NOVEMBER 2026

SUN SENIOR NEWS

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Jack and Shari Goodwin — *Opposites Attract*

BY JENNIFER (JEN) MARTIN

The American historian, Jeremy King, once stated, "Harmony is achieved when two opposing forces converge, complimenting rather than battling each other." That's what happened when Shari Goodwin, an outgoing extrovert, met her husband Jack, a self-contained introvert. They exemplify the phrase "opposites attract," a concept that highlights how contrasts can lead to balance, deeper understanding, and unexpected love.

Born in Palo Alto in 1951, Jack and his twin sister, Cheryl, earned the distinction of being the heaviest set of twins delivered in the hospital at that time, together weighing close to 15 pounds. His father worked for Hewlett Packard (HP) as a line supervisor, then production manager. HP is where Jack's mother also worked and met his father. She stopped working at HP once the twins were born. Since they lived so close to HP, Jack's dad walked home every day to help feed the twins their lunch.


Shari and Jack Goodwin

Because he lived near the Stanford University campus, Jack and his buddies rode their bikes all over the Stanford property. As members of the Junior Rooters, they got to watch the Stanford football games for only fifty cents. Jack played little league baseball from ages 10-12 years old. He played basketball and baseball during his freshman and sophomore years at Palo Alto High School and worked every summer at HP until graduating in 1969. He remembers that the American rock band, Santana, which later became internationally known at Woodstock, played at his high school Grad Night.

After attending Foothill Junior College, Jack transferred to California State University at Chico, where he attained a degree in Business, with a concentration in Accounting. "But accounting didn't really interest me," Jack quips. Following in his dad's footsteps, Jack was hired at Hewlett Packard, starting off as a material handler in the stock room, a position that most college graduates were given at the start of their careers at HP. He soon became a buyer of component parts for their

(cont' on page 27)

SCR Foundation 2026

BY KATHI STROPKAI, *Chair*

Fall has arrived, and it is time for the Foundation's final fundraiser of the year! Join us on Sunday, November 22, for Bingo in the Timber Lodge Ballroom. Doors and ticket sales open at noon, and play begins at 1:00 PM. If you purchased your ticket at Courier Days on November 1, please use the pre-paid pick-up line for faster service. Remember we play bingo using different patterns, so bring markers to outline the pattern on your cards for easier playing.

Community participation in these fundraisers is vital, as they directly support the services the Foundation provides. For example, over the last three months (July through September), our Home Maintenance team installed 217 smoke detectors—an average of more than 72 per month. At approximately $29 per unit, this totaling $6,293, accounting for 18% of our quarterly Home Maintenance budget.

We are currently working on dates for our fundraisers in 2027. We will be doing two outdoor concerts and three bingos. Watch for eblasts for further details so you can get them on your calendar. You can always go on our website, www.scrfoundation.org and check out our sponsors programs and coming events.

Additionally, November marks National Family Caregivers Month, recognizing those

(cont' on page 31)

Singers

BY JACKIE PROETT

It's November and time to give thanks. We of the "Groaning Board" find it hard to believe that others have so little. Living in our country, and yes, even in Sun City, it is difficult to imagine other's misfortune. We are so blessed.

The Singers rejoice in more than plenty and want to thank all responsible. First of all, we need to thank the Council, the people who continue to take time and effort to manage the affairs of a productive group of 55. We also thank those who are willing to jump in and sit at the check-in table, or sell tickets, or whatever that is needed'

Performance is thankful for a crew that quickly chose the title of our Christmas Concert, Underneath The Tree. A poster, flyers and tickets are already in use. Costumes have been selected and ideas for presentation are in the works.

We thank our loyal audiences and remind them to get their tickets early. The concert is on Monday, December 7, 2026 • 7:00pm • Timber Creek Ballroom. Tickets are $20. Call ticket Chair, Dennis Hellman 916-834-3157 and assisting is Steven Sanchez, 650-868-0328.

Hospitality is thanking its loyal crew and looking into dates for a party.

Most of all we thank Paul Melkonian and John Hazelrigg our fabulous Director and accompanist who make music {Our most favorite thing} a delight.

Thanks for family, for friends, for music and abundant blessings.

Happy Thanksgiving Everyone!

• • •

Harmonicoots

BY JO ANN STOOKSBERRY

We want to thank all our fans for coming to the Timbers on October 13th for our annual Octoberfest performance. We had a great time entertaining you all! Remember if you need us for a gig call Jo Ann Stooksberry at 916-749-4425 at least one month in advance!

Remember to put Friday, December 11th on your calendar - it is our annual Holiday performance. One difference is that it will be at Sierra Pines from 5:30 - 6:30 instead of the Timbers Lobby. Everyone can be seated and enjoy the show. It is also FREE! You may bring your own wine or beer!


Linda Aug

This month we are showcasing a lady that is currently on the Music Selection Committee and our Board Secretary. She also wrote our monthly newsletter for five years. Her name is Linda Aug. After retiring from a thirty-year career as a registered nurse at a Bay Area hospital, Linda and Rich moved to Sun City Roseville in 2016. They immediately jumped in and joined just about every club possible! With her husband

(cont' on page 5)

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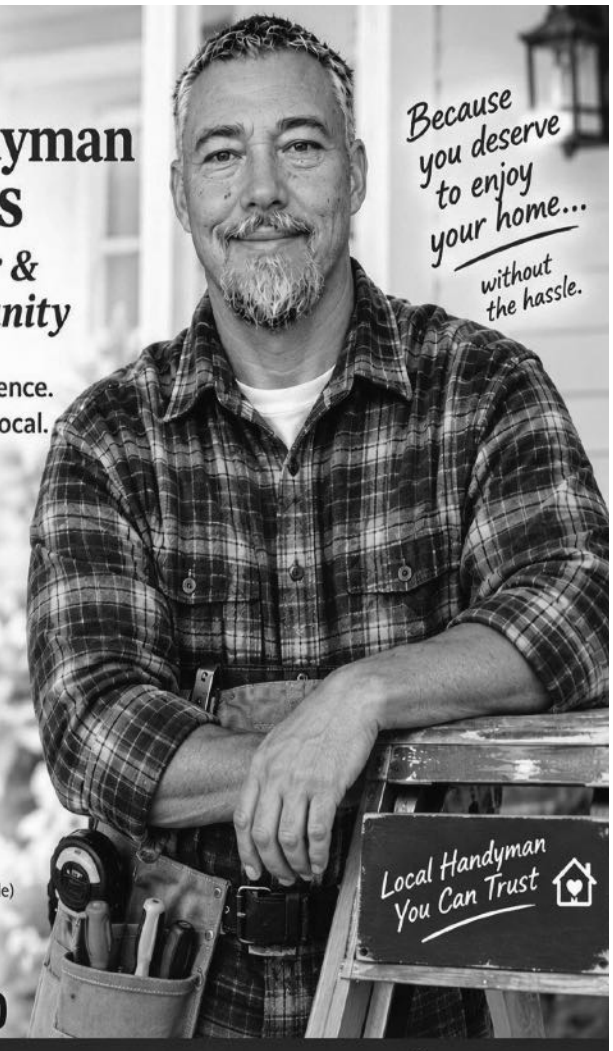
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Executive Director Comments

BY GEOFFREY BROWNE

My favorite season is back again – I love the fall weather, holidays, and sense of winding down another year.

This year, as always, there is a lot going on. We've finished working on the Golf Course Master Improvement Plan projects for this year and they have really made a difference! The contractors did a terrific job on Timber Creek Hole #8 and I am sure you'll agree that our Landscape Crew did an amazing job of bringing the streetscape into the present after 30 years of the original plantings. The community looks much better thanks to their hard work.

As we've communicated to you this year, we've been meeting regularly to monitor and make adjustments to the largest Capital Improvement Project we've ever undertaken, the Phase B Fitness Center Renovation and Expansion. This has been a complex task, made more challenging by the real commitment to keep some of the fitness-related amenities open and available to our membership. Keeping both pools open. Constructing an outdoor "tennis court gym", and moving fitness classes to our Sierra Pines facility has made a significant positive difference to our residents. And – we are on time and on budget!

We are also planning some new work on the Common Area Landscape Master Improvement Plan (MIP), and looking forward to continuous improvement in the community's landscaped areas over the winter months, including the very important streetscapes and medians. Soon to come – the 10-year Timber Creek Lodge Refurbishment (including the Ballroom) and a new shade structure for our Bocce Courts.

And of course, we are preparing for some special Holiday Events, as we do every year. Oktoberfest and Halloween have just passed, but Thanksgiving and Christmas are just around the corner and we'll be ready. I can smell the spices already.

Once again, we will be decorating the Lodge with festive lights and trim, and hosting community events that we hope will bring us all together in our common purpose of celebrating our goodwill.

No matter whether fall is your favorite or not, I hope everyone has a safe and positive month, with friends and family nearby, and with high hopes for the future.

SCR Library News

BY ELIZABETH GUSTAFSON

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

Our library will be selling books and puzzles at the Holiday Craft Faire November 7, 9:00-2:00 at the Lodge.

For Agatha Christie-style mystery fans, this month we have Murder at the Grand Alpine Hotel, a locked room mystery set in 1950 and featuring Miss Marple. Jodi Picoult's Hollow Bones looks at how people cope with life-changing events. Molly and her husband have tragic backgrounds but are doing well until a revelation changed everything they thought they knew. If you read the titles in the non-fiction section below you will surely be tempted by some of these fascinating books.

New Books —

Fiction: Benjamin, Chloe - Under Story; Flynn, Vince - Double Tap; Foley, Lucy - Murder at the Grand Alpine Hotel; Green, John - Hollywood, Ending; Hilderbrand, Elin - The Thoroughbreds; Lawhon, Ariel - The Pirate Queen; Mandel, Emily St. John - Exit Party; Osman, Richard - We Chase Shadows; Patterson, James - The Munich Affair; Picoult, Jodi - Hollow Bones; Robb, J.D. - Fury in Death; Steel, Danielle – Ruthless; Yoon, Paul – Etna.

Non-Fiction: Chin, Jimmy - Rules to Live By (Biography: Traveler/Explorer); Macintyre, Ben - Redwood: The Untold Story of the Cold War's Most Extraordinary Spy (History); Manson, Katrina - Project Maven: A Marine Colonel, His Team and the Dawn of AI Warfare (Military); O'Reilly, Bill - Confronting America: What Has to

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Harmonicoots

(cont' from page 1)

being an avid golfer, Linda knew she had to stay busy.

Her journey with the Harmonicoots began when the head Harmonicoot, Bud Gardner, came to a neighborhood block party recruiting harmonica players. Linda loves music, loves singing, and had played the clarinet, so she thought, "Why not?". And that question turned into something special. Linda is a busy girl! In addition to playing with the Harmonicoots, she tap dances, has served as a Sun City Ambassador, and participates in the Sun City Holiday Craft Fair with her crochet projects.

Linda believes there really is something for everybody at Sun City. Her advice is simple: "When you find it, you'll know". And Linda found it - with the harmonicoots!

Harps Up!

• • •



Lighting technicians— Rob Harper and Mary Little.

Drama Club

BY LENORA DAVIS

I hope you truly enjoyed our October performance, assuming you were lucky enough to secure a ticket. As before, we sold out by early October. I am amazed by the true commitment of each of our members who dedicate themselves to the success of our programs.

We begin with our Script Committee seeking out plays we feel SCR will enjoy. Members then vote on which sketches to perform, and the directors and casts are selected. Next comes many hours of rehearsal. As performance time approaches, technical crews begin preparation: light crew, sound crew, set crew, backstage crew and ticket sales. On performance dates, the front of house crew ensures that entrance and seating are as smooth as possible. And lastly, our post-performance cast party is a well-deserved reward for ourselves.

I would like to acknowledge all of the members who contributed to the fantastic October performance.



Our new members, Joann Cladianos, Nancy Carman, Sherry Carlson.

Officers: President, Susan Glover; Vice President, Lenora Davis; Secretary, Milanna Meyer; Treasurer, Greg Davis;

Council members: Tina Kinghorn (Webmaster), Penny Rome and Jennifer Martin.

Directors: Susan Glover, Lenora Davis, Jennifer Martin and Donna Stephens

Actors, by performance sketch:

The Golf Lesson: Bob Jorgenson (also the playwright) and Greg Davis

Telemarketer Torment: Marlene Grens, Vivian Friedman, Cyndi Cotton, Fred Miller, Tom Roth and Teri Seaman

Can't You See We're Acting: Bob Jorgenson, Jennifer Martin, Bonnie Osborn, Tina Kinghorn and Glenn Burleson

The Bank Robbery: Pam Wingo, Karen Cobb, Sherry Carlson, Greg Davis, Brian Sutton, Nancy Carman and Penny Rome

Sound Crew: Dave Tennies and Fred Miller

Light Crew: Rob Harper and Mary Little

Stage/Set crew: Greg Davis (Stage Manager), Penny Rome (Co-Stage Manager), Marilyn Phelps, Milanna Meyer, Joe Urrutia, JoAnn Cladianos, Nancy Carman, Cal Conley, Marilyn Pluth, Donna Stephens, Charlie Baughman and Skip Osborne

Ticket Sales: Susan Glover

Volunteers: Lali Hearn, Susie Harper, Jill Aggerbury, Denise Curti, Shari Goodwin

• • •

Dance Club

BY VIKKI CLARK

Come Dance With Us!

Looking for a fun way to get moving, meet new people, and enjoy some great music? The Sun City Dance Club has something for everyone!

New to line dancing? Our new Learn to Line Dance class meets Tuesdays from 3:45–4:45 p.m. Find a friend and come on in! Your first class is always free, and you may even find some of your other friends already enjoying the fun.

Once you've mastered the basic steps, you're ready to move on to our Easy Line Dance group, Tuesdays from 12:00–1:00 p.m. If Easy has become a little too easy, jump into our Beginner+ Line Dance class from 1:15–2:15 p.m. There's always a next step!

And if line dancing isn't your thing, don't worry—we have plenty of other choices. Try Beginning Ballroom, Tap, Jazz, or Clogging. Whether you're a complete beginner or ready to build on skills you already have, there's a class waiting for you.

And don't miss the holiday season's dinner/dance, "Candy Cane Lane," on December 1st! The evening begins with demonstrations from many of our dance classes, followed by a delicious sit-down dinner. Then it's time to hit the dance floor with DJ Joe, who will round out the evening with music and dancing.

Table reservation forms are available at your dance classes or at Courier Days. Gather

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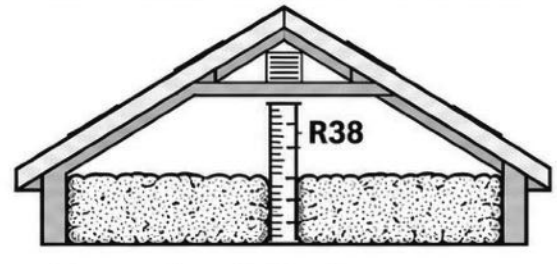


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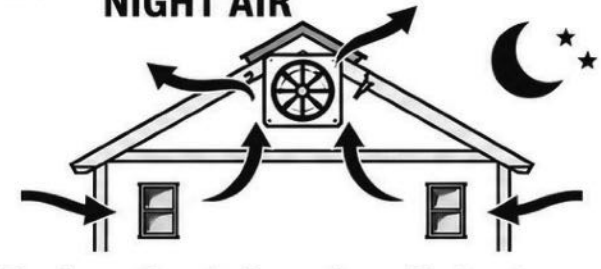
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Ambassador Committee

BY DAWN HASKIN

What are the things you love about this community? Is it the clubs and groups? Is it the golf course? Perhaps the restaurant? Is it the easy access to get groceries (including the one you can drive your golf cart to)? Or maybe it is the sense of community and friendly neighbors.

Whatever your reasons for loving the community, we are glad you are here. Each of our residents offers something to share – a friendly smile, good advice, a companion to share resources. Seemingly small gestures but they all are what makes this community a safe place to live and a great HOA.

We hope you take time at some point to serve in some capacity – whether it be as a club officer or on a committee – residents are a crucial component of why we live in one of the best HOA's in California. Over 600 residents serving on our standing committees enables us to keep our monthly fees down as well as having a restaurant and golf course bringing in additional revenues. Hundreds more serve as officers of various clubs and groups, making sure you have lots of fun!

As we enter the season of Thanksgiving, take a moment to think about those things you are grateful for the things which you are hopeful for going forward. It is said if you take the time each day to think about three things you are grateful for, you can actually improve your mental health.

Personally, I am grateful for some wonderful neighbors I know I can count on when I need something. They help bring trash cans up from the curb, make sure delivered packages are safe, keep watch over the house when gone on vacation. I am grateful for being in a community that makes me feel welcome. And I am grateful to a community that uses our resources wisely and plans for the future.

In November we will host our final New Resident Orientation (NRO) for the year. Invitees will be residents who moved in during September and October as well as reaching out to some of the new residents who moved in after April and were not able to attend the NRO designated for them. If you think that might be you, please send an email to scrnro@gmail.com .

Wishing everyone a Happy Thanksgiving Season!



Sunshine Services

BY SUSIE RIVERA

Important numbers—Medical Equipment Loan Program 916-960-8091; Arrow Tickets 916-886-7008.

November is the month when we naturally think about what we're thankful for. We think about family, friends, good health, and the big things that make our lives special. Sometimes we overlook the little blessings because they seem too small to matter.

A quiet morning with a cup of tea. Waking up and realizing you had a good night's sleep. A beautiful sunset at the Bocce courts. Someone saving you a seat at a meeting. Finding a parking spot close to the door. Having a day when your body feels pretty good. Even having a day when nothing goes wrong can be a blessing. Blessings don't have to be big to be meaningful.

Sometimes life isn't easy, and finding something to be thankful for can be difficult. That's when it helps to look for the little things. They may not change our circumstances, but they can change our day.

As I think about Sunshine Services, I realize how thankful I am for you – our readers and our community. Thank you for taking the time to read these articles, for caring about your neighbors, and for being part of a community where people still look out for one another.

We could use a few extra helping hands! Our Vice President position is currently open, and we'd love to have you join our team. We have some speaker event ideas planned for 2027 and need help turning those ideas into reality. If you have some time, ideas, or just want to pitch in, we'd love to have you involved.

As we head into Thanksgiving, I hope you find plenty of little blessings to be thankful for. From all of us at Sunshine Services, Happy Thanksgiving!

El Niño: *What Does it Mean for Roseville?*

BY THE CITY OF ROSEVILLE

With El Niño in the news, the City of Roseville has been receiving questions from residents about what this means for the upcoming storm season.

NOAA is forecasting a very strong El Niño for the 2026–27 winter. El Niño influences large-scale weather patterns, but it is not a local weather forecast.

According to the National Weather Service (NWS) Sacramento office, a very strong El Niño does not guarantee that Roseville will have an unusually wet winter.

Since 1950, there have been 9 'strong' or 'very strong' El Niño years in Northern California. Of those, 3 were wet years, 3 were normal years, and 3 were dry years.

The timing, intensity, and location of individual storms are better predicted by shorter-range weather forecasts. The

(cont' on page 7)

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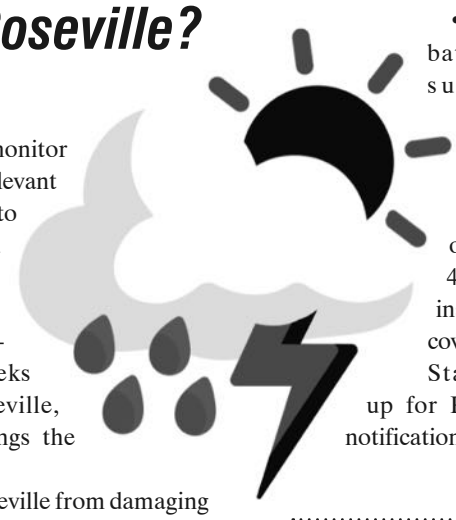
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El Niño: *What Does it Mean for Roseville?*

(cont' from page 6)



City will continue to monitor conditions and provide relevant information and updates to the community as needed throughout the storm season.

Know your risk — With 74 miles of creeks running through Roseville, every rainy season brings the potential for flooding.

To help protect Roseville from damaging floods, the City, along with FEMA, has invested approximately $39 million in infrastructure since 1995. Because of Roseville's dedication to public safety and thoughtful investments, Roseville's flood risk has significantly reduced.

Roseville is one of only two communities in the nation with a Class I FEMA flood preparedness rating. The City has held this top rating since 2006.

While the City of Roseville has made investments in a robust storm water drainage system, it's not unusual for localized street flooding to occur during heavy storms. Modern streets are designed to convey water, directing runoff away from homes and businesses.

Prepare before the next major storm — Around your home:

• Protect your property and reduce flooding hazards by keeping drainage areas free of debris.

• Keep flashlights, batteries and emergency supplies available.

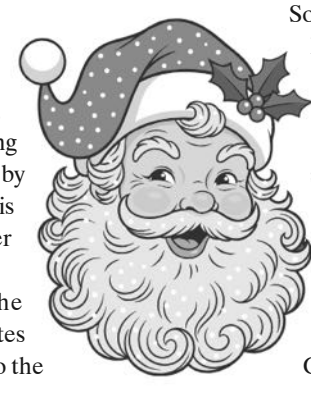
• If your property is at risk, consider flood insurance.

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Lincoln Theatre Company Brings Santa to Our Stage

BY TINA COLE



Believe In the Magic!

One of the most beloved Christmas stories of all time, Miracle on 34th Street is coming to Lincoln. It's brought to you by the Lincoln Theatre Company this December 4th through December 20th.

This holiday season, the Lincoln Theatre Company invites audiences of all ages to step into the warmth, laughter, romance, and timeless magic of Miracle on 34th Street—a beloved Christmas story that reminds us that sometimes, the things we can't explain are the things we most need to believe in.

It's not just about Santa. It's about family, faith, kindness, and the wonder of seeing the world through a child's eyes. It's about a mother who has learned to be practical, a child who still believes in possibilities, a man who isn't afraid to stand up for what he believes, and a community that discovers that a little kindness and faith can change everything.

It asks a simple but powerful question: In a world that sometimes tells us to stop believing, what happens when we choose to believe in something good?

With charming characters, plenty of humor, heartwarming moments, and the unmistakable magic of Christmas, Miracle on 34th Street is the perfect holiday outing for families, friends, couples, grandparents, and anyone who could use a little more joy this season.

So, leave the shopping lists and holiday worries behind for an evening.

Gather your family and friends, put on your holiday spirit, and join the Lincoln Theatre Company for a celebration of one of the most cherished Christmas stories ever told.

Miracle on 34th Street—because sometimes the best Christmas present isn't something you can wrap, maybe it's simply remembering how to believe.

And you never know—you might leave the theater believing in miracles yourself.

Tickets are available at www.lincolntheatrecompany.org or by calling 916-409-7030 All shows are at Lincoln Civic Auditorium. 511 Fifth St. Lincoln CA



A Personal Note From Your Neighbor

Have you made a plan for your final expenses?

Hi Neighbor,

I live right here in our community, and I know that conversations about final expenses aren't always easy.

But having a simple plan in place can help spare the people you love from having to make difficult financial decisions during an already emotional time.

If you've already taken care of this, that's wonderful.

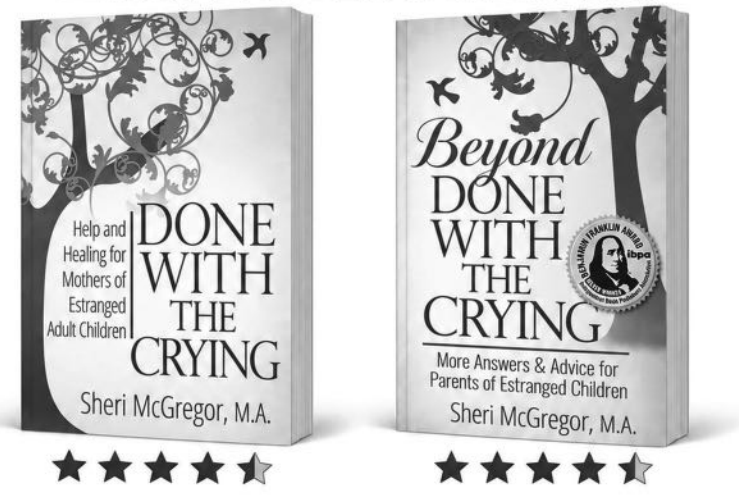
If you're not sure what you have, what you need, or whether your current coverage still makes sense, I'd be happy to have a simple, no-pressure conversation with you. No obligation. Just information.



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Elizabeth Tawasha
Local Life Insurance Agent
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elizabeth.insurance25@gmail.com
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RejectedParents.net

SCR Foundation Newsletter

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(916)774-9040

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Programs: **Home Maintenance, Alternative Living Guide, Party Décor**

'Tis the Season…….For Giving

As the winter holidays approach, we remember that coming up in December is National Giving Month, a time for community generosity, volunteering and charitable donations. The Vision of the SCR Foundation is to strengthen our Residents' lives through community-based giving and resident-led support. We do this by investing in events, programs and community enhancements.

Do you also know that giving and helping others can have a positive impact on your mental health and well-being as well as finding meaning in our lives? Giving allows us to connect with others through the experience of being human. Giving can get you more than a smile, it also can promote the production of "feel good" chemicals in the brain, lower blood pressure, support heart health, a longer lifespan, and stress reduction.

But what exactly do we mean by "giving"? Many times, the first thing that comes to mind is financial giving such as writing a check to a charitable organization like our Sun City Roseville Foundation. As a non-profit organization, the Foundation does depend on "giving" to support events, programs and enhancements that enrich the lives of Sun City residents. Every donation stays with our community and helps provide services that promote independence, well-being, safety and social connections.

Giving can also mean care-giving, for others but also for yourself. Visiting a shut-in, connecting with a neighbor, or formally volunteering are ways to give to others. In addition, don't forget to "give" to yourself. Give yourself the gift of health by taking care of yourself. Eat healthy food, relax, and have some activity in your day. Lastly, make sure your home is set up to prevent falls…..a leading cause of injury among older adults.

Eliminating the following will help you to reduce risk of falls in your home according to Seniors Helping Seniors:

- Loose rugs that slide or curl at the corners.
- Electrical cords crossing a walkway, hallway, or floor, particularly as holiday lights go up.
- Shoes, baskets, pet items that could easily be tripped over.
- Clutter or not enough room to move comfortably and safely around furniture.
- Commonly used items that are not within easy reach causing you to stretch, bend or reach awkwardly.

So, during the upcoming months, give to yourself and to others. Donate, volunteer, share your time, take care of yourself. And enjoy the winter holidays!

Dance Club

(cont' from page 5)

your friends, reserve your table, and join us for a festive evening of dancing, dinner, and holiday fun!

So, grab a friend, put on your dancing shoes, and come see what the Sun City Dance Club is all about. There really is something for everyone!

• • •

Music and Laughter

BY JANE BOHN

Entertainers and our wonderful Music and Laughter fan club arrived to lift our Spirits with another hour of "Open Mic" surprise entertainment. Your talented neighbors who performed for us included: pianist Toni Dicapua, Violinist Beverly Moris, Jokester Ed Lick, singer/guitarist Ken Roberts, Magician Rick Schulz, Singer/guitarist Gary Mills, saxophonist Lem Llapitan, jokesters Jan Montero and Jane Bohn. The hour flew by as we called out the winners of our raffle. These enthusiastic prize winners included; Jennifer Martin, Richard Niski, Emily Eiriz, Ed Lick and Dick Gehrar.


Ed Lick


Beverly Moris

Here comes a huge thank you to our entertainers, our attentive singing audience, and our helpers Carolyn Winter, Ken Roberts and Rick Schulz. We hope you will ask around about this fun group and come join us at our next gathering Wednesday evening November 11 at 7pm. Doors open at 6:30. Don't forget your $1 entrance fee for the raffle at the end of the show. We guarantee you will leave with your Spirit lifted. For you new people we always gather at our other lodge, Sierra Pines, located on the corner of Del Webb Blvd., and Whistlestop Way. Bring a friend and come join the fun.

• • •

Fine Arts Club

BY NANCY VAVUL

November promises to be an exciting month for the Fine Arts Club with opportunities to shop, visit local artists, enjoy inspiring artwork, and prepare for an important upcoming exhibition.

The Holiday Boutique will be held on Saturday, November 7, from 9:00 a.m. to 3:00 p.m. in association with Needle Arts. Be sure to stop by and discover a wonderful selection of handmade treasures, gifts, and seasonal creations. But the opportunities don't end there because the Fine Arts Club will continue selling works during our regular Open House on Sunday, November 8, from 10:00 a.m. until 2:00 p.m. We hope you will visit, view the artwork and support our talented members.

The Placer Artists Tour will be presented November 6, 7, and 8, as well as November 13, 14, and 15, from 10:00 a.m. to 5:00p.m. We are pleased that our own Barbara Kempe will be participating and exhibiting at her home here in Sun City. This is a wonderful opportunity to experience local art in personal and inviting settings while supporting the creative community.

The presenter at our members' meeting on November 13 will be Connie McLennan, a talented representational and impressionistic oil painter whose work conveys sympathetic and emotional appeal. We look forward to an inspiring presentation and an opportunity to learn more about her artistic vision and techniques.

Members should also be preparing a masterpiece to be considered as the signature piece representing our March show. Submissions should be dropped off on December 4 at 11:00 a.m. Judging will take place during the day, and artwork may be picked up at 3:00 p.m. Please give careful thought to the work you would like to submit as the signature piece for this important exhibition.

We look forward to celebrating creativity, fellowship,, and the many artistic opportunities November will bring.

• • •

SC Squares

BY KRIS KNUTSON

Ready to square dance?

At Sun City Squares we offer dance levels from beginning dancers called Social Square Dancing (SSD) through Mainstream, Plus, and A2. We have an active round dancing group for those of you want to take ballroom moves to the next level.

We believe Square and Round dancing is for everyone, no matter your experience level. Our members are from all walks of life, united by a shared love for dancing and socializing.

Whether you're looking to dust off you dancing shoes or you're just getting started, you'll find a welcoming place with us!

Why Join Us?

No Partner Needed - Come Solo or bring a friend!

The Sun City Square Dance Club is open to all dancers.

Casual Attire - We keep things relaxed, so come as you are and have fun. However, if you love the excitement of western dance wear, we have dance wear day the first Monday of the month.

Affordable - Non-members can join the fun for $8 per session and members enjoy a discounted rate with a quarterly fee of $60.

Beginner Sessions - We love starting new friends on the first promenade around the floor, come join us and see how easy it is to start.

No driving In The dark needed.

Where We Dance: We dance in the Kilaga Spring Lodge located at

1167 Sun City Blvd, Lincoln CA 95648

SSD thru Plus- Mondays at 1:00-3:00 PM in the California Room

A2- Tuesdays at 3:15-5:00 PM in the Terra Cota Room.

Round Dancing - Thursdays at 1:00 - 3:00 PM in the California Room.

For more information contact Tom Bolton 818-321-7708.

• • •

Round Dancing Group

BY CATHY RAZUMICH

What is "round dancing"? Round dancing is social ballroom dancing made easy. Unlike freestyle ballroom dancing, round dancing is not improvised. Dances have been choreographed to specific music. A leader (cuer) announces the upcoming steps as the music plays which makes leading and following very easy. All dancers perform the same steps at the same time. They move in a counter-clockwise direction around the room, which is why it is called a "round" dance.

Our group round dances on Thursday afternoons. There is an important time and location change. Sessions on 11/5 & 11/12 will be from 11:30-1:30 PM in the Fine Arts Room at Orchard Creek Lodge (965 Orchard Creek Lane in Lincoln). After 11/12, Thursday Round Dancing sessions will be on a holidays break until January.

We would love to have you join us! Singles and couples are welcome. No dancing experience is needed. If you're not able to stop by before our holiday break, seriously consider adding Round Dancing to your New Year's resolutions. It's a great way to enjoy a Thursday afternoon and meet a fun group of friendly dancers.

Here's more about round dancing. It includes many common ballroom rhythms such as Waltz, Rumba, Cha-Cha, Foxtrot, Jive (East Coast Swing), Two-Step, and Tango. These are the rhythms our group practices on Thursday afternoons with our Cuer, Marie Hathaway. For each rhythm, skill levels are categorized by difficulty. Beginners start with simple steps and advance to more complex routines. The skill levels called "Phases" range from Phase I (beginner) to Phase VI (expert). In our sessions, Marie works with us so we can dance more rhythms and progress through the phases.

Contact Cathy Razumich at 408-218-2144. Round Dancing is sponsored by the Sun City Squares. More club information can be found on our website sclhsquares.weebly.com

• • •

(more Club News cont' on page 11)

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Creative Arts

BY THERESA M. RENKEN

Join Us for the Annual Holiday Craft Fair!

The highly anticipated Annual Holiday Craft Fair hosted by the Needle Arts Club is finally here, and we couldn't be more excited! We know you've been waiting all year for this festive extravaganza, and it promises to be a truly magical experience.



This year, our talented elves have been working tirelessly to create stunning, one-of-a-kind gifts that you won't find anywhere else. These handcrafted treasures are perfect for sharing with your loved ones, or better yet, keeping for yourself! After all, self-love is all the rage, and what better way to treat yourself than to snag something special?

Mark your calendars and stop by the Creative Arts Studio on November 7. To ensure you have ample time to explore and shop, we're extending our hours, open until 4:00 PM on Saturday and from 10:00 AM to 2:00 PM on Sunday, November 8.

Prepare to be dazzled by our array of beautiful items, including*vases, pots, enchanting paintings, exquisite stained glass, stylish serving ware for your holiday entertaining, and whimsical garden decor. There's something for everyone, making it the perfect opportunity to check off your Christmas shopping list—all in one delightful place!

Bring your friends and family along for a day filled with creativity, community, and holiday cheer. Don't miss out on this unique opportunity to support local artisans while finding special gifts that carry a personal touch. The joy of giving (and receiving!) handcrafted items is unmatched!

If you have any questions or need assistance, please reach out to David Moore at chronicledave@gmail.com or give him a call at 925-285-0621.

Get ready to celebrate the season with us. Let's make this holiday fair a memorable one!

We can't wait to see you there!

• • •

Needle Arts Club

SUSIE RIVERA

November is a good time to think about what we're thankful for, and Needle Arts gives us plenty of reasons to be grateful. One of my favorites is the way our members are always willing to help one another. Whether it's binding a quilt, assisting in sharpening fabric scissors, figuring out how to make a fun-fold card, or simply offering a little encouragement, there always seems to be someone willing to lend a hand. Our November UFO is #9 and another great example of members encouraging each other to keep those unfinished projects moving towards the finish line. That's what makes our group special.

Our November 4th meeting will include a brief presentation followed by one of our most popular activities – Show and Tell! You never know what wonderful creations will walk through the door. I can't wait to see the talent and creativity of our members.

Last month, our speaker reminded us of the importance of keeping our minds engaged. Her message – it's never too late to try something different. Whether it's a new craft, technique, project, class or skill, there's always an opportunity to keep learning – and have fun while we're doing it.

And don't forget our Craft Fair/Bake Sale on November 7th. Come shop, visit with friends, and support the talented people who make and create the wonderful items you'll find there.

As we head into Thanksgiving, I'm especially thankful for the friendships, laughter, creativity and helping hands that make Needle Arts more than just a place to craft. It's a place where we learn from each other, cheer each other on, and truly enjoy being together.

Happy Thanksgiving everyone! I hope your holiday is filled with delicious food, good friends, and many blessings, both big and small.

• • •

Roseville Stamp Club

BY TIM MILES

Things are starting to get tight due to the holidays. We have a meeting November 10th and that is all for the month due to Thanksgiving. Our meetings are on Tuesday nights at the Sun City Roseville Lodge (7050 Del Webb Blvd) at 6:30 pm and we get everything finished by 8:30 pm or so.

December meetings are canceled due to the need for the space for Christmas Parties at the Lodge.

Recent gatherings were held at Lincoln Hills in the snack bar area thanks to Susie Smelser and Pat Matthews.

Check the email and be sure that our Secretary, Lee Coen (leejcoen@gmail.com), has your email address and all these events are handled by his emails in a timely fashion.

Our meetings are full of timely guests, topics, speakers and all the things associated with philately. We have door prizes and giveaways plus the answers to just about anything in the hobby. We display the complete current postal catalog collection also. If anybody has an album and wants it appraised, bring it to a meeting (no charge) and find out the surprising value.

Al Capparelli (916-771-8288) can be contacted for answers to anything we offer. We have garage days from time to time, and you can get special attention to a need in the hobby.

The Sacapex Stamp Show is set for Nov 7 and 8 and you can look on the computer for directions. The club is setting up a table to sell material on the 6th. Contact Al Cap if you want to help. There is a lot on sale, and it is worthwhile to attend.

• • •

Solo Friends Club

BY NIKKI COMBS

It's the season for giving thanks, and Sun City gives us plenty to be thankful for. Stop a moment and count your blessings.

We are blessed with nice homes in a good community. We have friendly neighbors and well-maintained yards. We have opportunities to exercise, socialize, be engaged, continue learning, and sharing our talents. We have the freedom to be with like-minded people without harassment for our beliefs or practices. We can walk our neighborhood safely and wave at everyone, whether we know them or not. We enjoy games, meetings, creative arts, potlucks, restaurant meals, and music. Close by we have good medical care, ample grocery stores, natural open spaces, and amenities. Sun City residents are truly blessed.





Blessings include our good friends and wonderful volunteers.

Solo Friends add to those blessings by being with other solo residents. It can be scary knowing that without a partner or family simple everyday needs, such as transportation, can be challenging. Thankfully, Solo Friends help each other.

Solo Friends Club strength shows in its ability to adapt. A recent change is to the name of the third Saturday social dinner. To avoid confusion with another group, the catered dinner will now be called "Saturday Night Dinner Party." This name also puts the emphasis on a party with good food, friends, and entertainment.

Our strength is also seen in our Council. The next general meeting, November 2, 6:00 pm in the Timbers ballroom, will have the election for VP and Secretary. Current candidates are Madeline Olson and Karen Cobb, respectively. Anyone else interested in running should contact President Mary Dial.

It's also time for membership renewal. Please use a membership form so all your information, including your Sun City activity number, is recorded. Dues remain at $15.

Take a moment, count your blessings and have a Happy Thanksgiving!

• • •

(more Club News cont' on page 13)



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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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Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

A special thank you with appreciation to Ruth Elkins and Ray Seamans for leading the Shabbat (Sabbath) Friday night service and for hosting the Oneg (a sweet table following the Shabbat service) in September.

Our traditional after Yom Kippur Break the Fast dinner in September presented itself with a hearty buffet of traditional "dairy" foods (no meat or poultry). We feasted on lox, bagels and cream cheese, herring, tuna, egg and fruit salads, lettuce, sliced tomatoes, cucumbers, red onions and an assortment of delicious homemade desserts.

The JFC Book Club will be meeting on November 16 at 7:00 pm at the home of Ruth Elkins and Ray Seamans. The book that will be discussed is "A Man's Search for Meaning" by Viktor Frankl.

Our catered Hanukkah dinner is planned for December 10 in the Timbers ballroom along with the announcement of the installation of the new JFC Officers and Directors.

The Jewish Fellowship is one of the resident groups at Sun City Roseville, an active adult community in Northern California. It is listed among the "Resident Groups" alongside other social and hobby-based clubs such as Solo Friends, Democrats and Mahjong. The name of the group suggests it is a gathering for residents of the Jewish heritage or those interested in Jewish culture and traditions. Our members conduct a Friday night service on the first Friday night of each month. After the service we host an "Oneg" which is a sweet table. We sponsor many fun events such as a paid-up members brunch, a Passover Seder, a summer BBQ, just to name a few. If you are interested in joining, please get in touch with our Membership Chairperson, Nancy Schubach, or our President, Cora Rose.

• • •

Socrates Cafe

BY STEVEN GUSTAFSON

Socrates famously said, "You should marry. If you have a good spouse, you will become happy. If you have a bad spouse, you will become a philosopher."

Philosophy is concerned with reason, not humor. Traditionally, philosophy looks with disdain on anything that causes laughter. But in our discussion last month, the topic was "philosophy and humor". The questions we discussed included:

What are the moral boundaries of humor? A joke that is funny to some might be offensive to others. Should the guideline be that jokes must be non-offensive to everyone present?

Is it OK to make lewd or sarcastic jokes among your friends and peers? Maybe humor in this case makes fun of hateful words or actions and diffuses hate?

Does humor evolve over time? How does today's humor differ from humor in the past? Long ago a British MP said, "Sir, I do not know if you shall die on the scaffold or of the pox". The other MP said, "Sir, that depends on whether I shall embrace your politics or your mistress."

Can AI write good humor, or does humor require a 'human touch'? Many years from now comedy clubs might have only robots using AI generated materials running the show. Can you blatantly offend a robot, because no human emotions are involved?

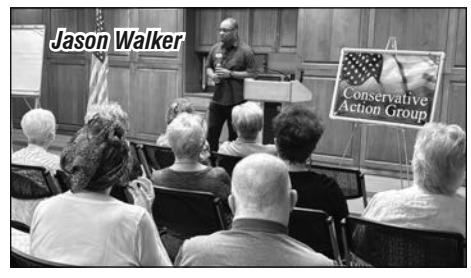
Socrates Cafe meets on the first Monday of the month, usually in the Timbers Birch room. You are welcome to join us.

• • •

Conservative Action Group

BY SHERRI SCOTT

We had to put out more chairs! The last meeting held on October 5 showed that conservatives are extremely interested in and committed to selecting qualified candidates for school board positions. We had two candidates, Jason Walker - Dry Creek Joint Elementary School District (TA5) and Pete Constant – Roseville Joint Union High School District (TA2), update us on their goals and accomplishments as current Trustees. Jason's commitment to transparency, communication, curriculum, and personnel has achieved a team approach in providing meaningful education for students. Pete focused on auditing over 650 courses to ensure students are grounded in college preparation and/or career technical training. He has been actively involved in linking elementary school, high school, and Sierra College curriculum to qualify interested students as a potential source pool for Bosch Technologies in Roseville. If reelected, both candidates want to continue toward educational excellence and support fiscal control as an active School Board Trustee.





As this article is written, voting in the November General Election has just begun. Typically, participating voters tend to dwindle at mid-term election time. So…turnout of conservative Republican, Democrat, and No Party Preference voters will make or break the outcome of the kind of representatives we need at every level of government. We so hope that we can change the political direction of this country toward the republic form of government as originally conceived by the founders and written into the Constitution of the United States.

Please note. Our next meeting will be held on Monday, November 9, at Sierra Pines in the Ponderosa room starting at 6:30 pm. The Ponderosa room will be a Vote Center on our usual first Monday of the month meeting date.

• • •

Friends of the Bible

BY BALI DAVID

The word "thanksgiving" in its related forms appear 130-150 times in the Bible.

"In biblical and spiritual contexts, being thankful is an immediate, situational response to a specific blessing or relief, whereas gratitude is a deep, enduring posture of the heart that recognizes God as the ultimate Giver" (YouTube. John L. Rothra).



Friends of the Bible is thankful and grateful not only to God but also to each and every one including the Sun City Administration staff for contributing to the setting up and running of this group.

We thank all our foundational members of the Friends of the Bible including Buck (90) and Yvonne (90) Buchanan, residents of Sun City since 2020, from Burney, California. Born in McCloud, CA, Buck graduated from Fall River High School, CA. Born in Corpus Christy, TX, Yvonne graduated from Anaheim High School, CA. They met at the BIOLA University, La Mirada, CA where Buck played basketball and Yvonne was cheerleading. Buck gained his M. Div there and was a pastor over 48 years. They have 3 children, 11 grandchildren and 12 great grandchildren.

We are grateful for Wayne and Veronica Shinagawa, the facilitators and Kathy Hagiwara, the hostess of Friends of the Bible.

Friends of the Bible is a discussion-based Bible study with a focus on applying the timeless wisdom of ancient teachings to our everyday life. Through meaningful conversations, probing reflections, and shared insights, we seek to deepen our understanding of God, grow spiritually, and put our faith into practice.

In November, we will meet on Tuesday, the 10th at 2:00 P.M. For meeting location, kindly call or text Bali David 714-478-4789.

Veronica Shinagawa 916-223-9182

"Let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful" (Colossians 3:15)

• • •

Healthcare Professionals Group

BY LINDA GORDON

The next Luncheon Meeting of the Healthcare Professionals Group will be November 4 • Sierra Pines. At this meeting we will be celebrating 5 successful years as a SCR Group. During this time many friendships have be formed between our approximately 70 members. We have grown to 25-30 people at our bi-monthly meetings. At these meetings we have had very interesting speakers from many walks of life. However, at this meeting we will not have an outside speaker. If anyone has something that they would like to present to

(cont' on page 15)





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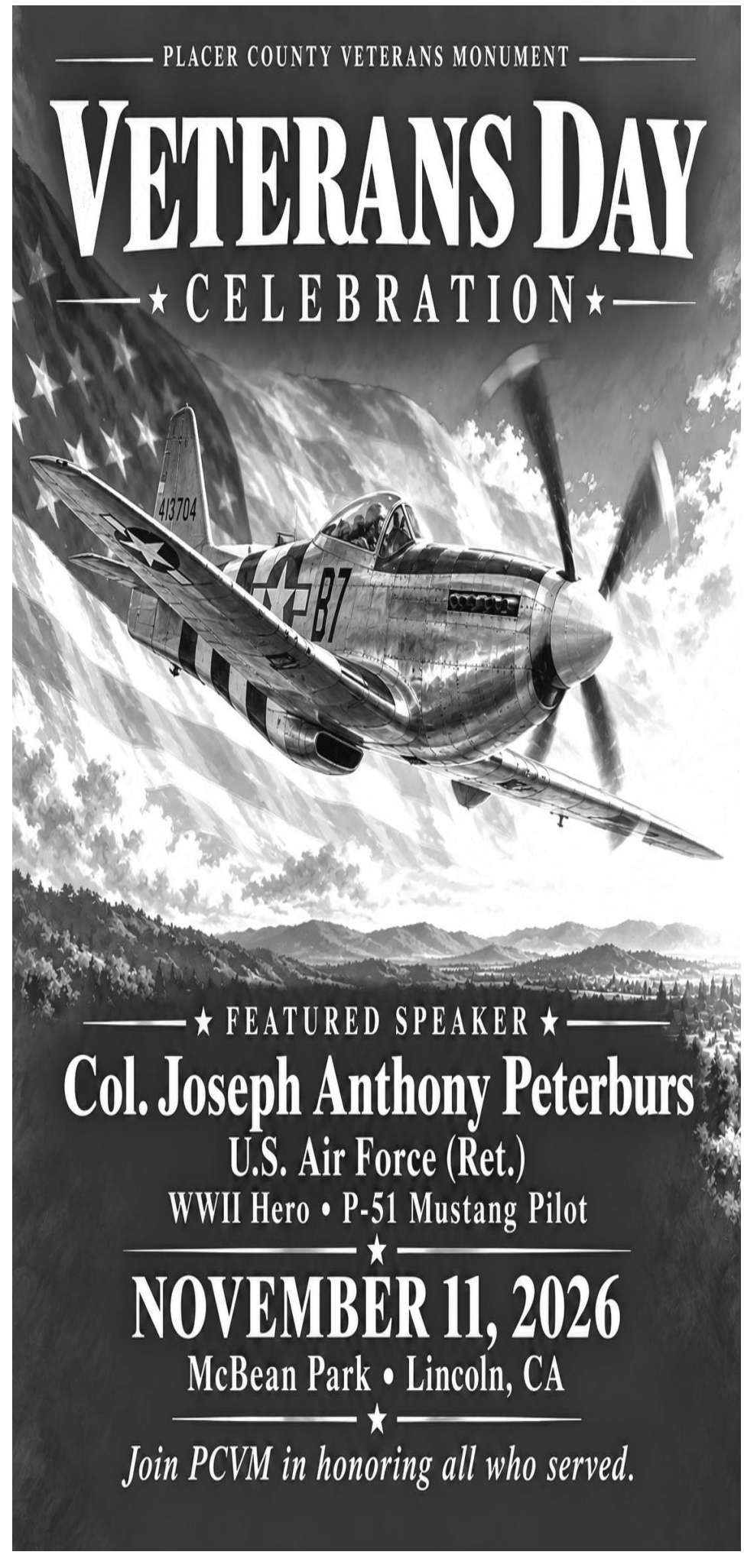
BY DON WITT

Panel #9 will be unveiled on November 11, 2026 • Veterans Day at 11:11am at the Veterans Day Ceremony located in McBean Park, 65 McBean Parkway in Lincoln, CA. Lincoln Mayor Richard Pearl will welcome invited Guests. Special speaker: Col. Joe Peterburs, a 101-year-old Roseville resident. He was a WWII P-51 fighter pilot who flew 49 missions and shot down a jet during one of them. There is more to the story. He also served in Korea and Vietnam.

The program also includes Patriotic music, a 21-gun salute, bagpiper Sean Cummings, vocalist Lynsey Bostick, fire trucks, and a fly over.

Please arrive 30 to 45 minutes early. Normally 700 or more attend these events.

Seating for 400 will be provided, so you may want to bring a chair.



Healthcare Professionals Group

(cont' from page 13)

the group, they may do so. Each presentation should be no more than 5-10 minutes. If you wish to do this, please let Linda know beforehand. We will have a catered lunch at $10pp so it is very important to have an accurate count. Please be sure to RSVP to Linda by October 31 (see below) and cancel if you are unable to attend. Guests are welcome.

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. The next luncheon meeting will be held on November 4.

Nurses from our group hold a Blood Pressure Clinic for Residents to have their Blood Pressure checked and to discuss any issues they may have. Due to availability of rooms our usual date of the second Wednesday of every month will be changed the third Wednesday in November and December. Still at Sierra Pines from 9:30-11:00am. Our next clinic will be November 18. You may 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 and to RSVP for the meetings contact Linda Gordon at garlind77@gmail.com or 510-813-7815 (call or text).

• • •

Meditation Group

BY ED CERVANTES

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

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

Mantra Meditation welcomes you just as you are, no experience needed, only an open heart and a willingness to relax into your natural joyful state. The meditations are guided and gently led so you can join at your own pace.

The program is donation based and the meditations will be practiced seated in chairs.

Here are the dates and locations for our upcoming meetings.

Wednesday, Nov. 11th 3:00pm to 4:00pm in the Ponderosa Room at Sierra Pines.

Wednesday, Dec. 16th 12:30pm to 1:30pm in the Spruce Room at Sierra Pines.

We look forward to meeting you. Bring a friend and come make new ones.

Ed Cervantes and The Heart of Gold Meditation Group

mantramedclub@gmail.com

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Democrats Group

BY MARTY BOYER


Maya Miller

It is exciting to announce that our Speakers Series guest for the November meeting will be Maya Miller, award-winning political journalist for CalMatters. Maya led the CalMatters' team effort to cover this extraordinary election cycle. You won't want to miss her perspective when she visits just week after the election to provide a post-mortem: What are the key takeaways? The surprises? Maya can also share the experience of chronicling such a chaotic election year. Please make a note that this meeting has been moved up to Nov. 11, 9:30 a.m., to accommodate the sharing of Sierra Pines facilities with the Fitness Center!

Meanwhile, the Council has made real progress towards completing the Group restructuring. We were able to terminate our political action committee (PAC) status with the Secretary of State, resolving so many HOA compliance issues and streamlining greatly the reports and bureaucracy the Group has struggled with in the past.

We have also received strong suggestions for a new name to replace "Democrats Group," which we can no longer use since ending our affiliation with the Placer County Democratic Central Committee. We hope to announce a winning name at the November meeting.

Two other quick items: By the time you read this, we will have begun exploring ideas for a simple, fun holiday event for our December meeting. And hope to have heard from active members willing to serve on the 2027 Group Council when at least two officers will be ending their terms. If we want to continue to thrive, a few members must be willing to step up.

• • •

Veterans and Patriots

BY STEVEN GUSTAFSON

Our meeting last month featured a speaker from the FBI, Gina Swankie. Have you ever wondered what they do in the big FBI building near Blue Oaks and Washington? Gina had some answers. There are about 80 employees, and about 40 of them are FBI agents. They serve Roseville and the surrounding area---investigating fraud, cybercrime, and many other activities that violate Federal law. They are very busy.

There was an announcement about honoring Sun City's veterans who have passed away this calendar year. We plan to honor them at our meeting in January. So, if you know of any Sun City veterans we should honor, please contact Steve Gustafson (contact information in the resident directory).

There was an announcement about the Veterans Display Window. You've probably seen the beautiful display windows for Creative Arts, Fine Arts, and Needlework Arts. For the month of November, the Veterans will have

(cont' on page 17)

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Veterans and Patriots

(cont' from page 15)

a beautiful window---memorabilia loaned by our Veterans and artistically arranged by the very talented Lorraine Liberty.

Finally, there were announcements about the Veterans and Patriots lighted golf cart parade (5:00 on 10 November), the Veterans Day flag raising (10:00 on 11 November), the Capitol Pops concert (7:00 on 11 November---get your tickets soon because the ballroom will be sold out), and the Veterans and Patriots Christmas dinner (3 December at Sierra Pines).

Sun City's Veterans and Patriots meets on the first Wednesday of the month at 10:00 in the Ballroom. You are welcome to join us, and you are especially welcome to become a member.

• • •

Travel Club

BY CATHY (CJ) JOHNSON

Six of our Sun City residents just returned from a beautiful trip to Scandinavia/Iceland. It was very green and oh so many gorgeous waterfalls and fjords! A place to visit at least once in your lifetime!

Trips, now available for Travel Club members, include the following:

New England Holiday trip: December 10-16, 2026 (Collette)

Wonders of Thailand: January 14-29, 2027 (Collette)

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



Travel club members in Scandinavia.



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

Explore 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)

Peaks of Europe-Alps and Dolomites: May 28-June 9, 2027 (Collette)

Viking Cruise, Stockholm to Bergen: July 21-Aug 3, 2027 (Alamo)

North and South Dakota: August 27-Sept 3, 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)

Sunny Portugal: Dec 26, 2027- Jan 5, 2028 (Collette)

Morocco: March 2-15, 2028 (Collette)

Scotland: Land of Lore & Legend May 12-22, 2028 (Collette)

Southern Charm: April 18-24, 2028 (Collette)

More trips are being added, see the Travel Club web page on the SCR web site for trip details, click on "Trips".

The Travel Club meets the 4th Monday of most months at 3:00 pm in the Ballroom. Our next

scheduled meeting will be Jan 25, 2027, our speaker will be Jay Fehan with Collette. There will be no meeting in November or December. Our Christmas Social will be Dec 6, 2026, stay tuned for more info on that!

Travel Quote for today: "To travel is to discover that everyone is wrong about other countries" --Aldous Huxley

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Birders

BY JANET MORELLI

There are four migrating bird flyways that pass through the continental U.S. from the Artic breeding grounds to the Caribbean and South America. The Pacific Flyway covers all of California and extends eastward to the Rocky Mountains. Nearly all migrating birds, in both the springtime and fall/winter months, fly at night at 15-26 miles per hour at altitudes between 2500-3000 feet making it almost impossible for birdwatchers to see from the ground. Peak nightly count, by radar, of birds passing through the northern border of California was 3.9 million. Many migrating birds stop at wildlife refuges and preserves in the Sacramento area to feed and rest. Some remain while most continue on their journeys.

SCR Birders have scheduled birdwatching field trips to 7 of these refuges and preserves during this fall/winter's migrating season to take advantage of the accessibility to seeing the migrants up close. On the Schedule for this season are: Colusa Wildlife Refuge, Staten Island, Sacramento Wildlife, Gray Lodge Wildlife, Bobelaine Audubon Sanctuary, and Cosumnes Preserve. The 2026/2027 Field Trip Schedule can be found on the Birders Group website at scres.org.

Three field trips with local destinations,

(cont' on page 19)





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Birders

(cont' from page 17)

Veterans Park, Dry Creek Trail (East entrance), and Mahany Park were on the Field Trip Schedule for September and the first of October. Most of the species identified were local residents although two early migrants were observed (the White Crowned Sparrow and the Western Tanager).

This month, two scheduled field trips are planned. On November 5, SCR Birders will go to the Ferrari Ranch Trail in East Lincoln and on November 19 they will visit Colusa Wildlife Refuge. A week before each scheduled trip, SCR residents on the Birders' Roster will receive an eBlast providing a reminder of the trip and other details. Contact Janet Morelli at 916-782-6393 to be added to the Birders' Roster.

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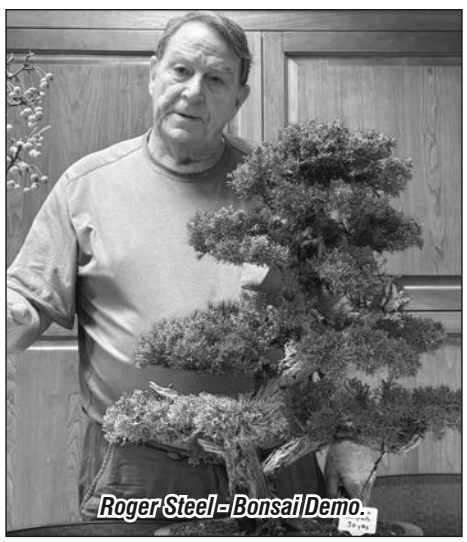
Garden Club

BY SUZETTE AUSTIN

Debbie Arrington will address winterizing your garden at our next meeting on November 3. Be aware, due to voting in Sierra Pines, this meeting will be held at the Timbers in the Aspen and Birch rooms. Our meetings are the first Tuesday of the month. Doors open at 6:15 pm, the meetings begin at 6:45 pm and end by 8:15 pm. Guests are always welcome.

Debbie Arrington is a 26-year member of the Sacramento Rose Society, an organic gardener and a blogger of Sacramento Digs Gardening. She was the home and garden writer at the Sacramento Bee for 10 years and with the paper for 20 years. She has published 3 e-cookbooks featuring seasonal fruit and vegetables.

At our October meeting Roger Steel presented a Bonsai demonstration. Roger is 35-year member of the American Bonsai Association in Sacramento. He discussed basic Bonsai care and pruning techniques. Roger turned a nursery specimen into a recognizable Bonsai form which was then awarded as a door prize.



Roger Steel - Bonsai Demo.

We have a "Share the Bounty" table at our meetings, so if you have extra fruit, vegetables or herbs consider sharing with other Club members. At each meeting we have a poster display that updates us about current garden events in our local community, as well as other information of interest to our members.

Our fiscal year began September so if you haven't paid your dues $10 annual dues please do so. The registration form will be at our meeting or on the Garden Club website, as well as in the Garden Club folder inside the Lodge.



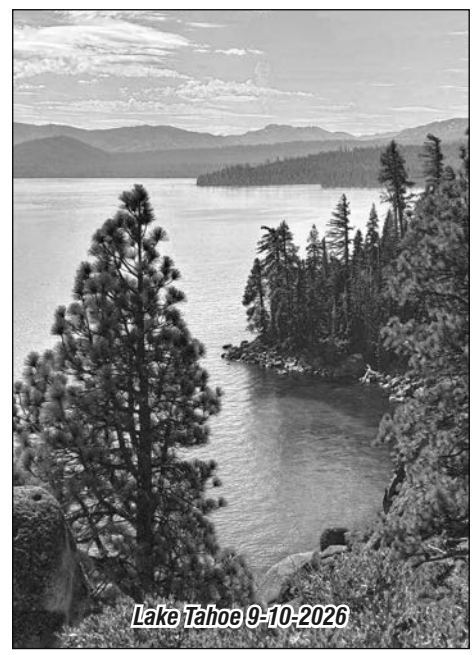
55 year old Cork Bark Bonsai.

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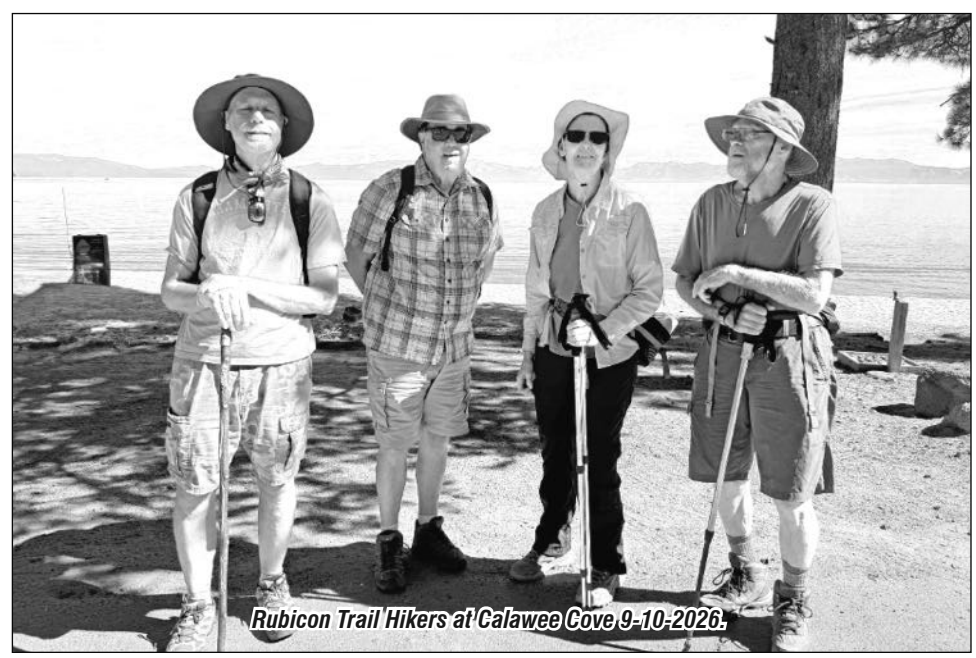
SCR Hiking Group

BY SILVANA HUGHES

Cooler fall temperatures are causing the leaves to change colors including the Poison Oak shrub, whose leaves are green in the spring and summer, and turn red or orange in the fall. It is a resilient, native shrub valuable in many ways to its plant and animal community. Brushing against the leaves, stems, or roots releases the sticky oil urushiol which can cause an intensely itchy rash in humans ("leaves of three – let it be"), though many animals are not so affected. Birds forage on its berries and dine on insects hidden in the vines, while black-tailed deer and livestock can browse its nutritious leaves, as can small mammals, which also shelter in its thickets. (nps.gov)



Lake Tahoe 9-10-2026



Rubicon Trail Hikers at Calawee Cove 9-10-2026.

Our annual BBQ in September was a fun event with the group providing burgers and fixings, and the members sharing delicious appetizers, salads, and desserts. Chuck Cimino did an excellent job of grilling all those burgers!

Mark your calendars for our holiday dinner party which is scheduled for Tuesday, December 8. Details and cost will be provided in the near future. The next Hike Group meeting will be on March 8, 2027.

Below is the November schedule, subject to change depending on weather and trail conditions. Note new time: We meet at 8:45 in the parking lot near the pickle ball courts for carpooling. Pack water and lunch, and please bring a change of shoes to keep the driver's car clean. All carpool rides this month are $8.00.

November 5 - Magnolia Ranch and Dave Moore Nature Area – rated #4 (easy), 5.5 miles, elevation gain 450 feet.

November 12 - Bannister Park, rated # 4 (easy), 5-6 miles, elevation gain 250 feet,

November 19 - Weimar – rated #5 (moderate), 5.5 miles, elevation gain 900 feet.

November 27 - Thanksgiving – No Hike.

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Pickleball Club

BY MARILYN PLUTH

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

We welcome our new members Debbie Amestoy, Greg Amestoy, Linda Bucher, Carolyn Coffin, Susan Glover, James Lowe, Stephanie Pierucci and Deanna Quinn.

There will be no Pickleball Free Clinics in November and December. Instead, the club will offer to small groups of 3 or 4, a semi-private lesson for non-members who are interested in giving the sport a try. Contact Maureen (Mo) Guinon at 530.864.6923. Once there are enough participants, a date will be scheduled. Free Clinics will resume next year.



1st and 2nd Place Cornhole Tournament Winners.

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.

On a warm September evening Pickleball players came out to Sierra Pines to hang out with other members, join in friendly games of Cornhole, eat, drink, and toast the last party of the year. Thanks to Judy Coldani and Joyce Paese for organizing such a great event and congratulations to the winners of the Cornhole Tournament. 1st place were Jan and Gary Gregson, and 2nd place were Karen and Ken Shahoian.

Save The Date!

Mark your calendars for our next Pickleball party, "The Ultimate Sports Bash!" being held January 10, 2027. This promises to be loads of fun with sports themed food and games. Stay tuned for additional party details and how to reserve your seating in November. You won't want to miss this one! For questions, contact Judy Coldani at 408-691-4866.

• • •

Bocce

BY DAVID MOORE

After 13 tournaments beginning in April, the Sun City Roseville Bocce 2926 Champions have been determined.

For the women, club vice president Debie Smith took over from Diana Rischling, who was the women's champion in both 2024 and 2025, by winning the gold medal and becoming our 2026 champ. Bobbi Dunk took the silver medal for finishing second. Teri Lane won the bronze for third place.

For the men, Kevin Myers triumphed to win the gold as the 2026 champion. Michael Foote took away the silver medal for finishing second while Lynn Jones proved his victory as the 2025 men's champion was no fluke by winning the bronze medal for third place.

As you are reading this report the

Fall Mini-League which began September 8 and ran through October 26 has concluded. Because of our deadline the announcement of

(cont' on page 22)

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Bocce

(cont' from page 19)

the winners will have to wait until next month. We had nine leagues with all seven nights plus Tuesday and Thursday morning.

The awards party will be held on November 8 at Sierra Pines.

The general meeting is scheduled for November 23 and will feature the election for Secretary and Vice President. The President and Treasurer will be elected in 2027. This should help with transition so all four officers aren't elected in the same year.

The Ode to Fall Social is November 15 at 6 p.m. at Sierra Pines and features herbed chicken and classic pot roast accompanied by garlic mashed potatoes, mac and cheese, roasted green beans, baby carrots, broccoli salad and holiday honey crisp salad. The bocce parties do sometimes sell out and with our deadline we can't predict the status of this one but it wouldn't hurt to check. Incidentally the event is catered by Elena's, which gets kudos from almost everyone.

The 2026 women's champions were Teri Lane (third), Debi Smith (first) and Bobbi Dunk (second).

The 2026 men's champions were Lynn Jones, (third) Michael Foote (second) and Kevin Myers (first).

• • •

He & She Golf

BY JAHNA HOLMES

November always means election time. In addition to our National one, we also have to elect our golf club officers for 2027. As of this writing, we still need someone to step up and run for President. Julie has been both VP and President for five years. That's long enough, folks! Please think of club member friends who would be able to run this fairly simple club. Council only meets 4 times a year, so not too time consuming! Suggest their name to any council member as soon as possible! Our election is being held on Monday the 9th of this month, only a week away! Hopefully, we already have a candidate. We hope you can be there at 8:00 at the Pines to vote before golf, as we must have a quorum. You'll be treated with donuts if you show up!

Next month, on Friday the 4th, we will hold our annual holiday party and dinner in the Ballroom. Please save the date and plan to jump start the holiday season with a gala affair themed "The Roaring Twenties"! Our event planners are busy at work getting ready for a sparkling and fun evening of good food, music and dancing, maybe even a speakeasy??

Monday, September 28 was the first ever combined 9–18-hole Scramble at the Pines. First place solo winning team score of 30 was Marty & Bobbi Hostler and Keith & Roxanne Warloe. Second place was a tie of two teams scoring 32: Dirk & Kathy Fowler, Rich Aug & Shelley Weisman, and Darrell Herold, Bill Thyken, Gail Riddle & Christina Leaman. CTP woman was Christina Leaman at 2' 7". 1st place man was Dwight Rose at 11' 4", and Dale Miles got 2nd at 11'11".

• • •

Sierra Pines Ladies Golf Club

BY DANA EGGERTS

September Awards: Our Chip-In Queens for September were Jan Rivera 2! Pat Lapitan, Laura Berry, Carolyn Pittman, Debby Huntington, Kyle Vodden, Pam Skarg, Diane Feist, Annette Eastman, Paula Hau, and Pam Cabezas. Congratulations, ladies! Nothing feels quite as good as watching that little ball disappear into the cup without having to putt it. We'll take those victories wherever we can get them! Speaking of victories, congratulations to our Birdie Brigade: Jan Rivera, Kyle Vodden, and Deborah Bjonerud, who recorded her First-Ever Birdie! (At least while playing with SPLG.) Deborah, welcome to the club! Now that you've had one, the pressure is on to get another. We won't mention that some of us are still waiting patiently for ours! Our Closest to the Pin winners were Deni Randall, Shelley Weismann, Connie Lugo, Raquel Godfrey, and Barbara Futran. Great shots, ladies! For the rest of us, "Closest to the Pin" remains more of a goal than an actual statistical category.

We hope you'll renew and join us for another year of golf, laughter, friendship, and the occasional ball that mysteriously disappears into the great unknown.

See you on the course, ladies. Keep swinging!

• • •

Timber Creek Women's Golf Club

BY MARY NEARN


Julie Kim

Congratulations to Julie Kim, the 2026 Timber Creek Women's Golf Club Champion.

As always, the rounds were very competitive, but Julie stayed cool and determined even with the competitive pressure and hot temperatures during the second round. She won with 2026 club championship shooting a 87 and 96.

Maggie Altnow, played two very consistent games and came in second with 91 and 95


Lynn Pearsall

Lynn Pearsall won the White Tee championship with a 104 and 93, with Karen Shahoian second.

Gail Quintal and her fabulous team put on a great pizza luncheon once again to celebrate the winners after the final round and to give us all a chance to toast the winners!

(cont' on page 23)

ROG **Team Grove**

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Timber Creek Women's Golf Club

(cont' from page 22)

Thank you to everyone that makes this event happen.

Best Handicap Improvement per flight for September-Congratulations to all!

First Flight Deborah Bjonerud

Second Flight Christina Leaman

Third Flight Donna O'Neil

Wednesday start time is 9am now!

Don't forget TCWGC annual fees were due by October 31st.

We have one last general meeting for the year on November 18th at 1:30pm

Winter golf is here.

Warm up thoroughly before you play and make sure and stay hydrated even if it's cold.

As we know, golf balls travel less distance due to the cold weather and damp ground, so consider clubbing up and remain focused on your tempo and balance to gain the correct yardage. Summer roll is a thing of the past! Softer ground is less forgiving, so clean ball contact is more crucial during the winter months. Greens will retain moisture longer as well and affect the speed throughout the round rather than changing as the day heats up. Check your grips and make sure your shoes are still waterproof and have good traction.

Bundle up and have fun! See you out there!

• • •

Timber Creek Men's Golf Club

BY RICH AUG

Hello again from the Timber Creek Men's Golf Club. The funnest club in Sun City. Fall is here and the weather has changed. Aerification is behind us; the greens look and play great. Our fairways need some love. Hopefully with the over seeding and expected rains things will continue to improve. Steve and his crew are working very hard to make that happen. It was a tuff couple of months. Good Guys has completed their schedule for the year. Tom Devitt and workers had another very successful year with record numbers, capped by a fabulous 2-day event party and tournament. Please thank Tom and his crew for all their work. CVS also had a great year with record numbers. Dave Klinger and his group of helpers filled almost every tournament. Thanks Dave and crew. Several others need to be mentioned. Tony King shot his age with a 75. Beat his age by 5 years. Greg Gonzales also shot his age by firing a 66, with 7 birdies. Both of those are quite big accomplishments. Congratulations also goes out to Rick Robinson for his hole in one at Lincoln Hills during the CVS tournament. Rick used an 8 Iron on hole 7. It should also be noted that yours truly, Rich Aug got his 2nd hole in one in 2 weeks with his ace on hole 16, using an 8 Iron. By the time this article comes out our Member/Guest Tournament and Hootenanny have been completed. Both tournaments were huge successes due to all the hard work from your Tournament Chair, Scott Mortimore. Please make sure to thank him when you see him. Also, a big thank you goes out to Kathy Hamilton for all the work she did on the Harvest Hootenanny.

That's it for now.

Hit'em Straight!

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Golfers at the putting green prior to our Member/Guest tournament.

Golden Niner

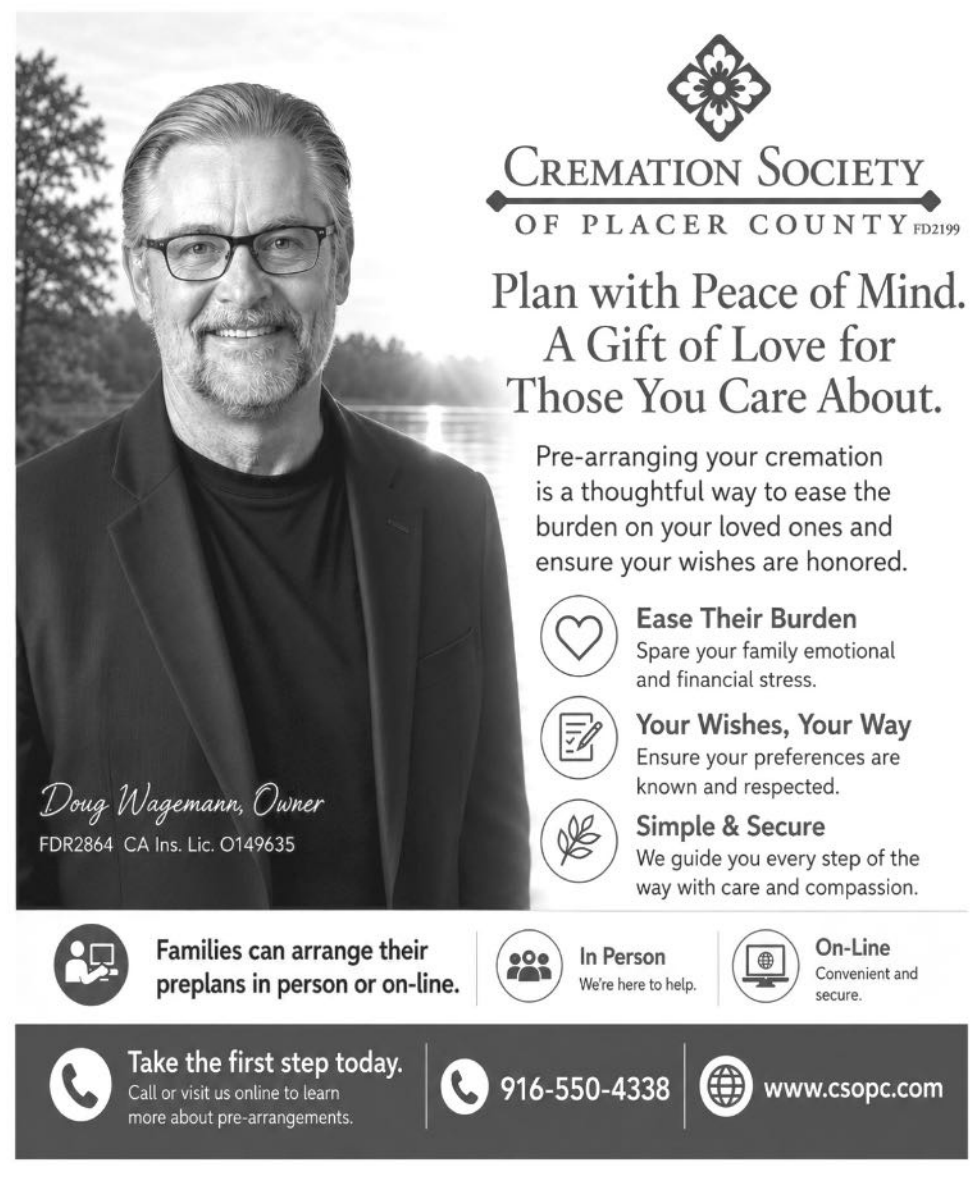
BY BILL MOORMAN

Boo! Hope everyone enjoyed family (Grandkids) and friends on Halloween. Thank you to all RAMP volunteers in 2026! Hope to see more members sign up in 2027. We had our Octoberfest quarterly lunch meeting on the 21st. Now, some post Halloween scary news. The Golf Committee is having discussions to re-establish the two people per cart rule. Nothing has been approved or revised at this time. Our request for all members is to practice common sense golf cart etiquette. Meaning, try to use the 90 degree rule as much as possible; look for the not worn out area to enter and exit fairway; when plausible drive up the fairway in the rough; always look for and avoid wet spots and standing water; avoid taking off, driving fast through these areas; obtain a handicap flag if necessary and stay away from the greens; follow all course posted signs and roped off areas, this includes cart paths roped off from the fairway. (Changes frequently) As well the G.N. Executive Council is discussing options for issuing warnings to its members not following these practices. As well, D/Q a member from that week's tournament who receive multiple warnings and continue not to follow these "common sense" golf cart requests. If things change, don't come crying too the club. Tell your story on the 19th hole!

We had five tournaments in September playing 461 rounds of golf averaging 92 players

(cont' on page 24)





Golden Niner

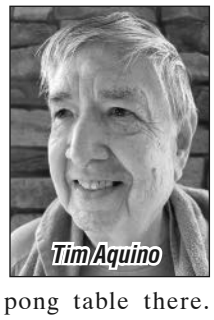
(cont' from page 23)

a week with 64.7% receiving credits. Our top money winner was Craig Brown followed by Rich Forhan, Alan Morgenstern, James Ryan and Les Wieduwilt. We had six poleys, congratulations to Tom Martin, Don Meyers, Alan Morganstern, Lance Regato, Anthony Riggio and Steve Ruport. Our Rodney Dangerfield winners were Cary Diskin & Dave Rose.

• • •

Table Tennis Group

BY JEFF CARASKA


Tim Aquino

What was a lunchtime activity many years ago is now Tim Aquino's favored retirement activity.

"I was working for Crown Zellerbach in Southern California while I was in my late 20s, and we had a ping pong table there. A lot of people I worked with would play at lunch."

Aquino was intrigued enough by the sport to eventually join a table tennis club; He later started a club in West Covina. He also sought out lessons. "My instructor wouldn't say anything if I did something right, but he would yell 'no, no!'" at me if I did something wrong. It was startling at first."

The lessons paid off. Aquino would play in more than 20 United States Table Tennis Association tournaments where won an age-group singles title and was part of a doubles team that reached a final.

Aquino retired as a comptroller for a Bay Area manufacturing company and moved to Sun City Roseville in late 2019. He still plays pickleball occasionally but had to give up tennis after a hip replacement. "Table tennis is my go-to sport now," he said. Aquino joined the group here soon after he moved.

"One of the things I liked about Sun City was that it did have a table tennis group here," he said. "I'm not super competitive. That stopped 20 years ago when I no longer played in tournaments. Now, I'm more interested developing new parts of my game."

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 PATRICK MAGLIONE

All hands-on deck for our November 18 membership meeting and holiday dinner. This is a very special event, not only to celebrate the upcoming holidays, but also to conduct important business…election of club officers. It is vital for all members (all hands) to attend so that the best representation can elect the officers to navigate our ship into the seas of our future. Seas that can sometimes be rough but calmed by strong leadership. We have some challenging times ahead for our club, but with valiant officers to guide us through the storms, we will not only endure, but thrive. That's enough of the naval metaphors coming from this soldier!

As of this writing, details regarding our meeting's menu and activities are still in the planning stages. Nevertheless, as history tells us, whatever meal is decided will be delicious and the activities will be entertaining and lots of fun. Attending this event will not only support our club but is a great way to start off your personal holiday season.

Those of you who are not playing in your own group but are interested in playing, be sure to sign up for our scheduled daily play of mixed doubles. An email is sent to all members in advance of a four week schedule. You will be scheduled with a foursome of like ability based on your availability. Watch for the email and respond as specified.

Can you answer this question? When do you not want love?

Answer: When you play tennis.

OK, not funny…but cute, huh! So, where did love originate? The term "love" used for a score of zero is widely believed to come from the French word for egg, l'oeuf, because an egg looks like a zero.

So, there you have it…in an eggshell.

• • •

Croquet Club

BY JIM WILLSON

The Croquet Club welcomes Veronica Shinagawa who joined the club several weeks ago and has already demonstrated an excellent grasp of the game. So glad to have you with us, Veronica.

As mentioned in the previous article, we will be discussing the proper croquet etiquette which makes the game more enjoyable for all the participants.

• Help set up courts before play.

• Greet your opponents and your own team members before the game, and congratulate or compliment them at the end of play.

• Compliment your opponent's good shots.

• Stand still and be quiet when someone else is taking their shot.

• Do your best to avoid yourself or your shadow from a player's vision while they are taking their shot.

• Avoid negative comments or sarcasm. Focus on building camaraderie, encouraging good shots and complimenting opponents on their skills.

• Pay attention to the game and know when it is your turn.

• Play with dispatch; do not delay the game with extended discussions about strategy, etc.

• Learn and abide by the rules of the game. Read the rules on the Croquet Website.

• Declare your own faults immediately.

• Politely sharing knowledge encourages a supportive and inclusive environment.

• Be a gracious winner and a good loser. Treat others with respect and courtesy.

• Treat club and personal equipment with care, and insure the equipment is put

(cont' on page 25)

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Croquet Club

(cont' from page 24)

away properly.

• Be a pleasant partner and opponent and most of all…have fun!

Sunday, November 15, noon, we will conduct our quarterly meeting, including election of officers. Lunch will be served and, back by popular demand, "Mr. and Mrs. Wright" will join us.

For those of you interested in joining the Croquet Club, visit the kiosk in the Lodge for a Croquet Club application. For additional information, please contact Patrick or Louisa Maglione, both officers of the club.

• • •

Cornhole Group

BY STEVEN GUSTAFSON

Probably you're a member of one or more of Sun City's many clubs and groups. Maybe the Fine Arts Club, the Sun City Singers, the Mah Jongg Group, etc. Maybe you'd like to take a break from whatever you do and have some fun with your fellow members?

In early October the Pickleball Club did just that---they had a cornhole party! Over 100 members showed up to play cornhole and enjoy a potluck dinner on the Sierra Pines patio. Six teams of two played at the same time. If your team won, you advanced to the next round until only the champion team remained.

Some good players had never played cornhole before, which shows that anyone can play cornhole. It's been said many times that if you can throw your TV remote across the room at a politician on your TV, you can play cornhole!

If club or group would like to have a cornhole party, it's easy. You simply get the key to the cornhole storage box from the Sierra Pines golf office and take out three pairs of cornhole boards and the eight bags that go with each pair. You can Google the super-simple cornhole rules.

The pickleball members had a great time. Not only did twelve people play at the same time, but dozens of people lined up on the courts to cheer them on. Maybe this is the kind of fun and comradery your club or group would enjoy!

• • •

Billiards Club

BY TERRY SATCHELL

Well, lots of great things happening in the club. New Club officers have been installed. Pres. David DeNinno, VP David Zan, Treasurer Bob Cecil and Secretary Terry Satchell. Changes to the room are requests for tables to be brushed after use and to put the chalk back. DeNinno is testing a new chalk for the room that is keeping the tables cleaner, but it is more expensive. The Club is going to test a Thursday tournament for the Club to play different games like 9 ball, 10 ball and straight pool. Great news! Manteca came up September 24th with 8 players, and we had our tournament beating them 40-26. Playing were David Zan, David DeNinno, Ken Neal, Ken Lane Bob Cecil, Ron Judd Wayne Peterson and Terry Satchell. Congratulations! We were ahead after the 8 ball partners, got beat in the Scotch doubles and cleaned up on singles 8 ball. Great time and great fun. Thank you to the Manteca team for spending the time driving up to play. Bob Cecil asked if they would come up again and they asked if the next week was too soon. So hopefully we can play them again. One special note, Ken Lane was VIP of the tournament. He won all his games in his matches. Bring the broom! Ok, now we have Lincoln lined up for another tournament on Oct. 29th. If you remember, we had success against them last year so it will be interesting to see how their players have changed. I know we have improved. We are looking for other communities to play with and expand our tremendous reputation at DWSCR?! Thanks to Bob Cecil for working on these games



Tuesday Tournament winners —
9-15: John Johnson and Ron Judd
9-22: David DeNinno and Hunter

• • •

Bridge Club

BY JOYCE WADE

The Bridge Club fall series of lessons, taught by Richard and Susan Pankopf, have concluded, and we look forward to another series in the new year.

The Bridge Club offers three options for playing bridge here at SCR. Social bridge play on Thursday mornings in the card room rotates play and partners, so you can pop in without having a partner, and is the place for newer bridge players. On Mondays at noon our Duplicate games are played for points under the auspices of the American Contract Bridge League, known as sanctioned games, at the Pines. Finally, on Wednesdays at noon in the card room we play Fun & Friendly duplicate bridge and compete for small monetary rewards. Research shows that playing contract

(cont' on page 29)

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Local acupuncture clinic is treating the untreatable peripheral neuropathy with incredible results!

Pain comes in many shapes and sizes. One of the most debilitating being the burning and tingling that comes with peripheral neuropathy. Neuropathy, a disease that was once classified as irreparable, is a disease that comes with years of shooting, stabbing pain that gradually ends in severe numbness, balance problems and in extreme cases, amputation.

David R. of Sun City was experiencing such a fate:

"I stopped golfing. I wasn't taking walks with my wife. I was living on Gabapentin and antidepressants and everywhere I went, my doctor, neurologist, the pain clinic, told me there was no cure. How are you supposed to live your life knowing that everyday brings pain and feeling unstable on my feet?"

Peripheral neuropathy is a result of damage to the nerves, commonly caused by a lack of blood flow to the nerves in the hands and feet. This causes the nerves to begin to degenerate due to lack of nutrient flow. Most peripheral neuropathy sufferers experience a heightened sensitivity to touch, making it almost impossible for those diagnosed to even wear socks or shoes, much less, enjoy life.

"It was like walking on sharp river rocks. I barely left my recliner," shares David, whose experience is not uncommon for those diagnosed with peripheral neuropathy.

Quality of life for David seemed uncertain. That is, until he found RaeAnn Salvador, LAc, DiplOM of Lincoln Acupuncture Clinic. Lincoln Acupuncture has pioneered a cutting edge, medical solution to treat neuropathy, eliminate, or greatly reduce the symptoms of neuropathy and give people their lives back. And they're doing it without the use of prescription medication or invasive surgeries.

"Acupuncture is incredible at restoring blood flow and stimulating damaged nerves, preventing them from dying off," tells Dr. Salvador. "We take our treatments a step further by integrating ATP Resonance BioTherapy," which targets specific nerves in the body using microcurrent. ATP BioTherapy is like watering a plant. This treatment will stimulate the blood vessels to grow back around the peripheral nerves and provide them with the proper nutrients to heal and repair.

Three months later, David is thrilled with his progress, "I can enjoy walking my dog around the neighborhood with my wife and I feel more stable on the golf course."

Success stories like David's are not atypical at Lincoln Acupuncture, "We have a 90% success rate. But only doctors care about the numbers. How people feel and what improves in their lives is what really matters," shares clinic manager, Ann.

The number of treatments needed to allow the nerves to fully recover will vary from person to person and can only be determined after a detailed neurological and vascular evaluation. Lincoln Acupuncture offers hope for neuropathy where there once was none.

While David's neuropathy was idiopathic, meaning the cause is not quite known, treatments at Lincoln Acupuncture can also help people whose neuropathy is caused by diabetes or chemotherapy.

"We have seen tremendous success in treating neuropathy of all types through very personalized treatments specifically tailored to treat each individual case."

Neuropathy discomfort should not be the trade off for enjoying your golden years!

To schedule a consultation and complete evaluation, call the office at **916-884-0398.**

Lincoln Acupuncture & Integrative Health

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

Jack and Shari Goodwin

(cont' from page 1)

products, then transferred to the customer support division in Roseville. In 1999, HP split into two separate companies, and Agilent Technologies was formed. Many of the "old HP Way" employees transferred to Agilent Technologies. Jack transferred in 2000. In 2014, Agilent Technologies also split into two different companies; hence Keysight Technologies was formed to focus on customer support. Jack retired in 2015 with 40 years of service.



Jack and Shari Goodwin celebrating their 40th wedding anniversary, 2024.



Jack (right) with his sons and other family members, 2024.

Shari was born in San Rafael in 1958 and grew up with two sisters and brother in South San Francisco until she was in the 8th grade when the family moved to Mountain View. Her father worked in Sanitation and her mother was a homemaker who worked part-time at the original Emporium department store in San Francisco. Shari rode her bike up and down the hill, babysat, and joined the Girl Scouts. She attended Awalt High School where she was a song girl, a cheerleader and wrote for the school paper. In 1980, she was invited to tryout for the Dallas Cowboy Cheerleaders—an unforgettable experience.

After graduating in 1976, Shari moved out of her parents' house, went to school part-time and worked three jobs, intent on maintaining her independence. She started working for HP in 1979, first as a material handler, sending product literature out worldwide. After a year, she transferred to the finance at Data Systems Division in Cupertino. That's when they met.

Jack was on the men's HP softball team and was playing left field when Shari spotted him on the field. She had gone with a friend to the game, but she didn't start talking to Jack until a month later when they both attended a coed softball game and started hanging out. Their first date in August, 1983, Shari remembers, was at a friend's birthday party which had a Hawaiian theme. Three months later they moved together to Citrus Heights to a house that would accommodate Jack's two dogs, Galen and Maida.

Jack and Shari decided to elope in 1984 at Zephyr Cove, Lake Tahoe, by the Justice of the Peace who owned a home overlooking Lake Tahoe. Eventually, two sons were born to the couple—Brandt, who lives in Granite Bay with his son Weston, 15, and Todd who lives in Roseville and works for Keysight Technologies.

After living in Rocklin for several years, the family moved to Loomis in 1999. The family enjoyed camping trips as well as travels to Colorado, Wyoming, Oregon, Washington, even to Canada. The boys were heavily involved in sports, so they attended their soccer, football and baseball games, and taekwondo.

Having left HP in 1992 to work at her children's school in Rocklin, she decided it was time for her true passion, teaching. She attained a Bachelor of Arts in Interdisciplinary Studies at National University, then got her teaching credential in 1999. She started as a Resource teacher in the Elk Grove Unified School District teaching computer technology, lab science, and grades 1st, 3rd, 4th, and 6th.

After experiences with disgruntled parents made her love of teaching youngsters grow dim, Shari made a life-changing move. She began teaching at Folsom State Prison. She taught male inmates until 2010 then transferred to the Department of Water Resources' finance department. Three years later, she transferred back to teaching, this time at the Folsom Women's Facility. She started the Prison Dream Project which gave gifts to the women who were nearly always forgotten by their families. She's still good friends with Hollie, one of the inmate clerks she worked with. "Best clerk I ever had," she says. She recalls Hollie saying to her the word "café" whenever Shari would unravel after learning what crime an inmate had committed. Café stood for Consistency and Follow-Through Every Day. This prompt helped Shari to be less judgmental and more understanding.

Jack and Shari moved to SCR in 2022. They both got involved with Neighborhood Watch and Citizens Patrol, Bocce, and Boomers. Jack plays golf in a foursome twice a week and occasionally fills in with friends from Sun City. He likes to read mystery novels, and he attends concerts and other events here. Shari joined the Drama Club, Needle Arts, Creative Arts, Bocce, Boomers, Line Dancing and the Sunday Social Dinner group. A graduate of our Leadership Academy two years ago, Shari relishes her role as a volunteer, sitting on the Elections Committee and recently, the Volunteerism Group, responsible for organizing the Mix and Mingle yearly event. She's also been a longtime member of Soroptimists International.

The couple likes to travel. They just returned from a three-week trip that took them to Kentucky, Tennessee, and North and South Carolina. Shari also travels with her friend, Debbie. Three years ago, they went on a six-week tour that took them to Athens, five cities in Italy, Paris, London, and Dublin. Next up is a river cruise in Europe.

Both Jack and Shari love living here. "It's relaxing, quiet, and everybody's so friendly," says Jack. Shari agrees with him and can't imagine anyone being bored here. "If you're bored, you're boring," she says.

Even though they're opposites in personality, they both enjoy a harmonious life together. For as Samantha Lewis has said, "Balance in a relationship is not about being identical; it's about the harmony of differences."

Want to share your story? Just let us know!
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SCLH Resident Takes the Court on the World Stage

BY ROSEMARY TANFANI



Andrea Mayorga (center) with Australian referees.

Andrea Mayorga brings international experience, sportsmanship and a little pickleball joy home from Vietnam

Andrea Mayorga, a Sun City Lincoln Hills (SCLH) resident, certified pickleball referee and Lincoln Hills Pickleball Club player, recently returned from Da Nang, Vietnam, where she officiated the Heineken World Pickleball Cup from August 30 through September 6. Accompanied by her pickleball-playing husband, Armando, Mayorga refereed an impressive 50 matches during her stay.



USA team during Parade of Nations.

The international tournament brought together approximately 5,000 players representing 80 nations, competing in five categories: Kids (under 14), Juniors (under 18), Open (no age limit), Seniors (over 50) and Masters (over 60). The United States captured gold medals in every division except Seniors.

One match, in particular, left a lasting impression on Mayorga. The Open division matchup between Iran and the United States ended in a U.S. victory, but the real highlight was the spirit in which the game was played.

"The match was a wonderful display of sportsmanship and respect," Mayorga recalled. "Why can't more problems be solved on the pickleball court?"

Her favorite match, however, had less to do with competition and more to do with the joy of playing. In the Ladies Singles 50+ division, two competitors from the Cook Islands, both relatively new to pickleball, brought their own special energy to the court.

"They brought incredible joy and enthusiasm to the court, with their singing, dancing and laughter," Mayorga said. "It was a wonderful reminder that pickleball is much more than competition; it's about connection, community and joy."

Refereeing an international tournament presented its share of challenges, particularly when it came to communication. With players representing dozens of countries, language differences sometimes made it difficult to convey instructions and resolve questions on the court.

"The language barrier was a challenge, but I used Google Translate and recruited others to help translate," Mayorga explained. Some younger players spoke English well, thanks in part to their schooling, and she quickly became adept at using hand signals to communicate with players.

Planning is already underway for the 2027 Heineken World Pickleball Cup, although the host country has yet to be announced. Would Mayorga consider returning to referee another international tournament?

"Yes, I would do it in a heartbeat," she said.

For Mayorga, the experience was about much more than officiating 50 matches or traveling halfway around the world. It was an opportunity to meet people from different cultures, witness extraordinary sportsmanship and share in a sport that continues to bring people together across borders.

"The experience was far more than simply going to Vietnam to referee a tournament," Mayorga reflected. "It was about the people I met, the cultures I experienced, and being part of something truly international. The memories and friendships I brought home will stay with me for a very long time."

For this SCLH resident, pickleball provided a passport to the world—and a powerful reminder that, no matter where we come from, a love of the game can bring us together.

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SCR Library News

(cont' from page 3)

Change (History); Spencer, Charles - Swan Song: Diana, My Sister (Memoir).

Large Print: Benjamin, Chloe - Under Story; Harmel, Kristin - Meet me in Paris; Johnston, Anna - When Lemons Give You Life; Krueger, William Kent - God's Country; Kurtzman, Sharon - The Lost Baker of Vienna; Pekkanen, Sarah - The Women in White; Steel, Danielle - The True Meaning of Love.



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Bridge Club

(cont' from page 25)

bridge is good exercise for the brain and staves off dementia. Our games are friendly and we welcome new and returning players to check us out.

Our holiday luncheon party, followed by bridge play for all three groups, is scheduled for the last Monday of December, the 28th, at the Pines.

• • •

Cribbage Group

BY BRUCE AHNBERG

How old is the game of cribbage? Who invented it? Is there a national cribbage association? The answers are: Cribbage was invented in the early 17th century by the English poet, courtier, and gambler Sir John Suckling. He modified the existing Tudor game of Noddy, and Cribbage quickly became popular as a pub game, usually with a bet of some kind, according to Wikipedia. Sanctioned cribbage tournaments are played across the United States, attracting hundreds of players to the larger tournaments. One of the best-attended tournaments is held each year in nearby Reno, and there are several tournaments right in Sacramento.

These tournaments are sanctioned by the American Cribbage Congress, a national organization of players founded in 1980 and headquartered in Las Vegas. Here in Sun City Roseville our cribbage group 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.



Wally Cameron — Tournament Winner & Top Hand



Jim Monahan — 2nd Place Tie Tournament

The outcome of our September tournament included some familiar faces: Wally Cameron, Village 5 was overall winner with the most points for wins and skunks, and he also pulled down top high hand honors. Second place in the tournament was shared by Dave Bucher, Village 9 and Jim Monahan, Village 2. Dee Cavanagh, Village 8 won second place high hand honors. Congratulations all.



Dave Bucher — 2nd Place Tie Tournament



Dee Cavnaugh — 2nd Place Top Hand

• • •

Mah Jongg Club

BY DEBBIE WATHEN

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!

We had a wonderful luncheon on October 23, hosted by Beverly White, Colleen Stangby, Shirley Greco, Judy Benjamin and Diane Elief.

We play Monday afternoons from 12:30pm to 3:30pm and Friday mornings from 9:00am to12:00pm, anyone is welcome to stop by and see how the game is played.

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

See you soon for MahJong play!!

• • •

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Safety First — *Stay One Step Ahead of Scammers*

BY ROSEVILLE POLICE DEPARTMENT

Criminals constantly develop new scams and put new twists on old ones—to trick people into giving up personal information or hard-earned money. Scammers often target people they believe may be more vulnerable, including older adults and young people. Increasingly, they also use artificial intelligence to make their scams more convincing and win victims' trust.

One of the best ways to fight fraud is to talk about it. Share what you know with family members, friends, and neighbors. The more people understand how scammers operate, the easier it is to recognize the warning signs and avoid becoming a victim. The Federal Trade Commission (FTC) highlights several important trends:

• Imposter scams remain the #1 scam reported to the FTC. Scammers may pretend to be your bank, a government agency, a toll agency, or another trusted organization. They may claim there is a problem with your account or payment and pressure you to act immediately. If you receive an unexpected message or call, contact the organization directly using a phone number or website you know is legitimate—not the information provided by the scammer.

• Investment scams can result in significant financial losses. Scammers often promise unusually high returns or little risk to convince people to invest. Before handing over money, research the person or company offering the investment. You can use the free search tool at Investor.gov to verify investment professionals and firms.

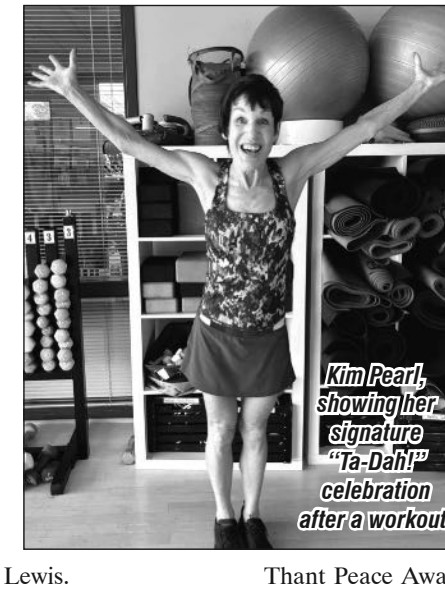
• Scammers are reaching people wherever they are. Text messages have become a common way for scammers to make contact, but they also use phone calls, email, social media, and other platforms. Be cautious of unexpected messages or requests, especially when they create a sense of urgency or fear.

• Scammers often dictate how you must pay. Bank transfers, cryptocurrency, wire transfers, payment apps, and gift cards are popular with criminals because these payments can be difficult to recover. If someone insists that you can only pay using one of these methods, stop and verify the request before sending any money.

Talking about scams can help prevent them. Take a few minutes to share these warning signs with the people you care about. A simple conversation today could help someone recognize a scam tomorrow—and keep a criminal from getting their money or personal information.

A Fitness Legacy, a New Journey — *Kim Pearl Helps Older Adults Keep Moving*

BY BETH PATTEE


Kim Pearl, showing her signature "Ta-Dah!" celebration after a workout.

At 70, longtime fitness instructor Kim Pearl is finding new ways to help older adults stay active wherever life takes them.

For nearly 30 years, Kim has taught low-impact aerobics, strength training, step and chair fitness. A Roseville resident, she teaches in Lincoln Hills and for the City of Roseville, where students also know her professionally as Kim Lewis.

Her favorite advice is simple: "Don't cry, modify." Kim understands that travel, visiting grandchildren, caregiving and changes in everyday routines can interrupt healthy habits.

Her message is that movement doesn't have to stop when life gets busy. Now she's taking that philosophy beyond the classroom through Kim's Traveling Trainer, a project designed especially for actively aging adults.

At its heart is a new digital movement Passport Journal, inviting participants to complete approachable fitness challenges, record their experiences, celebrate progress and connect with others.

An initial Founders' Circle will help test the experience and shape its future. The project also includes exercise videos and a forthcoming fitness book featuring practical, adaptable movements for home and travel.

Kim is the daughter of legendary bodybuilder and multiple Mr. Universe champion Bill Pearl, who also received the U Thant Peace Award in 2007 for his dedication and leadership. Although she grew up surrounded by fitness history, Kim has spent nearly three decades developing her own teaching philosophy centered on accessibility, consistency and encouragement.

Whether it's stretching after a long drive, walking with a grandchild or fitting in ten minutes of exercise, Kim believes every effort matters.

Her goal is to help older adults remain active participants in their own lives rather than sideline observers. Kim's website is https://kimstravelingtrainer.com





SCR Foundation 2026

(cont' from page 1)

who provide unpaid care and support to loved ones. It is also a time for several national and global health awareness observances focused on chronic disease prevention, respiratory health, men's well-being, and safe medication use. To learn more, please visit www.odphp.health.gov.

This month, we are highlighting Board Member Ron Baker. Ron and his wife, Anna, moved to SCR from San Jose in August 2020. Ron brings a professional background in high-tech corporate communications and global marketing strategy. In addition to spending time with his two grandsons, Ron actively serves our community. He has been involved with the Architectural Review Committee, Finance Committee, Volunteer Home Maintenance team, Clubs and Groups Committee, and writes for the Courier. He graduated from the 2023 SCR Leadership Academy and joined the SCRF Board in 2024.

Thank you for your continued support, and we hope to see you at Bingo!

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

We ask that Sun City clubs/groups that are, or could be perceived as political, to limit submission content to basic meeting/event/ link info, and avoid advocacy. All club/group submissions should focus on that organization only. Submissions should be 300 words or less and due by the 15 month (before a weekend or hof the month for the following issue.

SUN SENIOR NEWS CLASSIFIEDS

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ANNOUNCEMENTS

SCR NEEDLE ARTS CLUB Annual Craft Faire. Saturday, November 7, 9:00 AM to 2:00 PM in the Timber Lodge at 7050 Del Webb Blvd. Over 60 vendors will be selling their handmade goods as well as the Creative and Fine Arts Club with pottery, ceramics and paintings. Don't forget to stop by the fabulous baked goods sale and pick up some scrumptious treats to take home! We look forward to seeing you there!

• • •

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

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SUN CITY REAL ESTATE UPDATE

In looking at the national market, pending sales in September were down to their lowest levels since 2020 during the pandemic as interest rate and economic worries have slowed purchases. A big reason for the slowdown is that buyers and sellers are not on the same page as far as values go. Buyers right now are looking for the best house at the best price and they are willing to skip homes they feel are overpriced, while sellers are looking at the values from the first few months of the year and there is a gap between the two. Using historical context is useful, however the most important aspect of selling today is what your competitors are asking for their homes. During times like these it is more important to look to the present and leave what happened several months ago to the past.



WRITTEN BY
GEORGE BROWN
gbrown@thompson-brown.com

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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 Classifed 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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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

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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

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