity and the food web.

Even without a lawn, we can help restore biodiversity by adding local native trees, shrubs, and flowers. This work matters: recent studies show steep declines in butterflies, pollinators, and birds, largely because of habitat loss. Join the Placer County Master Gardeners to learn which native plants can bring more life, beauty, and resilience to your landscape.



Asclepias Eriocarpa-Monarch-Butterfly

Architectural Review

(cont' from page 1)

research, and due diligence to ensure they represent the best solutions for our community, so stay tuned.

Bark is another topic of conversation. There is no requirement for homeowners to have bark in their yards. Our Design Guidelines offer many alternatives, including grass/lawn, artificial turf, concrete walkways, pavers, river rock, and cobble. If you are not a bark lover there are a variety of options to consider.

As a 25-year-old community, a yard refresh can provide two benefits: increased fire safety and improved curb appeal. If you are considering changes to your yard, please check with the ARC first to ensure your plans remain compliant.

Sometimes a simple refresh is all it takes to make your home look its best—and maybe even the best on the block.

As always, the ARC is here to answer your questions. Feel free to contact us at ARC@schca.com

SUN SENIOR NEWS CLASSIFIEDS

SC Breast Cancer Patients and Survivors Among VIP Guests — *Invited to Power of Pink Event Launching Breast Cancer Awareness Month*

Sutter Roseville Supportive Oncology Center and Brighton Collectibles have invited Sun City Bosom Buddies along with other breast cancer patients and survivors to a VIP event launching October's Breast Cancer Awareness Month. The festive and informative Power of Pink celebration is open to all those who are interested in hearing the latest advancements in cancer diagnosis, treatments and support at a reception hosted by Brighton Collectibles in Suite 100 at The Fountains in Roseville.

Over the past 24 years, Brighton has raised and donated more than six million dollars to benefit breast cancer charities nationwide. Sutter Roseville's Supportive Oncology Center offers a wide range of patient and family assistance, including complementary services and therapies ranging from nurse navigators and survivorship programs to nutrition and various supportive therapies.

Sutter Roseville's Supportive Oncology medical professionals will be speaking at the event on Thursday, October 1st from 9:00 AM until 10:00 AM inside their boutique store. Topics include:

- Evidence-Based Lifestyle Guidance for Breast Cancer Survivors – Vanessa Quinn, MS, RD, CSO
- Strength is Your Best Defense: Combatting Lymphedema and Cancer-Related Side Effects – Ashwini Kadam, Cancer Exercise Specialist, PT, MPT, DPT, CLT-LANA, ACSM-ACS

- Breast Cancer and Reconstructive Surgery – Dr. Lynne Hackert, MD
 - A Breast Cancer Survivor's Story
- All Sun City residents and friends are invited to attend this special event!
- Date: Thursday, October 1, 2026
- Time: 9:00 AM – 10:00 AM
- Location: Brighton Collectibles, The Fountains in Roseville • 1005 Galleria Blvd, Suite 100
- Complimentary refreshments

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SUN CITY REAL ESTATE UPDATE

It's very interesting that at a time when Sun City Roseville is seeing an influx of new listings, Lincoln has been the opposite, both Sun City Lincon and Roseville have the same number of active listings (as of August 9th when I write this, 26), which to the casual observer doesn't raise an eyebrow, but Lincoln has 6783 single family homes and Roseville has 3110, so one would expect similar data sets for listing and sales based upon ratios. To which I am reminded of what Mark Twain once said; "There are three kinds of lies: lies, damned lies, and statistics". We are entering a period of time, the end of summer into fall and early winter where we have, over the past several years seen a slow down in sales and a slight retreat in values. No two months make a market, but it is really important to pay attention to trends happening now as opposed to looking back six months to determine the market when you need to sell your home.



WRITTEN BY
GEORGE BROWN
gbrown@thompson-brown.com



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2. Which category to place your classified ad in: (Service, For Sale, Wanted, Announcement)
3. Classified ad text - including the phone number you want readers to call.

SCLH residents get FREE non-business Classified Ads; limited to 15 words; one per household per month. **Non-business Ad** items include selling personal used items such as furniture, tools, books, rugs, electronics, personal car, golf cart, etc.

BUSINESS ADS:

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

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

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

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

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

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



**Thompson + Brown
Real Estate**

**CALL/TEXT US
FOR MORE
INFORMATION**

**916-297-
3500
CALL/
TEXT**

**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 LINCOLN HILLS

1556 Sweet Juliet Lane	1910 Sq. Ft.	\$650,000
265 Lariat Loop	2073 Sq. Ft.	\$730,000
297 Sawmill Lane	2192 Sq. Ft.	\$800,000
1755 Maple Grove Lane	2192 Sq. Ft.	\$805,000
2306 Longspur Loop	2264 Sq. Ft.	\$816,000
714 Canyon Oak Lane	2612 Sq. Ft.	\$885,000
2209 Lamplight Lane	2801 Sq. Ft.	\$899,000
504 Sawmill Court	2258 Sq. Ft.	\$1,080,000
2462 Loon Lake Lane	2240 Sq. Ft.	\$1,152,000
460 Lilypond Lane	2955 Sq. Ft.	\$1,172,600
2456 Blue Heron Loop	2831 Sq. Ft.	\$1,300,000

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