

SUN SENIOR NEWS

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Rich Cellamare & Janice McCabe — World Travelers

BY JENNIFER (JEN) MARTIN

I have found out that there ain't no surer way to find out whether you like people or hate them than to travel with them. — Mark Twain.

How many couples do you know have traveled together to all seven continents? Well, Janice McCabe and Rich Cellamare have, and they still love each other.

Rich was born in Brooklyn, New York, in 1951. He has one younger brother, Gary, who now lives in New Jersey. His father worked for American Baking Company and was an artist on the side, and his mother worked as an insurance underwriter in Manhattan. As a good student, he focused on getting a good education.

After graduating from Midwood High School in 1968, Rich attended Polytechnical Institute, an engineering college in Brooklyn (later absorbed by New York University) and obtained his BS and MS in chemical engineering.



Rich Cellamare & Janice McCabe

His first job after college was with the U.S. Environmental Protection Agency where he specialized in air pollution control. This step in his career enabled him to understand how the government operated and how it developed regulations. In 1976, he started working for General Electric in Schenectady, NY, to more fully utilize his chemical engineering education. Also, like many young people he

knew, he wanted to get out of the city and start to see the world.

Rich worked for GE's Gas Turbine division, where gas turbines were designed to generate electricity for power plants. He found it particularly satisfying because he could apply his chemical engineering education to design of gas turbine combustion systems. He was inspired by his manager who was always looking to the future, generating less pollution and increasing cooperation between the government and manufacturers. Because there was a fuel oil crisis, 1976-1980, GE worked under contract with what is now the US Department of Energy to find ways to use alternative fuels and to burn them efficiently and with less pollution.

In 1980, Rich transferred to California to work for Acurex Corporation located in Mountain View. At that time, Acurex

(cont' on page 23)

SCR Foundation 2026 BINGO!

BY KATHI STROPKAI, Chair

The SCR Foundation (SCRF) advances its mission by raising funds and investing in community programs, events, and enhancements. Through purposeful neighbor-to-neighbor engagement, we work to reduce social isolation, support community safety, and improve emotional and physical well-being, helping residents stay connected and supported throughout life changes.

Please mark your calendar for November 22, which will be our final Bingo fundraiser of 2026. Pre-sale tickets will be available on October 1st at Courier Days in the Timbers Lodge. Our July Bingo event had over 300 attendees, and we sincerely thank you for your support. Bingo is open to the public, so please feel free to invite your friends and family.

As the main purpose of our events is to raise money for these important initiatives, we have recently re-evaluated our efforts. Consequently, we have decided to cancel the October 1st Night Golf event. We will continue searching for hole sponsors so we can make this event both fun and profitable for the Foundation in the future.

For September, recognized nationally as Healthy Aging Month, here's a few tips from healthyaging.net

- Stay connected: Talk with friends, join a local group, or help out in your community to boost your mood.
- Keep learning: Try a new hobby, read books, or do puzzles to keep your mind sharp.
- Get rest: Aim for seven to nine hours of quality sleep every night
- Move daily: Walk, swim, or dance to protect your heart and control blood pressure.

(cont' on page 27)

All Tuned Up

BY PEGGY WELLS

September is here and we hope fall weather will follow (though as of this writing, it's more than 100 degrees!). ATU's fall show is shaping up – the theme is Music Through the Years. We hope to have songs from the 50's, 60's, 70's, and even the 80's. It's all happening on October 7 at 7:00 pm at Sierra Pines, and tickets are available now – at our table at Courier Day and/or from any ATU member. Our shows always sell out so be sure to get your tickets soon.

ATU meets every Thursday afternoon at 2:00 pm in the Ponderosa Room at Sierra Pines. In the last month or two, we've welcomed four new members, and we'd love to have more. There is no audition, you don't need to play an instrument, and no one ever has to sing a solo. We sing songs for an hour or two and then often we adjourn to the Pines snack bar for a gabfest -we've even been known to do a little singing there on the patio! So if you enjoy music and want to have a fun afternoon, come by on a Thursday afternoon and check us out.

...

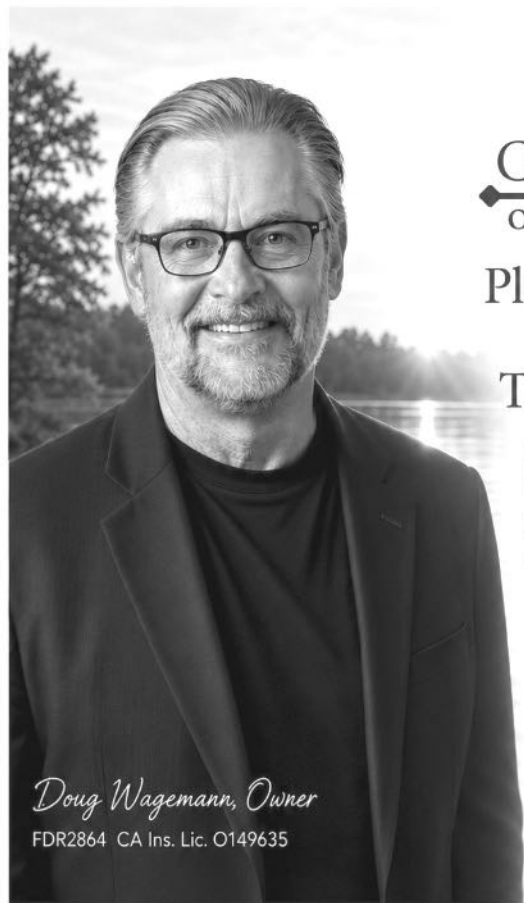
Harmonicoots

BY JO ANN STOOKSBERRY

September reminds us of back-to-school days, new books, seeing old friends, and making new ones. It is also gear up time for fall performances and holiday parties. We are

(cont' on page 5)







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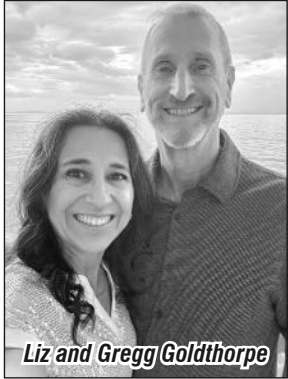


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Executive Director Comments

BY GEOFFREY BROWNE

Congratulation to the new Board of Directors, who were elected on July 21st and who were installed by City of Roseville Mayor Krista Bernasconi on August 6th at the Annual Members Meeting. While we said goodbye and thank you to two Directors, we also said hello to an experienced volunteer and welcome back to two others.

As always at this time of year, as I prepare to support the new Board as they set goals and prepare for the next 12 months at their Annual Retreat, I find myself thinking about setting ourselves up for success in the coming years.

During our 8-hour workshop in August, we will have reviewed up-to-date information about Sun City Roseville, familiarize ourselves with community-specific information that everyone serving at SCR needs to know (Bylaws, Policies and Procedures, Organizational Goals, etc.) and discuss our roles and how we all fit into the Association support structure that is our main responsibility to our members. We've put together a comprehensive, well-organized, and interesting agenda that serves as the basis for our discussions and puts a framework around our organization as a whole.

We have come a long way in the last (almost) four years. As I write this, we are about to dig into the fourth Retreat since I became Executive Director. Perhaps oddly, I am looking forward to it with more enthusiasm than ever. What once was a loose agenda of reviewing the general policies, signing a few ethics documents, and assigning committee roles and newsletter articles has become a professional and meaningful workshop that encourages input and participation from the

entire Board, from first-time leaders to veteran volunteers.

It has always been a primary goal of mine to ensure the responsible turnover of leadership in any organization I've worked for. It is imperative to carry on the progress the Association has made over the last few years by establishing a succession plan for leadership. As I have mentioned in past years, in many ways it is like running a professional sports team – take young players (new members), expose them to knowledgeable and committed coaches (veteran members and committee members, and our vaunted Leadership Academy), develop their skills and talents (get them on as a volunteer, preferably on a committee), encourage them to take the lead on projects (committee chairpersons) and help them become leaders in their own right (directors). Again, this year, there will be a majority of 5 of our 7 Directors who are graduates of our Leadership Academy!

I sincerely feel like we are on track to continue the excellence in leadership upon which our community has depended throughout its history. We have a great variety of skill and experience, diversity and focus at the leadership level in the community, as well as top-notch professional management to execute on a day-to-day basis. Every event I attend I see new faces eager to get involved and familiar friends that have already served for years, and may again in the future. Our community is changing each year and our future is looking more and more secure. Come join us – I can promise that being part of something larger than yourself is well worth it.

SCR Library News

BY ELIZABETH GUSTAFSON

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

This month we can go to Beijing or Paris without leaving home. Little Wonder refers to Song's young son River who is a musical prodigy. At age eleven, he has the opportunity to study with a master but mother and son are separated at the Beijing Railway Station

and the book follows their desperate search for each other. Meet Me In Paris is the story of several Americans over a few days in Paris – a mother and daughter who each find love, a rock star staging a reunion performance, a couple struggling with infidelity and an elderly songwriter who reunites with his long lost love. The stories are loosely tied together.

Shari Lapena offers us another thriller in Getting Away With Murder, which is what (cont' on page 26)

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Harmonicoots

(cont' from page 1)

honored again to be asked to entertain the Solo Club on Saturday, September 19th! We also have been asked to help celebrate a special birthday of one of our Sun City residents on September 2nd. If you need the Harmonicoots to entertain you at a club or group function, or birthday or anniversary celebration, call Jo Ann Stooksberry at 916-749-4425 at least a month in advance.

A date to write down on your calendar is Tuesday, October 13th, at 5:30 pm in the Timbers Lobby. It is our annual Octoberfest celebration. We will be playing all your favorite tunes such as "There is a Tavern in the Town" and "Beer Barrel Polka".

The Harmonicoots have something new in store for you. Our usual holiday performance is going to be at Sierra Pines instead of the Timbers Lobby. Did you go to our Patriotic Sing-A-Long in July? Well, you ain't seen nothin' yet! Mark the date Friday, December 11th! More info in the next month's Courier.

We love new members! If you are ready for a new journey in your life, come by the partial ballroom at the Timbers on Thursday mornings at 10:30 - 12:30 pm. NO experience necessary!

Harps Up!

...

Sun City Singers

BY JACKIE PROETT

It's September and a very special one, because it is time for us to Recharter. This happens every five years. What happens if we don't, you might ask. We cannot be a Club, is the answer and we would lose the ability to have rehearsal and concert space, as well as a Courier Article and services of Jacob. "Not being a club is not an option", says our President, Elizabeth.

Now what else happens for the Singers in September? We happily trouped back to rehearsals on August 17th. And are well into picking a theme, deciding on costumes and enjoying our old friends and welcoming some newcomers. How great to be greeted by Director, Paul and Accompanist, big John!

Usually, September is considered the Relief Squad. The days are cooling a bit and some leaves are turning a bit early. The Dog



Terry Snook and David Hickson

Days are dragging their tales behind. Fall is patiently waiting in the annex.

Our friend, Marla, has Taken on Hospitality once again. She has asked people to join her team and bring fun ideas to consider. We have learned, through the years, that music isn't the only treasure we share, parties, activities, social events keep us close and fulfilled.

Someone else, who enjoys his job and makes the most of it, is Terry Snook. He is undoubtedly the best Music Chair we have ever had. He always has our music ready to go, sometimes with our name on it and on occasion home delivered!

For those who would like to join us, we meet every Monday, 2:30, back of the Ballroom. Come join us, you'll get a folder of cold music and some warm new friends! See you soon.

...

Music and Laughter

BY JANE BOHN

Sun City entertainers and our longtime fan club were once again drawn by the promise of music, laughter, and camaraderie. The support continues to surprise and overwhelm me. Entertainers contributing to our one hour "Open Mic" format included:

pianist Toni Dicapua, magician Rick Schulz, singers Carolyn Winter, Peggy Wells, Jean Duffin, accompanied by guitarist Ken Roberts



Pam Moll

and Gary Mills, Comedians Jan Montero, Jack McGurk and Ed Lick, singer/guitarist Gerry Capellino, and saxophonist Lem Llapitan. That fine mix of varied entertainment kept us all smiling and in good spirits.

Our exuberant prize winners included: Christy Ravenscroft, Margaret Babin, Cal Conley, Ed Lick, Linda Good and Sherry Scheftner.

Huge thanks to my wonderful audience, entertainers and of course those steadfast helpers in the background, Carolyn Winter, Jill Aggersbury, Pam Moll and Doug Hull. Hope to see you when we reconvene Wednesday evening September 9th. at 7pm. Doors open at 6:30pm. Bring your \$1 donation for prize raffle at the end of the show and come join the fun. For you new folks, we gather at our other lodge known as Sierra Pines located on the corner of Del Webb Blvd., and Whistlestop Way.

...

Dance Club

BY VIKKI CLARK

Our Dance Club has enjoyed a wonderful summer filled with music, dancing, and fellowship!

The Performance Showcase on July 20 was a tremendous success, with every dance class presenting routines they had been practicing throughout the season. The event was well attended, and everyone enjoyed watching the performances, admiring the colorful costumes, and cheering on the dancers. It was a great opportunity to celebrate the hard work and enthusiasm of all our participants.



Getting ready for Performance Showcase



On August 17, dancers filled the floor for the All Line Dance Social. From 6:30 to 9:00, members and guests enjoyed an evening of line dances ranging from absolute beginner to advanced levels, along with several couples dances. The full dance floor all evening was a testament to the fun everyone was having!

Mark your calendars for September 21, when Sandi and Paul will present a Ballroom Workshop and Social. The evening begins with a 45-minute workshop featuring the basics of the waltz, followed by called open dancing. If you catch the ballroom bug, be sure to join Sandi's Tuesday afternoon class from 2:30 to 3:30 p.m. for more fun and learning.

Don't miss our biggest event of the season—the Halloween Dance on October 26! Come dressed in your most creative or outrageous Halloween costume and enjoy an evening of dancing to a live band. It's sure to be a spooktacular night of music, laughter, and great company. We hope to see you on the dance floor!

...

Drama Club

BY LENORA DAVIS

We are getting closer to our October 18 luncheon and October 19 evening performances. The cast and crew have been in rehearsals and getting ready for over 2 months now and we are excited about the time drawing near.

We will be performing 4 short comedic sketches, totaling about one hour without intermission. One sketch will be about 2 golfers and their comic antics which even non-golfers will find entertaining. The next one is a comedy



Cast of Telemarketer Torment

about the constant torment that telemarketers impose on our daily lives. This one has a clever twist and is sure to bring some laughter. We also have a play that takes place in the 1940's, which is a sort of play within a play. The actors

(cont' on page 7)

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Ambassador Committee

BY MARY PORTER

It has been such a pleasure to be the Ambassador Committee Chair this past year, and I would like to express my admiration for the members of this committee, as well as congratulate Dawn Haskin as our new Chair. I also wanted to talk a little about the pleasure we receive as volunteers for this community.

Each month new residents who move into Sun City Roseville receive a Welcome Call from the Ambassador Committee, welcoming them to our community and mentioning the New Resident Orientation (NRO) that occurs four times per year. The Realtor Relations subcommittee provides multiple pieces of information for the Board of Directors, including the number of homes sold during the month, price ranges, number of pending and sold homes, and average ages of new residents. This group also provides tours of Sun City's amenities to prospective buyers on request. Ambassadors are there to collect your tickets for all Activities and Events when you attend concerts.

If you are a new arrival to Sun City Roseville during the months of June, July and August, be sure to watch for an e-blast invitation. If you have not yet received an invitation and you wish to attend, please send an email to NewResidentOrientationSCR@gmail.com to be added to the list.

One of the best parts of being on a committee, outside of helping our community, is the opportunity to meet and greet our new

neighbors, and for many of us, become great friends as well. When my kids were little and going back to school a little fearful of what's next, I would tell them that "...you never know, you might meet your new best friend!" Who knew that something I told my children so many years ago now works for all of us. Get involved, and meet your own "new best friend."

Governmental Affairs Committee

BY MIKE LUKEN

The Governmental Affairs Committee (GAC) is taking a well-earned break this August, with no meeting scheduled for the month. Enjoy the last stretch of summer—we'll be back refreshed in September with two terrific programs you won't want to miss.

On Tuesday, September 8 at 2:00 p.m. in the Birch/Cedar Room, we welcome the Sacramento Municipal Utility District (SMUD) to talk about the Country Acres Clean Power project now under construction on Baseline Road, just west of Roseville. This solar-and-battery-storage project supports SMUD's 2030 Zero Carbon Plan and, once complete in late 2026, is expected to generate enough carbon-free electricity to power more than 80,000 homes a year—the equivalent of taking some 25,000 cars off the road. SMUD will walk us through how the project works, its timeline, and what it means for our region. Bring your questions—it's a great chance to

learn about clean energy taking shape right in our own backyard.

Then, on Tuesday, October 13, we're honored to host A Touch of Understanding, a Granite Bay nonprofit and Placer County's 2026 Nonprofit of the Year. Guided by its motto, "Building Empathy, Igniting Respect," this remarkable organization has spent three decades bringing hands-on disability-awareness workshops to schools and groups across the region, helping students and adults alike understand, accept, and respect people of all abilities. Having already reached more than 167,000 students, their message of inclusion is one our whole community can celebrate.

Finally, please join us in welcoming three new members to the GAC: Candy Bryant, Jodie Weber, and Constance Keller. We're delighted to have their energy and fresh perspective as we continue our work keeping residents informed on the civic issues that shape our community.

Enjoy the rest of your August, and we look forward to seeing you on September 8. As always, all residents are welcome!

Sunshine Services

BY SUSIE RIVERA, *President*

Important numbers: Medical Equipment Loan Program 916-960-8091
Arrow Tickets 916-886-7008
Personal care items can make life easier. When we think about staying independent, we often think about walkers, wheelchairs, or canes. But sometimes it's the smaller, everyday

items that make the biggest difference in helping someone stay comfortable at home.

For example, long-handled sponges can help with bathing without excessive bending or reaching. Shower chairs provide a more stable place to sit while bathing. Handheld showerheads offer greater flexibility, and dressing aids can make getting dressed less frustrating. Sunshine Services does not provide these items, but we encourage you to learn about them and consider if they might improve comfort or safety.

Sunshine Services provide a selection of personal care items that are often needed during recovery or temporary health challenges. Our inventory varies week to week and month to month, from personal hygiene wipes, disposable bed pads, and adult incontinence products, including briefs and protective underwear. These items are available to help residents maintain comfort and dignity when they need a little extra support.

We're always happy to answer questions, explain what is available, and help connect residents with additional community resources when appropriate.

Our goal is simple: to help our neighbors remain as comfortable, independent and confident as possible. It's lending medical equipment or providing personal care supplies. Sunshine Services is here to support our community one resident at a time.

Knowing what's available before a health challenge arises can make all the difference. We're here to help whenever the need arises.

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Drama Club

(cont' from page 5)

are frustrated by the lack of courtesy shown by the audience. Finally, we have the story of a couple of bungling bank robbers—incompetent trainees attempting to handle a situation racing out of control.

Our photo shows the cast of Telemarketing Torment with director Jenifer Martin shown on the right.

Tickets go on sale at the September 1 Courier Day and will also be available at the October 1 Courier Day, while they last. They will also be available from Drama Club members, beginning September 1, but they are NOT sold at the Activity desk. Luncheon tickets will be \$35 (great price for a meal and a show) and the evening performance, with theater seating, will be \$15 (also a great price). As always, you can get more information by contacting president, Susan Glover (530-388-6367), or me, vice president, Lenora Davis (707-350-1357)

• • •

Round Dancing Group

BY CATHY RAZUMICH

Round dancing is social ballroom dancing. The music has been choreographed. All dancers follow a Cues 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 Cues 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 Cues 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 Cues, 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 selhsquares.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.

• • •

Creative Arts Club

BY THERESA M. RENKEN

Our club offers several media such as Pottery/Ceramics, Decorative Painting, and Glass, all for the low membership price of \$20.

Come join us through the looking glass, where you will be overjoyed to find Stained, Tiffany, Colored, Leaded, Fused, or Mosaic. We have so many different areas where you can explore your creative side. You will not find the Mad Hatter, but you will find many classes from beginner to intermediate. At the tea table, you will see a new Beetle Bits machine to help cut straight lines, along with a cutter's mate that helps to apply pressure while cutting.

As you continue along behind the looking glass, you will not find the Red Queen, but what you will find is a friendly array of people who are always willing to help. When asked why she stepped through the looking glass, Kimberly Johnson stated, "I felt it would be a great opportunity to meet new people while

(cont' on page 9)



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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.

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Creative Arts Club

(cont' from page 7)

designing great art!" A year later, she is still wandering around finding new and exciting friends and projects.

Just as Alice knew nothing about what was through the looking glass, you do not need to be an artist. As Marilyn Johnson stated, "I was nervous at first because I could not draw or paint; however, glass is another form of art, instead of drawing or painting, you build art through glass. What keeps me here is the excitement of seeing the end product, meeting and working with great people that are always there to help, and overall fun!"

When you are ready to take the step through the looking glass, please contact President David Moore at chronicledave@gmail.com or 925-285-0621. He will be happy to guide you in the right direction.

Who knows, you might run into a Cheshire Cat or hear the song of the Jabberwocky.

• • •

Fine Arts Club

BY NANCY VAVUL

September is here, and the Fine Arts Club is buzzing with vibrant energy and exciting opportunities for all our members. As we transition into the new month, we have a wonderful lineup of events and community outreach efforts to celebrate.

We are incredibly proud of the success of our recent community initiative, spearheaded by Robert Chaponot. Our members gifted original artworks to many happy children patients at Shriners Hospital. This project was a resounding success highlighting the profound impact that our talents can have on the community.

Back in the art room, our gallery wall has been transformed with the fresh, seasonal theme "My Vacation." We encourage everyone to stop by the gallery to explore the creative ways our members have captured their summer adventures.

Mark your calendars for our next meeting on September 10 when Sheila Thuet, will present her fascinating ideas and techniques for creating multi-media works. This is an insightful session you won't want to miss.

Our "Second Sunday" open house will occur on September 13, from 10:00 a.m. to 2:00 p.m. We look forward to welcoming the public

to tour our gallery. Furthermore, across the hall in the card room, we are delighted to feature Judi Harrison as this month's spotlight artist.

Everyone is also invited to "60 Years of Painting: An Art Retrospective," held by our own Patricia Abraham in her home on September 26 from 10:00 a.m. to 5:00 p.m. and September 27 from 11:00 a.m. to 4:00 p.m. This will be a wonderful opportunity to view and purchase the remarkable works of this talented lady.

Finally, our full schedule of classes continues throughout the month. Please check the website, the "Spotlight," or the art room for specific details on times, fees, and registration. We look forward to seeing your creativity shine this month!

• • •

Needle Arts Club

BY SUSIE RIVERA

What a wonderful way to kick off our August meeting. We enjoyed a fresh room setup, fun giveaways, presentation from two of our members, and a well-organized back table that kept everyone busy browsing and shopping.

A big thank you to our August Hospitality crew, Paper Crafting, for managing sign-ins and keeping the Needle Arts room open before and after the meeting. Your help is very much appreciated.

One of the highlights was a lighthearted look at our unfinished objects. The laughter said it all. This led to the introduction of our UFO Challenge beginning in September. This challenge isn't just for quilters. Anyone with something unfinished at home: cross stitch, crochet, beading, paper crafting, diamond art, even hemming a pair of pants. Every finished object is a victory! Just pick up an info sheet from the newsletter rack, list your UFO's and for September, start with UFO #4.

Nancy Dunne shared an inspiring presentation about how volunteering and a sense of belonging contribute to healthier, happier lives. There are lots of opportunities to get involved, and you don't need any experience.

Nancy Dunne and Carol Frank also introduced our donation quilt group, which meets on the second Friday of every month. They explained how donated fabrics are transformed into beautiful quilts and where they go once completed. You don't need

sewing skills to participate and volunteers are always welcome. The group makes three quilt styles: diagonal, cross and orphan or classic patchwork. Join us at our next gathering.

We've officially entered the 'ber' months. Bring on the holidays and cooler weather!

Next general meeting: Wednesday, September 2 • 1:30 pm. Timbers Ballroom.

• • •

Roseville 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.

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Solo Friends Club

BY NIKKI COMBS

Did you know there are six pillars of lifestyle to promote health? The pillars are: nutrition, physical activity, restorative sleep, stress management, social connections, and avoiding risky substances. Solo Friends members have opportunities to engage in

most of these pillars.

Social connections are easy with the general meetings, monthly catered dinners, special interest games and discussions, and a ready-made community of folks also without partners. Our members support, advise, and engage with each other daily.

Through these activities, members get a dose of physical activity and nutrition. Getting out of the house (or cleaning your house) for gatherings keeps us moving. Add in a little extra walk by parking further away. If there are snacks, try to keep them healthy and nutritious by having fruit, vegetables, and nuts. Avoid desserts and sugary nibbles. Attending the catered social dinners gives at least one day of complete nutrition with delicious meals that include protein and vegetables.

Being socially active reduces stress and can even promote reducing risky substances. Meeting others who are living alone makes it easier to find good friends. Having connections gives us someone to laugh with, confide in, and a resource for references from handymen to reliable companies.

And at the end of a day filled with socializing, eating, playing, discussing, moving, and keeping mind and body active, a good night's sleep comes easier. If you are a Solo Friend, take advantage of all the Club offers. And go above and beyond by volunteering to host a dinner, hold a cabinet position, or chair a special interest group. You will find it easy to reach those six pillars of health.

Please note due to the Labor Day holiday, the General meeting will be held on Monday, September 14, 6:00 pm in the Timbers ballroom.

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(more Club News cont' on page 11)



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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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Travel Club

BY PAMSCHEEL-HEMINGWAY

As I write this, Lorraine Welk and her wonderful committee are getting ready to take us all out to the ballgame at our Summer Social! By the time you read this, one lucky Travel Club member will have won 2 tickets to an "A's" game by beating all of their fellow members at that party in a special cornhole toss game. Hope you've been practicing!

Bucket list trips now available for booking for Travel Club members include:

Spectacular Scandinavia—September 9-22 (Collette)

Catalina Island—Sept 14-17 (Alamo)

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

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

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

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

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

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

Scottsdale Escape—March 1-5, 2027 (Alamo)

Tuscany—March 13-21, 2027 (Collette)

Greece and Its Islands—April 3-18, 2027 (Collette)



Amish Country—May 3-9, 2027 (Collette)

Swiss Alps and Rhine River Cruise—May 25-June 1, 2027 (Alamo)

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

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

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

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

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

The Travel Club meets the 4th Monday of most months at 3:00 pm in the Ballroom, but our September date was changed due to SCR conflicts with Ballroom availability so mark your calendars. Our next regular meeting is September 21, 2026. Hope to see you all there!

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Healthcare Professionals Group

BY LINDA GORDON

The next Healthcare Professionals Group Luncheon Meeting will be Wednesday September 2 at 11:00 in the Spruce Room in Sierra Pines. Our speaker will be Shankan Arcot, the Executive Director of the Wellness Within Cancer Support Services. This is a nonprofit wellness center for patients, survivors, caregivers, and families affected by the trauma of cancer. They provide a wide range of virtual, online and in person services that enhance an individual's ability to experience quality of life through practices that incorporate physical, emotional and mental well being.

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

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

you may have.

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

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Heart of Gold Meditation Group

BY ED CERVANTES

The SCR Heart of Gold Meditation Group cordially invites you to relax your mind, open your heart, and share the joy of mantra meditation. Come learn a simple method of meditation that uses soothing mantras and music to ease the stress, anxieties, and emotional situations of daily life.

Through this meditation everyone can experience inner peace, insights and happiness. Join us for a wonderful hour of meditation, music, refreshments, and good company. The meditations are guided and gently led so you can relax and join at your own pace. The program is donation based and the meditations will be practiced seated in chairs.

Bring a friend and come make new ones.

In September we will be meeting on the following date.

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

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

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(more Club News cont' on page 13)

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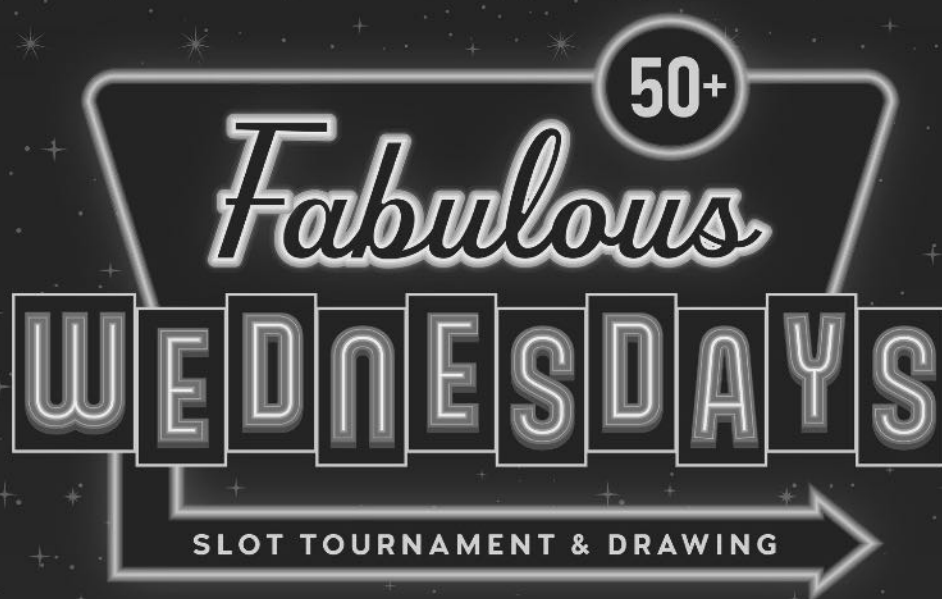
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Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

A special thank you with appreciation to Karen Levine for leading the Shabbat (Sabbath) Friday night service and to Faye and Barry Klein for hosting the Oneg (a sweet table following the Shabbat service) in July.

Our annual Bingo and Pasta night in July made for an exciting evening along with a pasta dinner from Buca di Beppo enjoyed by all. One JFC member won three Bingo games!

The traditional Break the Fast dinner right after the Jewish High Holy day of Yom Kippur will be on September 21 at Sierra Pines.

Our annual pot luck dinner will be on October 18 at Sierra Pines. Plenty of delicious food will be shared by all.

The three major Jewish holidays observed in September are: Rosh Hashanah (Jewish New Year). This holiday marks the beginning of the Jewish Calendar and the start of the Ten Days of Repentance. It is a time for prayer, reflection and setting intentions for the year ahead. We eat apples dipped in honey for a sweet New Year. Yom Kippur is the next holiday falling ten days after Rosh Hashanah. It is dedicated to fasting and seeking forgiveness. The last holiday is Sukkot. This holiday is five days after Yom Kippur and is a harvest festival. Traditionally we build and decorate the Sukkah (a hut).

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Democrats Group

BY MARTY BOYER

The September 30, 9:30 a.m. meeting at Sierra Pines will feature local Democrats on the November Midterm ballot. By early August, several have expressed interest in updating us about their campaigns. There will be no Speakers Series guest.

Want to be the person who chooses our group's new name and wins a \$50 gift card at Timbers? Chair Ann Neumann announced a competition to rename the group after ending our affiliation with the Placer County Democratic Central Committee to comply



Tom Ross, CEO of Swing Strategies.

with Sun City rules. We can no longer use the word "Democrat" or any derivation of that word in our name. Ann encouraged members to suggest a new name that would reflect our continued focus on shared democratic values. Send your idea or ideas to Ann by Oct. 1 at annneumann3@gmail.com. Council will review entries and bring a short list to the membership for a vote.

Members attending the July meeting learned much about the 14 State measures on the November ballot. Tom Ross, CEO of Swing Strategies and one of the state's foremost experts on initiatives and propositions, provided clear summaries and information on major opponents and supporters (and their motivations), for each measure. Tom was engaging and clearly knew the inside scoop. He was kind enough to allow us to share his informative powerpoint presentation with members as well as a "cheat sheet" to help prepare for our ballots. The attachments were sent to membership the first week of August.

As of this writing, we were looking forward to our August evening meeting and scheduled Speakers Series guest, UC Davis Vice Chancellor Dr. Simon Atkinson. He plans to update us on the impact of the Trump Administration's cuts to UC Davis' world-renowned research programs, among the universities most impacted by the cuts.

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Veterans and Patriots

BY STEVEN GUSTAFSON

Veterans and Patriots met last month on August 5th, two days before Purple Heart Day. On Purple Heart Day we honor and remember those in the U.S. Armed Forces who were wounded or killed in combat.

Our speaker was Rob Gullett, a Sun City resident, a Vietnam war veteran, and a double Purple Heart recipient. Rob had a great story to tell. Especially inspiring is the fact that he returned to Vietnam many years after the war, met with some of the Vietnamese Rangers who had been his friends, and even met with some of the former North Vietnamese officers who had been his enemies.

At our meeting on Wednesday September 2nd (10:00 in the Timbers Ballroom), the scheduled speaker is Roseville's Fire Chief, Ryan Harrigan. The Roseville Fire Department gets over 20,000 calls every year, so our firefighters are busy. About 65% of the

calls are for medical emergencies, and most firefighters are paramedics who can get your heart working again, start an IV, and of course get you to a hospital quickly.

For the month of November Veterans and Patriots will have a Display Window (similar to the Needle Arts and Creative and Fine Arts Windows). Our window will display items loaned by Sun City's many military veterans to remind us of why we are thankful for their service. Veterans Day is November 11th--- there will be a Flag Raising Ceremony that morning, and the Capital Pops concert will be that evening.

Veterans and Patriots meets on the first Wednesday of every month at 10:00 in the Timbers Ballroom. We have interesting speakers, coffee, donuts, and raffle prizes. You are welcome to join us.

• • •

Conservative Action Group

BY SHERRI SCOTT

Action is in our name....and that we are! The November General Election is the focus of our energy and interest is strong. We are doing everything we can to support our conservative candidates and ballot propositions. Sun



Wendy Biel, Amy Cho and Sergey Terebkov

City residents attending our meetings and gatherings have increased, volunteerism has increased for "work" parties on action items, and those who wish to do so are personally donating directly to election fund raising efforts they support. It is energizing and fun too. Join us!

In our last meeting on August 3, we had two great conservative speakers talk about our educational system and their respective candidacies for office. Both agreed that our children have fallen behind academically, yes even in Placer County Schools, beginning and then intensifying with the extensive COVID shutdown. There has been slight improvement since then. An example: 53% of our children are not reading at grade level.

Sergey Terebkov is a candidate for Trustee of the Placer County Board of Education, Area 1. He was initially appointed to this position for two years and was then elected to this spot for four more years. Besides supporting county school boards as his main job, along with six other Trustees, Sergey's primary focus are parents and families.

Wendy Biel is a candidate for the Roseville City School District, District 4. As of the last school year, there were 12,170 students in the district with an additional 3,700 forecasted within the next five years. Go to WendyBiel.com to see the challenges she plans to take head-on upon becoming a Trustee. To summarize here, she will focus on academic performance, parental involvement, and fiscal responsibility.

Our next meeting will be at Sierra Pines, September 7 at 6:30 pm with Jefferson Willoughby, currently appointed to and now candidate for the Placer County Water Agency.

• • •

Birders

BY JANET MORELLI

During the months of June, July and August each year, SCR Birders take a break. SCR Birders will be back to birdwatching with other birders of the Birders Group this month after winding up the 2025-2026 season in May with a field trip to Natomas. A new field trip schedule for the 2026-2027 birdwatching season is now available on the Birders' website. It shows 20 destinations, some near SCR and others 10 to 95 miles away almost all on a 1st, 3rd, or 5th Thursday of months September to May. One other field trip, on a Monday in March, will be added to the schedule when it becomes known.

Two local trips scheduled for this month are to Veterans Park and Dry Creek Trail, both here in Roseville. As the migrating season begins in the fall, the trip destinations will begin to concentrate on wildlife preserves and refuges within the nearby Pacific Flyway such as Staten Island, Sacramento Wildlife, Gray Lodge Wildlife, and Bobelaine Audubon. A week before each trip, SCR residents who are on the Birders' email roster will receive a reminder of the trip and estimates of the walking distance, duration, carpool costs, and refuge admission fees. Sun City residents can

(cont' on page 14)

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Birders

(cont' from page 13)

add their names and email addresses to the Birders' roster by contacting Janet Morelli at 916-782-6393.

The Northern Mockingbird is a robin-sized mostly gray bird with black and white patches on its wings and white edges on its long tail. Its scientific species name is



Northern Mockingbird

Mimus polyglottos which means "mime" and "many-tongued" in Latin and Greek, an apt description of a bird known for its many songs and perfect imitations of other birds. It repeats each of the phrases 2-6 times in the daytime and often also at night. This bird is solitary and very territorial, foraging on the ground in suburban parks and gardens for insects and berries.

...

Garden Club

BY SUZETTE AUSTIN

Our Club's next meeting is Tuesday, September 1st at Sierra Pines, doors open at 6:15 pm, the meetings begin at 6:45 pm



Harvest Bounty

and end by 8:15 pm. Refreshments are provided and guests are welcome. We usually have a speaker, so watch for a flyer in the Lodge with details.

September is peak harvest time. If you have extra fruit, vegetables or herbs, consider sharing with other garden club members. A "Share the Bounty" table is provided at our meetings. You may want to add serving suggestions, such as "allow to ripen on the counter" or "chill and enjoy" as well as the name of the donor.

At each meeting we have a poster display that updates us about current garden events in the local community as well as other information of interest to our members. The Garden Club would appreciate your input for upcoming programs. Let us know of speakers you have heard or subjects you would be interested in learning more about.

It is time to pay your \$10 annual dues for 2026-27. You can get the registration form at our meeting or on the Garden Club website, as well as in the Garden Club folder inside the Lodge.

...

(more Club News cont' on page 15)

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SCR Hiking Group

BY SILVANA HUGHES

In the summer our intrepid hikers have been traveling to the higher and cooler elevations of the Sierra Nevada. They visited serene mountain lakes, observed a multitude of colorful wildflowers and butterflies, and even encountered a young buck in a meadow. If you would like to give hiking a try, you may hike up to three times before joining. For additional information, please contact President Bill Haley (see SCR Hiking Group web page).

Our next meeting is set for Monday, September 14 at 5:30pm at Sierra Pines. This will be a BBQ with the group providing hamburgers and fixings and the members bringing appetizers, sides/salads, and dessert.

Below is the September schedule, subject to change depending on weather and trail conditions. A detailed schedule of future hikes is posted on the SCR Hiking Group web page. Remember to bring plenty of water, sunscreen, insect repellent, and lunch/snacks. Please pack a change of shoes to keep the driver's car clean. We meet at 7:45 am in the lodge parking lot near the tennis and pickle ball courts for carpooling. Happy hiking!

September 3: Mt Judah - #6 (difficult), 6 miles, elevation gain 1300 feet, \$12 carpool ride.

September 10: Rubicon Trail - #4.5 (easy to moderate), 5.75 miles, elevation gain 600

Serene Lakes Viewpoint 7-16-2026



feet, \$12 carpool ride.

September 17: Loch Levin via Salmon Lake Trail, #5 (moderate), 6 miles, elevation gain 950 feet, \$10 carpool ride.

September 24: Lake Valley Reservoir Overlook, #5.5 (moderate to difficult), 7.5 miles, elevation gain 1200 feet, \$10 carpool ride.

• • •

Table Tennis

BY JEFF CARASKA

As a youngster, Patty Beck was introduced to table tennis at a girls' summer camp. "I learned to play then and discovered I was pretty good at it. It's all about hand-eye coordination.



For me, it leveled the playing field for the first time. I found something I was good at."

Beck retired after working 34 years for the state of California. She spent the last 15 of those years as a special education consultant. She moved to Sun City Roseville in 2014, and joined the Table Tennis group soon after.

"Table tennis is a good way to practice hand-eye coordination and balance," said Beck, who has a minor case of cerebral palsy. "I'm not real fast, but I can place the ball well." That ability is something anyone who's watched her play can attest. Beck has a knack for finding hard-to-reach edges of the table with high velocity shots.

Beck said she enjoys the group's friendly atmosphere. "It's about camaraderie, and helping new players," she said.

And maybe also discovering how small a world it really is?

Bruce Ahnberg, a fellow Table Tennis group member, recalls regularly kayaking the Mokelumne River with friends many years ago, and stopping at the nearby Leger Hotel for refreshments before heading home. It turns out Beck was a bartender there. Years later, while at a table tennis session, Beck and Ahnberg realized they had crossed paths.

"We were talking about the Mokelumne River and kayaking," Ahnberg said. "When I mentioned the hotel, Patty said she used to work there."

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

• • •

Tennis Club

BY MARILYNN VANDYKE

The Tennis Club is going strong. We continue to have organized matches Monday thru Saturday. The matches start at 8 am to avoid the heat. Remember to sign up for SCR tennis matches organized by Patrick. The scheduling assures you will have three partners of your skill level to play with. There are no minimum requirements, and you can sign up for as many days as you prefer or your other activities permit. Contact Patrick at magli1@aol.com.

The next Fun on the Court event is scheduled for Saturday, October 31st. We'll have a tennis tournament followed by lunch and entertainment. The theme will be you guessed it... Halloween. If you haven't been to one of our events, come out and give it a try. The tournament is low key, the food is fantastic and entertainment is amusing. More detailed information to follow. Contact Pramod at psarpotdar2@gmail.com to request more information about Fun on the Courts events.

For many of you who have played tennis in the past, and those interested in learning to play, our club has a ball machine that you can use to improve your skills, to get a nice workout, and/or to possibly arrange to get a "no cost" lesson. Just contact Frank Tom at frankstom6019@gmail.com, or text him at 415-261-6816. If you want to find out more about the Tennis Club contact Ron Houston at rhousto2141@yahoo.com or 925-286-6380.

(cont' on page 16)





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Tennis Club

(cont' from page 15)

Our 'Almost Free Pizza' event was held August 5th. We had a lively side bar discussion about who has been a Club member for the longest time and is still actively playing. The winner may be Janie Monahan with 27 years and counting. Check out next month's article for more information about Janie. The undisputed winner of our newest Tennis Club member is Yoko Akaosugi. Please welcome her to the club.

Mark your calendars for the following Upcoming events:

Saturday, October 31: 9:00 am - 1:00 pm - Fun on the Courts; tennis, lunch and entertainment.

Wednesday, November 18: 5:30 - 8:30 pm - General Meeting and Holiday dinner at Sierra Pines.

• • •

Pickleball Club

BY MARILYN PLUTH

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

We welcome our new members Robert Cervantes, Kelley Martinez, Shannon Similai, and Marcia Tjader.

Join us on the Pickleball courts Saturday, September 26, at 8:00 am to attend a FREE CLINIC. We will cover safety, rules, scoring

and work with you on serves. This no-obligation clinic will satisfy your curiosity--and may just get you hooked! You must be an activity-card holding Sun City resident, and should bring water, a hat, a name tag and wear court shoes. Paddles will be available for those who don't have one. Registration is required. Contact Marlene at Marlenegrens@gmail.com

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

Pickleball Tip: It's not only important to keep your eyes on the ball when you are hitting, but to also keep your eyes on the ball when your partner is hitting. One very good reason is to assist on close line calls. The ball may land where your partner does not have the best view of whether the ball is in or out, but you as a partner, may have the better view and can make the line call more effectively. Also, if the ball is out, it is important to make that call immediately and be heard by all four players.

• • •

Water Volleyball

BY DEBRA DINGMAN

Over the hot summer months, several new residents joined in the water volleyball fun forcing regular attendees and leaders to ask if we were poised for growth. Fortunately, Howard Trost, one of the newer players had a great idea. Howard was a Commanding Officer



of the USS Ohio submarine and was also Chief of Staff for the USS Roanld Reagan CVN. He suggested we just play four people in a row instead of three.

For years, if we had more than nine players on each side, players rotated out of the line up after their serve but back in after the next person served. This worked but messed up any strategic placements the team might have made upon starting the game. Using Howard's idea, both sides had four in each row allowing all men and women to participate but also made the volleys last longer and more challenging.

Co-leader Greg Umberg captured all 24 of us in photos in the water having the grand time.

With all the folks wanting to enjoy the refreshing water, the more advanced players were able to restart their Thursday evening games this past month and the time is from 5 - 7 pm. Co-leader Luanne Harold hosted a pop-up pizza night at the end of July that was well attended and enjoyed by all. The next social is planned for Friday, September 25 at Sierra Pines.



In the meantime, check us out Monday, Wednesday, and Friday from 11 am to 1 pm.

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

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(more Club News cont' on page 17)

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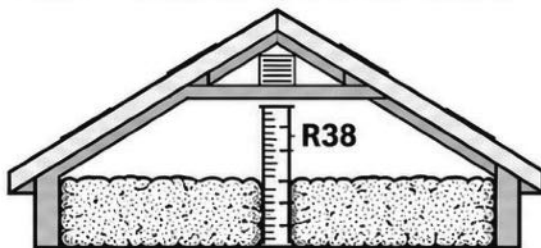


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Bocce Club

BY DAVID MOORE

The Men Choose Men Tournament was held on July 11. The winning team was Kevin Myers and Bocce Club President Kenny Smith. Second place was won by Jack Ramos and Jack McGurk while third was taken by Mike Christy and Fred Hasley.

The Summer League, which began in mid-June, concluded on July 27 with awards and a yummy potluck. The winning team was Arlene Lizotte, Kevin Myers, Bill Pagano, Vickie Pagano and Jean Stephens.

Second place was won by Bev Lewis, Gregg Hutchison. Linda Fredericksen, Jerry Fredricksen and Frank Kilpatrick. Third place was taken by Teri Lane, Paula Happe, Diana Rischling, Jan Scheufelt and Elaine Turnbull.

Thanks to Ken and Medina Lane for organizing the enjoyable mornings.

The Last Chance to Qualify Tournament was held on Saturday morning August 8. The qualifwere first place finishers Arlene Lizotte and Pete DiLonardo. Second place was taken by Mary Scott and Jerry Fredricksen while Salli Scott and Susan Moore finished third.

The Fall Mini-League begins September 8 and continues through October 26. We are expecting to have nine leagues (the same as Spring) with all seven nights plus Tuesday morning (ladies only) and Thursday morning.

Once again, it should be a fun time thanks to the effort of Dwight and Joan Rose and their teams.

We end our report on a sad note. Gary

Wolff, a long-time bocce player died on July 19th. His cheerful smile and kindness will be missed by all who knew him.

Kevin Myers, Arlene Lizotte, Vickie Pagano, Jean Stephens and Bill Pagano triumphed in the Summer League.

• • •

He & She Golf

BY JAHNA HOLMES

Fall is creeping up on us! Save the date for our Fall Tournament and banquet on Monday, October 12! At that event, we must announce the slate of officers to elect in November, and we're looking for some interested people to consider running for President and Vice President/Membership. Julie has served the longest as VP for two years and three as President. I've been VP for three, which is also Membership, the primary job. We're both ready to step down. Both jobs are not labor intensive and you'll find it very satisfying and fun to be able to contribute to our growing club. For more details, please reach out to Julie or Jahna."

July 27th was a lovely day for golf! The 9-hole group had 64 players, our largest turnout this year! The two BB game first place was a tie scoring 62; Marty & Bobbie Hostler with Chris Huntington and Lois Habein, and Scott Larson, Vi Wan with Leon & Barb Futran. Second place was a three-way tie scoring 64: Ron & Barbara Onodara, Tom McKeel & Sherrill Pahl; Jim and Linday Ryan with Wayne Berger & Jahna Holmes; and Brian Gorman & Stephanie Tran, Lou Steck & Pam

Cabezas. CTP 1st place: Laurie Berry 17' 2", Garrie Yacap, 12' 1".

The 18-hole group had 47 players today. First place in a card off scoring 69 was John Ladas, Kathy Hamilton, and Marin Hansen; second place with 69 was Karen & Ken Shahoian, Lisa Giles and Steve Hennessy. Third and fourth place scoring 72 was also a card off for Jim & Lisa Cryan, Marianne Daly, and Marsha Suter, and Joanne & Mark Gregson, Robert Timpany and Sheila Michael. CTP Karen Shahoian -22;4"; Ken Roberts 26' 1/2". That's all, folks!

• • •

Sierra Pines Ladies Golf

BY DANA EGGERTS

July was a busy and fun-filled month for SPLG! We hosted the annual 9/18 Mixer on July 15, and what a great day it was! Despite the hot weather, everyone who participated had a wonderful time. A big thank-you goes to Lisa Cryan and her team, who outdid themselves with a terrific tournament and delicious luncheon. We appreciate all the time and effort that went into making the day such a success!

Our ladies had another month full of great golf—and plenty of chip-ins! July Golf highlights.

Closest to the Pin —

- 7/1: Ellen Thomas
- 7/8: Elizabeth Gustafson
- 7/22: Annette Eastman
- 7/29: Peggy Siminich

Chip-Ins —

- 7/1: Pam Skag and Gail Riddle – Hole 3

• 7/8: Annette Eastman and Kyle Vodden – Hole 4; Sharon Lawin and Denise Randall – Hole 6; Yvonne Miller – Hole 8

• 7/22: Kyle Vodden – Holes 2 and 6 (Nicely done, Kyle!); Connie Lugo – Hole 2

• 7/29: Liz Sublet – Hole 1; Barb Simon – Hole 5; Pat Llapitan – Hole 7; Rhonda Bubbico – Hole 9

Great job, ladies! Keep those chip-ins coming!

It's time to start thinking about the SPLG Club Championship! Mark your calendars for September 9, 16, and 23. The Club Champion will be determined by the player with the lowest score for two of the three days. Payouts will be awarded through fourth place in each flight, including the white tees. There is no special sign-up for the Championship. Simply sign up to play golf as you normally do. Winners will be announced at the Championship Lunch on September 23. Good luck to everyone, and most of all—have fun and enjoy the golf!

• • •

Timber Creek Women's Golf Club

BY MARY NEARN

Fairway Highlights—Thank you to all the golfers who participated in the July 15 SPLG 9/18 Mixer, and especially to Lisa Cryan and everyone who helped make it such a seamless event. The field was full, with two teams on each hole at Sierra Pines. Both clubs had strong turnouts, the scramble format worked beautifully, and everyone enjoyed lunch and

(cont' on page 19)



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Timber Creek Women's Golf Club

(cont' from page 17)

drinks at the 19th Hole!

Congratulations to the winning 9/18 flight teams!

First Flight: Robin Shaffer, Gail Riddle, Sherry Hilger, Cindy Carnaghe

Second Flight: Susan Green, Denise Roberts, Carolyn Pittman, Jackie Shook

Third Flight: Tena Johnson, Sharon Lawin, Barb Futran, Pamela Cabezas

Most Improved Handicaps for July
Congratulations to our July most improved handicap winners!

1st Flight — Lisa Overholtzer

2nd Flight — Nancy Gould

3rd Flight — Donna O'Neil

Club Championship Reminder

Our Club Championship is scheduled for two rounds on September 30 and October 7. Whether you plan to compete, cheer for your friends, or simply follow the field, this is one of the highlights of our club calendar. Good luck to all the competitors, and may your preparation lead to strong swings, steady putts, and seriously friendly trash talking!

Did You Know?

Golf balls have come a long way. Early versions were made from materials such as wood, followed by leather pouches stuffed tightly with feathers, known as "featheries." In the mid-1800s, the gutta-percha ball, made from tree sap, became popular because it was more durable and less expensive to produce. Golfers later noticed that older balls with nicks and marks often flew better than smooth ones, eventually leading to the dimpled golf balls we use today. So, while a badly cut ball should still be replaced, the idea that surface texture helps ball flight is part of golf history!

See you out there.

• • •

Timber Creek Men's Golf Club

BY RICH AUG

H e l l o

again from the Timber Creek Men's Golf Club, which continues to be the funnest club in Sun City! Gotta love it here. Well, the summer is taking its toll on our golf courses. Steve Kimbrough and his crew are doing their best to maintain the bare spots on our fairways, but it's an uphill battle. The work on the sand trap renovation on hole 8 at the lake should be behind us at the writing of this article. What a great job Steve and his crew did. It looks beautiful and plays better. Our tournament committee has been doing fine job keeping us busy. The Firecracker tournament, and the Match Play Championship is behind us. Both were a huge success. In fact, the Firecracker tournament had 105 players. Make sure you take a moment to thank Scott Mortimore for all his hard work and hours spent organizing our tournaments for us. I'd like to take a moment to thank Mark Gregson. Mark is our membership chair. He has been recruiting new



been done in years. Also, a big thank you goes out to Dave Klinger. His leadership running CVS has made the players number boom for his tournaments. The Good Guys also should not be overlooked. Good Guys has been very popular. The members attending our monthly Mountain Mikes pizza days are also increasing. This month we will be hosting our annual Member/Guest Tournament on September 25th. It will be followed by a sit-down lunch. So, mark your calendars for that event. Please make sure to thank and patronize all our sponsors. That's all for now.

Hit'm Straight

• • •

Golden Niner

BY BILL MOORMAN

Late summer is a golden time for golf, with warm days, long drives and the perfect mix of challenging shots in the comfort of the course. Whether a club in your bag is important or your pencil.

Aloha to our new members Bob Foppiano, Chuck Gee, Bruce Smith and Lon Wallington. Just remember, when you feel like you know this rated nine-hole course, it will jump up and put you in your place.

The Golden Niners played 376 rounds of golf averaging 94 players a week, with 121 members sharing \$1,548 in winnings. Our top

money winner was John Hardin, followed by Lance Reginato, Walt Bromby, Jerry Crosby, Brooks Blaskower, Tim Jenkins and Howard Sandler. There were nine posted poleys by Cary Diskin, Mike LeAna, Bill Moorman, Rich Peaslee, Lance Reginato, Jim Sexton and Jim Wilson. With hot shot Lowell Ploss posting two poleys. Our Rodney Dangerfield winner was Steve Lane.

It's September and we play on a non-football weekday with nobody yelling "Omaha" on the tee box, so check our remaining schedule for the year, come out and sign up to play before our golden time of the year ends. Enjoy!

• • •

Cornhole Group

BY STEVEN GUSTAFSON

We have men's tennis and women's tennis, men's basketball and women's basketball, men's soccer and women's soccer, and so on. But cornhole has only one game for both, because men and women have equal ability to throw a light bean bag seven yards.

Cornhole is similar to throwing your TV remote across the room at a politician on your TV ----men and women are equally good at it. Currently, two women are Sun City's best cornhole players!

Next summer, after a planned upgrade and beautification of the Cornhole Arena (formerly the Sierra Pines horseshoe lanes), we expect to have all-men cornhole teams play all-women cornhole teams. Judging from our current talent, the women's teams should win!

We play cornhole at 9:00 every Tuesday when the temperature is usually nice. You are welcome to join us.

• • •

Croquet Club

BY JIM WILLSON

With great appreciation and enthusiasm, we would like to welcome four new members to our club: Dale Alvarez, Susan Lussier, Larry Manwiller, and Sherry Merlino. Great to have you with us. But do you have to wear white?

The question is often asked why professional croquet players as well as croquet club players are asked to wear white. To answer that question, let's look into the relationship between Wimbledon, the English tennis tournament, and croquet.

Croquet was played at Wimbledon before tennis. The Croquet Club was founded in 1868 as the All English Croquet Club, but as popularity shifted to lawn tennis in the 1870s, the club kept croquet in its official name - The All English Lawn Tennis and Croquet Club, as a nod to its historical roots. Of course, Wimbledon is best known today as the venue for the Wimbledon Tennis Championship, a grand slam tennis event in England still held on grass that has been played every year since 1877.

The players must wear white at Wimbledon to follow a historic dress code created in the Victorian 1880s to hide sweat stains, which people back then thought looked bad and

(cont' on page 21)



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Croquet Club

(cont' from page 19)

improper. Over time, this practical idea turned into a strict rule and a major tradition for the tournament.

In the beginning the all-white rule included hats, shoes, laces, socks, headbands, wrist bands and even undergarments. Today, it is not quite as strict but white is still the preferred dress code.

As the history of croquet has so much in common with Wimbledon, the white dress attire has prevailed all these years. Nevertheless, our club has made white attire optional, hoping to attract more players. So, no, whites are preferred, but not required.

For additional information, please contact Patrick or Louisa Maglione, both officers of the club.

• • •

Billiards Club

TERRY SATCHELL

Well, we made it thru the third and the Fourth of July. What a great time we had with the parties, BBQs, the golf cart parade and most importantly our wonderful fireworks display! I'm also pleased to see so many people



8-Ball Winners - Bill Stephens, David DeNinno, Ron Judd and Rich Berger.



8-Ball Winners - Tony Cardoso and John Johnson

come from outside of the community to enjoy our celebration.

Saw a few more new faces in the billiard room. Thanks for stopping in and hope to see you all join. You do not have to be a member as it is open play for all residents, except for the Tuesday afternoon tournament. If you want

to play and no one is there just go to the front desk, leave your ID and get the key. We are shaking things up around here. Check out the clipboards by the door.

New leadership has taken over for the Billiards Club. Our President, David DeNinno, has several goals for the Club. Increase communication, increase participation and increase membership satisfaction. You will start by seeing sign-up sheets, some lessons available and clinics if wanted. Nice work. Since Tim Connolly left our club, we needed someone to maintain the equipment, clean the tables and do anything else that is needed in the room. So, Jim Calahan has now stepped up to maintain the room. Thank you! As a reminder, please brush tables and replace the chalk.

Got some interesting news. Bob Cecil is lining up a tournament with Manteca and Lincoln on separate dates. We are going to

host the Manteca tournament. Lincoln has invited us up again. Thanks to all working for the Club's interests. We are excited to play "outsiders" again.

Tuesday Tournament winners

July 7 Jim Calahan and Troy Cardoso

July 14 Bill Stephens, David DeNinno, Ron Judd and Rich Berger

July 21 Tony Cardosa and John Johnson

July 28 Ken Lane and Jim Calahan

• • •

Cribbage Group

BY BRUCE AHNBERG

A great turnout marked our end of July tournament. Five tables set up in a row, with 10 players vying for top hand and most wins made for spirited play and some earnest competition.



Kim, Julie, Veronika and Bonnie



Winners: Wally and Julie



Several new players added to the fun. In the end, Wally and Julie came out on top. Both are good players and in a game like Cribbage, you need skill as well as luck with the cards. Both have been "top dog" before, so it is not a surprise they are winners again. Congrats, guys. Our new players, all female, bring years of playing experience to the tournament, are tough competitors, and are a welcome addition to the mix. The Cribbage Club meets every Friday in the Timber Creek Lodge Card Room from 1:00 to 3:00 PM. For a small stake, we play several games, switching partners each time so that everyone plays a new partner until time runs out. At the end of the month, we hold our tournament, where we double the stakes. Come on in and join us. There are no membership dues. We provide the boards

and cards. It's a lot of fun, and a good way to meet your fellow Sun City neighbors. See you at the tables!

• • •

Bridge Club

BY JOYCE WADE

The Bridge Club has a new resident director certified by the American Contract Bridge League to run our ACBL-sanctioned game on Mondays and the Fun & Friendly duplicate play on Wednesdays. We are happy to announce that Sue Tuana has taken over from Marvin Arnold, our outside director for 12 years, whose last day was June 29.

Sue Tuana started playing senior bridge



Bridge Club resident director Sue Tuana and former director Marvin Arnold.

following her retirement and has been a Bridge Club member since moving to SCR in 2008, holding several positions on the Bridge Council over the years. While she loves bridge and even tries to play when traveling the world, her favorite activity in retirement is volunteering. Sue has volunteered at the Folsom Zoo, a rescue zoo, helping feed and groom animals. Currently, Sue volunteers with a charity helping foster youth who are aging out of the foster care system. Thank you, Sue, for stepping up again for the Bridge Club, and congratulations on your ACBL director certification.

For information on Bridge Club play, please see our new flyer at the lodge lobby kiosk. Also, regrettably our annual Labor Day BBQ will not take place this year because of construction constraints.

• • •

(more Club News cont' on page 24)

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COMMUNITY VOICES. COMMUNITY PRIORITIES.

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

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

- 1

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.

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.

A square QR code.

Scan
to learn
more!

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

Rich and Janice

(cont' from page 1)

was developing state-of-the-art combustion systems. Four years prior, Rich had traveled to California with a friend, driving from San Francisco up the coast to Vancouver, and he liked what he saw. Subsequently, he learned that many of his college alumni also left New York for California.

After Acurex, he worked for some smaller consulting firms that addressed environmental remediation (cleaning up contaminated soils, wastewater, and groundwater). In 1990, after eight years of remediation and consulting, Rich pursued an opportunity to work at the Stanford Linear Accelerator Center at Stanford University.

The Stanford Linear Accelerator Center, now called SLAC National Accelerator Laboratory, is in Menlo Park and is funded by the US DOE and administrated by Stanford University. He spent 18 years there until

2008. Rich enjoyed developing a pollution prevention program and associated projects to reduce hazardous waste and hazardous chemical usage. It was interesting to work with the various levels of the organization, from operational staff to PHD researchers.

Before officially retiring in 2013, he consulted for Lawrence Berkeley National Laboratory and some smaller companies in the San Francisco Bay Area. He also taught classes in hazardous waste management for six years at the University of Santa Cruz, classes required for a certificate program in environmental health and safety training.

In 2002, Rich met his wife, Janice,



Rich and Janice in Provence in 2004.



Rich and Janice in Pont du Gard in 2022.

through mutual friends and married two years later in Los Gatos. Janice had been previously married and had a son, Patrick, who lives in Danville, with his wife and two sons.

Janice was born in 1953 in a suburb of Cleveland, Ohio. She has one older sister and one younger brother. Her father did labor negotiations for General Motors and the family moved around a lot. When she was in the sixth grade, the family settled in the Chicago suburbs. She lived in Highland Park and attended Deerfield High School, enjoying fine arts and tennis. After graduating in 1971, she took fine arts classes at the Art Institute of Chicago and attended William Rainey Harper College for two years before transferring to North Illinois University where she obtained a BS in Interior Design in 1975.

Janice's first job was at a major retailer, where she worked in management and started their design program. In 1978, she transferred to the company's site in the San Jose area where she worked as a department manager. Then, from 1981 to 1985, she worked for Comstock of California doing marketing and setting up

design programs.

In 1986, Janice started her own design business called McCabe Sommers Interior in Los Gatos. When her partner retired, the name changed to Janice McCabe Interior Design. She worked all over the bay area and really enjoyed interviewing clients to help them develop their own style. She immersed herself in the Los Gatos community as president of the LG Community Foundation, member of the LG Lions Club, and on the board of the LG Chamber of Commerce. She met the CEOs of many companies and is still working with clients from her past.

Rich and Janice moved to SCR in 2019. Janice joined the Fine Arts Club, creating artistic works in acrylic and watercolor. Some of her works will be featured on October 11's Featured Artists program. Janice also has a certificate in Art Therapy, which she now integrates into her interior design and artwork.

Rich is a member of the Men's Golf Club as well as the Socrates Club, Billiards, RAMP, and Citizens' Patrol. They both belong to Bocce, the Sunday Social group and enjoy dancing at the Timbers' Friday night music venues. They also attend our Drama Club productions, art shows, and music concerts.

Travelling has been a top priority of the McCabe/Cellamare household. They have visited all seven continents, either through personal tours which Janice loves to plan or through cruises. They honeymooned in Europe and have traveled to Easter Island, Stonehenge, Machu Picchu, Cairo, just to name a few. One of their most memorable trips was one to Italy to celebrate Rich's birthday. They went to the city of Bari, part of the region of Italy where Rich's grandparents had migrated from. While Janice and Rich were there, the city of Bari was celebrating its patron saint. A three-generation family sat with them at a cafe. The grandfather taught art at the university there and the conversation was golden because Rich's father had been an artist and Janice, of course, was into interior design.

They've made many friends throughout their travels and at SCR. They still keep in contact with a couple they met from Sweden. And they're looking forward to visiting Spain, Portugal, and Morocco later this year.

Janice and Rich founded Seven Continents Art, an online art company. They share their images from their travels together and from other artists of the world. Janice and Rich enjoy

the photography and art pieces that reflect special memories of their travels.

"I think art and color are the important keys to a room or home. They begin to tell the story about the people that live there. The home should reflect the lifestyle and personalities with the ability to evolve as life does," says Janice. Their well-appointed home does indeed reflect their delightful and remarkable personalities.

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

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-

(cont' on page 27)

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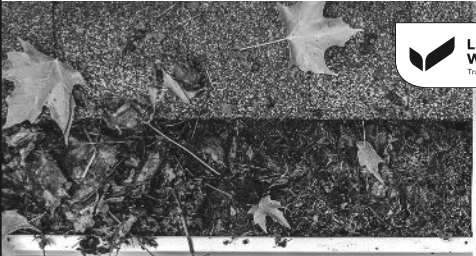
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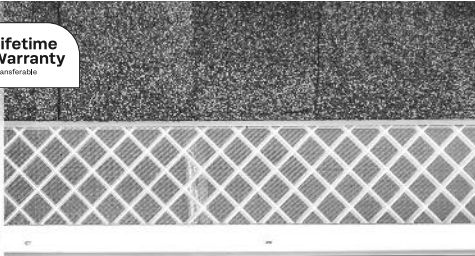
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Mah Jongg Club

BY DEBBIE WATHEN

Happy Labor Day! Look forward to another exciting month of playing this stimulating game, MJ is a looking and listening game. Each game is a learning experience with a different outcome!

The clacking of the tiles shuffling resembles the chattering of sparrows hence the game was originally called “Sparrow”! Mah Jong history for the month.

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

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

...

Euchre Group

BY PAUL ROBERTS

We play most Thursdays at 2:00 in the Card Room. We have no dues, no board, no annual meetings. We just like to play Euchre.

Euchre works best with tables of four players. Every week, Tom Eastman will send a message asking who will play. We usually have three tables. Sometimes we have four or five. Don't worry if you have not played in a long time. We will help you.

To join the Euchre Group, contact Tom Eastman. Email teast@att.net or text him at 916-301-1334.

...

Socrates Cafe Group

BY STEVEN GUSTAFSON

At our Socrates Cafe discussion last month, we (21 of us) discussed “Thucydides Trap”, which is an ancient idea on the origin of war. It is based on the observation that when a rising power threatens to replace a ruling power, the resulting disruption and fear makes war more likely than not. Maybe China is a rising power, and the US is a ruling power, so a major war is probable?

We discussed this question, and many of us contributed other ideas on why wars start, on how they might be prevented from starting, and on how they might be stopped after they start.

Does economic interdependence reduce the risk of war? The European countries had highly interconnected trade before World War I, but war started anyway. Many wars have been fought over resources such as gold or oil. Maybe rare earths are next.

What role does ideology play? Both far-right and far-left governments have started wars for ideological reasons, and religious doctrine has been the cause of many wars. The desire to “expand the empire” has been the cause of wars from Alexander the Great in ancient times to Putin’s Russia today.

Maybe war is a feature of human nature, and its occurrence is like natural disasters such as wildfires and earthquakes. We can reduce the risk or the severity of some natural disasters. For example, we can build firebreaks

(cont’ on page 25)



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Safety First — Beware of the CAPTCHA Scam

BY ROSEVILLE POLICE DEPARTMENT

If you've spent any time online, chances are you've encountered those familiar tests designed to prove you're human—checking a box labeled “I am not a robot” or selecting images that match a prompt, such as traffic lights or dogs. These security measures, known as CAPTCHA (Completely Automated Public Turing Test to tell Computers and Humans Apart), are widely used by websites to block spam, prevent malicious attacks, and protect online resources.

But scammers are now exploiting this familiar process to trick unsuspecting users.

The Federal Trade Commission (FTC) is warning the public about a growing “fake CAPTCHA” scam designed to install hidden malware and steal sensitive personal information from victims' computers.

How the scam works—The bait: You visit a website and are presented with what appears to be a standard CAPTCHA challenge.

The “error”: After completing it, the page displays an error message claiming something went wrong.

The trap: Instead of simply refreshing the page, you're instructed to “fix” the issue by entering a sequence of keyboard shortcuts—such as pressing the Windows key + R, then Ctrl + V, and finally Enter.

The infection: Those keystrokes secretly open your computer's Run command, paste a malicious script that was copied to your clipboard, and execute it. This can install

information-stealing malware, giving criminals access to passwords, financial information, and other personal data.

Warning signs to watch for

- Keyboard commands: Legitimate CAPTCHAs will never ask you to use keyboard shortcuts, type commands, or download software.

- Unusual instructions: Real CAPTCHA tests only require simple actions like clicking a checkbox or selecting images.

- Unexpected downloads or pop-ups: Be cautious if a CAPTCHA triggers a file download, opens a command prompt, or launches another program.

What to do if you encounter one

- Do not follow the instructions. Close the browser tab immediately.

- Disconnect from the internet. If you already entered the commands, turn off Wi-Fi or unplug your router to limit the malware's ability to communicate with criminals.

- Change your passwords. Use a separate, secure device to update passwords for your email, banking, and other online accounts.

- Run security software. Scan your computer with trusted antivirus or anti-malware software.

- Report the scam. File a report with the FTC through their ReportFraud portal.

As scammers continue to evolve their tactics, they often rely on familiarity and urgency to catch victims off guard. A simple

CAPTCHA should never ask you to take extra steps beyond clicking or selecting images. If something feels unusual, trust your instincts and stop. Staying alert and recognizing these warning signs can help protect your personal information and keep your devices secure.

City Removes Battery Collection Tubes, Reminds Residents of Safe Recycling Options

The City of Roseville is removing battery collection tubes from public facilities as part of an effort to improve safety and reduce fire risks associated with improperly disposed batteries.

These tubes were intended for the disposal of certain household batteries, but have increasingly been used to dispose of lithium-ion and other rechargeable batteries that should be safely disposed elsewhere. These batteries can overheat, spark, and catch fire if damaged, creating potential hazards for employees, visitors, and City facilities.

Lithium-ion batteries are commonly found in everyday items such as cell phones, laptops, tablets, wireless earbuds, rechargeable tools, power banks, e-bikes, and scooters.

Battery recycling options remain available. Residents are reminded that batteries, no matter the kind, should never be placed in trash, recycling, or green waste carts. Improper

disposal can damage equipment, start fires, and put workers at risk.

The appropriate recycling option depends on the type of battery:

Household batteries, including AA, AAA, C, D and 9-volt: Take these batteries to the hazmat/battery drop-off locations at Western Placer Waste Management Authority (WPWMA), or schedule a free Household Hazardous Waste Doorstep Pickup.

Rechargeable and lithium-ion batteries: Use WPWMA, the Doorstep Pickup program or the Battery Network Locator to find a participating retailer. Confirm what the location accepts before visiting.

Vehicle batteries: Contact an auto parts store, battery retailer or WPWMA.

For complete guidance by battery type, visit roseville.ca.gov/batteries. Otherwise, contact Environmental Utilities at 916-774-5780 or by email (wscst@roseville.ca.us).

Socrates Cafe Group

(cont' from page 24)

in wooded areas, and we can make buildings earthquake-resistant. Can we also reduce the risk or severity of wars?

If you're interested in the sort of discussions we have, you are welcome to join us. We meet on the first Monday of every month at 10:00 in the Timbers Birch room.

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Observations on TV Commercials

BY MARTIN GREEN

There was a period when if you turned on your TV at any time during the day you encountered the MY Pillow Man. You might have thought of your pillow then as something you lay your head on when you went to bed and if for some reason it wore out you went to some bedding store and bought a new one. The My Pillow Man taught you otherwise.

It seemed The My Pillow Man had discovered a super pillow made of some material he'd discovered grown only in Egypt or someplace and which when it was under your head guaranteed a good night's sleep. Evidently he convinced a lot of people to buy his pillow because he then branched out into sheets, slippers and a few other things you had to have.

The My Pillow Man has since fallen on bad times and has disappeared from TV. What reminded me of him is that today if you turn on your TV at any time you will find out that, like the ordinary pillow you had back then, your windows and doors must be replaced. What? You thought windows and doors were things that just came with your house. Not so if you believe these commercials. If you replace them with this company's windows and doors your utility bills will go down, your house value will go up and your life will be much better. What's more you don't even have to pay for them. Well, not right away. I assume that eventually you'll get a bill and I wonder how much it will be.

It turns out that replacing your windows and doors isn't the only thing that's required to bring your house up to par. There's the matter of your bathroom. What? You thought your bathroom (or bathrooms) came with the house. Again, not so. That old bathtub and shower are both obsolete, the tile or whatever is wearing away and the whole thing is unsafe. Would you want a guest to use your bathroom? Of course not.

So you have to have an extensive revision of your entire bathroom that will take months. No, the amazing thing is that you can have your entire bathroom redone in just one day. I know, I was surprised by this too but that's what the TV commercials say and if it's on TV who can doubt it. So, there you are, new windows and doors and a brand new bathroom (or bathrooms) and you have a house to be proud of.

Wait a minute, I forgot a couple of other ubiquitous commercials. What about your gutters? Sooner or later they'll be inundated with leaves so you need a leaf filter and that will take care of that problem. That still leaves your roof. Sooner or later, tiles or shingles will start to crack and there'll be leaks and maybe the entire roof will blow off. So, the solution is a metal roof or maybe you can get one of those companies that can save you this massive expense by doing something to your roof that will extend its life by another ten or fifteen

years. Check this out right away.

So, you're all set. Not quite. Judging by all those commercials about people having trouble sleeping the effects of all those My Pillow Man pillows have worn off, and you are probably one of them. No, you can't just get another pillow. It's off to the bedding store and to get some kind of mattress that will be the right firmness, the right temperature or will adjust to it, the right fit to your body, and there, you're almost asleep already.

So, now you're all set? No there are all kinds of personal things you have to take care of — your skin, your complexion, your odor, your hair and of course your weight. But that will require another "Observations" or maybe two.

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SCRLibraryNews

(cont' from page 3)

Jill and Ted hope to do. They are living an extravagant life in a gorgeous home when they run into money problems that can be solved if they murder a relative and inherit his fortune — assuming they can get away with it.

New Books — Fiction: Cleeton, Chanel - An Infinite Love Story; Harmel, Kristin - Meet Me in Paris; Keller, Sophie Chen - Little Wonder; Lapena, Shari - Getting Away with Murder; Larbalestier, Justine - The Mortons; Patterson, James - The Country Roads Murders; Rimmer, Kelly - The Story Keeper; Roberts, Nora - The Final Target; Rosenfelt, David - Dead Men Don't Play Fetch; Scottoline, Lisa - This Changes Everything; Silva, Daniel - Ransom; Whitehead, Colson - Cool Machine.

Large Print: Keller, Sophie Chen - Little Wonder; Larbalestier, Justine - The Mortons; Levi, Allen - Theo of Golden; Patterson, James - Rocket's Red Glare; Roberts, Nora - Final Target; Scottoline, Lisa - This Changes Everything; Silva, Daniel - Ransom; Thor, Brad - Choke Point.

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SCR Foundation 2026

(cont' from page 1)

• Build strength: Use light weights or resistance bands a few times a week to keep bones and muscles strong.

• Eat well: Fill your plate with fresh fruits, vegetables, and whole grains.

Finally, we want to highlight Board Member, Arleeta Krolikowski. Arleeta is our Foundation Phone Volunteer Coordinator. She moved to Sun City in 2019 from Rio Linda, CA. She worked for the State of California in Information Technology for 38 years before retiring. She enjoys quilting, Bocce Ball, playing Pegs and Jokers and participates in Citizen's Patrol.

Arleeta joined the Foundation Board in 2022. She coordinates the volunteers who respond to messages left on the Foundation phone. The program currently has eight volunteers and receives 40–60 calls each month. Volunteers help residents submit Maintenance Request Forms when they are unable to do so online or at the Lodge. For calls about other programs the Foundation provides, or if you're interested in helping, please contact Arleeta at scrphones@gmail.com. We greatly appreciate her dedication and the time she shares to help others in SCR and the broader community.

As of July 28th (463), smoke detectors have been replaced totaling \$12,965, (23) CO2 replaced \$550, Light bulbs \$1860, light switches \$110.00 totaling \$15,485. Approximately 430 hours at \$20.00/hour totals \$8,600.00

Total savings for the community \$24,085

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SC Breast Cancer

(cont' from page 23)

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

SUN SENIOR NEWS CLASSIFIEDS

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EXPERIENCED PRIVATE CAREGIVER 20+ years providing compassionate senior care. Doctor appointments, shopping, bathing, washing, cooking and more. Call Jennifer at 916-308-9836.

SUNSET LANDSCAPE. All Landscape necessities • Basic Maintenance • Fence repair • Tree Services • cleaning • Junk Removal • Outdoor lighting • Irrigation • Free estimates. Salvador 530-315-0055.

FIX & BUILD HANDYMAN 916-724-5207. 25 Years Exp. Carpentry, Drywall, Cabinets, Plumbing, Hang TVs, Fans, & Pictures, Etc..

CLEANUP KING: Junk hauling & pressure washing. Fast, reliable, licensed, insured. Veteran-owned. Call 916-699-2165.

GUTTER CLEANING, WINDOW CLEANING, Solar Panel Cleaning, & Christmas Lights... Home Detail Services. Call/Text: 916-500-4314.

WHEELER CLOCK WORKS. Certified Journeyman Machinist. Repair, Restoration of clocks: Grandfather, Antique, Cuckoo. Jim Wheeler 916-303-3459.

PELICAN HAULING AND JUNK REMOVAL garage, yard, storage units, furniture, appliances, e-waste, & more. Call/text Andy at 1-916-712-7224 Business Lic #00833776.

IN-HOME CAREGIVING – hourly/daily/weekly. Also, transportation & errands. 12 yrs experience. Jan: 916-781-9651.

GARY'S SPRINKLER REPAIR: Lic# 869624. Valves replaced, Drip systems installed, Timers set or replaced. 916-223-3706.

ELECTRICIAN Power Plus Electric lic. #980817. Panels, ceiling fans, switches, outlets everything electric! Call Jim 530-870-6630.

HAIR CARE SERVICES. Enjoy this specialty service provided in the comfort of your home. Licensed cosmetologist. Kimberly 916-837-1637.

RETIRED NURSE LOOKING TO PROVIDE CARE IN YOUR HOME. Bathing, cooking, cleaning, running errands or anything you might need. Beverly Johnson 916-316-1737.

FAMILY-OWNED HANDYMAN and Remodeling Services, Proudly Rated 5 Stars! Landrum Construction Lic#1126021- Call 510-901-1166.

CAREGIVER/HELPER to provide in home care with personal care, cooking, cleaning, errands, dr appt. Excel ref 20+ yr exp. FT, PT, Live out or in. Call or text Debi 916-995-1932.

PET SITTING AND DOG WALKING by experienced Sun City Roseville Specialist. References available. Debbie McClelland, 650-814-7414.

FOR SALE

LA-Z-BOY ELECTRIC RECLINER, updated design, brown leather with narrow arms, \$200, 661-549-0796.

QUEEN MATTRESS, Firm Posturepedic Silver Pine 15". Very clean. Used only once. \$499 949-632-6756.

8X11 FEET KARASTAN RUG. Multicolor blues and cream. Excellent condition \$500. Call or text 503-703-2821.

WANTED

WANTED: BUYING RECORDS Jazz, Blues, Rock, and R & B. Buying small and large collections, LP's, 45's, and 78's. Also looking for reel-to-reel tapes, (all types.) Call 530 273-8490.

WE BUY ANY CAR truck, suv, trailer, motorhome. We do all the DMV paper work. Licensed dealer. Call for free estimate at your home. LH res 22 years. Jeffrey 916-871-4304.

BUYING OLD COINS, pay cash, free appraisals, discreet, I pay more! Private collector, SC resident. Call Jerry 1-916-772-4268.

ANNOUNCEMENTS

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

COMMUNITY YARD SALE: Come treasure-hunting at the Community Yard Sale on Saturday, Oct. 3, from 7 a.m. to noon at the Mahany Fitness Center! Join us for a fun, easy morning of bargain hunting all in one convenient location. With dozens of sellers, it's the perfect place to find great deals, unique treasures, and hidden gems without driving all over town. Bring the family, stroll the aisles and enjoy a classic community yard sale experience. Free to attend. Just show up and start shopping!

ATTN: Retired Law Enforcement Officers You are invited to join us for our quarterly meetings for some camaraderie, coffee and terrific guest speakers. We were formed in 2002 and have approximately 120 members. Please contact Chuck Schmidt, the RLEO Group coordinator at: 530cms@gmail.com

SUN CITY REAL ESTATE UPDATE

No one, or two month's data make a market, but they can make it interesting. To determine trends in Sun City, I like to focus on the listing and sales of Shasta and Country Rose models, because there are more of those models in Sun City listed and selling at any given time. The Yosemite was a very popular model also, but there are too many different layout versions and square footage versions to create a solid data set. As I have said many times here the prices have been peaking in February-June and fallen in the latter of the year since 2022. Prices for these two models have moved up. But the market has become active with sellers and the buyers have not followed. This past month (July-Aug 10th when I write this) has been active for sellers, 26 homes are currently active and only 6 in pending sale. That is a ratio I have not seen in years. Suddenly a 4 month's supply of housing. Again 30-60 days does not make a market, but it does make me think what I should be telling those clients who want or need to sell, looking back six months for data is not going to help.



WRITTEN BY
GEORGE BROWN
gbrown@thompson-brown.com

PROFESSIONAL REAL ESTATE SERVICES
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Email Classified Ads by the 12th of each month to: SunSeniorCA@gmail.com

**FREE ADS — INCLUDE:

- ◆ First 15 words are FREE (for SCLH residents only), additional words \$1 each
- ◆ ONE AD PER HOUSEHOLD, PER MONTH
- ◆ *Any Real Estate or Business Ads* are not free. Please see "Business Ads"
- ◆ Lost and found items/pets.

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

Subject Line should be SCLH Classified and your Phone Number (Example: SCLH Classified 916-123-4567)

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

SCLH residents get **FREE** non-business Classified Ads; limited to 15 words; one per household per month.

Non-business Ad items include selling personal used items such as furniture, tools, books, rugs, electronics, personal car, golf cart, etc.

BUSINESS ADS:

- ◆ **Anything of a commercial nature, including pet sitting, real estate, rentals, 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



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Real Estate

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INFORMATION

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3500
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FOR A FREE HOME
VALUATION EMAIL:
GBROWN@THOMPSON-
BROWN.COM



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



George Brown

RECENT SALES IN SUN CITY ROSEVILLE

7240 Pineschi Place	1198 Sq. Ft.	\$510,000
7365 Timberrose Way	1334 Sq. Ft.	\$540,000
5283 Green Grove Lane	1781 Sq. Ft.	\$604,000
7072 Hayride Lane	1658 Sq. Ft.	\$608,000
101 Southern Cross Court	1799 Sq. Ft.	\$625,000
5048 Green Grove Lane	2287 Sq. Ft.	\$675,000
6433 Rose Garden Lane	2083 Sq. Ft.	\$780,000
7170 Lost Lake Lane	2287 Sq. Ft.	\$785,000
4293 Napa Loop	1994 Sq. Ft.	\$795,000
6368 Rose Garden Lane	2362 Sq. Ft.	\$825,000
7576 Whistlestop Way	2362 Sq. Ft.	\$930,000

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