



Compass

SCLH Public Website
Goes Live ... *page 5*

Roving Reporter Discovers
Party Animals on
National Night Out ... *page 44*

Astronomy Group
Reaches for
the Stars... *page 19*



Calendar of Events

August 15 - September 20

Date	Event	Page #
08/16	Genealogy: Evaluating Evidence	32
08/17	Capitolaires and Sacramento Valley Chorus	47
08/17	Annual Neighborhood Watch Symposium	11
08/17	Bus Trip: Impressionists at deYoung Museum	62*
08/18	"The Whole Tooth and Nothing But the Tooth"	13, 84
08/20	Summer Concert: Rod Stewart Tribute	47
08/20	Beale Air Force Base	62*
08/23	History & Artistic/Architectural Terra Cotta	22
08/24	Mac: Apps for iPhone/iPod/iPad	28
08/24	Bus Trip: Sausalito—SF Bay Delta Model	47
08/24, 26, 28	Auditions for Christmas Magic	36, 42
08/25	Music Circus: 42nd Street	62*
08/25	"The Federal Budget and Other Myths"	84
08/26	African Violets & Gesneriads	30
08/26	West Coast Swing Dance	40
08/28	Hot August Nights Pavilion Dance	47
08/29	Sacramento Community Theater: Menopause	62*
08/30	Gold: From the River to the Ring	30
08/30	Broadway's David Burnham	48
08/31	Bus Trip: Impressionists at deYoung	62*
09/01	Astronomy: Galilean Moons of Jupiter	22
09/01	Bus Trip: LeGrande Cirque at Eldorado	62*
09/02	Follow-up on Art of Personal Investing	33
09/02	Summer Concert: Beatles Tribute Band	50
09/03	Life Transitions: Stages of Life	21
09/04-05	Arts Association Studio Tour	22
09/07	Bus Trip: Ferry to San Francisco Shopping	48
09/07	Meet Your Chef	50
09/08	Computer "Speech Recognition"	28
09/09	Radiation Therapy/Macular Degeneration	21
09/10	Rat Pack Tribute Concert 'n Dancing	50
09/11	Bus Trip: Sacramento Air Races	50
09/14	Bus Trip: Down the Delta with Jerry Moorman	50
09/14	Comedy Night at Kilaga Springs	50
09/15-16	Music Group's Performance: Showcase	7 34, 53
09/15	Bus Trip: Dream Girls at Curran Theatre/SF	53
09/16	Book Discussion <i>Desert Queen</i>	25
09/16	Silver Star Recipient Staff Sgt. Emmett Spraktes	40
09/20	"Facts Re: State General Election Initiatives"	37, 84
09/20	KS at the Movies: "Enchanted"	53

Find these listings with yellow highlighting on the pages shown. (* Indicates sold out event.)

Voting

John Kightlinger, Secretary,
SCLH Board of Directors

One of the most precious liberties we have in America is our right to vote. Everybody thinks about voting for national representatives but does not give much thought to the local voting whether it is state, county, city or the Association like our Sun City Lincoln Hills Community Association.

This November 2010 we have many important elections that will affect us from the city level to the national level. From the city we will be electing Council members for the city of Lincoln. Also the city will have a utility tax proposal on the ballot to reduce the city deficit which would prevent cuts in city employment to make up for the loss of revenue. These candidates and proposals will affect all of our lives and personal finances and we all need to vote.

After the November elections, we start the 2011 election process for our

Association to elect four residents to serve on the SCLHCA Board of Directors. After the deadline for Director candidates is closed in October, the Election Committee will



hold several Candidate Forum Sessions starting in January 2011. The Forums allow the residents to hear the candidates' position on issues, and ask questions regarding topics that have or will affect our Association. These Forums have been very informative in previous years and will help you select your choice/s of people to sit on the Association Board. The schedule for the Forums will be announced in the *Compass* and SCLH E-bulletin. These Forums will also be videoed for viewing at your convenience on the Association website.

Voting for the Association Board of Directors is very important because these are the people who will be making decisions that affect your future lifestyle here in Sun City Lincoln Hills.

We Need You to Step Forward!!

An important job awaits you on the Board...



We need your talents. If you enjoy being a leader, working effectively with a team, get satisfaction from a job well done and want to help ensure our community remains the place you want to live, then we

need you.

Next year we will have four

vacancies on the Board of Directors (BOD). That means we need at least five

If you think this could be something you're interested in knowing more about, come to the Candidate Information Session. Learn what's involved in campaigning and serving on the Board. Former and current Board members will be available to answer your questions.

September 17 • 10:00 AM to 12:00 PM

OC Front Ballroom

This session will be videotaped.

continued on page 43

This Issue

Advertisers' Directory	87	• Christmas Magic	43	Food & Beverage	14
Aging Gracefully	13	Calendar of Events	2	Groups and Clubs	21
Announcements		Chartered Clubs & COC.....	9	Lincoln Hills Foundation	17
• Sports Advisory Committee..	11	Classes	62	Lincoln Hills Golf	13
• Elections Committee	11	Commercial Presentations	43	Library News	14
• Golf Inspections	83	Committee Chairs Contact Info.....	5	Need You to Step Forward	2
Architectural Review Comm.....	9	Communications & CRC	5	Neighborhood Watch	11
Bark Fires.....	9	Community Standards	7	Roving Rep: Astronomy Grp.....	19
Board of Directors	2	Connections	3	Roving Rep: Lavender Friends... 17	
Board of Dirs. Contact Info.....	5	Del Webb Days.....	5	Roving Rep: Nat'l. Night Out.....	44
Bulletin Board	42	Did You Know	43	Special Events/Bus Trips	47
• You Are Invited	42	Finance Committee	7	Special Presentations	84
		Fitness	12, 73	Upcoming Mtgs. & Pres.....	3

On the cover: An ultra-large moon hangs over six members of the Astronomy Group gathered near the Rossi Lane Park with their telescopes and super-binoculars. Back row, from left: Ron Olson, Al & Carol Witten, John Combes; front row: Harry Collings, Nina Mazzo.

Photo by Patrick Vath

Upcoming Association-Related Meetings & Presentations

Date • Time • Place

Golf Cart Registration	Thursday, August 19, September 2 & 16 8:00 AM, see page 83
Finance Committee	Thursday, August 19, 9:00 AM, Oaks
ARC/Architectural Review Committee	Monday, August 23, 9:00 AM, Heights/Gables
Finance Committee First Budget Meeting	Tuesday, August 24, 9:00 AM, Fr. Ballroom
Board of Directors Meeting	Thursday, August 26, 9:00 AM, Ballroom
Board of Directors Special Meeting	Thursday, August 26, 10:30 AM, Multipurpose
Board of Directors Executive Session	Thursday, August 26, 1:00 PM, Multipurpose
Compliance Committee	Wednesday, September 1, 10:30 AM, Oaks
CCRC/Communications & Comm. Rels.	Tuesday, September 7, 9:00 AM, Oaks
CCOC/Chartered Clubs/Community Orgs.	Tuesday, September 7, 1:00 PM, Oaks
Listening Post	Wednesday, September 8, 9:00 AM, Solarium
ERT/Emergency Response Team	Thursday, September 9, 10:00 AM, Fine Arts
ARC/Architectural Review Committee	Monday, September 13, 9:00 AM, Hts./Gables
Properties Committee	Tuesday, September 14, 1:00 PM, Fine Arts
Properties Committee	Thursday, Sept. 16, 9:00 AM, Oaks/Gables
Finance Committee	Thursday, Sept. 16, 10:00 AM, Oaks/Gables
Candidate Information Session	Friday, September 17, 10:00 AM, Fr. Ballroom
Finance Committee Second Budget Mtg.	Tuesday, September 21, 9:00 AM, Hts./Gbls.
Board of Directors Meeting	Thursday, Sept. 23, 9:00 AM, Ballroom
Board of Directors Special Meeting	Thursday, Sept. 23, 10:30 AM, Multipurpose
Board of Directors Executive Session	Thursday, Sept. 23, 1:00 PM, Multipurpose
ARC/Architectural Review Committee	Monday, Sept. 27, 9:00 AM, Heights/Gables
Finance Committee Third Budget Mtg.	Thursday, Sept. 30, 9:00 AM, Fr. Ballroom

Find more information on the following Lincoln Hills Community Forums on page 84:

The Tooth and Nothing But the Tooth!	Weds., August 18, 7:00 PM, Pres. Hall (KS)
The Federal Budget and Other Myths	Weds., August 25, 2:00 PM, Pres. Hall (KS)
Pain Management Seminar	Weds., September 8, 2:00 PM, Pres. Hall (KS)
Just the Facts: State Election Propositions	Mon., September 20, 10:00 AM, Ballroom
Lincoln City Council Candidate Forum	Tues., September 28, 10:00 AM, Fr. Ballroom

Meetings in OC Lodge unless noted otherwise. Please confirm meeting time & room on website.

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

Residents ask me what we are doing to get the word out about how great our community is so that home values remain high and recent and future retirees are introduced to Sun City Lincoln Hills? In the past I have replied that your recom-

mendation to family and friends is the best marketing tool we have. I continue to say this, but now we have a public website that you can direct them to in order to show off your community!

The website address is simple to remember it's www.suncity-lincolnhills.org. For those who like specific details about the functioning of our Association, the website has copies of our governing documents and our financial year-end audit. An interactive tool provides the monthly *Compass* — the life link to all activities available to you through the Association and its Clubs — in a flip-page format.



Members of the CCRC special task force, from left — Ken Silverman, Bob Murdock, Dan Karleskint, Jeannine Balcombe, and Michael Noriega put the finishing touches on the SCLH public website. See the article on page 5.

continued on page 7

SUN CITY LINCOLN HILLS COMMUNITY ASSOCIATION

965 Orchard Creek Lane • Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Directory assisted to specific areas

Website for residents: www.lincolnsuncity.org

Public Website: www.suncity-lincolnhills.org

Orchard Creek & Kilaga Springs Hours

Monday-Saturday 8:00 AM - 9:00 PM

Sunday 8:00 AM - 5:00 PM

Administration Office Hours

Monday-Friday 8:00 AM - 4:00 PM

Meridians Hours

Monday-Saturday

Breakfast 7:00-10:30 AM

Lunch 11:30 3:00 PM

Dinner 5:00-9:00 PM

Sunday

Breakfast 7:00-10:00 AM

Brunch Buffet 10:00 AM-3:00 PM

Dinner 5:00-9:00 PM

Meridians Reservations 625-4040

Kilaga Springs Café

Monday-Saturday 7:00 AM-5:30 PM

Sunday 8:00 AM-3:00 PM

OC & KS Activities Desk Hours

Monday-Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

OC Activities Desk 625-4022

KS Activities Desk 408-4013x4

OC & KS Fitness Center Hours

Monday-Friday 5:30 AM-8:30 PM

Sat./Sun. — OC 7:00 AM-8:00 PM

Sat./Sun. — KS 7:00 AM-6:00 PM

OC Fitness Center 625-4030

KS Fitness Center 408-4013x7

Community Association Contact Information

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Jeannine Balcombe

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Director of Community Stds. • Steve O'Rourke

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Controller • Tim Mulligan 625-4013

tim.mulligan@schca.com

Director of Fitness, Brandy Garcia

625-4031 brandy.garcia@schca.com

Director of Food & Beverage • Jerry McCarthy

625-4049 jerry.mccarthy@schca.com

Catering Office 625-4045

Spa (KS) 408-4013 x6

Kilaga Springs Spa Manager • Tina Ginnetti

408-4013 x116 tina.ginnetti@schca.com

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We Have Lift-Off! Announcing the Launch of Our Public Website

Michele Hutchinson
Communications and Community Relations Committee Chair

What do a very busy team of volunteers serving on a special task force of the Communications and Community Relations Committee (CCRC) and our IT (Information Technology) staff have in common? The formation of our new Public Website! Yes, it is here and launched and are we excited! This team of residents comprised of Dan Karleskint, Jim Datzman, Bob Murdock and Bruce Holder assisted our staff members Jeannine Balcombe and Michael Noriega in creating a Public Website gateway to our facilities that should make us all proud! Narratives and pictures galore really showcase the Sun City Lincoln Hills Story and Lifestyle.

Why is this important? We live in arguably the premier destination “over 55 senior community” in the nation. Prospective buyers now have an easy way to learn about



this spectacular community when searching the Web. It also fulfills a major goal of our five-year Strategic Planning Committee: to develop a marketing plan that will aid in the selling of homes that naturally helps in retention of home values. Such a Deal!

Please check us out at www.suncity-lincolnhills.org. There are links to real estate agents, facilities, activities, special events and our greater community, fabulous pictures and tremendous opportunities for prospective buyers to discover all that our community offers.

Remember our current website is solely for our residents with a secure login area and has confidential information while the public website shows prospective buyers about the many activities, events, governance and lifestyle of our community.

Please give us your feedback. Let us know what you think.

Del Webb Days, A Lifestyle of Dreams—

Jeannine Balcombe, Senior Director of Lifestyle and Communications



Del E. Webb
May 17, 1889 - July 4, 1974

Retirement changed forever in 1960. That was the year the very first true active-adult retirement community, Sun City by Del Webb, opened for sales near Phoenix, Arizona to a highly-enthusiastic audience. The community was complete with a variety of recreational amenities, five model homes and other features that ultimately helped lead the project to phenomenal success.

Sun City Lincoln Hills is celebrating Del Webb’s 50th Anniversary with a two-day event Saturday, October 2, and Sunday, October 3. The focus of the event is to market our Sun City Lincoln Hills community to potential buyers. Placer County realtors whose focus is Sun City Lincoln Hills and vendors related to home buying purchases, are sponsoring this event. The Association

will be displaying its finest lifestyle by ensuring Club and resident activity are taking place throughout Orchard Creek and Kilaga Springs Lodges, the Fitness Centers and Sports Complex. Resident spokespersons will be available to talk with visitors and realtors will have the opportunity to tour the facilities with prospective home buyers with confidence knowing that “seeing is believing.”

We have confirmed advertising contracts with *The Sacramento Bee* for the front page of the Saturday Real Estate section for the event weekend and the three weeks prior, and with KYMX – the Mix 96 radio station.

A street dance with DJ Gregg is scheduled for Saturday night, October 2, and Sunday, October 3, a concert featuring the **Land Sharks** from Florida — an encore perfor-



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**Communications & Community
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Compliance Committee
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Elections Committee
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Community Emergency Response Team
cert@suncity-lincolnhills.org

Finance Committee
finance.committee@suncity-lincolnhills.org

Properties Committee
properties.committee@suncity-lincolnhills.org

mance from the 10-year anniversary in the Amphitheater. Tickets for the Land Sharks (see page 54 for details) are on sale now and the Street Dance on sale September 17.

On behalf of the Del Webb Lifestyle of Dreams event committee, we hope you will join us in the 50-year celebration of the opening of the first Sun City, and the promotion of our beautiful Sun City Lincoln Hills to future residents and customers. For further information, please contact Jeannine Balcombe at: jeannine.balcombe@sclhca.com or by telephone, 625-4020.

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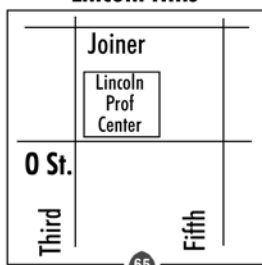
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Minutes from Sun City Lincoln Hills



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Six Month Round Up

John Snyder, Finance Committee Chair

The Finance Committee met July 15 and reviewed and accepted the June 2010 financials for the

Association. For the month of June, overall operations were \$19,800 worse than budget. For the month, better than budget results of Maintenance \$11,600, Activities \$12,100, Food Services \$2,100, and Kilaga Springs Spa \$700 were offset by worse than budget results for Administration \$25,500, Landscape \$15,400 and Fitness \$5,400. Administration was over budget primarily as a result of non-recurring unbudgeted expenses while Landscape was over budget for the month, but under budget year-to-date (see next paragraph) as a result of certain activities being weather delayed.

Year-to-date operations were \$250,800 better than budget. Year-to-date better than budget results of Landscape \$153,000, Maintenance \$92,300, Food Services \$21,700 and Activities \$7,100, were offset by worse than budget results for Administration \$ 9,900, Fitness \$6,500 and Kilaga Springs Spa \$6,900.

Below is a schedule comparing the unaudited results of operation by segment for the six months ended June 30, 2010 and 2009.

Sun City Lincoln Hills Community Association

Comparative Results of Operations

Dollars In Thousands (000)	6 Months Ended June 30,		Better
	2010	2009	(Worse)
Revenues: Homeowners dues & other	\$ 3,912.1	\$ 4,001.7	\$ (89.60)
Net expense by Segment:			
Administration	(1,123.2)	(1,180.5)	57.3
Kilaga Spa	(20.6)	(18.5)	(2.1)
Fitness	(209.4)	(197.6)	(11.8)
Activities	(53.1)	(51.5)	(1.6)
Bldg Maintenance	(1,085.7)	(1,087.4)	1.7
Landscape	(1,121.8)	(1,184.1)	62.3
Food & Beverage	(112.2)	(300.7)	188.5
Net Revenues/(Expense)	\$ 186.1	\$ (18.6)	\$ 204.7
Budgeted net (Expense)	\$ (64.8)	\$ (103.1)	\$ 38.3

This comparative schedule gives an overall perspective. Space does not permit a complete analysis of each segment's variance between periods. With the exception of Food & Beverage, which has experienced a significant positive turnaround chronicled here in the past, all segments are very close to the results for the same period of the

prior year. Landscape will be closer by year end as certain efforts scheduled in the first half of the year were weather delayed until the latter part of 2010.

These few words do not begin to tell the story as each segment has had numerous favorable and unfavorable events to which the managers and staff have had to react, measure, adjust, adapt and struggle in order to provide the best services and facilities at the best cost.

Periodically the Association reaches out to providers of selected services in an effort to keep current with the services provided by the industry and to measure incumbent providers of such services against the market. To this end the Association sent out a request for proposal for casualty insurance brokerage services to nine national and international firms. Six firms responded with lengthy and informative proposals which Staff and the Finance Committee reviewed. On July 8, the Finance Committee held a workshop where, along with Executive Director Bob Cook, the six proposals and the quality of services of existing providers were reviewed. After its review, the Committee concurred with Staff's recommendation to retain the services of Well Fargo Insurance Services, and to make that recommendation to the Board at its July 22 meeting.

In October, the Committee will be interviewing applicants for membership to the Finance Committee. Applicants should have professional accounting and or management experience preferably in labor intensive service or related entities. Application forms are available at the Membership Desk and on the Association website. Please return the completed form to the Membership Desk no later than September 15.

The monthly and year-to-date financial statements are available on the Association's website under Document Library/Financial.

The next regularly scheduled Finance Committee meeting will be held on Thursday August 19 at 9:00 AM. The first 2011 Budget meeting will be held Tuesday, August 24, at 9:00 AM in the Front Ballroom.

Compass Articles to Rotate

Steve O'Rourke, Director of Community Standards



Beginning this month, the articles from the Community Standards Department will be rotated between the ARC Chair, Compliance Chair, and Community Standards Director. The community is in great shape and we do not need as many reminders regarding the Governing Documents.

As an aside, every homeowner in this community should demand to see a city of Lincoln Business License from anyone selling door-to-door. This license provides proof that they can sell door-to-door in the city. If the person at your door refuses or cannot provide a license, please play it safe and send them on their way. You can report any suspicious person to the Lincoln Police non-emergency number, 645-4040.

Connections

continued from page 3

To navigate, use the arrows to turn the pages and double click the mouse to zoom in and out. Click and drag the page to move around for on-line reading. We hope you will be proud of our new website as a place you can direct people for up-to-the-minute information about your community.

Another marketing tool we have is hosting public events. October 2 and 3 is the Del Webb Lifestyle of Dreams event to showcase our community and activities to prospective homebuyers at Lincoln Hills. You may log into the resident website through the public website by clicking on the resident link at the bottom of the home page. You can also access the public site from the resident website by clicking the link at the top of the page.

You can continue to help market your community by adding our public website to your calling cards. August, 2010, your Association entered into the world of on-line marketing and communications. This is a major milestone and I look forward to introducing you to additional marketing tools in the future. Enjoy these last days of summer. See you in the Lodge.

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Donna Judah 412-9190 Louise Kuret 521-7818 Tish Leo 257-2798 Jill Mallory 201-3855 Joan Matthews 213-4885 Paula Nelson 240-3736 Wendy Olsen 275-1502 Pat Pelton 276-8909 Tara Pinder 600-2836 Peggy Poole 765-3434 Twila Reed 715-2932



Ann Renyer 408-7008 Michael Renyer 343-6044 Loree Risi 716-0854 Terri Stevenson 316-4811 Rudy Svetal 580-9693 Margaret & Karl Thompson 508-0152 Doreen Traxel 698-0801 Ann Wallace 408-1188 Tangi Walker 316-1112 Tony Williams 521-3400 Sharon Worman 408-1555

Visit our Website at www.CBSunRidge.com for all current listings.



Architectural Review Committee Update

Bi-Annual Report, Solar at SCLH, Neighbor Notification, Interior Fences and Walls

John A. Combes, Architectural Review Committee Chair

The Architectural Review Committee (ARC) had a relatively busy first half of 2010 comprised of 12 meetings during which 499 applications were reviewed with the following outcome:

- 466 were approved
- 5 were not approved
- 28 were incomplete

Of the 499 applications reviewed, 295 applicants were present representing 59 percent of all applications submitted. Many of the applications that were incomplete or not approved were then resubmitted and approved.

Expedited Review Process for Solar Electrical Energy Systems Now in Place

The number of solar electrical energy systems reviewed for the period 2007 thru the first half of 2010 are as follows:

Solar Electrical Energy Systems Reviewed

2007	2008	2009	Half 2010
21	31	58	53

The expedited review process for solar energy systems is now in place where the Community Standards Director can approve the application provided the criteria listed on Checklist 24 of the Design Guidelines are met. If one or more of the criteria are not met, then the application will be submitted to the ARC for full review. Solar energy systems consist of solar electrical

panels, solar attic fans, and solar tubes for lighting.

Neighborhood Notification Form No Longer Required

The Neighbor Notification Form is no longer required and has been removed from the rack in the Business Office (OC) and replaced with a note stating that it is no longer required. The Design Guidelines will be modified at a later date to remove the statement that this form is a required document. When planning a project, particularly a major one, the homeowner should, as a courtesy, inform the appropriate neighbors as to what is going to take place and approximately when.

Interior Fences and Courtyard Walls

In the May issue of the *Compass*, we focused on fences constructed on property lines. This month we direct our attention to interior fences and courtyard walls.

First, interior fencing for the purpose of subdividing the back or side lot for use as a pet enclosure will not be permitted with the exception of the required fencing around pool areas. Specifications for fencing around pools will comply with the legal requirements spelled out in the construction permit from the city of Lincoln. If necessary, the ARC may grant waivers in fence height limitations in order to comply

continued on page 11

If You Do, If You Don't — Reminders

Bob Murdock, Chartered Clubs & Community Organizations Committee Chair



If you do have written Bylaws or Guidelines you should:

- Review your Bylaws or Guidelines to be sure they agree with the new Club Guidelines approved by the Board on January 13, 2010.

If you don't have written Club Bylaws or Guidelines you still must:

- Have a written method for conducting elections.

Election reminder for all Clubs – Steering committee or election of officers should occur every two years (or every year if the Club chooses). The results must be reported on the Club contact form, with the appropriate meeting minutes, to the Senior Director of Lifestyle and Communications within 30 days of the election.

Remember there is a four-year limit for any individual to serve on a board or steering committee. They must take at least one year off after the four-year term is reached.

Elections can be conducted at regular meetings by a show of hands, written ballot or secret ballot. They may also be conducted via email or regular mail.

The next CCOC meeting will be September 7 at 1:00 PM in OC Lodge. Come share your ideas or just listen.

Only You Can Prevent... A Summer Hazard—Bark Fires

Al Roten

During our dry and hot months, May through October, there is an extreme safety hazard, not only along our busy main roads, but even in our yards.



That is burning ground cover bark. No, it does not spontaneously ignite. The source of ignition is almost always burning cigarettes discarded by thoughtless people in vehicles or by pedestrians. During June and July our maintenance staff, backed up by the Lincoln Fire Department, has extinguished at least a half dozen ground cover bark fires. Fortunately, these were all caught before major

damage took place. A while back, there was a bark fire in grounds of Orchard Creek Lodge; this fire burned a segment of plantings that required removal and replacement of damaged plants. Not only are these events a danger to plants and humans, but they become expenses that contribute to maintenance costs covered by our homeowner dues. To date, we have not had a grass fire along our trails started by discarded cigarettes. However, we do see occasional cigarette stubs on or by trails. Smoking is prohibited on our trails. Please be alert to this hazard. For smok-

ers, take great care with disposal of cigarettes. For non-smokers, tell your friends and neighbors about this problem.



Ground cover bark fire at Lincoln Hills

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"When Dr. Wong told me he could anesthize just one tooth at a time, I thought I had probably found a pretty special dentist. After all...the numbing of one whole side of my mouth has always been the worst part of going to the dentist. Then one day Dr. Wong fitted me with a new crown that needed no adjustment at all. It just fit perfectly from the first time it was dropped in place! That had never happened to me before. Dr. Wong's skills along with the expertise and kindness of the rest of the office staff, the massage cushion in the dental chair, the hand massage and hot wax hand treatment, not to mention the fresh baked cookies after each visit make each dentist appointment something I look forward to. The Life Enhancing Dental Care office is a very special place. Thank you Dr. Wong, Audri and staff!" — *Gail Stevenson, SCLH*

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Neighborhood Watch

Communication Symposium August 17

Patricia Evans

We need your assistance improving the ways our messages and information are received by our residents. This topic will be the focus at our **Communication Symposium on Tuesday, August 17, at the OC Ballroom from 1:00-4:00 PM.** All residents as well as Village Coordinators and Mailbox Captains are invited to join us for round table discussions on addressing this challenge.

An innovation called **Dial-MyCalls.Com** will be introduced where computer messages will be transmitted by telephone to residents who do not have a computer. A prepared list of telephone numbers will be automatically dialed when safety and security messages need to be communicated. We know many of you do not use a computer, and this new system will eventually have a huge impact on the number of residents who receive Neighborhood Watch communications.

In addition, the Lincoln Police will explain the **Guardian Care Call System** where a request to Jill Thompson, 434-2448, will bring a daily telephone check on your welfare. This is part of the WARN system (Wide Area Rapid Notification) where large areas can be notified by telephone within a brief

time in case of civil emergency.

See pages 44 and 45 for **National Night Out** photos of some of our neighbors enjoying and renewing friendships at the "bigger and better" celebrations this year. **Our neighbors are our most important security!**

Are you wondering what the **PAL Snack Wagon** is doing at **Village 4**? This teenage group, sponsored by the Lincoln Police Department, brought hot dogs, soft drinks, and chips to the Village 4 party in appreciation of two years of contributions. Village 4 is also busy preparing their annual school supply filled backpacks for back-to-school for needy students. And Christmas each year finds

them providing gifts for needy families. **Congratulations, Village 4!**

Please turn to page 21 to learn **how Neighborhood Watch can increase your well being.**

See
National
Night Out
photos
on pages
44-45

Neighborhood Watch Contacts

- Ken Sheehan, 434-7712
kensheehan@sbcglobal.net
- Pauline Watson, 543-8436
frpawatson@sbcglobal.net
- Allen Gillespie, 434-5979
allenm40@ymail.com

Neighborhood Watch Website —
www.lincal.net/watch

Elections Committee Members Sought

The Association's Elections Committee presently has two openings. Candidates need no special skills; just a willingness to serve until the February 17, 2011, Election of the Board of Directors is over.

We meet the first Friday of each month at 10:00 AM. Applications are available at the Membership Desk (OC). Completed applications should be turned into the Membership Desk, attention Bob Cook. The Committee will schedule interviews shortly after receipt of the applications.

ARC Update

continued from page 9
with the minimum legal requirements.

Courtyard walls are usually confined to the front of homes. The wall will be constructed of materials consistent with the materials used on the home. If the home has a stucco facade, the wall will be constructed with a stucco facade. If the home has a stone trim, then the wall will be constructed from stone. The color of the wall will match the color of the house body or trim color.

The courtyard wall will be set back a minimum of 12.5 feet from the inside edge of the city sidewalk. This will allow sufficient room between the wall and sidewalk for the Public Utilities Easement. The wall will not exceed four feet in height from the finished courtyard floor elevation. Pillars or pilasters will be no more than six inches higher than the wall height and pillar caps will not exceed two inches in height.

A wrought iron gate may be added at the entry point along the courtyard wall. The gate may have a paint color of black, brown, SW2929 green or blend with the existing paint color of the home. Double or single gates may be no wider than 48 inches with a maximum height of 48 inches. The gate will be no higher than six inches higher than the wall. A decorative arch at the center portion of the gate cannot exceed six inches above the ends of the gate.

To summarize, the ARC has been quite busy with current issues and the ongoing review of the projects planned by the residents of the Community. Members of the ARC are available to provide needed advice to members of the Community during the planning stages of their projects.



The Board of Directors thanked the Sports Advisory Committee for their years of service and announced that after ten years of advising the BOD on sports-related matters, the Committee was dissolved. Future sports-related business will be conducted through the Chartered Club and Community Organization Committee (CCOC.) Presenting years of service plaques and thanks are BOD members left to right: Denny Valentine, Bill Kassel, John Kightlinger, Gary Younger, Ken Silverman and Peter Gilbert. Sports Advisory Committee members from center: Dwight Curry, Chair, Ben Horner, Jim Farrell, Audrey Morse, Dar Gallaway. BOD member David Conner flanks the right. Bill MacCullough and John Moran not pictured.



Fitness Center News
The Wave & Kilaga Springs
 Brandy Garcia
 Director of Fitness



11th Annual Just Tri It Event
September 29

Don't let all those summer fitness gains go by the wayside! Get involved with the **Just Tri It** events. For all of you who love to compete, we will be holding our **competitive triathlon** at 8:00 AM on September 29. We have a brand new course for this year's event. Each participant will complete a 1/4 mile swim, nine mile bike ride, and a 5k run. Starting at 9:00 AM we'll continue our Just Tri It event, with the **non-competitive triathlon**. This event allows each participant to choose which events they would like to participate in. You have the choice of doing one, two, or all three events. We will start with a three-, six-, or nine-mile bike ride or an indoor cycling class. Then the 5k run or walk will take place. We will end with a 1/4 mile swim or water walk.

Whichever event you're interested in, stop by the front desk for a map, details, and your registration form. Registrations will start **August 17**. The cost for an individual will be \$20. Team registration will be \$35. Every participant will receive a black Sport Tek T-shirt with registration.

Outdoor Pools

Reminder of Guest Policy: Prior to bringing guests and children to the pools, please take time to read the policy on guests and children in your **Rules and Regulations** — for your own safety and for theirs. The sponsoring resident is solely responsible for his/her guests and children, not staff. Remember, no food, beverages (except for water in plastic or stainless steel bottles), or ice chests of any form are allowed at the pools. Residents, guests, and their children must follow all rules or may be asked to leave. There are no lifeguards on duty.

Dear Edna Etiquette: When I come to the outdoor pool I find it very hard to find a chair. I see that many chairs are being "reserved" with towels and that they stay "reserved" for hours without seeing anyone use the chair. Is this allowed?

– Sincerely, Irritated Irene

Dear Irritated Irene, There is no rule or policy that says that chairs cannot be reserved. We have only a limited number of chairs for the outside pool. I find it dis-

heartening to hear that fellow residents are being so disrespectful. Hopefully, with a gentle comment from fellow residents those who are "reserving" the chairs will understand that their behavior is negatively affecting other residents. See you at the pool! – Edna Etiquette in Lincoln Hills

Group Exercise News

Effective August 15, we will have a new price and new sets of punch cards for sale. We will be offering one punch at \$4, 10 punches for \$27 and 20 punches for \$50. We will continue to offer the Cycle Punches for our one-hour cycle classes; those are one punch for \$5 and 15 punches for \$55.

Got your bugg yet? Don't miss out on your chance to get healthy. The Bodybugg system is designed to be used by anyone, for any goal you can imagine. Are you wondering really just how healthy you are eating? This system tells you exactly what you are getting too much of or not enough of. Are you really burning as many calories as you think? Hint: the exercise machines

continued on the following page

Fitness Class Schedule!

Register at the Fitness Desk

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 AM	Water Works		Water Works	Cycle & Core*	Water Works	
7:40 AM	Stretch Express \$		Stretch Express \$		Stretch Express \$	
8:00 AM	Low Impact	Circuit & Abs	Low Imp. Ind Cycling*	Circuit & Abs	Low Impact	Card.Spc. Hi-NRG Cyc*
8:30 AM	Yogafied* Water Wks	Low Impact*	Water Works	Low Impact*	Yogafied* Water Wks	
9:00 AM	Low Impact	Intermediate Step	Low Impact	Advanced Step	Low Impact	Yoga I Fusion*
9:05 AM			Stretch Express \$			
9:30 AM	Circuit Training*	Strict. Strngth* Water Wks	Circuit Training*	Strict. Strngth* Water Wks	Circuit Training*	
10:00 AM	Cardio Dance	Yogafied	Cardio Dance	Yogafied	Cardio Dance	Strictly Strength*
10:30 AM	Bikes/Balls*	Pilates* Water Works	Everybdy Can*	Pilates* Water Works	Cycle & Core*	
11:00 AM	Everybody Can	Sit B Fit	Piloga	Sit B Fit	Piloga	Strictly Strength*
11:00 AM	Joint Efforts		Joint Efforts		Joint Efforts	
11:30 AM		Basic Joint Efforts		Basic Joint Efforts		
12:00 PM	Piloga			Everybody Can		
1:00 PM			Open Spin Hour* \$			
2:30 PM	Fall Proof*\$		Fall Proof*\$			
4:45 PM		Shape Up		Shape Up		
5:00 PM	H2O Circuit		H2O Circuit			
5:20 PM		Break It Up*				
6:00 PM		Aqua Tone		Aqua Tone		

The WAVE Classes
 Indoor Pool WAVE
 Classes at KS*
 Outdoor Lap Pool
 No Charge \$

in the gym are not 100% correct! This system can tell you what you are actually burning. Come to this free very informative presentation to find out how you can make this system work for you. No need to sign up, just show up! **Monday, August 30, 2:00 – 3:00PM** Presentation Hall (KS).

Health Nut of the Month



Jeri Griffin

This month features one of our very own group instructors, Jeri Griffin.

Jeri teaches a variety of classes at SCLH including lo impact, step, strength, cardio boxing, yoga and Pilates.

As a teenager Jeri dreaded Physical Ed and had no prior dance training, but as good fortune would have it, she enrolled in a modern dance class her sophomore year of high school. Since then the joy of movement and exercise to music has been a big part of her life.

Jeri joined her first gym (Jack LaLanne) at 18 years old. It was then that she discovered Jazzercise and she was truly hooked. In 1982 while pregnant with her second child she moved from San Diego, CA to St Louis, MO where she began her fitness career teaching Razzamajazz (similar to JAZZERCISE).

She is passionate about working out and feels blessed that she can share this with others. As an instructor, she strongly believes in all three components of fitness (cardiovascular, strength and flexibility) and says she can't emphasize enough that as we age it becomes even more critical that we incorporate all three components of fitness.

Jeri says the joy and inspiration she receives from her students is amazing. She continues that there are so many fitness options here at SCLH that she encourages all to explore and experience as many as possible. To all her students she says, "Thank you for your enthusiasm and support. Hope to see you in class. Here's to your health and happiness, they go together you know."

Aging Gracefully

Teeth & Pain Management: Two Subjects Addressed by Upcoming Forums

Shirley Schultz

"The best part of the art of living is to know how to grow old gracefully." This quote from the social philosopher, Eric Hoffer, holds a rather profound truth. The series of articles that I have been writing for the last several months about "Aging Gracefully" have really been aimed at providing the necessary know-how to age with the quality of life that each of us desires. It is to this end that the Health Education Task Force has been searching out topics that can improve our knowledge about commonly faced issues in the aging process. Having that knowledge can be very empowering. Take every opportunity to educate yourself.

One issue that many of us perhaps do not think about in terms of our overall health and longevity is that of dental health. There is a fundamental question about whether poor oral health compromises

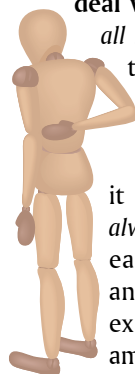


one's quality of life. Studies have shown that tooth loss can lead to malnutrition, poor quality of life, and can have serious negative psychosocial outcomes. Even the World Health Organization has weighed in on the

issue of tooth loss as a significant predictor of mortality. **In plain English, maintain good oral health to enhance your chances of living longer.** Prevent and/or get treated for dental carries (tooth decay); prevent or get treated for periodontal (gum) disease; prevent or get treated for mouth lesions, which may be precancerous or cancer; maintain good bone health by preventing or being treated for osteoporosis. Statistics have shown that people with periodontal disease are nearly 50% more likely to suffer from coronary artery disease than people without. **Learn more about the relationship between dental health and your general health by attending the free Community Forum presentation called "The Whole Tooth...And Nothing But the Tooth!" by Dr. Larry Wilson, DMD, on August 18. See page 84 for more details.**

One of the most basic quality of life issues in the aging process is that of pain management. No one wants to suffer pain!

But most people indeed do suffer from pain in one form or another either temporarily or chronically. **The point is how to deal with pain.** In one sense, *pain is all in your head.* That is not to say that pain is not real or that you



are a hypochondriac. Pain is perceived in the brain; if the brain does not perceive it, then it is not pain. This is why *pain is always subjective* and different for each of us. Even someone with an amputation may continue to experience pain for years in the amputated part that is no longer there (phantom pain). Part of pain

management is learning about things that we can do or medicine that we can take that will change our **pain perception.** To learn more about this important subject, do not miss the upcoming **"Pain Management Seminar" on September 8** by a panel of experts from Mercy San Juan. See page 84 for more information.

Changes in the Works

Tom Barrett, Interim General Manager,
Lincoln Hills Golf Club

Lincoln Hills Golf Club has changes in the works. Former General Manager Mark Brouwer has accepted an offer at another course in Arkansas and as of June 25, left Billy Casper Golf and Lincoln Hills. I will be on site until a replacement is hired. We hope to have a final person filling the position very soon.

Bill Tibbetts, outing coordinator has also moved on to new opportunities and we will have a replacement on board for Bill very soon as well.

I will be covering those responsibilities as well in the interim.



Course conditions: Course playing conditions are outstanding and the greens are rolling true and fast. Heat Stress is taking its toll in the out of play areas and roughs of the golf course. Water conservation is the wise thing to do for the environment and for the good of the community.

We hope to see you on the course soon.



So Much More to Tell You

Jerry McCarthy+, Director of Food & Beverage

The Meridians summer menu continues to impress. The Roasted Boneless Trout or Chef Roderick's favorite Seared Sea Scallops are some of the most popular summer dinner entrees. We are very pleased to offer at least 15 luncheon entrees for under \$9 and we also offer over five dinner entrees under \$11. When you combine fresh seasonal ingredients with friendly service, you can't go wrong. Meridians is a place where family and friends come to enjoy themselves. Chef Roderick creates fresh seasonal menus to delight your senses. Daily Specials, Daily Happy Hour, BBQ Monday Nights, Prime Rib Wednesday Nights, Sunday Brunch, and Live Entertainment four nights a week with reasonable pricing makes Meridians the place to dine.

Based on the positive feedback we got from inserting Meridians' Summer Menu in last month's *Compass*, we have inserted the Kilaga Springs Café Grab-N-Go menu this month. You will find in the Grab-N-Go menu a variety of items for your dining pleasure that we offer at Kilaga Springs Café. You can either eat at Kilaga Springs Café or you will find many items there that are packaged to take home, heat and serve. So if you are not in the mood to cook or perhaps have a neighbor that is under the weather, you can have a wonderful entrée prepared by Chef Roderick ready to eat at home in a matter of minutes. We offer a number of entrees, salads, and side dishes that offer fresh seasonal items that are convenient and healthy. Entrees range from Roasted Chicken, BBQ Tri-Tip, or Grilled Catch of the Day, all served with assorted starches and vegetables. Always check and see what other creative specials Chef Roderick has prepared for you. We also offer a wide variety of summer salads and side dishes. Enjoy live music every Friday evening at Kilaga Springs Café with Jay Stryker 5:00 to 7:00 PM.

I have included one of Chef Roderick's favorite recipes for you to enjoy with family and friends. Most of these ingredients can be found at the Farmer's Market held every Wednesday. If you are not in the mood to cook, come by Kilaga Springs Café or Meridians and let us do the work. Thank you for your continued support and we look forward to serving you in the near future.



Harry Has Quite a Story to Tell

Nina Mazzo, Library Volunteer

We are fortunate to have many authors who are residents at Lincoln Hills and several have donated their books to our Library. This month we would like to thank Harry Cornwall who has donated a copy of his latest book titled *Back to California*. Harry has quite a story to tell and he weaves in history, politics, geology, and even archaeology as he and Mary Cornwall travel the world and interact with peoples of varying cultures. You will find his autographed book in the Biography section.

The Library volunteers would like to ask that you refrain from taking an entire author's work at one time as well as multiple bags of paperbacks in consideration of fellow residents. Please return your borrowed books within a month and place on the

continued on page 41

Chicken & Stone Fruit Salad (serves 4)

Marinated Nectarines & Cucumber, Baby Spinach, Bacon, Shaved Dry Jack Cheese, Toasted Almonds & Honey-Dijon Vinaigrette

2-3 large ripe nectarines or peaches

¼ cup English Cucumber (diced)

1 full chicken breast (grilled and sliced)

2 pieces of bacon (cooked and chopped)

2 oz shaved dry jack or parmesan cheese

4 big handfuls of baby spinach

2 Tbls slivered almonds (toasted in oven @ 300° 4 minutes)

½ cup Honey-Dijon Balsamic Dressing

Cut nectarines up saving ¼ cup for Dressing. In a large bowl mix spinach & chicken with desired amount of dressing. Put salad onto four large plates or bowls. Decoratively sprinkle bacon, nectarines, toasted almonds & cheese on top and serve.

Honey-Dijon Balsamic Vinaigrette

(makes about 8 orders)

¼ cup Dijon

1 Tbsp. lemon zest

¼ cup Balsamic Vinegar

¼ cup finely diced nectarine

1 Tbsp. honey

¼ cup diced cucumber

2 tsp. Thyme (chopped)

S&P to taste

1 Tbsp. chopped shallots

Oil to desired thickness (¼ cup

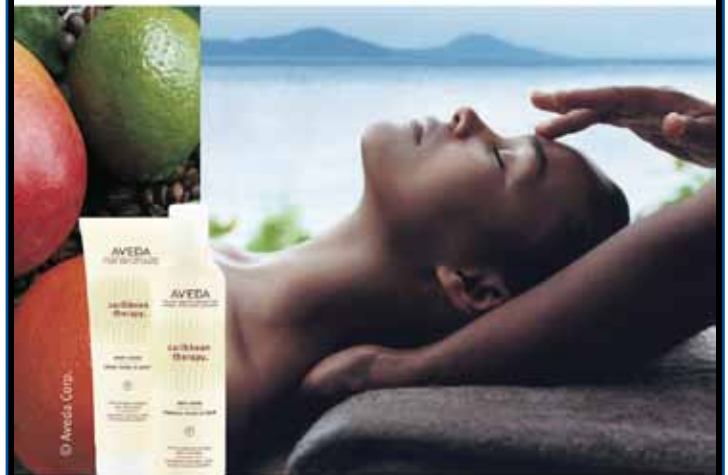
1 tsp. chopped garlic

to ¾ cup)

1 Tbsp. White Wine Vinegar

Place all ingredients in bowl (except oil & salt & pepper) and whisk. Slowly add oil until desired thickness. (if too thick you can always add water to thin out). Season with salt & pepper to taste.

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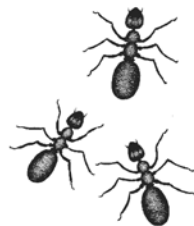
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Hats Off!

Honoring Community Volunteers

Don't Miss This One! Foundation to Honor Exceptional Volunteers

Doug Brown



"And now, ladies and gentlemen!" [drum roll] "The moment you've been waiting for..." [trumpets] "We present our 20 most influential Lincoln Hills residents for 2010! Your neighbors, your friends, your leaders who have served as an exceptional role model for us all!" [wild applause from the audience]

Friday, October 1 will mark a *first* for Lincoln Hills. The Lincoln Hills Foundation – your foundation – will be throwing a party the likes of which we've never seen before.

Haven't you often wished for opportunities to honor and salute exceptional individuals in our community who have **made a difference** in our collective lives in Lincoln Hills? Who have been **positive role models**? Who have contributed to SCLH with **distinctive passion and zeal**?

Well, here it is – your chance to do just that. Don't miss this inaugural "Hats Off" tribute banquet in our Orchard Creek Ballroom – an evening of celebration, entertainment, good food, and excellent

company. Invite your friends. Bring your neighbor. Get your tickets while they last!

The festivities kick off at 5:15 PM with a no-host bar in the pre-function area. Then, Meridians' Chef Roderick has crafted a mouth-watering menu that will delight your taste buds – and the meal will include wine at every table. With a masterful emcee as your host (shhh – we aren't telling who it is!), you will be delightfully entertained.

By now, surely you're dying to know who the honored celebrants of the evening will be, right? Well, here they are, people you know, people whom you see all over our community, making a difference for all of us. [another drum roll]

Judy Payne, (Alzheimer's/Dementia Caregivers Support Group); **Joan Logue** (Bereavement Support Group); **Cheryl Karleskint** (Bosom Buddies); **Loretta Alley**, **Jean Ebenholtz**, **John Flaherty**, **Sandy Frame**, **Mickey Haggard**, **Barry Mackintosh**, **Cindy Moore**, **Jim Prosser**, **Al Roten**, **Jack Swanson** (Community At Large); **Barbara Smith** (Eye Contact Low Vision Support Group); **Karen Foley** (Lincoln Hills Foundation); **Ken Sheehan** (Neighborhood Watch); **Rita Gruenwald** (SCHOOLS Volunteers); **Judy Hogan** (SCLH Community Association Staff); **Shirley Schultz** (Super Seniors); and **Bob Stackhouse** (Veterans Group).

After you've put your hands together for these outstanding people, you'll have



Director Andy Petro, President Marcia VanWagner, and Director Karen Foley make plans for the October Hat's Off! Tribute

an opportunity following the banquet to shake their hands and congratulate them in person.

Your \$70 ticket for "Hats Off" helps defray the cost of the event and to undergird the Foundation in its mission of providing support for seniors wishing to remain independent in their homes here in Lincoln. Tickets will be available on August 17 and September 17 near the *Compass* distribution table at OC Lodge; from the website www.LincolnHillsFoundation.org; or use the flyer/reservation form found in the flyer racks at Orchard Creek Lodge, beginning today! You can also call Karen Foley at 645-5411 to reserve your place.

The "Hats Off" tribute replaces the Gala Dinner Dance and Auction that the Foundation has sponsored in past years, and is intended to be an annual affair.

Spread the word! Don't miss out on this marvelous chance to honor deserving people! Get your tickets while they last!

The *Compass* Roving Reporter

A Night Out in Italy

Another Lavender Friends Highlight

Doug Brown

Well, no, they didn't actually travel to Italy! But right here in Lincoln Hills, 56 Lavender Group members and friends enjoyed delectable Italian cuisine in Phil Washburn and Rich Wong's backyard (see photo). It was a "guys bring the food" potluck, and you'd better believe the cooking was *molto bene!* Right down to the desserts concocted by men doubling as pastry chefs. *Dolce!*

The hot afternoon weather – shaded by canopies and cooled by a Delta breeze and the backyard pool – added to the warm welcome given to guests like me and my wife,

continued on page 43



Lavender Friends gather around Phil and Rich's backyard pool for an evening of Italian cuisine

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The *Compass* Roving Reporter

They *Do* Let the Stars Get in Their Eyes, These Astronomers!

Doug Brown

In the glow of the evening twilight, Venus was already brightly twinkling in the Lincoln sky, heralding the scheduled appearance of Mars and Saturn, which promised to form a straight line across the sky. We knew what to look for because we had just exited Kilgus Springs where the **Astronomy Group** had held its monthly meeting.

At this meeting, Steering Committee member **Joel Thomas** kicked off the evening's agenda with a brief but enlightening presentation on what an ordinary mortal without a telescope or binoculars could see in the night sky that week. Thanks to his informative talk, later that evening, as darkness framed thousands of celestial orbs, we found constellations such as Taurus, Leo, Perseus, and Virgo. Beauty and mathematical precision all served up in another feast of lights!

The featured speaker of the evening, geochemist and Lincoln Hills resident **John Neil**, offered a mind-flexing account



Featured speaker John Neil lectures on "Paradigm Shift and the End of the Cretaceous." Photo by Mary Massey

of some of the latest findings on asteroid impacts (in the Yucatan, for example). He explained how their association with the rare element Iridium confirms the location of asteroid impacts and, through geological dating, their possible contribution to momentous "paradigm shifts" such as the extinction of the dinosaurs. So that's why they all disappeared! This was no speech for feeble brains, but in language we scientific neophytes could comprehend, John deftly wove the geological threads of connection.

Meetings since then have been equally fascinating. In June, professional astronomer **David Wood** gave a "stellar" pre-

sentation on how the "Cosmic Distance Scale" enables astronomers to determine the distance between Earth and stars, clusters, and galaxies that are billions of light years away. David and others form the Cosmology Interest Group (CIG), which meets monthly.

Not all gatherings of the Astronomy Group are as brain-busting. For some simple old-fashioned outdoor fun, the Binocular Interest Group, conveniently known as the BIG, schedules outings for novices and experts alike. In July, BIG observers witnessed a very slim Day One crescent Moon and nearby Mercury. Also visible were Venus, Mars, and Saturn.

Of course, in the company of the technology-gifted group pictured on the *Compass* cover this month, you can view star clusters such as the "Engagement Ring," "Napoleon's Hat," and much more! Then, with just your naked eye in your backyard, you might check out the Perseids Meteor Shower, which peaked August 12-13, a light show that can feature up to 60 meteors per hour. But hurry! They're

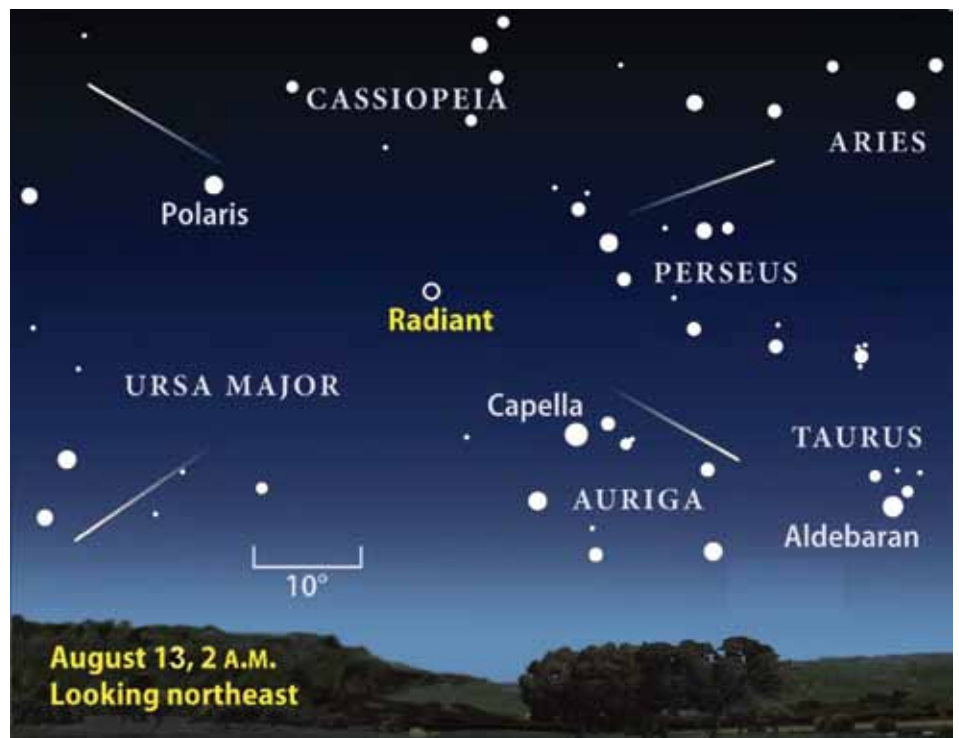


already waning, and after August 22, they will be gone for this year.

Wouldn't you like to be better informed about the magnificent cosmos that surrounds us? And stimulate your brain cells with fascinating presentations? Or join the Astronomy Group for an occasional sky-watching evening? Check your *Compass* or visit www.lhag.org for upcoming meetings, events, and information. "Beginners" are welcome! Don't miss the opportunity to "let the stars get in your eyes," and better appreciate our incredible night skies in Lincoln Hills.



Incoming Steering Committee member Nina Mazza congratulates outgoing Steering Committee members David Wood (left) and Joel Thomas (right) with a bottle of "Luna" wine. Photo by Carole Haskell



The Perseids Meteor Shower, which peaked August 12-13, may still be visible with the naked eye in our Northeast sky through August 22

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Support Groups & Clubs



• Alzheimer's/Dementia Caregivers Support Group •

On Wednesday, August 25, at 1:00 PM in Multimedia Room (OC), Elizabeth Rawson, our Family Advisor from Del Oro Resource Center, will once again lead the group in a caring/sharing session. She will start the discussion with an introduction to disaster preparedness and other safety issues for you to consider as a caregiver and will distribute a list of emergency supplies you may wish to have on hand.

Elizabeth listens to your concerns and leads the group in a direction that helps you identify solutions to ease your caregiving. Suggestions may come from Elizabeth or from those present who may have experienced similar problems and identified solutions that have helped them.

The Support Group meets at 1:00 PM the fourth Wednesday of each month in OC Lodge.

**Contacts: Judy Payne 434-7864,
Kathie Levine 543-0211,
Nancy 253-9962**



• Amateur Radio •

Our regular July meeting was cancelled because of the fourth of July weekend and various travel plans. On July 3, a special meeting was held at the Communication Center at which time all the current officers resigned their positions. New officers were immediately elected. Bill Salisbury WB6QFG is our new president, Douglas Thom N6OYU is VP and repeater trustee, and Ron Ross K16GJL is our new Secretary/Treasurer.

Membership meetings are held on the third Wednesday of the month in the Multimedia Room (OC) at 7:00 PM. The next meeting will be August 18.

Anyone interested in Amateur Radio is welcome to attend. You need not have an FCC license to be a member.

**Contacts: Douglas Thom N6OYU,
409-0757; Bill Salisbury WB6QFG,
434-8501**



• Bereavement Support •

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are

held the third Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be August 18 and September 15. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Wednesday, September 8 at *Woody's* in Rocklin. We meet in the OC Lobby and leave at 11:30 AM to car pool to the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan.

**Contact: Joan Logue 434-0749,
joanlogue@sbcglobal.net**



• Bosom Buddies Breast Cancer Survivors •

Our August meeting was a luncheon at Awful Annie's to introduce our new officers and honor those who served during this past year. We look forward to continued friendships this year and to being a support group for those who need our help.

In September we will have a speaker from Sunrise Natural Health Food Store who will discuss nutrition, offer suggestions on healthful diets, and answer our questions regarding vitamins and health supplements. This should be very informative so please try not to miss this one.

If you are a survivor of breast cancer, have been recently diagnosed or are in treatment we urge you to join us. We share our experiences, provide support and help you gain knowledge regarding this disease. Come and make some new friends.

We meet the second Thursday of the month, 1:00 PM, Multipurpose Room (OC).

**Contacts: Marianne Smith 408-1818;
Sally Lewis 434-7381**

**Websites: www.lincolnsuncity.org
www.lincolnhillsbosombuddies.org**



• Eye Contact Low Vision Support •

Jules Stein Eye Institute (UCLA) is seeking volunteers for a nationwide study of genetic and other risk factors contributing to development of AMD. Individuals and/or family members may be eligible. Volunteers will be required to give either one saliva sample or a blood draw (20 ml). Retinal photographs will be covered by the study.

Requirements: Individuals 49 to 65 who have/had at least one parent with MD, Spouses or partners will be included; The parent(s) who have AMD or have a first-degree relative (sibling(s) with the disease.

To learn more and ask questions: <https://jseiclinres.jsei.ucla.edu/garm>

Next meeting: September 9, 1:00-3:00 PM, Presentation Hall (KS):

1:00 PM: Radiation Therapy for AMD? Presented by Peter Sonkin, MD.

2:00 PM: Open Discussion in the Future. What you want and don't want.

(Haven't responded to the survey on eye condition? Call Barbara at 645-5516.)

**Contact: Barbara Smith 645-5516,
Chelsea@starstream.net;
Cathy McGriff 408-0169**



• Neighborhood Watch •

Did you know that brief, small, regular acts of kindness lead to the highest levels of well being? At Neighborhood Watch we encourage all our residents to indulge in these pleasurable experiences through keeping in touch with and helping our neighbors.

It is not necessary to be a Village Coordinator or a Mailbox Captain to indulge yourself in these pleasures. But, if you have the time and inclination, our community would benefit from your participation, and you could find life more fulfilling.

Just call one of the contacts below to ask how you can make a small or large contribution to enriching your life and our community. We need many Mailbox Captains and the following Village Coordinators: Village 8A, 12, 13, 16B, 28, 30B, 38A, and 39. Being of service and showing kindness can invite more happiness into your life. Please participate to the degree that suits your lifestyle!

**Contacts: Ken Sheehan 434-7712,
kensheehan@sbcglobal.net;
Pauline Watson 543-8436,
frpawatson@sbcglobal.net;
Allen Gillespie 434-5979,
allenm40@ymail.com
Website: www.lincal.net/watch**



• Super Seniors •

The September 3 Super Seniors meeting will feature a very special guest speaker, Nancy Nash-Lund, who will share valuable information about how to deal with life's transitions and the inevitable sense of loss and depression that can accompany these changes. Learn about Erickson's *Stages of Life* and some healthy means to struggle with loss and lift the depression. The speaker, a SCLH resident, is a licensed Marriage and Family Therapist in private

practice who has extensive background in teaching psychology at the university level and at retreats and seminars. Her topic will have meaning for everyone. Facilitator,



Super Seniors' Facilitators Blance Eberhardt and

Mary Popp serve ice cream and cake to the Super Seniors enjoying a July 4th Social

Shirley Schult, will include a fun segment of "Trivia." Plan to attend Friday, September 3, 10:00-11:30 AM, in the Gables (OC)

Chit-Chatters, a Super Seniors subgroup, will meet on Friday, September 17, at 10:30 AM in the Multipurpose Room (OC).

Contacts: Shirley Schultz, 645-7539; Dani Van Tatenhove (Chit Chatters) 543-9194



Shared Interest Groups & Chartered Clubs



• Antiques Appreciation •

We were treated to two interesting and informative presentations at our August 2 meeting: Our presenters have been acquiring Netsuke's and Antique Snuff Boxes for some time as reflected by their extensive collections. A Netsuke is a miniature button-like toggle that secures the top of the sash on a kimono. These carved pieces evolved into works of art and became extremely collectible. Antique Snuff Boxes, which come in all shapes and sizes, are made from a variety of materials. These decorative boxes originally served a utilitarian purpose and are a relic of the once popular art of taking snuff. We greatly enjoyed both presentations.

Our September 6 meeting will be an open Member Show and Tell with a maximum of two items per member.

If you collect or just appreciate antiques, please join us the first Monday of each month, 9:30 AM, Multipurpose Room (OC).

Contacts: Pat Le Page 543-9564; Jane Delno 543-6855
Antique Appraisal Contact: 408-4004



• Arts Association •

Join the Arts Association for an artistic view of Lincoln's very

own Gladding McBean. Dan Cross, Sales Manager, will focus on the history and artistic aspects of the architectural terra cotta factory founded here in 1875. Examples will be shown of buildings across the United States that feature its terra cotta embellishments made here in Lincoln. Come learn about this local "jewel" and its talented artisans on Monday, August 23, at 2:00 PM in Presentation Hall (KS). All are welcome.

The annual Studio Tour is set for the Saturday and Sunday of Labor Day weekend, September 4 and 5. Set aside a few hours that weekend to visit some studios and see what our members have created. Art of all types is represented and selected artists will be giving demonstrations/explanations of their work. Maps detailing locations, hours, artists and media will be available in both Lodges starting September 1.

Contacts: Bill or Cathie Szabo 434-6667, billcats1@earthlink.net
Website: LHarts.org



• Astronomy •

• Monday, August 16. Fine Arts Room (OC), Monthly Cosmology Interest Group Meeting. Contact Ron Olson (408-1435) or Morey Lewis (408-4469) for information.

• Friday, August 20. Astronomy group members will enjoy a Potluck dinner at KS.

• Wednesday, September 1, Presentation Hall (KS). Nina Mazzo will present a "Tour of the Four Galilean Moons of Jupiter" first discovered by Galileo Galilei in 1610.

A Blue Canyon Star Party will be held in September (date to be announced later).

Exploring the Night Sky Class — A series of five weekly classes will be held starting on Tuesday, September 7 in the Fine Arts Room (OC). Cost for members is \$10.

Meetings: Regular Astronomy Group meetings are held the first Wednesday of the month, Presentation Hall (KS). What's

Up in the Night Sky/Activities/Q&A: 6:45 PM, program at 7:15 PM. Bring us your astronomy questions during the Q&A period.

Contacts: Ron Olson 408-1435, rolson@starstream.net; Nina Mazzo 408-7620 ninamazzo@sbcglobal.net
Website: www.lhag.org



• Ballroom Dance •

Now Teaching the Waltz: As you are reading this issue of the *Compass*, we are teaching your friends and neighbors to Waltz. So drop what you are doing and come join us. It's fun, free and a very useful social skill to have. As an added bonus this month, we are going Latin for the afternoon of Tuesday, August 31, teaching some basic Salsa steps. And mark your calendars for September when we revisit the venerable and versatile Fox Trot.

Beginning lessons are held Tuesdays in the Multipurpose Room (KS) from 2:00-3:00 PM, followed by an hour of open dancing and practice with instructor assistance. We step it up a bit from 4:00-5:00 PM by adding some intermediate steps to the dance of the month. All for free. Come join us soon.

Contact: David Hathaway 408-0228



• Billiards • The Shooters

• Eight-Ball Singles 9:00 AM-12:00 PM and 1:00-4:00 PM First Wednesday
• Nine-Ball Singles 10:00 AM-12:00 PM and 1:00-4:00 PM Second Tuesday
• Eight-Ball Doubles 1:00-4:00 PM Third Wednesday

All games are played at KS
Tournament Winners:

Eight Ball Singles July 07:
• AM Winner: Joe Ferrando
• Runners-up: Oscar Alvarez and Dick Perry
• PM Winner: Flavio Lombella
• Runners-up: Ed Ryan and Les Birch



Billiards: Some members of the Couples, Upstarts, & Challengers Billiards Groups attending their Annual Barbecue



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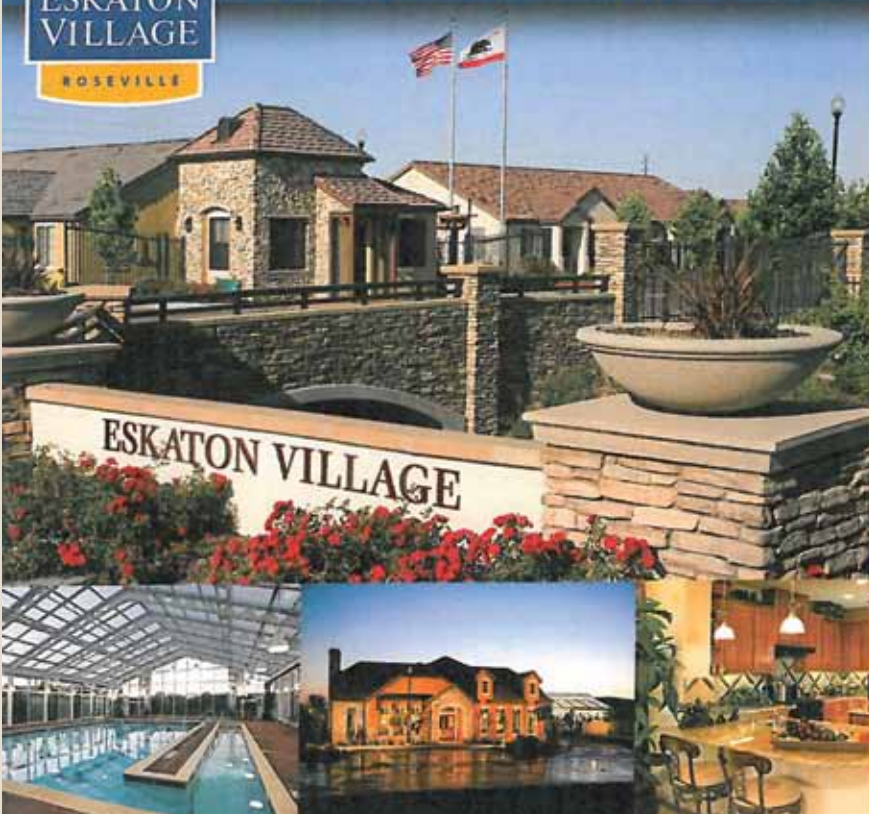
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Nine-Ball Singles July 13:

- AM Winner: Ted Baker
- Runner-up: JT Long
- PM Winner: Joe Perez
- Runners-up: Joe Hobby, Steve Brown, John Sefakis and Bob Maske



Shooters Winners, clockwise from top left: Joe Ferrando and Flavio Lombella; Bob Wehner and CV Orr; Ted Baker and Joe Perez



Eight-Ball Doubles July 21:

- PM: Winners: CV Orr and Bob Wehner
- Runners-up: Carl Callaway and Oscar Alvarez, Doug Porter and Joe Ferrando, Bob Armour and Clyde McFadden, Frank Mahoney and Al Gutierrez, Bob Doney and Wayne Bullen

Contacts: Ed Ryan 408-3420; Jim Immel 434-2918

Challengers Billiards

Every Friday from 10:00 AM-12:00 PM, Billiards Room (KS), we play seven games of eight ball (1/15). For average-to-advanced players, the games are timed at 17 minutes each to keep things moving. If time is called, the team with the most balls left on the table loses. The one ball and the 15 ball each count two points and the others count one point. There also can be a tie game. This is a more strategic game with special rules. We play with different partners and opponents most games. There is an advance sign-up book but sometimes standby players get to play. Sign up, show up, and stay cool!

Congratulations to our recent monthly winners:

- Seven Games: Joe Heruty, Joe Hobby, Chiquita Fratto
- Six of Seven Games: Joe Hobby, Joe Perez, Ted Baker, Doyle Coker, Oscar Alvarez, Willie Wright, Sherry Weech

Contacts: Rita Baikauskas 408-4687, Dan Oden 408-2687, Sherry Weech 408-1398

Couples Billiards

Joe & Nicki Hobby won six games the first week. Jim & Barb Conger and Carlos Barrantes and John Sefakis won five games.

The next week we had a three-way tie winning six games. Those players were Sylvia Gutierrez and Doyle Coker, Carlos Barrantes and John Sefakis and, last but not least, Joe & Shirley Varner.

This week we had a three-way tie with all players winning five games. They were Jim & Barb Conger, Al & Betty Jones and John Sefakis and Carlos Barrantes. There were no six game winners.



Billiards Couples, Upstarts & Challengers Groups Barbecue Committee

On week four John Sefakis and Carlos Barrantes won all six games. Jim & Barb Conger and Ron & Sherry Weech tied with five games.

Chiquita Fratto and Dale Houck were our only six game winners. The five game winners were Carlos Barrantes and John Sefakis, Joe & Nicki Hobby and Ron & Sherry Weech.

Contacts: Jim Conger 434-1985; Sherry Weech 408-1398

Upstarts Billiards

It is mid summer and way too hot for midday, outside activities. So what is there to do? How about playing billiards! Our group of beginner-to-average players gets together each Thursday from 1:00 to 3:00 PM at the Billiards Room (KS) and we play six games of Eight Ball. We have a great facility with plenty of air conditioning and both men and women players who enjoy playing in a casual setting. If you want to learn more about us, please call one of our Contacts or just stop by. We welcome new players.

Congratulations to our recent winners:

- Six Games: Sandy Pavlovich, Del Torres, Willie Wright
- Five of Six Games: Phyllis Borelli, Paul Lundberg, Bob Wehner, Carlos Barrantes, Dan Oden, Chiquita Fratto, Dale Houck, Gail Harmon, Rita

Baikauskas, Joe Hobby, Jack Fabian, Del Torres

Contacts: Rita Baikauskas 408-4687, Dan Oden 408-2687, Joe Hobby 253-9633

Instruction Group

Learn to play pool or sharpen your games. Take advantage of the expert help offered on the second and fourth Mondays, 9:00-11:00 AM. Please sign up in advance in the Billiards Room (OC).

Contact: Dick Perry 434-1294



• Bird •

The Bird Group is taking a vacation during the month of August, with no meetings and no trips. The first trip of September is on the 10th to the sewage ponds on Moore Road, west Placer. The next monthly meeting will be Monday, September 13 at KS at 1:00 PM. Enjoy the end of summer!

Contact: Kent Duncan 408-3455, dunc11337@starstream.net Website: www.LHbirdnest.org



• Bocce Ball, Mad Hatters •

It is beginning to look like the annual Bocce Tournament between the Mad Hatters and the Red Hats is on again. Initial contacts have been made and discussion seems to point to Saturday, October 23, same timing as last year. This will be the eighth year for the competition. As we do not have an active email list for all our players, we would like to take this opportunity to encourage past participants to come out and start practicing. We would like to field as many two-women teams as possible and really need you ladies to step forward. Red Hat ladies are welcome to join us on Thursday mornings at 8:00 AM, if you think you need the practice.

Contacts: Glen Stanphill 408-8885; Paul Mac Garvey 543-2067, pmac1411@aol.com



• Book Group, OC •

On September 16 the OC Book Group will discuss a biography, *Desert Queen* by Janet Wallach, an account of the life of Gertrude Bell (1868-1926). Although born to privilege in Victorian England, Bell chose to explore the Arab world. Take time to enjoy yourself with her adventures and then come to our discussion.

Please join us this month and on the third Thursday of each month from 1:00

to 2:30 PM in the Multipurpose Room (OC). Newcomers are always welcome.

2010 Schedule

- October 21: *84 Charing Cross Road* by Helene Hanff;
- November 18: *A Thousand White Women* by Jim Furgus
- December 16: Holiday Luncheon
Contacts: Penny Pearl 409-0510; Darlis Beale 408-0269; Dale Nater 543-8755; Linda Derosier 543-6307
Website: <http://lhocbookgroup.blogspot.com/>
Wiki: <http://ocbookgroup.pbwiki.com/>



• **Bowling** •
Rocklin Tuesday AM

Hello all bowlers of the Tuesday 10:00 AM Rocklin League. We are looking forward to seeing everyone and meeting our new bowlers for this season. Our opening meeting will take place on *Tuesday, August 24, in Presentation Hall (KS) from 10:00 AM to 12:00 PM.*

League bowling will commence on *September 7, at 9:45 AM.* Information regarding *Teams & Cost, etc.,* will be furnished at the *August* meeting. Hope you all had a great summer. To folks out there looking to make new friends and have fun, call us about our bowling league.

Contacts: Betty Curtis 543-6866, bbcurtis@msn.com

Strikes Thursday PM

How quickly time flies with so much to enjoy in the summer months, but here we are now getting ready to start the new fall/winter bowling season. We will have our Group meeting on Thursday, August 19, at 4:30 PM at KS. Please mark your calendars and plan to attend if at all possible. We have a number of items to discuss.

The league will start on Thursday, September 9.

Currently, we are a full league, but anyone wishing to be added to the sub list should contact either officer listed below.

Contacts: Cathy Riewerts 408-5709, cleer50@yahoo.com;
Terri Krcha 543-6111, paulandterri@sbcglobal.net



• **Bridge, Partners** •
Thursday Evening, First & Third

- July 1
- First: Chris & Ken Jacobson

- Second: Cathy Brynjulson
- Third: Ann Montague & Sharon Neff
- Fourth: Marge & Wayne Phillips
- High Round: A tie — the Jacobsons and Brynjulsons

July 15

I am remiss... I lost the winners but do have the highlight of the evening: Erick Wolf and Edith Keating bid and made a grand slam, took first place & high round.

What a way to end this regime!! This is a really competitive and fun group. Gay & Ken Gladden will be taking over from this point.

Please pitch in and help as needed.

Contact: Ken Gladden 409-0804, KenGladden@hotmail.com

Thursday Evening Second & Fourth

Winners for June 24:

- First: Marge & Ken Klein
- Second: Gay Gladden and Ruth Werfel
- Third: Jack Henricks and Harry Collings
- Fourth: Janice Stadler and Tom Quay

Winners for July 8:

- First: Hal Smith and Vivian Frederick
- Second: Ann Leitze and Judy Olson
- Third: Al & Bev Blaine
- Fourth: Sasha & Tom Eason

Winners for July 22:

- First: Chris & Ken Jacobsen
- Second: Robbie Duggan and Anne Ulrich
- Third: Ken Gladden and Kaye Andrews
- Fourth: Sue Cirerol and Dee Williams

Chris & Ken Jacobsen are the new coordinators of this Bridge Group. Join us for a friendly night of competition!

Contact: Chris or Ken Jacobsen 408-8709



• **Bridge, Duplicate** •

It's pretty hot outside so come and join us for duplicate bridge in nice cool Kilaga Springs. We have games each week Wednesdays at 12:30 PM, Fridays at 5:00 PM, and Saturdays at 12:30 PM. In addition to the two special games mentioned last month we had an exchange with the Sun City Roseville Bridge Club which included a nice breakfast.

Sixty-seven of our members earned points at the Sacramento sectional, leading the way in garnering points were Robert & Joan Rouse. On Wednesday, July 7, Bill Lampton and Robert Kodel had a rare 73.06% game.

This month we're having a whole week of stack games. In these games, the same

hands are played in clubs throughout a region or nation so that you can compete against players from many clubs in addition to competing against players in our Club. Our main objective remains however to have fun.

Contacts: Elise Homer 543-0650, hit4home@starstream.net;
Sandra Brumley 434-6016, sandycat@starstream.net
Website: www.sclhbridge.com



• **Bridge, Social** •

Come play bridge with us every Friday, 1:00-4:00 PM in the Terra Cotta Room (KS). Check-in time is no later than 12:50 PM. You do need a reservation to play but you do not need a partner. *Call Vivian Frederick, 408-0479, to make a reservation or cancellation.*

Save September 24 for our annual get-together – a Lasagna party at Kilaga Springs from 5:00 to 9:00 PM.

Recent winners (6/25 to 7/23) were:

- First place: Ann Johnson, Jim Hauggard, Peggy Schmidt, Febe Harrington, Jeri Nesbit
- Second place: Eleanor Amar, Stanley Mutnick, Randy Rasmussen, Tom Quay, Shirley Bry
- Third place: Al Allen, Ann Ullrich, Ann Johnson, Lois Burke, Carol Mayeur
- Fourth place Febe Harrington, Beverly Dwyer, Lois Burke, Harry Collings, Rosanna Jensen

Contact: Dee Williams 408-5582, djohn32@sbcglobal.net



• **Bunco** •

Last month's Bunco game was probably the most exciting ever and very well attended! There were so many Buncos rolled during the game time that there was a dice roll-off between five players to win the grand prize for Most Buncos. We had a novice player win one of the gift certificates (Most Losses) so it just goes to show that this game is easy to learn and easier to win – even if it is for most losses.

Bunco is held the third Thursday of each month in the Cards Room (OC) at 9:00 AM. Everyone is welcome for a \$5 entrance fee. There is no membership fee to join in the fun and all we ask is that you arrive a few minutes before start time ready to have lots of fun. If you are lucky enough to win one of the gift certificate prizes — all the better!

Last month's winners:

- Most Buncos – Paulette Rhoads



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special**

inspect steering & suspension,
align to manufacturer's specs

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Most vehicles. Parts & shims extra if required.



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special**

install new brake pads
and resurface rotors

\$109⁹⁹

Most vehicles. Grease seals & wheel bearing repack extra if required.



See store for complete service description and details. Redeem this coupon at your participating Firestone Complete Auto Care store. Not to be combined with another offer on same product or service and not to be used to reduce outstanding debt. No cash value. Offer void where prohibited.

save now thru 9/30/10

- High Score – Andie Aguirre
- Most Wins – Donna Bishop
- Low Score – Sara Klesius
- Most Losses – Mariel Lane
- Traveler – Barbara Lynch

Contacts: Claudette Kinman 543-6347; Marian Skillman 396-4263



• **Ceramic Arts** •

CAG “Workshop” times for members are held at OC on Saturdays, 9:00 AM-4:00 PM, and Sundays, 10:00 AM-4:00 PM; KS workshops are Monday, 1:00-4:00 PM for Earthenware, and Sundays 1:00- 4:00 PM for Spanish Oils. Non members are required to join the CAG after their third visit for a nominal fee of \$12 per year.

“Open Studio” times available to all residents of the SCLH Association (CAG membership not required) are: *OC Fridays only, 1:00-5:00 PM*, and *KS Sundays only, 1:00-4:00 PM*.

All workshops and open sessions are monitored at both studios. Access will not be granted without a monitor present and keys will be given only to registered monitors. *No exceptions*. Questions regarding the above may be directed to Mike Daley at 543-9449 or Marilyn Anhalt at 408-8196 —CAG Steering Committee Members.

Contacts: KS Earthenware — Terry Pisani 408-4037; KS Spanish Oils — Marty Berntsen 408-2110; OC Pottery — Marilyn Anhalt 408-8196 and Mike Daley 543-9449
Website: www.lincolnsuncity.org, Groups, Ceramic Arts



• **Cloggers** •

Beginners’ class is open to those who want to join clogging. The class will be accepting new members until end of September. Janice Hanzel, instructor, makes clogging steps easy and includes teaching balance. A great way to keep in shape while having fun. Her Clog I class offers a great chance for cloggers to return. Soon it all comes back! Her Clog I class is opened until end of September.

Clog II and Performance Class with Suzi Thomas is now a four-week session instead of eight weeks.

Members are encouraged to join the Northern California Clogging Association. Members receive discounts at workshops and conventions. Also, they receive a quarterly newsletter providing communication and announcements among cloggers

everywhere. Check out the website, www.ncca-inc.com.

A Clogging Dictionary is available on the website. Cost: NCCA-member, \$35, Non-member, \$45.

Checkout page 67 for class info.
Contact: Barbara Sowers, 408-5061 yubacabin@yahoo.com



• **Computer** •

• **Main Meeting: September 8, 6:30 PM: “Speech Recognition”** If you hear someone talking to his computer, he’s using Dragon Naturally Speaking or Windows 7 speech recognition software to take his computer experience to the next level. Speech recognition software allows you to dictate documents and email messages. It also allows you to browse the Web and navigate program menus using voice commands.



Computer Group: Rita Wronkiewicz will demonstrate “Speech Recognition” September 8

Rita Wronkiewicz will demonstrate how easy it is to get started with speech recognition. This demonstration includes launching applications, opening files, managing email and working on the Web, all by voice.

- **Clinic: September 10, 3:30 PM “Under Development”** please check our website as the date draws near.
- **Ask the Tech: September 27, 10:00 AM Informal Q & A session** for any and all technical questions. All meetings at Presentation Hall (KS).

Contact: Bob Ringo president@sclhcc.org
Website: www.sclhcc.org



• **Mac User** •

Do you enjoy discovering new apps for your iPhone/iPod or iPad?

The general meeting on August 24 will be a fun and informative evening with apps shown from technical to educational to entertainment and maybe a few oddball ones for fun!

General meetings start at 6:30 PM with Ask the Tech followed by the speakers at 7:00 PM. Presentation Hall (KS).

September 28 will be the annual catered Barbecue for members held in the Sports Pavillion.

New to the Mac? The Newbies meet

twice monthly and are currently working on chapters from *The Little Mac Book*. Join the Newbies on August 18 at 9:30 AM as they review Apple’s *Address Book* from *The Little Mac Book*. Presentation Hall (KS).

Please bring non-perishable items to the general meeting on August 24 for Lincoln’s Food Bank.

Contact: Irwin Maloff 408-2368, imaloff@sbcglobal.net
Website: <http://LHmug.org>



• **Country Couples** •

Two months of summer have passed by, but we had some “Good Times” dancing. Several couples attended the July 11 dance arranged by the Country Couples instructors, Jim & Jeanie Keener, and held in Sun City Roseville’s Sierra Pines Clubhouse.

Don’t forget our free practice sessions offered most Saturday afternoons where you can take advantage of obtaining help from some of the advanced dancers. These dancers volunteer their time to assist us in tuning up our dancing skills or learning a new dance taught in classes we were unable to attend. Our special thanks go to Ivan & Irene Hesson, Rene & Kathy Lopez, Ernie & Lynda Wilson and Tom & Ern Hargis.



Country Couples enjoying our events

As a reminder, there are two websites that have information about the LH Country Couples Dance Group. If you haven’t visited them you may want to check them out at www.djlarry.info and www.lhcountrycouples.com.

Contacts: Rene Lopez 434-5617; Tom Hargis 434-6931



• **Cribbage** •

The Cribbage Group plays from 8:30 AM until 12:00 PM on Tuesdays, with a six-game mini-tournament starting at 9:00 AM, in the Cards Room (OC). We are

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916.396.9216



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916.770.9661

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a friendly group, always willing to welcome new players. Give us a try!

Recent weeks have seen steady attendance, several new players, and a variety of winners, coupled with a lot of fun. We'd love to welcome you!

If anyone is interested in moving to more competitive play, Mary Bernadette and I play weekly in a Roseville "Grassroots" club and other local tournaments. Talk to us about those levels – you may find yourself happily playing in the wider cribbage world. There are approximately 186 Grassroots clubs nationwide, so if you travel, you are likely to find a group to play with for an evening's enjoyment. There are also numerous one- or two-day weekend tournaments throughout the country.

**Contact: Jerry Wilcox 543-3117,
jerry.wilcox@gmail.com;
Jack Poshepny 543-8463**



• **Cyclist** •

Here's a little bit of what LH Cyclists did over the summer (and this is just what your author knows!). Many have ridden in one or more centuries (either 100 miles or 100 kilometers) in all parts of the state. A few rode 200 miles in two days. Many rode around Lake Tahoe (again). One rode from San Francisco to Los Angeles (again), and about 10 made their way from Lincoln to Pacific Grove in five days. Oh yeah, several went to France to ride for three weeks! Equally impressive is the fact that several riders got back on their bikes after years away from two wheels. Many Club members rode farther than they ever have before, or climbed a hill they never dreamed they could. If you are not already a member of LH Cyclists, why don't you contact one of us and get started?



Cyclist Group, clockwise: on Tahoe's Flume Trail; halfway to Los Angeles; after 204 miles in 2 days

Contacts: Steve Valeriote 408-5506, jillsteval@sbcglobal.net; Bob Burns 543-3382, sclhbob@sbcglobal.net; Gary Steer 434- 6860, gardon504@sbcglobal.net Website: www.LHcyclist.com



• **Fishing** •

Fishing results the past month have been mixed with a few showing good results and others where the catching was slow, but that's fishing. Note that an August fishout had not been scheduled but a visit to Folsom is now under consideration. Stay tuned.

August activities to-date included participation in the Grandkids Camp on the 5th for Grandkids aged 5 to 12. Members provided instruction in casting, knots and other fishing activities. We will also participate in the annual Fish'in Kids Derby in September where members will assist kids learning to fish. It's fair to say that the members get as much enjoyment from these mentoring activities as the kids do.

An update: subgroups focusing on Fly Fishing, Boaters, Bass Fishing, Delta/Saltwater, and Bank Fishing have been set up to coordinate ad-hoc trips (those not sponsored by the Group) and let other members know that an opportunity exists.

Contact: Wally DelaBarre 434-1712, wallydb@att.net



• **Folk Dancing** •

International Folk Dancing will resume Tuesday, September 7 after a brief summer hiatus. We will meet, as usual, in the Social Kitchen (KS) area from 2:00 to 4:00 PM.

We encourage you to add Folk Dancing to your weekly activities. It is a great low impact exercise that is also good for balance and memory. You will visit countries all over the world via dance without the hassle of passports, visas, or long and expensive airplane trips.



Folk Dancing Group: One of our line dances

The dancing we do is similar to many other forms, such as line or square dancing, but with an international flavor. Singles with or with-

out partners are always welcome; partners are not necessary as in other types of dancing. Please join us. We would love to have you. And, remember, there are no dues! We just ask you to sign in each time you come and have fun.

Contacts: Lois Eckhoff, 434-8643, or Ingrid Lapin, 543-3012. Website: http://sclhfolkdance.tripod.com



• **Garden** •

August 26—General Meeting and Program (KS, 2:00-4:00 PM).

Lynn Lombard will speak on "African Violets and Gesneriads!" Gesneriads are among the most interesting and desirable of all horticultural plants like Gloxinia, Lipstick Plant, Cape Primrose, and many others. Lynn is bringing African Violets for purchasing. Claire Boatright will accompany Lynn and anyone who purchases a plant and a (Ceramics by Claire) pot at this meeting will be treated to a complete potting of that plant on site!

Sign-ups will be available at this meeting for the October 27 *Tour to the Otow Family Orchard* in Granite Bay. Otow is known for fresh or dried persimmons and pumpkins. Come learn about Hoshigaki. Carpool, \$3 donation, limit 25 people. Optional lunch at Pasta Pomodoro. Contact: Marilyn Buckhorn, 408-4780.

Reminder: Vote for the Bylaws (sent earlier this month) by August 31. Email limmel@ssctv.net or phone Ann Anderson (408-2842), Judi Leimer, (408-4308.)



Garden Group: Tour to Otow Orchards; African Violets and Gesneriads

Contact: Lorraine Immel 434-2918, limmel@ssctv.net



• **Gem and Mineral Society** •

Our next meeting is scheduled for August 30, 4:00 PM, Sierra Room (KS). Jim Hutchings, a gemologist and an experienced craftsman and has a

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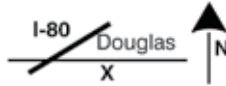
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gold claim outside of Auburn, will be giving a talk called "Gold: From the River to the Ring."

Our September 27 meeting will be at 4:00 PM, Sierra Room (KS). Our speaker will be Debbie Bunn, head of the "Fossils for Fun" group. She will tell us about the amazing fossils that have been found just a few hours from Lincoln.

Our Club sponsors the *Lapidary* and *Jewelry Shop*. Hours: Mondays 8:00 AM to 12:00 PM and Wednesdays 8:00 AM to 12:00 PM. The charge is \$5 per each two hours spent in the lab. All funds go to equipment and supplies.

Member of the CFMS and the NorCal Field Trip Cooperative.

Contact: Doug Hohman 434-6001
Lab reservations: Dave Fisk 434-0747
Website: <http://sites.google.com/site/lincolnhillssuncitygems/home>



• **Genealogy** •

General Meeting: On Monday August 16, 6:30 to 8:30 PM at the Presentation Hall (KS). Speaker: Pam Dallas. Topic: "Evaluating Evidence". Ms. Dallas will be looking at how to review evidence, developing good research habits, and determining correct genealogical conclusions. Visitors are welcome.



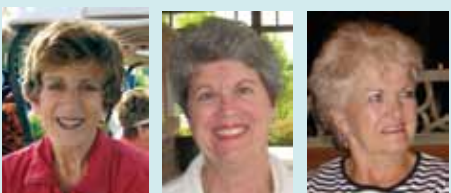
Pat Johnson, speaker at Genealogy Group's July meeting

Contact: Marilyn Morgan 408-5753
Website: www.webfavors.com/lincoln



• **Golf, Ladies** •
Lincster Lady Niners

The 40 Club regulars, Linda Salmon and Kate Gold, have company! On July 14 besides Linda and Kate, Carol Golbranson and Cheryl Wong scored in the 40's. Awards Co-Chair, Marion Mu-



Golf Lincsters: Lois Gilbert; Marie Bossert and Marion Munoz

noz, reports this is the first time we have had that many 40's on a Lincster play day. In addition, Cheryl Wong won the Grandmothers' Tournament. Way to go, ladies!

WNGHA Team Lincoln Hills tied for second place at Cold Spring.

A reminder that the Salt Mine continues to have need of non-perishable food and on the first Wednesday of every month there is a box on the patio for collecting items.

Golfer of the month for May is Lois Gilbert, and sharing that honor for June are Marie Bossert and Marion Munoz.

Contact: Linda Lowe 543-5932
Website: www.lincsters.com

Ladies XVIII

July produced hot temperatures and hot scores among the women of LHLGXVIII. In two "Stableford" events, Lani Dodd, with 43 points, and Marti Fitzpatrick, with 48 points, took top honors.

On a playday during which only putts were counted, Remy Raquiza won over the field with a mere 30 putts. The flat stick was sizzling!

Our big team event in July was the Red, White, and Blue tournament. This year the Blue Team, led by Captain Pat McNiff, romped to victory with a whopping 754 points.

The Match Play tournament took place July 22, 29, and August 5, with two-player teams vying for top prize. Look for the results next time.

Stay cool!
Contact: Lani Dodd, doublebogey1@att.net



• **Golf, Men's** •

A fun and busy golf schedule was in place in July and continues into August for LH golfers!!!

The July 13 ABCD tourney crowned the team of Larry Webber (personal best of 72) Steve Garavito, Dudley Lewis and James Chan with a fine two best balls of 119! Congrats guys!! The team of Tony Dipaola, Mike Anderson, Glenn Arney and Clyde Mills came in a close second with a fine 122!!

Our NCGA Net Amateur was hosted on the Hills course August 10 with the top qualifiers moving on to Regional Play on September 23.

The Men's Group CVS will play Northridge on August 23, sign-ups are in the Golf Shop. The last two days of August will be our Member/Member with the famous horserace being contested after day one.

Hit them straight everyone!!!

Contacts: Ken Jacobson 408-8709, jakemust@sbcglobal.net; Steve Brown 626-9075, sebusaman@aol.com Website: www.lhmgc.com



• **Hiking and Walking** •

Walkers: The Walking Group membership is now at 21. 15-18 walk each week. Call Margie for details.

Hikers: Save the Date: On September 30, the Hiking Group will hold its annual meeting and election. Our meeting will feature CHP Officer Mark Uhlenburg who will talk to us about search and rescue, survival in the wilderness, and how to handle emergencies. Mark your calendar and plan to join us.



Hiking Group, from top left: Lassen National Park; Three Lake Loop; traversing a snow field in Lassen NP

After encountering snow fields and lost trails at our Lassen getaway, the Three Lake Loop hike in the Donner Pass area was snow-free. Views of the many lakes, including Donner Lake, were a delight.

The Rubicon Trail on the beautiful shore of Lake Tahoe will be hiked August 26. As an added treat, dinner on the ride home is planned at Jax at the Tracks in Truckee. This restaurant was featured June 7 on the Food Network on Diners, Drive-ins and Dives.

Contacts:
Hiking: Fred Crofut 408-1850, fredcrofut@sbcglobal.net
Walking: Margie Campbell 408-0713
Website: <http://lincolnhillshikers.org/>



• **Investors' Study** •

Investment discussion groups in the Multimedia Room (OC)

- August 16: Active Investors, Dottie Erickson Coordinator 3:00-5:00 PM
- August 23 (date change): Options, Steve Greenfield Facilitating, 5:00-8:00 PM

2010 meetings:
 Presentation Hall (KS) 2:00-4:00 PM

- September 2: Russell Abbott, MorganStanley/SmithBarney, returns to follow up on the art of Personal Investing. Russ teaches a rules base approach to investing in the market.
- October 7: Barbara Star, PhD, Personal Coach, Trader, & Author will demonstrate how to use Technical Analysis Patterns.
- November 4: Jack Crump — after nine years of running the Investors Study Group, Jack is moving on. His talk will be a collage of the investing techniques we have studied over the years.
- December 2: Jack Bowers is editor of *Fidelity Monitor*, a Rocklin, CA newsletter and chief investment strategist for Bowers Wealth Management, a \$15 million fund. All SCLH residents are welcome.
Contact: Jack Crump 645-8768, jackandnakako@starstream.net



• **Lavender Friends** •

What a great night we had at the PFLAG (Parents, Families and Friends of Lesbians and Gays) Diversity Celebration. We felt welcome, with reserved tables and a warm introduction. Food was wonderful



Lavender Friends enjoying themselves at the PFLAG Diversity & Fundraising event: Jack Fallin with the amazing rainbow balloons; Sheila Rose, Michelle Poirier and Howard Friedman; Richard Wong and Club President Phil Washburn

and entertainment by the Sacramento Gay Men's Chorus was outstanding. There were raffle prizes & we "made out like bandits," winning 14 (!) prizes. Thanks to Sharon and Marie for the great effort in organizing our participation.

Our first (but not last!) expenditures from money raised at the Parking Lot Sale were \$100 to PFLAG and \$100 to Lincoln Hills Foundation — two very worthy causes.

Coming attractions: A two-night stay at a gay-friendly cabin resort in Lake Tahoe? Watch for emails. October 23 is "make a

difference day" in Lincoln. Let's help make a difference in our town!

Nancy (aka Madame Webmaster), reminds us to read and use our web and blog sites. Let's hear from you!

Contacts: Jacquie Hilton 543-9349, jacquiehilton@starstream.net; Herman Osorio 408-8094, hosorio@hotmail.com; Website: www.lavenderfriends.com



• **Line Dance** •

All line dance classes are in full swing for the summer. See page 69 for sign-ups for the coming months.



The Line Dance Group's Shady Ladies performed at Lincoln's Senior Center in July

Looking forward to the month of September, there will be a special event for all line dancers. On September 11, Yvonne Johnson will be offering a workshop in Citrus Heights at Rusch Park. The event will be from 12:00-5:00 PM with open dancing to follow after dinner from 7:00-10:00 PM. There will be several guest instructors including our own Sandy Gardetto, Michael Barr, Michelle Burton, Cindy Aldrich and Robbie Black. See your instructors here for registration forms. Plan on joining your fellow line dancers from the local area in a fun-filled afternoon. Learn lots of new dances!

Contacts: Yvonne Krause 408-2040, ykrause@yahoo.com; Carol Rotramel 408-1733, caroled@surewest.net



• **LSV/NEV** •

Low Speed Vehicles/ Neighborhood Electric Vehicles

Our July Coffee was a great success and was followed by our general meeting. The speaker was Iqbal Kauo, a manager with the DMV. She gave us a great handout and a lot of information about the laws and registration/licensing of LSVs. Ryan Kugel from Electrick Motorsports, Inc. was also introduced as a newly-authorized GEM service facility operator. It is great to have someone close by to help us with our maintenance problems.

We don't have a meeting in August,

but we will be sending out membership renewals, due in September, via email with membership renewal and new members' welcome. Our Poker Run will be on September 12 at the Sports Pavilion. We are once again going to provide burgers and dogs, with your potluck dishes. The rally is \$3 per person, and we will have *great* prizes. Contact Harry & Diane Maker at 408-3797. See you there!

Contact: Bev or Buzz Rognlien 408-4540

Website: Lincolnhillslsv.com



• **Mah Jongg, Chinese** •

Chinese Mah Jongg is a game that is played with tiles. It is not the matching game that is on the computer but it is a game very similar to the card game of rummy. Each player makes up their own hand using all the 14 tiles picked up during each round. It is a game of strategy but mostly a game of luck. If you are curious enough about learning this fascinating game of tiles, feel free to call one of the ladies in the contact list.

Contacts: Rita Yankee 408-4405; Virginia Haradon 408-5536; Ada Squires 543-3499



• **Mah Jongg, National** •

Please join us every Tuesday from 12:30 to 4:00 PM in the Card Room (OC). We have a great time playing this ancient tile game and welcome all skill levels. New players learn at the beginners table with our great instructor, Val. Your brain will love the exercise and you'll get out of the heat.

Contacts: Jolene Robinson 543-8162 Valerie Gee 645-6816



• **Motorcycle** •

Dave Fernandes led us on a three-day ride to Virginia City in July. The second day afforded us the option to board the recently-restored V&T Railroad for a steam-powered round trip to Carson City or take a scenic ride to Pyramid Lake north of Reno. Sunday was a leisurely ride home.

Dale Brinsley led us on the "Tahoe Loop



Motorcycle Group: Dale & Loretta Brinsley

Ride" on August 14, a beautiful ride on mostly back roads to South Lake Tahoe for lunch. Following a tour of the western shore line, we took our last break of the day in Grass Valley before returning home.

The next meeting is at 6:00 PM on August 26 in the Fine Arts Room (OC). As always, we will be talking about upcoming rides so be sure to attend. Guests are always welcome!

Contact: Peter Boyle 408-1955,

vceb@sbcglobal.net

Website:

http://web.me.com/rettavincent



• **Music** •

Curtain time is almost upon us. We are all set with our Showcase 7 presentation for September 15 and 16 in Orchard Creek Lodge. This year we have the ticket choice of show-only for \$10 or show and dinner combination at \$38. Roll on September; let the fun begin. Our talents are honed.

Lincoln Highway is happy to report that their long time drummer, Charles Keeney, is back in the groove after surgery. Good news. Congratulations Charles.

New talent is always welcome so stop in and meet this friendly cast.

Our regular meetings are held in the Fine Arts Room (OC) every fourth Wednesday at 6:30 PM. An annual \$5 membership includes our social events and walk-ins are invited. Monthly meetings kick-off with group and individual performances. Bring your instrument if you have one.

For information regarding our future events, visit the Music Group on the SCLH residents' website (below).

Contacts: Charles Murray 408-1486,

KZ2B@sbcglobal.net; Julie Rigali

408-4579, jjrigali@yahoo.com

Website: www.lincolnsuncity.org,

Groups, Music



• **Needle Arts** •

Threads of Friendship

It's been a creative summer, highlighted by the upcoming week-long Zephyr Cove retreat. No August Meeting. Mark your calendars for the September 14 program about cleaning, repairing and restoration of all fibers.

Subgroups meet in the Sewing Room (OC):

- Appliqué: Fourth Friday, 1:00-4:00 PM
- Beading: First & third Friday, 1:00-4:00 PM
- Community Service: Every Thursday,

- 9:00 AM-12:00 PM
- Cross Stitch: Second & third Wednesday, 9:00 AM-12:00 PM
- Hardanger: Every Tuesday, 3:30 PM (fee for class)
- Knitting/Crocheting: First, third & fifth Wednesday, 9:00 AM-12:00 PM
Second & fourth Thursday, 1:00-4:00 PM:
- Machine Embroidery: Fourth Wednesday, 9:00 AM-12:00 PM
- Needlepoint: Every Friday, 9:00 AM-12:00 PM
- Rug Braiding: First, third & fifth Monday, 1:00-4:00 PM
- Sewing/Quilting: Every Monday, 6:00-9:00 PM; Every Tuesday, 9:00 AM-12:00 PM:
- UFO (Unfinished Objects): Second Friday, 1:00-4:00 PM
- Wearable Art: Third Wednesday 1:00-3:00 PM; Fourth Wednesday, 1:00-4:00 PM

Contact: Joan Eastman 543-7172,

jeast595@sbcglobal.net



• **Paper Arts** •

Boats, Beaches, Balls! Time for Summer Fun! Lots of vacation and entertainment ideas on display in the window this month. Members enjoy the heat of the day by playing with paper indoors in the cool of the A.C.

A great presentation by guest instructor Debbie Chronister of Stampin' Up gave us two finished cards to take home ready to use, ideas for other Paper Arts and introduced us to new skills to keep us busy and challenged. After the meeting we had a great time at lunch with Debbie. Another of our famous parties!

Remember: Keep cards coming for the Armed Services! Bring non-perishable foods for The Salt Mine! Both of these projects are so needed and very much appreciated.

Paper Arts meets on the first Thursday of the month at 9:00 AM in the Fine Arts Room (OC).

Contacts: Diane Jackson 645-5554;

Barbara Bolenbaugh 434-6581

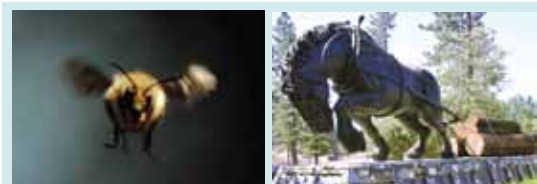


• **Photography** •

We're heading up to Grass Valley in September for the Draft Horse Classic, a unique display of beautiful horses and horsemanship, tack, skills, and rigs. This annual event is being presented by our own Dr. Mary Massey, horse appreciator. And for our September 8 meeting, we'll

hold our semi-annual show and tell. This time, the show begins with Macro (close-up) shots that turned out to delight and satisfy our innate curiosity over things we rarely see that close or so still.

Should time allow under the watchful eye of Rhonda the Reliminator, other unwashed (non-Macro) participants will be allowed to toss their artistic hats into the Ring of Recognition, including (we'd hope) Dr. Miss Mary and her equine devotees. More diatribe to continue barring being banned or shot. Photos shown here are a



Photography Group: "Honey, I'm Home," and "Draft Horse Classic" by jeffa

homage to the contributions of the mighty draft horse and the equally mighty bee.

Contact: Jeff Andersen 434-6009,

jeff.andersen@sbcglobal.net,

Website: SCLHphoto.com



• **Pickleball** •

Pickleball Club members have been honing their skills at a series of clinics taught by one of the country's best players, Alan Christensen from Granite Bay. The latest clinic covered close-in volleys, close-in lobs, and dinking. When played at the back of the court, pickleball strongly resembles tennis, played close in, at the seven-foot or "kitchen" line, it looks more like table tennis, but when played with the dink-shot, it is unique. The dink is a very soft shot that barely clears the net and cannot be returned with a slam. Alan drilled clinic participants in this most difficult of shots, and inspired confidence to use it in play.

At the June clinic, a surprise 80th birthday



Pickleball Club members celebrate John Mastor's 80th birthday at the Sports Pavilion. Birthday boy John Mastor (center), Sandy Hamer (front left), and Pickleball Club President Linda Brandelius (front right)

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celebration for John Mastor warmed everybody's hearts on a cold, wet early morning. John, who plays regularly and well, got a cake and a hearty Happy Birthday song from all his Pickleball friends.

Contact: Linda Brandelius 434-6610, linda1042@att.net
Website: LHpickleball.blogspot.com



• **Players** •

Remember what Christmas was like as a child? Remember that magical spirit that made everything brighter, people friendlier, and the world more joyful? Director Dolly Schumacher James needs your help to bring that Christmas spirit alive in "Christmas Magic." Please mark your calendars for auditions on August 24, 26 and 28.

In "Christmas Magic," Santa and his elves try to bring happiness to orphans badly in need of love and understanding. To tell this story, we need actors, vocalists,



*Players Group:
Auditions on
August 24, 26, 28*

dancers, and children. This is your and your grandchildren's chance to become stars. In addition to the main characters, there are many non-speaking roles available for dancers and singers. Music and scripts are available by contacting Marge Sage at 408-0585, or Dolly Schumacher James at 408-0136.

Auditions at Presentation Hall (KS): Adults/Vocalists—Tuesday, August 24, 1:30-4:30 PM, and Thursday, August 26, 5:00-8:00 PM. Children—Saturday, August 28, 2:00-5:30 PM.

Contacts: Dar Gallaway 408-7209; Toni Burr-Neighbors 434-6205



• **Poker** •

The Poker Club plays a variety of poker games every Monday, 1:00-4:30 PM and Tuesday, 5:00-8:30 PM, Multipurpose Room (OC). Games are played using scrip, and we play a variety of five-card and seven-card poker games including Omaha, Stud and Draw.

Special Announcement: Texas Hold 'em will additionally be played at separate tables on Mondays — details to follow — same time and locations as above.

Quarterly Hold' em tournaments are open to all residents, first-come, first-served, as they usually fill up quickly with a 48-player cap. Our next tournaments will be October 16.

- Results from the July 17 Tournament:
 First — Lou Himelhoch
 Second — Ron Gilman
 Third — Dottie Prohaska
 Fourth — Creighton Fong
 Fifth — Case Lambregtse
 Sixth — David Borden
 Seventh — Sherry Grossman
 Eighth — Vic Petkus

Any questions, or to be added to our email distribution, call Kathy Otagiri.

Contacts: Kathy Otagiri 408-2907; Steve Kriner 543-9874; Lois Clausen 408-2426



• **RV** •

The first gathering of RV Bocce Ball players was held on Monday, July 19. Only a handful of members attended but it was a fun-filled morning. The team of John Babel and Dick Naragon blew away Ginny Babel and Dick Howard in the first match. And Pro Bocce Ball players, Bobbie & Gene LaFaunce, beat Donna



*RV Group
Bocce Ball
players*

Malone & Kay Howard. Watch for an email from our Webmaster, Ricki Montoya, for the next Bocce Ball day.

Fall Rallies:

- Albuquerque Balloon Festival, September 20 - October 4. Wagon Masters Hal & Phyllis Levin and Les & Sandy Levi.
- Plymouth Rally, October 1-5. Wagon Masters Dennis & Donna Malone and Ben & Mary Lou Sliger.

Thank you to Joanne Simpson for her efforts to generate more attendance at meetings. Sharlene Zielinski won a \$50 gift certificate to Meridians at the July 8 meeting.

Contact: Dick Howard 434-8253
Website: www.lvhrvg.com



• **SCHOOLS Volunteer** •

We are busy gearing up and planning for the 2010/11 school year. All volunteers and interested vol-

unteers are encouraged to attend the *Annual Meeting* on Wednesday, September 15, 9:00-11:00 AM at Presentation Hall (KS). Scott Lehman, Supt. of WPUSD will be our speaker. The *New Volunteer Workshop* is Wednesday, September 22, 9:00 AM-3:00 PM (lunch included) at OC Ballroom breakout room. You must RSVP for the Workshop to Cindy Moore: cindysmoore@me.com

All interested residents please notice and refer to the SCHOOLS Insert in this *Compass*. We invite you to join our 272 current volunteers who are having a positive impact on students in the Lincoln schools by sharing their talents, time and interests.

Contacts:
Elementary: Eileen Marks 409-0320, emarks@aol.com; Cindy Moore 408-1452, cindysmoore@me.com
High School: Robert Shroeder 408-3994, robt.shroeder@sbcglobal.net



• **SCOOP** •

**Sun City Organization
Of Pooches**

"Help... My Dog Got Out and is Missing"... I must get this phone call at least twice a week from a heartbroken dog owner. SCOOP does what it can by asking our 200 members to watch for your companion. Pearl Chang also alerts the SCLH Yahoo Group. We do what we can, but did you do your part to give "Buddy" the best chance to get home? Does he *always* wear his name tag with your current telephone number on it? Most escapees are not wearing name tags because they *never* get out!

At our July meeting, Donna Poria spoke about benefits and ease of getting our dogs qualified as Therapy Dogs. It's not hard at all! I can't wait! Thank you, Donna. In August, Barbara Logan will talk about her work in Dog Rescue.



From left: SCOOP Co-Leader Shirley Mohler, Speaker Donna Poria, Leslie and her Therapy Dog Cheyene, and Co-Leader Nick Bilkie

Join us the third Thursday, 3:00 PM, Fine Arts Room (OC). Article by Dianne Ochoa George.

Contact: scoop@sclh.com
Website: www.sclh-scoop.com



• **Scrabble** •

Chance — Civic — Cancel. What do these words have in common? They all have two C's in them. C's are hard to work with in Scrabble. If one is in your tray, a second one will come to you. So it is a good idea to keep some of these words in mind. C's are hard to work with because it is one that cannot be combined with another letter to form a two-letter word. Co? Ic? Sorry, not in the dictionary. It is often paired with a K to end some words. Place the CK at the right end of your tray. CH — CL— CR, also start words. Be sure to place those combinations on the left side of your tray to help you form words there to be played on the board.

Come and combine your communal interests at cranial challenges in the Cards Room (OC) Mondays at 1:00 PM.

Contact: Darlis C. Beale 408-0269



• **Second Cup of Coffee** •

The late summer/fall programming is before us!!

On Monday, August 16, Wolf Oplesch will re-instate one of the earlier popular panel series, "My Most Memorable Moment." The program's purpose is to select interested group volunteers who will introduce themselves and share with the attending membership that selected profound experience.

This year's theme is to focus on "Some of Our Special Ladies," specifically, Rita McPeake, Jean Richards and Sonya Woods, steering committee members who ensure the popular group programming! Often, special moments are humorous and always endearing!

On Monday, September 20, the Placer County League of Women Voters will provide "Facts Concerning the State General Election Initiatives." This non-partisan advocacy group promotes good citizenship and provides information and audience answers to these initiatives. The CCRC/Community Forum task force will co-host this event with us, 10:00 AM, OC Ballroom.

The Monday October 18 session details are being confirmed.

Contact: Wolf Oplesch 408-1788, oplesch@sbcglobal.net
Website: <http://sites.google.com/site/secondcupofcoffeegroup>



• **Singers** •

The Lincoln Hills Singers will resume rehearsals on September 7, at 3:30 PM, Presentation Hall

(KS). All residents who enjoy singing are encouraged to join the Group. Music for the Christmas Concerts on December 12, 13, and 14 has been selected. The distribution of the music at the Sports Pavilion will be prior to the first rehearsal.

Some of the Singers volunteered to sing at the Memorial Program on May 31. Also on July 4, 30 of the Singers joined the Roseville Community Concert Band in the Amphitheater. The Lincoln High School Choir has been invited to participate in the Singers' December Concerts.

Contact: Bill Sveglini 434-5655
Website: www.lincolnsuncity.org;
Groups: Singers



• **Singles** •

Ever worry about joining an organization and getting lost in the shuffle? Not with the SCLH "Dynamic Singles"!

President Sarah Lambrose hosted a July cocktail party *just* for new members, to talk about member expectations, club activities, and future planning. There was discussion of a "mentoring" program to pair up newer members with one of the over 200 current members, to enhance the fun! The only



Singles Group President: Sarah Lambrose

thing missing was *you!*

Next Meeting: Thursday, September 9, OC, cocktails — 6:00 PM, meeting — 6:30 PM.

- August 17 — Let's Dance at Meridians, 6:00 PM (drop-in)
- August 23 — Table for eight at Meridians Barbecue, 6:00 PM. Marilyn Sharp, 434 - 6898
- August 26 — Social, Ladies Choice — Dime a Dance, OC, 6:00 PM
- August 28 — RiverCats game, Wave, 5:00 PM — Mike Caporale, (707)548-1490
- Bocce Ball — Wednesdays at 7:00 PM, Sports Complex
- Tennis — Mondays at 8:00 PM, Sports Complex

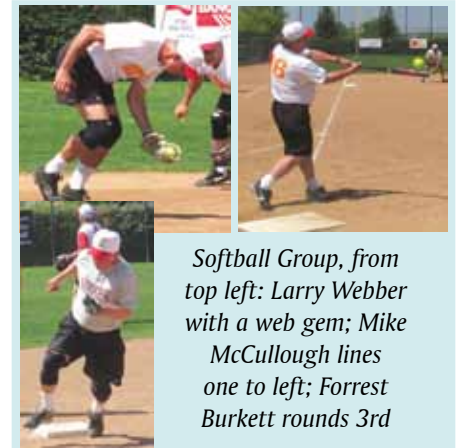
Contact: Sarah Lambrose 543-0035
Website: www.lincolnhillssingles.org



• **Softball, Senior League** •

Not all Lincoln's fireworks were July 3. On July 5, four players from each team played in two spectacular All-Star games. First up were the Team-All-Stars, and the American-Leaguers prevailed. Then the best-of-the-best, the League-All-Stars, put on a display of talent and camaraderie, and the American-League won again.

Then came the annual battle between LHSSL and the city of Lincoln. This was the eighth meeting, and the City sent a team of young, athletic players, determined to



Softball Group, from top left: Larry Webber with a web gem; Mike McCullough lines one to left; Forrest Burkett rounds 3rd

repeat the drubbing they had issued us "oldsters" last year. But they ran into a team of All-Stars, not last year's team of managers, and after a slow start, LHSSL handed out a good old-fashioned schooling, 21-12. Overall, however, the real winners were the hundreds of fans there to witness LHSSL going up 5-3 in the series. A good time was had by all.

Next meeting: October 5, 3:00 PM, OC
Contact: Dave Rich 543-8614, richerino@aol.com
Website: LHSSL.org

Coyotes

The Coyote Invitational was held June 26/27 and this year was renamed The Rich Daniels Memorial Tournament in honor of Rich Daniels, an original Coyote and who recently died after a long battle with cancer. Hal Connors gave a touching trib-



Coyotes: Carlos Zavala makes good contact; Mike Schmidt lines to right

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(A short mile off Highway 65 near Sunset)

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ute, which included reading a letter from Rich's daughter and a poem from Rich's granddaughter. All Coyotes then walked to center field where Rich's #5 jersey was hung on the scoreboard for the remainder of the weekend. The winner of the tournament wasn't decided until the 15th and final game on Sunday and three teams ended in a 4-1 tie, including the 60s Black. The 70s went 1-4 in Elk Grove, the 65s went 1-4 in Tuolumne, the 60s Black went 5-0 and won their bracket in Tuolumne with an outstanding offensive show: 8 players had 2 or more home runs, the team had 23 homers and scored 120 runs.

Contact: Bob Hunter,
bluespritzer@yahoo.com



• Sports Car •

The Sports Car Group met with the LH Rods and Relics Classic Car Club for their first "Show & Shine Barbecue." Held at Turkey Creek Golf Course, the turnout



*Sports Car:
"Best Of Show"
Dennis &
Donna Malone;
"Best Looking
Sports Car"
Virgil & Pam
Berry; "Most
Desirable
Sports Car"
Rick Bradley
and Judy
O'Conner*



was very impressive. Prizes were awarded for best/most popular in each group; after everyone partook of food and beverages, prizes were announced. "Best of Show" award went to Dennis & Donna Malone for their 1938 Ford coupe with a Candy Brandy Wine paint job. "Most Desirable Sports Car" award went to Virgil & Pam Berry for their 2005 Sunset Orange Corvette. "The Sports Car You Would Want to Have" award went to a 1960 Porsche 356 Super Cabriolet driven by Rick Bradley and Judy O'Conner. There were 46 cars participating and we had 96 people present for the awards.

The Sports Car Group meets the first Monday each month 6:30 PM. We are currently meeting in Presentation Hall KS).

Contact: DiAnn Rooney 543-9474
dvrooney@mac.com
Website: LHsportscars.com



• Square & Round Dance • Sun City Squares

The Club celebrated the 4th of July weekend with a root beer float party.

The beginner's class completed their Mainstream dance lessons, and they are spending the remainder of the summer brushing up on their dancing. In the fall they will start their Plus level calls.

Meeting Times

- Mainstream/Plus Instruction — Mondays, 2:30-3:30 PM (KS)
- Full Plus Level — Mondays, 1:15-2:30 PM (KS)
- A1-A2 Level — Mondays, 3:30-4:15 PM (KS)
- A-2 DBD Level — Thursdays, 1:00-3:00 PM (KS)
- Round Dancing — Fridays, 2:00-4:00 PM (KS)
- Round Dance Practice — Saturdays, 7:00 -8:30 PM (OC)

Contacts: Chuck Vickers 408-4082,
pjclvickers@starstream.net; Frank Reina 543-3132,
papafrankr@yahoo.com



• Table Tennis •

There has been a general feeling among the members of our Group that some people might feel a little intimidated when they happen to come by and watch the action at one of our play sessions. They notice the level of play and feel that it might be above their skill level. This would be an assumption not based in fact and totally without merit.

The fact is that we have two tables designated for the beginner or casual player. We even have paddles for people who either do not own one or possibly have one stored in some long-forgotten box in a corner of the garage.

We accommodate all levels of play and welcome all who might want to enter. All one has to do is open the door and talk to one of us. Once that threshold is crossed the fear will subside; and once play begins, that feeling of a great workout will envelop the body, cleanse the mind and fine-tune those reflexes.

Contact: Howard Parker 408-4655
Joe De Souza 543-4868



• Tap Company •

Even though it is midsummer, the new Tap Company Board has already met and plans are under-

way for the upcoming new year. One of the items on the agenda is to create a universal logo for the Tap Company. We know we have many creative tappers and others who can design something marvelous for us. So— a contest for the most interesting design is on. Contestants must submit their artwork by August 18 to the Board. Once the Board chooses a design we will recognize the winning artist.

If you have talent, please join us as we celebrate the 10th Anniversary of the Lincoln Hills Tap Company's Talent Show in April of 2011. Auditions will be held October 25. More information regarding date and time will be forthcoming or call Barbara Greenfield, Producer/Director at 408-5017.

Contacts: Celeste Morris 253-7272,
celestemorris@att.net; Linda Wilson
356-4287, Wilsons1123@sbcglobal.net



• Tennis •

Upcoming activities for the Tennis Group (LHTG) include:

- LHTG Summer Barbecue August 12
 - Men's Doubles Tournament September 18
 - Oktoberfest Tournament October 16
- USTA Summer season is underway, LHTG has two women's teams competing in the Combo League, three teams competing in the 50 Mixed League and two men's teams competing in Senior 60+ League. We are very proud to have 3 men's Senior 65+ teams competing in local and sectional playoffs. Check the USTA section of our website for detailed information.

If you would like to join the LHTG, please send \$12 (checks payable to LHTG) to Elliot Korenthal.

Social drop-in tennis is held from 8:00 – 10:00 AM on Wednesday and Saturday. All residents are welcome. Please check the Events Calendar on our website for more information about our activities.

Contacts: Jack Williams 408-8947,
j3jwill@gmail.com;
Pat Campbell 543-0618,
patacam@gmail.com;
Website: www.sclhtg.com



• Travel •

The next Travel Group meeting is Thursday, August 19, 7:00 PM, Kilaga Springs. Guest speaker is Mr. Jay Fehan of Collette Vacations.

The following are planned trips:
Crystal Canada & New England Cruise (Sep 2010) Branson (Dec 2010); Palm

Springs New Years (Dec 2010); Costa Rica (Jan 2011), Australia/New Zealand (Feb 2011), Israel w/Jordan Option (Mar 2011), Canyon Country, Arizona/Utah (Apr 2011), Celebrity Alaska Cruise (May 2011), Columbia & Snake River Cruise (Jun, 2011), Russian River Cruise (Jul 2011), Italian Lakes Tour & Princess Greek Isles Cruise (Sep 2011). See our website for details on all trips.

Lincoln Hills residents are welcome to attend our regular monthly meetings the third Thursday, (KS). You must be a member to travel with the Travel Group.

Contacts: Teena Fowler 543-3349; Karen Foley 645-5411; Linda Frazier 434-8266; Sheron Watkins 434-9504
Website: www.LHtravelgroup.com



• **Vaudeville Troupe** •

Once again, a Huge “Thank You” to our fantastic, loyal fans who made our sellout Shows a real pleasure to perform in!! Our “Cabaret-Style” Theater was filled with enthusiastic audiences who had comments like, “Wow! Unbelievable talent once again!”, “Such excitement and fast-pacing!”, and “Such energy on that stage!” We enjoyed showcasing many new and talented Troupe members and hope to see many more new folks auditioning for our January 2011



Vaudeville Troupe: Vocalist, Susan Joyce, mesmerized audience as “Eliza Doolittle” in July Show; Gorgeous couple, Jeri & Richard DiFiore, performed in our Show

Shows: October 12, 7:00-9:00 PM, Presentation Hall (KS).

We look forward to seeing new and unusual acts to bring into our fun-loving and high-energy Troupe. Watch for the Vaudeville Troupe performing in the LHS Choir “Choir to Carnegie” Fundraiser (date and location TBD).

Contact: Marina Eugenios 408-3654, marinaeug@sbcglobal.net
Troupe Website: [YouTube.com/user/marinaeugenios](https://www.youtube.com/user/marinaeugenios)



• **Veterans** •

California National Guard Staff Sgt. Emmett Spraktes, who was awarded the Silver Star for exemplary action as a flight medic in Afghanistan, will be the featured speaker at the September 16 meeting of the Veterans Group, 1:00 PM, Presentation Hall (KS).

During a Taliban ambush in northern Afghanistan, Spraktes was lowered to a ground position, where he treated and removed five injured soldiers. He joined



Veterans Group: Sgt. Emmett Spraktes was awarded the Silver Star for his exemplary

performance in support of an embattled platoon in the middle of a Taliban ambush in the Watapur Valley in northern Afghanistan. (Department of Defense photo)

the fight with the troops on the ground to provide further aid and support until he received a direct order to get back into his aircraft and leave the area.

In civilian life, Spraktes is a California Highway Patrol officer who teaches emergency medical services at the West Sacramento academy.

The Veterans Group encourages everyone to fly the American flag and to make a special effort to show the colors on September 6 and 11, Labor Day and Patriot Day, respectively.

Contact: Jon Hodson 543-4687, jonnhodson@gmail.com
Website: lhvets.org.



• **Water Volleyball** •

Come join us in the pool! Water volleyball is open to all Lincoln Hills residents of any skill level. You can try it out without joining. Train-



Water Volleyball Group: Playing regular land volleyball

ing is available at 5:30 PM on the first and third Mondays of each month. We have

open play, competitive (advanced) play, and league play (next league is in the fall). The water is refreshing on hot summer days and you can get some exercise without working up a sweat! We had a great time at our July 24 social, with “land” volleyball and a potluck picnic. Come join the fun!

Play is available at KS on:

- Open Play: Saturdays at 9:00 AM and second, fourth (& fifth) Mondays at 5:30 PM.
- Open or League Play (all levels): Wednesdays & Thursdays 6:45 PM.
- Advanced Play (rated players only): Mondays 6:45 PM.
- Training: First and third Mondays at 5:30 PM.

Contacts: Gary Haight 408-3658, gary@sapros.com; Darryl Hornsby 543-3804, clayhornsby@sbcglobal.net
Website: www.lincolnsuncity.org



• **West Coast Swing Dance** •

SCLH’s West Coast Swing (WCS) Dance Club is a West Coast Swing Dance Club here in SCLH, and our mission is to promote and further the art of West Coast Swing. If you are interested in finding out more about our Club and our many activities provided for our dancers, please give us a call.

Mark your calendars: Dance Workshop: West Coast Swing & Cha Cha Cha: Thursday, August 19, from 6:00-8:00 PM Multi-Purpose Room (KS); Our next Club Dance is scheduled for Thursday, August 26, (KS) 6:00-9:00 PM. Our West Coast Swing dance practices are held on the second and fourth Fridays of each month in the Fine Arts Room (OC), 5:30-7:30 PM — it’s two hours of dancing and practicing our WCS: August 27, and September 10.

Contacts: Dottie Macken 543-6005, justdottie@sbcglobal.net; Eldon Davisson 408-8542, ejdav1@sbcglobal.net



• **Woodcarvers** •

The Woodcarvers are dedicated to advancing all forms of woodcarving. Members carve everything from caracatures, to birds, fishes, and tons of holiday ornaments. The membership skills range from novice to Master Carver. This writer, for example, never carved more than a turkey before joining the group three years ago. The guidance and encouragement of the more experienced carvers, along with access to a great library, makes

it a wonderful environment to learn this ancient art form.

Woodcarvers meet between 1:00 and



Woodcarvers Group

5:00 each Wednesday at the Sierra Room (KS). Come in and join this great group of folks and maybe you too will soon be carving more than your Thanksgiving turkey!

Contact: John LePage 543-9564

Website: www.SCLHwoodcarvers.blogspot.com



Writers

June was an especially fruitful month for the Writer's Group. Two of our members have succeeded in having their books published. Bev Brannon has her stories, *Behind the Man*

Behind the Badge, recounting her days as the wife of an NCIS operative as he moved around the world. Her fascinating book is available on Amazon.com. Jim Fulcomer, has his second book of poems published for children, *More Funny Animals*. He is selling them locally. They both join many other Lincoln Hills residents who write and publish successfully. Why not join our Group and share your stories, essays or poems

Quite a Story

continued from page 14

cart instead of returning to the shelves. Check the lost and found area by the printer – we sometimes find family photos, etc., in books.

Many thanks to those residents who kindly donate books – books published after 2002 keep our shelves interesting and our readers truly enjoy our efforts to keep our shelves current. If you have books published prior to 2002 consider donating them to the Lincoln Library at Twelve Bridges.

I try to keep an eye open for unusual books in our Library and this month I found a book in our Fiction section titled *The Lost Prophecies* by C.J. Sansom, a historical

with us on the second and fourth Monday of each month at 6:30 PM in the Ceramics Room (OC). For Writer's Group info. call Jim Fulcomer at 543-9201

Contacts: Alan Lowe,
slolowe@starstream.net;
Jim Fulcomer 543-9201,
jjfulcomer@mac.com

mystery. There are a small group of historical mystery writers who are members of the Crime Writers Association and this book has six interlinked mysteries. The time period is the sixth century and the stories include Celtic lore, hidden treasure, plagues, and rebellions with desperate characters though at times a bit gruesome. The medieval language works to create an authentic atmosphere.

Contacts: books to donate call Sally Scotch at 543-0792; volunteer opportunities call

Sandy Maloff at 408-2368; investment materials are maintained by Cleon Johnson, 408-5648, and the Orchard Creek Community Living Room contact is Nina Mazzo, 408-7620 or ninamazzo@sbcglobal.net.

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515-4800

Bulletin Board

Please email your bulletin board articles to judy.hogan@sclhca.com

Glaucoma Support Meeting: September 8, 4:00-5:30 PM, Multipurpose Room (OC). We meet the second Wednesday of every month at 4:00 PM. Please join us. More info: Bonnie Dale, 543-2133.

Italian Club: Bouquets to Lilly LaPira and committee for making our July Inaugural Dinner/Dance a delightful event. Check out pictures on our website: www.lhitalianclub.com/. Join us for Bocce Ball/Barbecue planned for Sunday, September 26 at the Sports Pavilion. October 9 will be a special Italian event, a Reno bus trip to the Eldorado Italian Festival. Our Board sponsors a friendly, informal quarterly New Member Orientation, members can meet and learn more about our Club. Single members can always invite a guest to attend our events. More info or to join: Membership Chair Rose Cesarz, 434-5301. If you are of Italian heritage and like to have fun, there is a place just for you. Ciao!

The Multiple Sclerosis Group will not be meeting in August. See you Tuesday September 7, Raley's, Sterling Point Conference Room, 1:00 PM.

Every Sunday from 12:00 - 4:30 PM is "Open Play" in the Cards Room (OC). Bring your cards, board games, dominoes, or dice. This is an opportunity to meet new friends and have a fun afternoon. All SCLH residents are welcome. Tables are first-come, first-served.

Peripheral Neuropathy Support Group: No meeting in August. Next meeting — the third Wednesday in September at 1:00 PM in the Raley's Community Room. More info: Jim Fulcomer, 543-9201.

You are invited...

to the following presentations held in OC Lodge:

The following are vendor presentations open to SCLH residents and people from outside the community. Products or services presented are not sponsored or supported by SCLHCA.

- August 19 • 4:00 PM Premier Power, Solar Presentation
- August 21 • 11:00 AM-2:00 PM Cruise Travel Fair
- August 22 • 11:00 AM-2:00 PM Cash for Jewels
- August 24 • 6:30 PM New Hearing Aid Technology & Free Hearing Aid Testing
- August 25 • 2:00 PM Discount Communications Systems
- August 25 • 6:30 PM Eliminating Back & Neck Pain – Dr. Leamon
- August 26 • 10:00 AM-4:00 PM Cash for Jewels
- August 27 • 10:00 AM Solar Power, Heating & Air, Clinic by Home Depot
- September 5 • 10:00 AM-2:00 PM Birchfield Jewelers
- September 7 • 6:00 PM Spinal Aid Presentation – Dr Zorich
- September 9 • 6:30 PM Free Foreclosure Avoidance Seminar

Racquetball Group: We play on Mondays and Thursdays at California Family Fitness Club, located in Roseville. Membership to the club is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play cutthroat, doubles and/or singles. Ladies are welcome. See you on the court!! Contact: Armando Mayorga, 408-4711, amoon38@sbcglobal.net.

Republican Club: We keep growing in numbers each meeting. Please plan to attend the next meeting and bring a friend and/or neighbor. August 18, 6:00 PM, Fine Arts Room (OC). Doug LaMalfa will be our guest speaker Our first social event will be September 22, 4:00-8:00 PM at the Pavilion. More info: Tom Webb at 408-0400.

You are invited to join an informal **Running Group**. We meet every Tuesday and Thursday in the Lobby of the Kilaga Springs Fitness Center at 7:00 AM. Tuesday we run 5K (3.1 miles) and Thursday the workout may vary. Our motto is, "No one runs alone." Please join us. We invite guys and gals, fast and slow; the

only qualification is that you love to run. Contact Ben Horner, 408-4588, barhorn@sbcglobal.net or Jim Leonhard, 550-7075, jhleonhard@gmail.com.

Shalom Group: June meeting featured an interesting film about the Shanghai Jews which dealt with escapees from Europe in the late 30's. Our next general meeting is on August 23, KS. The High Holiday services are open to everyone. Erev Rosh Hashanah begins on September 8 at 7:00 PM with services continuing on September 9 at 10:00 AM. Erev Yom Kippur begins September 17 at 7:00 PM with services continuing on September 18 at 10:00 AM, Yizkor at 1:00 PM, afternoon service at 5:00 PM and concluding with Nilah at 6:00 PM. Break-the-fast follows the conclusion of services. Tickets/information: Sandy Maloff, 408-2368. Ticket prices go up after August 25, get your reservations in now. If you wish to get involved in preparations for this important holiday, please speak to a board member or email contactshalomgroup@gmail.com. Membership: Robin Crosby, 408-3500. Questions and inquiries to the Board of Directors: shalomgroup@gmail.com.

Christmas Magic



Remember What Christmas Was Like as a Child?

Remember that magical spirit that made everything brighter, friendlier, and more joyful?

Director Dolly Schumacher James needs your help to bring that Christmas spirit alive in "Christmas Magic." Auditions: August 24, 26 and 28.

"Christmas Magic" will be performed November 18, 19, and 20. In it, Santa and his elves try to bring happiness to orphans in need of love and understanding.

We need actors, vocalists, dancers, and children. This is your and your grandchildren's chance to become stars, and to experience the creativity that Dolly brings to her productions. In addition to main characters, there are many non-speaking roles for dancers and singers. For music and scripts, contact Marge Sage at 408-0585, or Dolly Schumacher James at 408-0136.

Auditions at Presentation Hall (KS): Adults/Vocalists – Tuesday, August 24, 1:30-4:30 PM, and Thursday, August 26, 5:00-8:00 PM. Children – Saturday, August 28, 2:00-5:30 PM.



Due to the late growing season and to popular demand...

Certified Farmers Market Continues at SCLH!

On Wednesdays • 8:00 AM-1:00 PM

Fitness Center Parking Lot at Orchard Creek Lodge

Lavender Friends

continued from page 17

Mary. Among other guests – to give you a picture of the social concern among the Lavender friends – were Beth and Dana, representing Sacramento's WEAVE program (Women Escaping A Violent Environment). WEAVE now also offers services to men and children in need of a safe environment and counseling.

Lavender Friends is SCLH's newest official Group, as of September, 2009. It's an amazing group of people from all walks of life embodying a multiplicity of talent, all interested in supporting one another, doing some good in the world, and helping us all to keep an open mind. You know, minds are like parachutes – they only work when they're open!

Besides regular social functions and ministering to their members, Lavender Friends has offered their services to KVIE Channel 6, PFLAG (Parents, Families, & Friends of Lesbians and Gays), Salt Mine, and a food basket program for needy Lincoln families. And you may remember the tremendous success of the Lavender Friends' booths at the recent SCLH Parking Lot Sale – with Howard Friedman at the bullhorn – where 85% of their membership and 15 non-member households donated goods. All proceeds from the sale went to local charities.

"One of the most important services of the Group," in the words of President Phil Washburn, "is to provide a *legacy*. And by that I mean future residents of all orientations can know that they are welcomed and affirmed here in Lincoln Hills."

Of course, every group in Lincoln Hills is open to *all* and this one is no exception. Membership Committee Chair Jacquie Hilton would welcome your interest in joining. Check out the website at www.lavenderfriends.com. The Group is composed not only of gays and lesbians, but also of those in friendship. One person at the party told me how grateful she was for a gay couple who comforted and sustained her in recent months following the death of her husband. Several heterosexual couples have joined the Group – some have gay sons or daughters – and others simply want to be a part of a Group that celebrates open minds and unconditional respect of everyone.

We welcome this very colorful group to SCLH! Already they are adding to the rainbow of diversity in this great community.

Shooting Group: Our purpose is to make friends among the SCLH residents who are interested in shooting. All people interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. During the spring and summer we meet at 8:00 AM. For shooting schedule hours, please contact Michael Pargament (see below). Residents interested in rifle or pistol shooting can contact each other through our Group. Membership is free. Each month we gather at a different member's home for hors d'oeuvres and drinks. This allows us to enjoy each other's company and meet the member's spouses. If interested in joining us, contact John Kightlinger at 408-3928 for details of our next get together. Contact: Michael Pargament 408-0221, jdparg@inreach.com.

Submit Bulletin Board items to Judy Hogan at judy.hogan@sclhca.com by the 20th each month. Bulletin Board topics and items include interest in forming new groups and information about resident-related (not Association-sponsored) Groups.

Step Forward

continued from page 2

candidates to have a contested election. To be qualified, you must be a member in good standing, meaning that all your dues are paid up-to-date.

What does the BOD do? Among many other duties it:

- Sets policy for the governance of the Association
- Enters into contracts that affect all of us
- Sets standards that impact our monthly dues

If you haven't had much experience working on a Board, that's ok. The members of the Board will guide you and bring you up-to-date with the rules and regulations.

Did You Know?

Our newest Community Directory and Resource Guide is now available. It has a wealth of information such as Village maps, rules, regulations, and community information numbers.



Commercial Presentations

(Paid Advertisements)

The following are vendor presentations open to SCLH residents and people from outside the community. Products or services presented are not sponsored or supported by SCLHCA.

2010 Cruise Travel Show

Saturday, August 21 • 11:00 AM-2:00 PM • Oaks (OC) • Free

Presenters: Loretta Slyh and Dale Messer

Meet the cruise line representatives from Carnival Cruise Line, Viking River Cruises, Holland American Cruises, Royal Caribbean Cruises, Avalon River Cruises, Oceania Cruises, Regent and Uniworld. We will have special pricing, group departures and door prizes.

Home Depot Solar Power, Heating and Air

Friday, August 27 • 9:00 AM • Oaks (OC) • Free • Presenter: Solar City (Arden)

Solar Seminar will cover the following:

- How solar power works on your home
 - Benefits of The Home Depot's new solar program
 - How to get immediate savings by installing solar electricity for no money down
- Bring a copy of your utility bill to learn how much you'll save by going solar.



Village 4



Village 4 Coordinators, from left, Payne, Diane Kroll, Claire

The Compass Roving Reporter N.N.O. Party Animals

Steve Russo

I am not sure how Webster would define the word “neighbor,” but I am sure it is not the same as a Lincoln Hills definition. National Night Out (NNO) gave me a chance to see what the real meaning entailed.



Compass photographer Patrick Vath and I had the privilege to attend five parties, four

were scheduled and the fifth was a sort of fluke happening. Along the way we encountered Jeff Anderson who was taking group photos of the event, also for the *Compass*.

Our first landing was a party for Villages 22B and 23, two Villages that are fairly close knit. The party was hosted by Linda Capell assisted by Pat Saunders, and Village 23’s hostess Joan Luckey. Joan told me that her Village was made up of 45 homes and that NNO was not the only party time for them. Every Christmas both Villages get together and a celebration is thrown. They also play Bocce Ball every Monday morning and have a potluck two



Village 22B

Coordinators, from left, Joan Luckey, Pat Saunders, Linda Capell



Village 22B

times a year. A newsletter is distributed so that residents in both Villages know what is happening and where. There were tons of food and as I found at every party, a lot of people having a good time.

Our next stop was Village 20, hosted by Vern Chong, it was again a great crowd and lots of food. I could not get over the friendliness of all involved.

We then made our way to Village 4, located in the Kilaga Springs





Village 4

left, Paula and Luke

area. Highly involved in charity as a Village, co-coordinator Paula Payne told us how the PAL (Police Athletic League) was one of its benefactors. It was evident that this was the case as when we pulled up we could see a big trailer which was there to return the generosity of the Village by providing hot dogs and beverages to those in attendance. Village 4 also gives backpacks filled with school supplies for underprivileged children.

With one Village to go, we sorta got lost and stumbled into a pre-Village 42A NNO party hosted by Bruce & Burna Jamieson. We were invited in to their driveway and enjoyed a glass of lemonade. Burna told me that there were only 17 homes on

the block and that for the five years they had lived there the party had been at their home because it was in the shade.

After looking at a map, we finished our evening with Bob Varley and his wife Helen and the folks in Village 3B. Bob was doing his fifth year as co-coordinator. Lots of people here also. The one thing this party had the others did not was music. Bob told us that later in the evening they also had live entertainment planned.

In all, it was a great evening celebrating National Night Out and neighbors being neighbors. We hope you were involved and if your Village was not, then I have to say next year Neighborhood Watch and NNO hope you will be a party animal!



A Block in 42B



Village 23



Village 3B

coordinators Bob & Helen Varley



Village 3B

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Special Events & Bus Trips 47-62

Sold Out Events 62

Art Classes 62-65

- Drawing
- Oils, Pastels & Acrylics
- Mixed Media Collage
- Watercolor

Bridge Class 63

Ceramic Classes 65

- Lladro

Computer Classes 65

- Computer Mac

Cooking Class 67

Craft Classes 67

- Decorative Painting
- Mosaic Art

Dance Classes 67-71

- Ballroom
- Clogging
- Hula
- Line
- Tap
- West Coast Swing

Finance Class 71

Fitness Classes 74-79

- Circuits, Weights, Stretches
- Dance/Fitness Centers
- Health
- In the Pool
- Nordic Walking
- Tai Chi
- Yoga
- Tennis

Football Class 77

Gem Stone Cutting Class 77

Glass Art Classes 77-79

- Fused Glass
- Stained Glass

Jewelry Class 79

- Beading
- Precious Metal Clay

Language Classes 79

Music Classes 79-80

- Guitar
- Music History
- Keyboard
- Voice

Sewing Classes 82

- Creative Hardanger
- Doll Class
- Knitting

Travel Classes 82

Special Presentations 84

- Lincoln Hills Community Forums

Special Events & Bus Trips

Capitolaires & Sacramento Valley Chorus Concert Performance Tuesday, August 17 — 5040-06

Join us for a concert twice as nice with the Sacramento Capitolaires Chorus and the Sacramento Valley Chorus of Sweet



Adelines in our Ballroom for an evening of barbershop harmony. The program will include a blend of gospel, 50's harmony, ballads to Broadway and more, all sung a cappella. The Capitolaires Chorus is a local Chapter of the Barbershop Harmony Society and one of the original barbershop chapters on the west coast. The award-winning, high energy Sacramento Valley Chorus of Sweet Adelines, International is a women's singing group



specializing in four-part harmony, a cappella singing barbershop style. Membership of this 60-80 voice group includes women from the greater Sacramento area. They have performed at Cal-Expo, Sacramento Kings game, the widely renowned Sacramento Jazz Jubilee and in the "Ladies of Jazz" venue at the Crest Theater. Ballroom doors open at 6:30 PM for 7:00 PM performance. \$13. Now open to Guests.

Amphitheater Summer Concert Series: Rod Stewart Tribute with Rick St. James • Friday, August 20 Concert Only — 5200-4ECON Dinner & Concert Package — 5200-4EDIN

Tribute band to Rod Stewart, with Rick St. James, has been described as truly outrageous. Featuring Rod's blues-tinged early days to "Maggie May" and "Hot Legs" to the American Songbook standards. Rated as the world's best Rod Stewart tribute, the man filling Rod's shoes and tights nails his look and sound. Amphitheater doors open at 6:45

PM, concert 7:30 PM. Concert Only: \$19; Dinner & Concert Package: \$51. Dinner



package served in OC Ballroom promptly at 6:00 PM. See concert details and Amphitheater Guidelines on page 48. Friends, family and guests are welcome!

Sausalito — SF Bay Delta Model Tuesday, August 24 — 1840-06

Lots of walking and limited seating in the Bay Model area! The LSV/NEV Group suggested this trip to the beautiful city by the Bay, Sausalito. We arrive in Sausalito for a 1:00 PM tour at the Bay Model Visitor Center. The Bay Model, the only one of its kind in the world, is a three-dimensional representation of San Francisco Bay and the Delta, capable of simulating tides, currents, and river inflows that affect water quality and movement in the Bay. The model and exhibit spreads over 1.5 acres and represents an area from the Pacific Ocean to Sacramen-



to. Following the tour and an opportunity to look around a little, the bus will transport you to downtown Sausalito at 2:30 PM; you will have until 7:00 PM to explore Sausalito, take a ferry ride to San Francisco and back (check *Sausalito Ferry Schedule* on the internet for times/prices) and/or shop and have dinner on your own. There are several restaurants and shops along main Sausalito streets. Wear comfortable walking shoes and be prepared for cooler Sausalito weather and the air conditioned bus. Bring a sack lunch to be eaten on the bus. We will leave Sausalito for Lincoln at 7:00 PM. Leave the Lodge at 10:30 AM, return ~ 9:00 PM. \$35 which includes small donation to Bay Model. RSVP ♦♦ Now.

"Hot August Nights" Pavilion Dance with The Blues Farm Band Saturday, August 28 — 5021-06

Dress the part to celebrate America's love affair with cars and classic rock & roll at our Summer Street Dance and Car Show in cooperation with the Rods & Relics Group! Get an up close view of restored, preserved and collector cars — Antiques, Classics, Special Interest, and Modified vehicles. Enjoy concession grab-n-go style food from the soda

shop and a no-host bar during the Car Show or when the music starts. You will be transported to the era of classic rockin' blues and rock n' roll music for dancing with the premier Sacramento group, The Blues Farm Band. This highly-requested band rocked our Ballroom last year and features Blues Rock, Classic Rock and party music that is upbeat and very danceable.

The band has opened shows for Elvin Bishop, Edgar Winter, Daniel Castro, Roy Rogers & Norton Buffalo, Chris Cain and Little Charlie & The Nightcats. Sports Pavilion Parking Lot Car Show starts at 4:00 PM, check-in for dancing starts at 6:30 PM, dancing 7:00-10:00 PM. Wristband required for this event. \$12. Now open to Guests.



**An Evening Concert with Broadway's David Burnham
Monday, August 30 — 5052-06**

After an amazing performance in our Ballroom last September, we are bringing back the critically-acclaimed Broadway star you



couldn't stop talking about! Experience the vocals and music of Broadway star David Burnham, presenting a concert program including songs from his role as Fiyero in "Wicked;" Fabrizio in "The Light in the Piazza;" Joseph in "Amazing Technicolor Dreamcoat;" and the Prince in Warner Brothers' "The King

and I." For our returning guests, David and his excellent pianist will include new material from David's latest CD and well known favorites. OC Ballroom doors open at 6:30 PM for 7:00 PM performance. \$14. Now open to Guests.

**"Yesterday and Today" — A Beatles Tribute Band
Thursday, September 2
Concert Only — 5200-4FCON
Dinner & Concert Package — 5200-4FDIN**

This tribute band recreates music and magic of the world's favorite band, the Beatles. Authentic costumes, instruments,

Amphitheater Guidelines

- **Chairs:** Residents may set up chairs anytime on the day of the event; please be warned that sprinklers may go off before 7:00 AM. First come, first served.
- **Permitted Items:** Blankets/cushions, lawn chairs, small backpacks/bags, water in factory-sealed plastic bottles.
- **Not Allowed:** No cans or glass bottles, ice chests/coolers/picnic baskets, umbrellas, animals (except guide dogs/service animals).
- **Food & Beverage:** No outside food or drink is allowed except water in plastic bottles. A no-host bar and concessions will be available 45 minutes before concert begins. Dinner & Concert Package option available. Dinner package served in OC Ballroom an hour and a half prior to concert time.
- **Seating:** For concert only patrons, seating is first-come, first-served. Please do not move chairs already in place. Chairs/blankets may be set up **on the day of the concert anywhere except where designated for reserved seating.** Any resident chairs found the day before the event will be removed and stacked on the upper terrace. SCLHCA is not responsible for loss of chairs/blankets left unattended. Please put your name on your chairs. **Lawn seating** for blankets will be in the grassy area at the left of the stage. **Dinner & Concert Package patrons:** seats will be pre-set and reserved in the front middle of the Amphitheater.
- **Ticket Pricing:** Public ticket price will be \$4 more than resident ticket price as listed on each event. Resident must present Resident Card at time of purchase to receive resident rate.
- **Smoking:** No smoking during the concert.
- **Tickets:** Wristbands must be worn during the concert.
- **Parking:** We have a limited amount of parking at Orchard Creek. Please carpool or walk. The parking area in front at 945 and 985 Orchard Creek (across from our parking lot) is available after 5:00 PM. Street parking is only permissible wherever permit signs are posted.

REMINDERS

ACTIVITIES & FITNESS DESK HOURS & PHONE #S: Please see page 3.

TWO FACILITIES: Orchard Creek Lodge (OC) & Kilga Springs (KS)

RESERVATIONS: Reservations are required for all activities unless otherwise noted. If an activity/class is cancelled, a refund will be given. No other refunds will be given.

WANT TO SELL? Please contact Activities Desk if unable to attend an event or class.

WEATHER: Association trips and events are held regardless of inclement weather.

◆◆ Until RSVP date, registration for Trips, Events, and Classes are for residents only, two per household. After RSVP date, for Trips: Residents may purchase as many spaces as they wish, no limit. For Events: Residents may purchase additional tickets and registration is open to the public. For Classes: RSVP date is set in order to determine if class has met minimum registration required by instructor or if class will be cancelled. Once met, registration remains open until class is filled.

CLASSES (EXCEPT FITNESS): Register at least five working days prior to start date. Classes for residents only. If you want to take more than one class scheduled in the same month from the same instructor (except Computer classes), you must wait until after RSVP date to ensure all residents have the opportunity to enroll. Thank you for your consideration.

FITNESS CLASSES: Register for fitness classes at either Fitness Center.

SPECIAL ACCOMMODATIONS: We strive to make each event an enjoyable experience for you. If special accommodations are needed, please inform the monitor while registering.

DEPARTURES: All bus trips leave from OC Lodge unless otherwise noted. We load the bus 15 minutes prior to departure times stated on these pages. As a courtesy to all, we leave on time. Buses are air conditioned, please dress accordingly.

PARKING: For all trips, please park beyond the OC Fitness Center (The Wave). The bus will drop off there on return to Lincoln Hills.

SOLD OUT EVENTS: Are shown at the end of the Special Events listings.

HOSTING A BUS TRIP: Every bus trip has at least one person (*the Host*) representing the Association on board. The Host's responsibility is making sure the bus leaves and returns with the same number of people which includes counting people several times during the day when there are multiple stops. The Host passes pertinent information on to the travelers, organizes the loading of the bus, and is responsible for distributing any money on the day of the trip for food, admittance and/or the gratuity for the bus driver.

SCENTS: Please refrain from wearing perfume, cologne, and scented bath & body products when attending concerts, bus trips and using the fitness facilities. Many have allergies exacerbated by scents. Thank you for your consideration.

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and harmony capture the excitement of the originals. Amphitheater doors open at 6:45 PM, concert 7:30 PM. Concert only: \$17; Dinner & Concert Package: \$49. Dinner package served in OC Ballroom



promptly at 6:00 PM. See Amphitheater Guidelines on page 50. Friends, family and guests are welcome!

**Ferry to SF Shopping
Tuesday, September 7 — 1841-07**

Lots of Walking!! Are you ready for a fun-filled day in cool San Francisco? Start with a one-way scenic ferry ride from Vallejo to the historic San Francisco Ferry Building for one-and-a-half



hours of shopping and/or lunch on your own. Our motor coach will pick you up at the

Ferry Building and take you to Union Square for approximately four more hours of shopping and/or lunch on your own. Get your Macy's Union Square 11% discount card as you board the bus. Leave the Lodge at 8:00 AM, return ~ 7:30 PM. \$41. RSVP ◆◆ Now.

**Just Added! Meet Your Chef
Tuesday, September 7 — 5600-08**

Join us at Social Kitchen (KS) and meet our very own chef, Chef Roderick. Chef will present and discuss the exciting new Meridians menu and listen to your questions, suggestions and feedback for Meridians, Kilaga Springs Café, and Catering menus. Everyone will have a taste of the excellent dish he is preparing. This event requires registration due to limited seating and is free. Doors open at 9:00 AM, presentation starts 9:00 AM sharp. RSVP by ◆◆ 8/29.



**Rat Pack Tribute Concert 'N'
Dancing —
"The Jonathan Poretz Trio"
Friday, September 10 • Dancing &
Show Only — 5020-7SHO
Ballroom Dessert &
Show Package — 5020-7DES**

An evening concert and dancing honoring some of the most amazing entertainers in show business, Frank, Sammy, Joey & Dean. A musical tribute to "The Rat Pack" presented by The

Jonathan Poretz Trio as they blend vocal stylings of Sinatra, Torme, Bennett and Darin with their unique stamp for every song and story told. Whether you sit and watch or dance to your favorite tunes including "My Way," "That's Life," "Everybody Loves Somebody," "New York, New York," and more, this event offers two ticket options. Enjoy limited Ballroom front table seating around the



perimeter of the dance floor with a plated trio including *Chocolate Mousse, Fruit Tart, and Carrot Cake* or simply purchase a dancing & show only ticket for theater style seating. Jonathan has per-

formed this tribute in San Francisco, Las Vegas, Boston and Memphis and has played with jazz greats including Charlie Shavers, Chuck Wayne and Joe Puma. He is featured as a regular vocalist with legendary drummer Harold Jones, and is currently on tour with Tony Bennett. A no-host bar will be available when OC Ballroom doors open at 6:30 PM for all guests, dessert served at 6:30 PM, concert and dancing at 7:00 PM. Dancing and Show only tickets \$15, Dessert and Show package: \$27 (limited 70 tickets). Now open to Guests.

**Sacramento Air Races • Saturday,
September 11 — 1760-07**

Lots of walking. Thrills, chills and jaw dropping excitement coming to the 2010 California Capital Air Show. Breathtaking and awe-inspiring F-22 Raptors headline the show in addition to military jets, aerobatic performers and historic aircraft — all at Mather Airport. Watch



as the Raptor's power and acceleration defy the laws of physics. We have arranged for a reserved seating area

at the show with vendors available for lunch and drinks on your own. There will also be shaded areas available to cool off, if needed. Air show performances will run 11:00 AM - 4:00 PM. You can watch the show, visit the vendors or just walk around. Maps and performance schedules provided. Air shows are large events and guests must cover a great distance to see all of the show. Wear comfortable shoes and be prepared for possible warm weather. Be sure to bring a camera, hat and sunscreen and keep yourself hydrat-

ed. All carried items are subject to search. Bring only items necessary for your day. Leave the Lodge at 9:30 AM, return ~ 5:30 PM. \$59. RSVP ◆◆ Now.

**Down the Delta with Jerry Moorman
Tuesday, September 14 — 1921-07**

Travel down the Sacramento Delta via bus with step-on guide Jerry Moorman for lots of history, regional stories of the region, and historic towns. We will check out Isleton and Locke, once a



bustling place with gambling houses, merchant stores and a movie house all owned by the

Chinese. Due to its unique status as the only U.S. town built exclusively by the Chinese for the Chinese, Locke was added to the registry of national historical places by the Sacramento County Historical Society. We stop for lunch at The Point Restaurant in Rio Vista. The Point offers spectacular views with its location on the west bank of the Sacramento River, gateway to the beautiful California Delta. Please give your lunch choice to the monitor when your register; *Vegetable Quiche with Roasted Potatoes and Fresh Fruit*; or *Beef Tips with Rice and Fresh Vegetables*; or *Teriyaki Chicken with Rice and Fresh Vegetables*. All entrees include *rolls & butter and coffee or tea*. After lunch, we will stop in downtown Sacramento to visit Capitol Park, home to memorials, foliage and tree species from around the world. Jerry will enlighten us about the Park and its history. Leave the Lodge at 9:00 AM, return ~ 6:00 PM. \$57 which includes lunch. RSVP ◆◆ by 8/23.

**Comedy Night at Kilaga Springs
Tuesday, September 14
6:00 PM performance — 5050-07A
8:00 PM performance — 5050-07B**

Local headliner Mark G has performed at comedy clubs nationwide and is known for quick-witted, relatable comedy. Mark



G started in San Francisco, performing wherever there was a microphone. He attended the world famous improvisation institute Bay Area Theatre Sports (BATS), where he wove material with improvisation. He has appeared in TV and movie productions. Show opener Magician Alex Slemmer has been performing his unique blend



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of illusion, magic and jokes for over 15 years all over the country. Presentation Hall (KS) doors open at 5:30 PM for a 6:00 PM show; and doors open at 7:30 PM for an 8:00 PM performance. \$9. Now open to Guests. Comedy night patrons receive \$1 off any \$4 food & beverage purchase at KS Café (extended hours to 8:00 PM) on the day of the show.



The Music Group Proudly Presents "Showcase"

• **Wednesday, September 15, Show Only — 5040-7ASHO**

Meridians Dinner & Show Package — 5040-7ADIN

• **Thursday, September 16, Show Only — 5040-7BSHO**

Meridians Dinner & Show Package — 5040-7BDIN

The Hills are alive with the sound of music! After a hiatus due to the 10th Anniversary Celebrations in 2009, the Lincoln Hills Music Group is rarin' to kick off the new season with some of their wonderful discoveries. This year's



program includes bluegrass, blues, rock, jazz, show tunes and old standards. For those who wish to enjoy dinner at Meridians before the concert including the convenience of reserved front section seating in the Ballroom, we offer limited dinner and show packages for both evening performances. Please visit the Activities Desk for the "Showcase" Music Group special menu to include *salad, entrée choice, dessert and coffee*. Please be prepared to give your meal choice when you buy your tickets. Meridians show package patrons should call Meridians, 625-4040, to reserve their tables prior to the show. Ballroom doors open at 6:30 PM for 7:00 PM shows. Show-only tickets \$10. Dinner and Show Package \$38. Now open to Guests.

Dream Girls at Curran Theatre in San Francisco • Wednesday, September 15 — 1790-07

Stairs, no elevator. Direct from Har-

lem's world famous Apollo Theater in New York City, a sensational new stage production of "Dream Girls" comes to San Francisco. Full of onstage joy and backstage drama, "Dream Girls" tells the story of an up-and-coming 1960's singing girl group, and the triumphs and tribulations that come with fame and fortune. This Academy Award winning musical features unforgettable hits: "And



I Am Telling You I'm Not Going," "One Night Only" and "Listen." Please note: Our seats are on the second floor of the Curran Theatre with no elevator available. Approximately 25-30 steps to Mezzanine level with hand rail. Approximately four-to-seven steps to seats with limited hand rail. Bring a sack lunch to be enjoyed on the bus. Our tickets are for the 2:00 PM production. Our coach will drop you off at Union Square after the show for dinner on your own. We will depart Union Square at 8:00 PM for Lincoln Hills. Leave the Lodge at 11:00 AM, return ~ 10:30 PM. \$105. RSVP ♦♦ Now.

Just Added! Kilaga Springs — At the Movies! "Enchanted" Monday, September 20

PG; 107 minutes. Oscar nominated movie "Enchanted" starring Amy Adams, Patrick Dempsey, Julie Andrews and Susan Sarandon. In an animated fairytale world, Giselle meets her prince charming and the day before her wedding to Prince Edward she is banished to another world by his evil stepmother. The other world is present day New York City where the first nice person she meets is six-year-old Morgan Philip whose father does not encourage his daughter to dream about fairy-tales. The now-real girl has to survive in New York City and find her way home again and get her "happily ever after." Presentation Hall (KS) doors open at 1:30 PM for a 2:00 PM show. Free.



Tour of Guide Dogs for the Blind with Lunch & Sausalito Tuesday, September 21 — 1980-07

Lots of walking! Today our coach takes us to San Rafael for lunch and a visit to the California Campus of Guide Dogs for the Blind to learn more about this worthwhile organization. The tour, last-

ing about an hour and a quarter, may include visits to the kennels, puppy socialization area and the veterinary clinic. There is no admission charge but we have included a small donation in the price of the trip. This is a walking tour so wear comfortable shoes and be aware there is nowhere to sit along the route. We will arrive in San Rafael in time



for lunch at Ristorante la Toscana. Please give the Monitor your choice of entree: *Chicken Piccata with vegetable/rice or Grilled Idaho Trout with vegetable/rice or Capellini with Tomato, Basil and Garlic*. Lunches include a *Spring Salad with Italian Vinaigrette and coffee, tea or soft drink*. Following lunch and the tour, we will have a few minutes to check out the gift shop on Campus and then board the coach for nearby Sausalito for shopping/dining/ocean watching time. Leave Sausalito at 6:00 PM. Leave the Lodge at 9:30 AM, return ~ 8:00 PM. \$55 which includes lunch and donation. RSVP ♦♦ by 9/1.

The Diamonds Wednesday, September 22 Concert Only — 5200-4GCON Dinner & Concert



Package — 5200-4GDIN

Highly requested for bringing back those happy high school memories with their American Bandstand favorites, we end our Summer Concert Series with the band that popularized the hits "Little Darlin'" and "The Stroll." Get ready to have fun and dance! Amphitheater doors open at 6:45 PM, concert 7:30 PM. Concert Only: \$16; Dinner & Concert Package: \$48. Dinner package served in the OC Ballroom promptly at 6:00 PM. See Amphitheater Guidelines on page 48. Friends, family and guests are welcome!

Reno – Silver Legacy Thursday, September 23 — 1770-07

Another play day! Today's bus heads over our beautiful Sierra Mountains to Reno's Silver Legacy for a day of sight-seeing, gaming, lunching, people watching and excitement. You will receive \$10 cash back and \$5 food coupon.



What a fun day! Leave the Lodge at 8:00 AM, return ~ 6:30 PM. \$24. RSVP ♦♦ by 8/27.

**Bi-Annual Parking Lot Sale
Saturday September 25 — 5120-07**

Time to get rid of your unwanted “stuff”? The Bi-Annual Parking Lot Sale will be held in the OC Fitness Parking Lot. Join us to shop or sell, 7:30 AM-12:00 PM. The sale is intended for residents selling their unwanted household items. Spaces are \$25 each with a limit of two spaces. A six-foot table and two chairs will be provided with each space. The event will be advertised in the local newspapers. Donuts & coffee will be on sale. Spaces go fast, reserve yours now. Vendor check-in time will be from 6:15 to 7:00 AM. Vendors must abide by the Parking Lot Sale Guidelines given with registration. RSVP ♦♦ by 9/10.



**Hornblower Cruise and Lunch –
Sacramento River
Monday, September 27 — 1830-07**

Viewing Sacramento from the River is different and special! Board the Empress Hornblower at Old Sacramento and enjoy the scenery as this two-hour cruise takes you down river past the Tower Bridge and up river past the rail bridge. Both bridges will open for your ship to pass through. During the cruise, enjoy the buffet lunch which includes *Roasted Chicken, Vegetarian Pasta, Vegetable, Rice Pilaf, Green and Shrimp Salads, Fruit and Bread & Rolls*. Dessert, coffee or tea is included. Specialty drinks available for purchase. The ship has three levels for great sightseeing. Steps required for upper levels — ship has elevator access for main deck. After the cruise, there will be time in Old Sacramento for shopping, etc. We plan to board the bus for Lincoln Hills at 4:30 PM. Leave the Lodge at 11:00 AM, return 6:00 PM. \$79. RSVP ♦♦ by 8/23.



**Steinway Grand Classical Piano
and Violin Concerto featuring
Tanya Plescia and Ingrid Peters
Wednesday, September 29
Show Only — 5054-07SHO**

**Dinner & Concert
Package — 5054-07DIN**

Tanya Plescia, classical concert pianist and composer, will be back on our stage for an exclusive performance on a Steinway Concert Grand Piano to present a program featuring guest violinist Ingrid Peters. Enjoy music selections performed by Tanya and Ingrid, as well as solos by both performers to include “Two Songs Without Words” by Felix Mendelssohn, the “Sonata Opus 28 ‘Pastoral’” by Ludwig van Beethoven, and original compositions performed by the composer. Don’t miss this amazing event featuring such a grand instrument! Tanya’s concerts have been described as breathtaking and her music has been featured on local classical radio with rave reviews from music critics. Ingrid Peters is a virtuoso violinist who has built an impressive career in music, composition and improvisation. Ingrid is a member of the Sacramento Philharmonic, the Sacramento Opera Orchestra, and the Sacramento Choral Society and Orchestra. For those who



wish to enjoy dinner at Meridians before the concert including the convenience of reserved front section seating in the Ballroom, we offer a limited number of dinner and show packages. Please visit the Activities Desk for the special menu to include *salad, entrée choice, dessert and coffee*. Please be prepared to give your meal choice when you buy your tickets. Meridians show package patrons should call Meridians, 625-4040, to reserve their tables prior to the show. Steinway & Sons Concert Grand piano is provided by Sherman Clay Pianos in Roseville, the greater Delta Region’s only authorized Steinway & Sons Dealer since 1870. Ballroom doors open at 6:30 PM, concert at 7:00 PM. Show only ticket \$11, Dinner and Show Package \$41. Now open to Guests.

**Lodi Street Faire
Sunday, October 3 — 1820-08**

Lots of Walking! Lodi, a charming town boasting great shops and restaurants is again hosting the Lodi Street Faire. The Faire is held twice a year and attracts vendors from all over California. This event has become one of the premier

events in the state and because of its popularity, over 50% of the vendors immediately sign up for the next faire. We anticipate there will be hundreds of vendors selling antiques, arts & crafts, and commercial items in the quaint downtown area.



Food, on your own, includes everything from food vendors serving hamburgers, hot dogs, pizza, etc. to several restaurant and snack venues. Bring a light jacket for the cooler morning and air conditioned bus. Leave the Lodge at 8:30 AM, return ~ 4:30 PM. \$26. RSVP ♦♦ by 9/13.

**The Landsharks • Sunday,
October 3 — DWDAYS-8B**

4:30 PM; OC Amphitheater. Are you afraid of having too much fun? Then watch out for the Landsharks! They appeared at our 10th Anniversary Celebration and residents have asked us to



bring them back. They are a fun, professional, interactive band with lots of audience participation and enjoyment!



They play *everything* and are guaranteed to have you singing along. Expect tribute music from Jimmy Buffet to the Beach Boys and favorite standards in between. This four-piece band comes from Florida with a great resume. They opened for the Beach Boys, played Margaritaville for Jimmy Buffett, performed at the NBC Super Bowl pre-show and at Disney World

to name just a few. Come out and enjoy this musical party. Regular Amphitheater rules apply, see page 48 for guidelines. Amphitheater doors open at 4:00 PM. Concert 4:30 PM show. \$15.

Comedy Night at Kilaga Springs Monday, October 4

6:00 PM performance — 5052-08A

8:00 PM performance — 5052-08B

Our headliner Kenny Bob Davis has been performing on stage for over 28 years,



moving from a folk-singing performer to comedian in 1978. He has since opened for numerous top country acts such as Larry Gatlin, Willie Nelson and George Burns.

Kenny performs worldwide in comedy clubs and corporate event and is known as the "The Golf Comic," in golfing circles. He has been featured in numerous commercials and television series including *MadTV*, *Sisters*, *Norm Crosby Comedy Shop* and his *Lone Star Beer Commercial* won a Clio. Kenny even found time to do a feature film for Steven Spielberg film, *Gremlins*. Show opener Heath Harmison grew up in small



town Twin Falls Idaho, where his childhood haunts him in his dreams and also makes people keel over laughing. Heath's observations are on spot with hilarity and relativity making him a crowd favorite

at comedy clubs, colleges and private shows. Life experiences make it easy for him to be a comedian and his show is known for taking the little things about life and making them become things you will laugh at for hours. Presentation Hall (KS) doors open at 5:30 PM for a 6:00 PM show; doors open 7:30 PM for an 8:00 PM performance. \$9. RSVP by 8/29. Comedy Night patrons receive \$1 off any \$4 food & beverage purchase at KS Café (extended hours to 8:00 PM) the day of the show.

Jelly Belly and Wine Tasting in Fairfield

Wednesday, October 6 — 1811-08

Lots of Walking! Today we head to the Suisun Valley for a visit to the Jelly Belly factory followed by lunch and tasting at Wooden Valley Winery. Discover the secrets on how the legendary Jelly

Belly jelly beans are created with a 40 minute guided walking tour of the factory. After a short amount of free time to visit the factory store, we travel to Wooden Valley Winery. For three generations, this family-owned winery has produced award-winning wines from the Suisun Valley. Suisun, pronounced sue soon, is the Native American word for west wind. These winds cool the valley, creating ideal growing conditions for premium and luxury class wine grapes. Upon arrival, enjoy a boxed lunch in



winery's picnic area. Give the Monitor your choice of sandwich: *Turkey and Cheese*, *or Ham and Cheese or Vegetarian* — all on either white or wheat roll. All lunches include fruit salad, cookie and water. Following lunch, receive a wine glass for use in the wine tasting and to take home. There will be a tour of the facility to learn about the characteristics of the wine produced and the winery's history. Lots of walking, wear comfortable shoes. Leave the Lodge at 8:30 AM, return ~ 5:30 PM. \$46 includes lunch. RSVP by 9/10.

Woods Tea Company Concert Thursday, October 7 — 5053-08

Don't miss a return performance with an acoustic group that performs fiery Celtic tunes, bluegrass, sea shanties and American folk songs. One of the most well attended concerts in 2009, this resident recommended Vermont-based group weaves a musical trail through spirited songs and haunting ballads tempered with New England



wit and humor. The program includes up to a dozen different instruments played by the four-member band, including banjos, bouzoukis, guitars, bodhrans, and tin whistles. The award-winning band has been featured at Lincoln Center, The Chautauqua Institute, and on *National Public Radio*. A no-host bar will be available throughout the evening. Ballroom doors open at 6:30 PM, concert at 7:00 PM. \$13. RSVP by 8/29.

Auburn Wine & Food Festival Saturday, October 9 — 1810-08

Do you love fine wines and great food? This may be the event for you. Wineries and restaurants from in and around Placer County showcase their finest vino



and edibles at the 8th Annual Wine and Food Festival, in Downtown and Old Town Auburn. Begin with check-in at the Placer County Courthouse followed by drop off in downtown Auburn where pouring will begin at 1:00 PM. Stroll the streets between Downtown & Old Town or hop on one of the *free* shuttle buses between locations with opportunities for tasting and food in both parts of town. A fun day in a charming town not far from home! Leave the Lodge at 11:30 AM, return ~ 6:00 PM, includes food and wine ticket and your own wine glass to take home. \$68. RSVP by 9/10.

Fleet Week Hornblower Luncheon Cruise

Saturday, October 9 — 1830-06

It's Fleet Week — the trip everyone looks forward to! We have reserved space with Hornblower Cruises for your enjoyment of Fleet Week festivities. Streets are very crowded, therefore, we



have opted for the cruise only. The US Navy and Marine Corps flight team, the Blue Angels,

have been dazzling audiences since 1946. Enjoy once-in-a-lifetime views, free-flowing champagne and All-You-Can-Eat Buffet Lunch aboard the stern-wheeler San Francisco Belle. After lunch, step onto the deck, relax in the sun, and enjoy the best views of the Blue Angels show. Be sure to dress in layers and bring a jacket, it gets cold on the Bay. Sample menu available at the Activities Desk. **One city block walk to the boat.** Leave the Lodge at 10:30 AM, return ~ 7:00 PM. \$117. RSVP by 9/1.

Italian Festival in Reno Sunday, October 10 — 1821-08

It's a festival of Italian food, music and

fun on Virginia Street in front of the Eldorado Hotel in Reno, the 29th celebration of the sights, sounds and tastes of Italy, 11:00 AM to 4:00 PM. There will be



free live Italian entertainment on three stages, Italian food galore on your own including a gourmet buffet inside the Eldorado at 4:00 PM. There will be cooking contests, eating contests and grape stomping and the last big farmer's market of the season. This event has something for everyone. Leave the Lodge at 9:00 AM, return ~ 8:00 PM. \$32. RSVP ♦♦ by 9/27.

Impressionism Part II at deYoung Museum • Tuesday, October 12 — 1760-08

You now have the opportunity to view "The Post-Impressionist Masterpieces from the Musee d'Orsay." This is the second of two exhibitions from the permanent collection of the Musee d'Orsay in Paris; the first was held, and offered to our residents, earlier this year. Together the exhibitions present the artistic evolution in Paris between 1860 and 1915.



Highlighted works of nearly 40 artists include Monet, Manet, Renoir, Cezanne, Degas, Gauguin, Pissarro,

van Gogh and Seurat. This unique opportunity is made possible as the Musee d'Orsay undergoes a partial closure for refurbishment in anticipation of its 25th Anniversary in 2011. The deYoung is the only museum in the world to host both exhibitions. Bring your own lunch or enjoy lunch on your own at the Museum café. Price includes audio headset for use in the museum. Leave the Lodge at 8:00 AM, return ~ 5:30 PM. \$55. RSVP ♦♦ by 9/10.

Preston Castle in Ione with Jerry Wednesday, October 13 — 1950-08

Many stairs. Jerry Moorman, our step-on guide, will lead this trip into the foothills to visit the impressive and interesting Preston Castle in Ione. This unique building, with its turrets and tower, began life in 1894 as the Preston School of Industry, a reform school for boys as young as 12. The school was designed to teach the

boys a trade and ways to survive in life. The Castle closed in 1960 and the boys were moved to the new Preston Youth Correctional Facility nearby. The majestic brick and sandstone building fell into disrepair from neglect and abandonment and is now being refurbished. Enjoy a docent tour of the Castle and its history and Jerry will offer insights into the area.

There are many steps within the Castle and steps to the entrance to the Castle.



Following the Castle visit, we will head to Jackson for lunch on your own with time to browse this interesting town. Historic Main Street has many scenic "Civil War" era buildings that are well-preserved and a wealth of historic information. Leave the Lodge at 8:30 AM, return ~ 5:30 PM. \$48. RSVP ♦♦ by 9/22.

Quilt Festival in Santa Clara Thursday, October 14 — 1781-08

Attention all Quilters/Crafters! This is your day to feast your eyes on everything involving needle arts. The Pacific International Quilt Festival is held at the Santa Clara Convention Center and has a spectacular collection of over 800 quilts and works of wearable and textile art. This well-recognized and largest quilt show on the west coast has not



only astounding works of quilt art but also a mall with 300 merchants offering the best in fabrics, notions, machines, wearable art and everything for the quilter, artist and

home seamstress. This Festival also features over 60 workshops and lectures presented by an international teaching staff. For additional information regarding workshops, etc., check the website: www.quiltfest.com. Price includes admission and lunch is on your own. Leave the Lodge at 8:00 AM, return ~ 7:30 PM. \$48. RSVP ♦♦ by 9/20.

Home, Health and Business Showcase Friday, October 15

Learn about the latest products and services for your home, health, garden, auto and personal/financial matters. Meet your *Compass* advertisers and other local businesses that will show-



case their products for you to check out. Please come by the Ballroom between 10:00 AM and 2:00 PM to thank them for supporting the *Compass* and many of our Association and Group activities. For additional information please contact July Olson, 625-4014.

Karaoke Night Monday, October 18 — 5051-08

Bring your singing voice to our Annual Karaoke Night and sing-along with neighbors and friends. If you enjoy performing, this is your night to shine. Lots of talent has been discovered during this event, and others come just for fun. We convert our Ballroom into a Karaoke Bar



complete with lyrics and music to guide you. Over 850 songs to choose from: ballads to rock to standards; Sinatra to Madonna; Eagles to Beatles; and

everything in between. Your ticket gets you one free drink of white or red wine, beer or soda and party mix on each table. Additional drinks may be ordered throughout the evening on "pay as you order" basis. Tables and seats are not reserved, first-come, first-served. OC Ballroom doors open at 6:30 PM, Karaoke 7:00-9:30 PM. \$9. RSVP by ♦♦ 8/29.

Le Grand Cirque at Eldorado Casino – Reno Tuesday, October 19 — 1771-08

Enjoy the beautiful ride through the mountains to Reno and experience plenty of time for gaming and leisure. The wonderful show *Le Grand Cirque* at the Eldorado Hotel & Casino will be the highlight of the trip. This production is a



jaw-dropping, visual feast of breathtaking group acrobatics and white-knuckle stunts. This international company of champion acrobats and performers have



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**San Francisco Shopping
Wednesday, October 20 — 1840-08**

Lots of Walking! Shop 'til you drop at Union Square! This trip and one scheduled for mid-December are our last San Francisco shopping trips this year! Shop, browse, or people watch in the "City by the Bay." Get your Macy's 11% discount



card for the day as you board the bus. To make your shopping more comfortable, we have made arrangements with

the bus company to meet you at 2:00 PM in front of the St. Francis Hotel (Post & Powell) to load all your packages from your morning shopping so you can do more shopping Lunch on your own. Leave the Lodge at 8:30 AM, return ~ 7:00 PM. \$33. RSVP ♦♦ by 10/1.

**Evening Community Social Dance
Halloween "Spooktacular"
Thursday, October 21 — 5023-08**

Calling all dancers and music lovers for a bewitching night of great music and fun costumes for a low price! Halloween will be upon us, so grab your mask, cape or wand for a night filled with dancing and



spooky activities at the Evening Community Social Dance. Enjoy a variety of music for singles and couples including freestyle, pop, ballroom, west coast swing and line-dancing with the *Nutones*, a musical quartet composed of piano, bass, drum and reeds accompanied by excellent vocals. Dress-up to impress and compete in the "Spooktacular" costume contest. Enjoy a no-host bar throughout the evening. Ballroom doors open at 6:00 PM, dancing 6:30-9:30 PM. \$10. RSVP ♦♦ by 8/29.

**Vacaville Outlets Shopping Trip
Monday, October 25 — 1780-08**

Let the shopping begin!! Today we are off to Vacaville to visit the Outlets. Find impressive savings with over 100 stores to choose from. Enjoy approximately six hours of shopping, finding everything from designer fashions to housewares



to home furnishings. Receive a VIP Coupon Book and a detailed map and directory of the center upon arrival. There are several dining options at the Outlets for lunch on your own or bring your own bag lunch. Leave the Lodge at 9:00 AM, leave Outlets at 4:00 PM arrive LH at approximately 5:30 PM. \$27. RSVP ♦♦ by 10/1.

**Beach Blanket Babylon
Wednesday,
October 27 — 1790-08A**

Center box (14 seats) \$118; center balcony (non-reserved) \$82. We have planned another trip to the famous Beach Blanket Babylon in San Francisco. This zany musical spoof of pop culture has extravagant costumes and outrageously huge hats. Even if you have seen the performance before, the show



continually evolves its hilarious parodies of popular icons, updating spoofs and adding new characters and songs throughout the year. Due to rising ticket prices, we have

purchased non-reserved seating in the center box and center balcony sections. The Center Box section has 14 seats and is directly behind the Magnin Box, which is the first row. The balance of our seating is in the Center Balcony which is right behind the Center Box. Enjoy dinner on your own prior to the 8:00 PM show in the North Beach area with many restaurants within walking distance of the theater. Leave the Lodge at 2:00 PM, return ~ midnight. RSVP ♦♦ by 10/1.

**Beale Air Force Base
Friday, October 29 — 1762-08**

Fourth bus trip to Beale. This trip was suggested by the Veterans Group and would be interesting for anyone who

has watched with awe as the jets from Beale fly overhead. If you have been curious about those jets and what goes on at Beale Air Force Base north of us, this is a trip for you. Limited to 40 people, interested residents must sign up individually by September 14 as security clearance by Beale is required for each person participating in the trip. Your coach heads north from Lincoln Hills for approximately one hour and



will arrive at Beale in time for a buffet lunch (included) at the Base Club. The afternoon includes a tour and

presentations by base personnel covering subjects such as *UMB* — an overall look at what happens at Beale; *U-2/RQ-4 Static* — the two aircraft that Beale flies and the people that work on them; and *EOD* — Explosive Ordinance Disposal. See bomb suits, examples of munitions, and more, as you hear about the airmen, their families, how they are supported on base and by the community. When registering for this trip, each person must bring their driver's license as the monitor will need to note name, driver's license number and state and the date of birth for security purposes. You will not be registered for this trip unless you appear in person at one of our Activity Desks. Leave the Lodge at 10:00 AM, return ~ 5:30 PM. \$47 includes buffet lunch. RSVP ♦♦ by 9/10.

**Oktoberfest Celebration
Friday, October 29 — 5044-08**

Come polka with us! Our celebration will include traditional Oktoberfest music, Viennese dancers from the famous Elk Grove Strauss Festival, wonderful food, fun, contests and dancing. Enjoy traditional German tunes as your dinner music and audience dancing later in the evening. After dinner, Stan & Poppi Dunn's dancers will mesmerize you with their elegant costumes and traditional waltz numbers performed to the music



recording of Vienna's "Waltz King," Johann Strauss, Jr. Feast on a sumptuous buffet of traditional German foods.



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For a complete menu, please visit the Activities Desk. Enjoy a no-host bar when Ballroom doors open at 5:30 PM, Dinner at 6:00 PM, show begins at 7:00 PM. Please inform the Activities Monitor upon registration if you have any dietary restrictions. \$39. RSVP ♦♦ by 8/29.

**Sacramento Speaker Series
2010 - 2011 Series**

Experience the ultimate in cultural entertainment – six evenings of diverse opinions, profound insights, and fascinating discussion on a broad scope of issues. These performances are sold as a series only, no individual speaker sold, all held at the Sacramento Community Center Theatre at 8:00 PM. Leave the Lodge at 6:30 PM, return ~ 10:30 PM. RSVP ♦♦ by 7/1. Choose from three price points. Gold and Silver seating is reserved; Bronze is open seating in the second tier. Our bus normally arrives at the Theatre by 7:30 PM so Bronze should get a good choice for seating.

- **\$445 Gold Seating (six speakers) — 4621-04**
- **\$350 Silver Seating (six speakers) — 4622-04**
- **\$260 Bronze Seating (six speakers) — 4623-04**

**Laura W. Bush — A
Monday, October 11**

Mrs. Laura W. Bush has been instrumental in many issues of national and global concern, with particular emphasis on education, human rights, HIV/AIDS and malaria and women's health. Although Mrs. Bush has left the political spotlight



of the White House, she has continued her involvement with America's youth and reading initiatives which are issues she is very passionate about from her years as a former teacher and librarian.

**Peter Hillary — B
Tuesday, November 30**

Son of the great adventurer Sir Edmund Hillary, Peter Hillary made history in 1990 as the first son to have followed in



his father's footsteps to the summit of the world's highest mountain – Mt. Everest. In 1999, they repeated the act; this time in Antarctica. Together they became the

first father and son to establish new routes across Antarctica and the South Pole. Hillary is an explorer and philanthropist living in New Zealand and has over 30 expeditions in his career.

**Tom Brokaw — C
Tuesday, January 11, 2011**

Tom Brokaw, one of the most trusted and respected figures in broadcast journalism, has been with NBC News for 44 years. Brokaw has hosted the "NBC Nightly News," "Today" and is currently NBC Special Correspondent. Brokaw has interviewed every president since Lyndon Johnson and has covered every presidential election since 1968. Brokaw has also written articles for several publications and authored several books, including his first best seller, *The Greatest Generation*.



**John Hofmeister — D
Wednesday, February 16, 2011**

As President of Shell Oil from 2005-2008, Hofmeister launched an unprecedented outreach program to discuss critical global energy challenges. Today, he heads the "Citizens for Affordable Energy" a public policy advocacy firm that promotes sound US energy solutions and includes education on energy issues. This will be an in-depth, candid look at US energy policy, face-to-face, with one of the nation's leading oil industry executives.



**Dr. Jane Goodall — E
Thursday, March 3, 2011**

The year 2010 marks a milestone for the Jane Goodall Institute and its founder, Dr. Jane Goodall, DBE. 50 years ago, Goodall, now a world-renowned primatologist, conservationist and US Messenger of Peace, traveled to what is today Tanzania's Gombe National Park.



The chimpanzee behavioral research she pioneered there has produced a wealth of scientific discovery and has expanded into a global mission to empower people to make a difference for all living things.

**Jeannette Walls — F
Monday, April 4, 2011**

Jeannette Walls' powerful memoir, *The*

Glass Castle, has been on the *New York Times* bestseller list for over three years and has sold over two million copies.



Walls grew up in poverty with her siblings and brilliant, unorthodox, irresponsible parents. Despite her hardships, she developed the determination to move to New York City at 16, graduate with honors from Barnard College and become a well-known TV personality and journalist for *New York Magazine*, *Esquire*, *USA Today* and MSNBC.com.

**Broadway Sacramento
2010-2011**

The new Broadway Sacramento season beginning this fall will include five shows representing the variety of Broadway theatre and is the largest performing arts event in the Capital Region. The glitz and the glamour – the excitement and the anticipation – the polish and the professionalism of Broadway are all here. All performances are at the Community Center Theatre at 8:00 PM. Reserved Orchestra seating. Leave the Lodge at 6:30 PM, return ~ 11:30 PM. Please see individual show below for day, date and price of performance.

**In the Heights
Tuesday, November 9 — 4562-05B**

This moving, funny, and uplifting new Tony Award-winning show is about chasing your dreams and finding your true home. "In the Heights" is an exhilarating journey into a vibrant Manhattan community – a place where the coffee is light and sweet, windows are always open, and the breeze carries the rhythm of



three generations of music — a community of hard-working immigrants seeking a better life and trying to find their place — their home — in their new country. Experience the next chapter of the classic American story at the most joyous and exciting musical on Broadway. \$67. RSVP ♦♦ by 10/11.

**9 To 5 The Musical • Tuesday,
March 15, 2011 — 4562-05C**

"9 To 5 The Musical" is a hilarious story of friendship and revenge in the Rolodex era. This new musical comedy, direct from Broadway, is based on the hit movie and features Dolly Parton's original hit title song. This is the story of three un-



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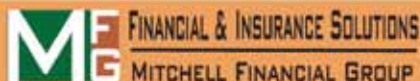
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likely friends who conspire to take control of their company and learn there's nothing they can't do – even in a man's world. Outrageous, thought-provoking and even a little romantic, "9 To 5 The Musical" is about teaming up and taking care of business and it's about getting credit and getting even ... and it soon will arrive in Sacramento. \$67. RSVP ◆◆ by 2/1/11.



Young Frankenstein Tuesday, April 19, 2011 — 4562-05D

The classic Mel Brooks movie is alive ... and it's headed here! This wickedly inspired re-imagining of the Frankenstein legend follows bright young Dr. Frankenstein as he attempts to create a monster but not without hilarious complications. Don't miss the sensational cast delivering your favorite moments from the classic film, plus brand-new show-stopping numbers for the stage such as "Transylvania Mania," and "He Vas My Boyfriend." The brains behind the laughter is Tony winner Mel Brooks himself – who wrote the music and lyrics and co-wrote the book along with his record-breaking team from The Producers. \$67. RSVP ◆◆ by 2/15/11.



Mary Poppins Tuesday, June 7, 2011 — 4562-05E

The world's most famous nanny arrives in Sacramento! This Tony award-winning production is everything you'd hope for in a Broadway musical – and more. Produced by Disney and Cameron Mackintosh, the show includes such wonderful songs as 'Chim Chim Cher-ee,' "A Spoonful of Sugar," and, of course, "Supercalifragilisticexpialidocious." The New York Daily News hails "Mary Poppins" as "a roof-raising, toe-tapping, high-flying extravaganza!" Let your imagination take flight at this perfectly magical musical!! \$82. RSVP ◆◆ by 5/1/11.



Baseball: Oakland Athletics vs. Boston Red Sox • Sunday, September 12 — 6301-01B

Last chance to see the Oakland Athletics play ball at the Oakland Coliseum. Your price covers admittance and transportation with good seating requested under



the overhang for shade. Food vendors are available for lunch or snacks on your own. Game time 1:05 PM. Leave the Lodge at 10:00 AM, return ~ 6:30 PM. \$63. RSVP ◆◆ Now.

Sold Out Trips/Events thru September 20

Trip/Event • Date • Departure Time

- Impressionists @ deYoung – August 17 - 8:00 AM
- Beale AFB – August 20 – 10:00 AM
- 42nd Street – August 25 – 6:30 PM
- Menopause – August 29 – 12:30 PM
- Impressionists @ deYoung – August 31 – 8:00 AM
- LeGrand Cirque @ Eldorado – September 1 – 12:00 PM

Art Classes

–Drawing–

Drawing Workshop — Light, Shade, & Space

Monday, August 23 — 1011-07
9:00 AM-3:00 PM. (OC) Instructor: Claire Michelet. \$39. Explore in this one-day workshop a number of drawing techniques to render light, shade, and space. There will be fun exercises in the morning, and one-on-one help in the afternoon as you develop your work. You will be able to use the following drawing media: pencils and chalks. A supply list will be given upon registration. Class will take a 30-minute break at 12:00 PM for lunch. RSVP ◆◆ by 8/16.

Drawing Workshop — Portraiture

Saturday, October 9 — 1011-08
9:00 AM-3:00 PM. (OC) Instructor: Claire Michelet. \$39, handout fee \$4 payable to instructor. Learn how to sketch one of the most fascinating subject matters, human faces. Explore each of the features that play a role in human expression and combine them through different exercises and techniques.



Practice using contour lines and ways to add value to create volume and shadows. Learn some basic anatomical facial structure. There will be a one-on-one help all along the workshop. Beginners especially welcome. A supply list will be given upon registration. Class will take a 30-minute break at

12:00 PM for lunch. RSVP ◆◆ by 10/1.

Portrait Drawing from the Model Wednesdays,

October 6-27 — 1013-08

1:00-3:30 PM (OC). Instructor: Claire Michelet. \$60 (four sessions). Learn how to sketch and draw portraits from a live model. Train your eyes and go to the essential of an expression or a movement by doing quick sketches. Practice lines, values, shading, and volumes while drawing longer poses. Model fee: \$12-20 (depending on the number of participants). Model will be present during all four sessions. A supply list will be given upon registration. New students: email instructor at cmichelet@earthlink.net, for more information or questions. RSVP ◆◆ by 9/29.

Drawing Trees •Wednesdays, October 6-27 — 1010-08

9:30 AM-12:00 PM. (OC) Instructor: Claire Michelet. \$60 (four sessions). Explore and learn how to draw trees, one of the most beautiful works of nature. Experiment with a variety of drawing techniques to render this amazing subject matter: from pencils, color and watercolor pencils, chalks, and pastels, to pen & ink & wash. All levels welcome. A supply list will be given upon registration. RSVP ◆◆ by 9/29.

–Oils, Pastels & Acrylics–

Impressionism and Landscape Painting with Oils and Acrylic Wednesdays, September 8-October 6 — 1031-08

9:00-11:30 AM (OC). Instructor: LH resident artist Tom Proctor. \$65 (five sessions). Choose between Oil and Acrylic as a medium. Complete original paintings based on students' photographs or from instructor's large photo selection. First-time students will be contacted by instructor to spend time with him reviewing a notebook composed for their use. Included will be a suggested supply list, palette layout of color and the Munsell Color Theory. New students will learn to analyze or "read" paintings by well-known artists. Strong emphasis is placed on understanding an ideal composition using elements



of art structure. A variety of art books and magazines from Tom's library are available for study during class or check out. Continuing students encouraged to enroll. *About the instructor:* Tom was an art instructor in the Walnut Creek School District for 32 years and taught extension classes in art for six years for Cal State Hayward and the University of California, Berkeley. He has a master's degree in art from Colorado State College in Greeley. RSVP ◆◆ by 9/1.

Oil Painting with Frank Ordaz: Intermediate to Advanced Fridays, October 1-29 — 1016-08

9:00 AM-12:00 PM (OC). Instructor: Frank Ordaz. \$130 (four sessions, no class October 22). Bring your painting to new heights! Oil artist Frank Ordaz will share his expertise in a limited class for intermediate to advanced artists.



Frank's class will focus on understanding light in a fun and engaging manner. How light affects color will be explored. Still Life and Landscape painting will be used as springboards to understand

"indoor" versus "outdoor" light. We will also focus on understanding creating unified and dynamic paintings. We will focus on understanding a centrality of focus. Frank will also demonstrate color mixing and becoming familiar with our painting tools and getting the most out of them. Frank will demo at all meetings and answer questions of process as well as tell jokes. Make sure you receive a copy of the supply list when you register. *About the instructor:* Frank Ordaz is an accomplished and award-winning artist and illustrator. He has six illustrated published books and was chosen as featured artist for the 2006 White House Easter Egg Roll. For more of his work, please check www.ordazart.com or you can see Frank at work in his Gallery in Auburn. RSVP ◆◆ by 9/24.

Painting Pastels and Oils with Joan
Mondays, August 16-
September 20 — 1050-07A
Or Mondays September 27-
October 25 — 1050-08A
Tuesdays, August 17-
September 21 — 1050-07B
Or Tuesdays, September 28-
Tuesdays, October 26 — 1050-08B
9:00-11:30 AM (OC). Instructor: Joan

Jordan. \$65. *Note changed dates of August session: No class September 6 and September 7.* Class is open to both pastel and oil painters. Under Joan's guidance, learn the art of pastel or oil painting. No previous training necessary. Create a painting deserving of a beautiful frame. Class divided based on student's art medium. New students, please ask for supply list when registering. RSVP ◆◆ Now or by 9/20 or 9/21.

—Mixed Media Collage—

Learn the Fine Art of Mixed Media Collage Demo

Thursday, September 9 — 1140-07A
2:00-3:00 PM (OC). Instructor: Jo Ann Brown-Scott. *Free.* Join artist Jo Ann Brown-Scott for a free demonstration. See how to turn your used magazines, left-over wrapping papers, old books and other recyclable paper and fabric remnants into colorful and frame-worthy works of art! Watch how to take your creativity in a brand new direction! *About the Instructor:* Jo Ann Brown-Scott is a graduate of the University of Colorado with a BFA, emphasizing painting and sculpture. A professional artist with works exhibited in various galleries, Jo is excited to share her passion for mixed media collage with the community. RSVP ◆◆ by 9/2.

Mixed Media Collage

Thursdays,
September 16-30 — 1140-07B
9:00-11:30 AM (OC). Instructor: Jo Ann Brown-Scott. \$44 (three sessions). This lively and improvisational fine art workshop will show you how to turn recyclables such as magazine pages, wrapping paper and interesting beads and trinkets you have saved for years into mixed media collage art and unique, 3-D paper assemblages, all suitable for framing. This free-spirited collage art uses your favorite colors, textures and images in paper or fabric scraps plus small objects in the creation of brand new art.



One-on-one guidance in the technique of layering torn papers into a collage composition and in the process of composing 3-D paper assemblages will be provided. There is no possibility for mistake in creating this artwork – it is easy, fun and will open your eyes to a fresh, new art using many materials you

already have. A supply list will be provided upon registration. At the end of the class, students will finish two frame-worthy pieces of Fine Art. If you have any questions about the class, please call Jo at 543-1357. RSVP ◆◆ by 9/11.

—Watercolor—

Watercolor Painting • Fridays, September 3-24 — 1111-08

1:30-4:30 PM (OC). Instructor: Anthony Rogone. \$70 (four sessions). In this watercolor class, you will learn how to develop your "painter's eye" by using color to show shape and form. You will learn watercolor techniques through instructor demonstration, guided practice, and independent exploration. This fun way of painting keeps your watercolors fresh and spontaneous. The goal of this class is to see it, simplify it and paint it. RSVP ◆◆ by 8/27.

Bridge Classes

Play of the Hand (Intermediate Bridge) • Mondays, September 13- November 15 — 1530-07

6:30-8:30 PM (OC). Instructor: Jim McElfresh. \$50 (10 sessions). Prerequisite: Completion of Beginning Plus Bridge or equivalent playing experience. So you've taken numerous classes on bidding and have absorbed and remembered most of what you were taught. You bid and play a hand. Upon review, however, you are distressed to discover that while you were in the correct contract, you made one trick less than the field for a bad result. In bridge, bidding and playing hold equal weight in making the maximum number of tricks with the cards held, yet there are few classes in the play of the hand. In this ten-week course, Jim will teach you sophisticated yet straightforward techniques that will add to your trick total, thus improving your score. Also included are methods to maximize your trick total on defense. RSVP ◆◆ by 9/6.



Ceramics Classes

Beginning/Intermediate Ceramics with Jim • Tuesdays, September 7-28 — 2013-08A

1:00-4:00 PM (OC). Instructor: Jim Alvis.

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excellent instructor with expertise in this medium. Learn basic hand-building and wheel-throwing techniques with individual attention from Jim to accomplish your goals. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list will be provided after the first meeting for future classes. RSVP ◆◆ by 8/31.

Advanced Ceramics • Tuesdays, September 7- 28 — 2013-08B

9:00 AM-12:30 PM (OC). Instructor: Jim Alvis. \$54 (four sessions). This course is intended for self motivated students/artists with established ceramic skills. There will be assignments and demonstrations given by the instructor as well as individual guidance in order to further refine students' techniques and projects. RSVP ◆◆ by 8/31.

Beginning Hand Building Potter's Wheel Techniques with Terry • Thursdays, September 2-30 — 2014-08

1:00-4:00 PM (OC). Instructor: Terry Acocomando. \$67 (five sessions). Have you ever wanted to work in clay but did not take the opportunity because you did not know where to start? Terry's beginning Ceramics class will allow you to work at your own pace receiving individual instruction to achieve your personal goals. She brings 34 years experience teaching Ceramic and Drawing and Painting to help you work independently on any project you choose to make. Terry gives frequent demonstrations introducing you to new and exciting projects. Be sure to bring tools and materials to class for a fun and successful experience. For new students, please ask for Supply List when you register. RSVP ◆◆ by 8/26.



— Lladro —

**Spanish Oil Painting •
Wednesdays,
September 8-October 6 — 2060-08**
1:00-4:00 PM (KS). Instructor: Barbara

Bartling. \$48 (five sessions). This is a beginning and continuing class on how to paint porcelain figurines. **Prerequisite:** Beginning students required to attend five *consecutive* classes in order to complete first-time instruction and project. Lladro requires a steady hand and concentration. Learn basics by painting a small figurine; price varies, \$5-\$25 each. Project paint is available from instructor; price is based on use upon project completion. Students must contact instructor at least two weeks before class start to place figurine order for the class. Please call Barbara at 645-7263. RSVP ◆◆ by 9/1.

Lladro Workshop • Wednesdays, August — 2062-01H September — 2062-01I

1:00-4:00 PM (KS). Moderator: Barbara Bartling. \$12 per session. This workshop is for Lladro hobbyists who are going on vacation so cannot attend a class full-time and those who can work on their own. Workshop is *not* for beginners and will not provide instruction from moderator. The workshop is held in conjunction with the ongoing Lladro class.



Workshop sessions can be paid as you come but must be paid before starting the session.

No lockers provided for workshop attendees but there will be a locker for all "work in progress." Moderator responsible for "firing" and making sure everyone is following guidelines and safety procedures. Workshop includes firing and use of moderator's supplies including brushes and tools. Oils, paints, glazes, silk flowers, etc., available for purchase from instructor during workshop. Space limited; sign up early!

Computer (PC) Classes

Please continue to give us feedback on the PC class you would be interested in taking by registering in our PC Interest List at the Activities Desk.

Practical Excel Mondays & Wednesdays, September 20-29 — 2641-08

9:00-11:00 AM (OC). Instructor: Angela Blas. \$48 (four sessions). We all have to keep information about things, our collections, party planning, club membership lists, and our address book. Using Excel provides a great way of storing and

organizing this information and when combined with Word for mail merge, it is wonderful! This is a very specific class that focuses on one feature of Excel - how to create a table of data, such as a party invitation list, an address book, an inventory list, medical bills/information, etc., and anything else you want to keep organized information of. RSVP ◆◆ by 9/13.

Word Phase Two : Integrating Graphics and Text Mondays & Wednesdays October 4-13 — 2650-08

9:00-11:00 AM. (OC). Instructor: Angela Blas. \$48 (four sessions). **Prerequisite:** lots of practice with Microsoft word. Or Word Phase One or Word Basics. The this class will provide the student with additional practice with Word 2007.

We will explore the advanced features of word, such as integrating text and graphics, using smart art, styles, section breaks .creating flyers, brochures, special labels, tables.



These are some of the topics we will cover, and as always, Angela will provide tips and shortcuts to do some tasks that previously seemed daunting. Join us for a fun class. RSVP ◆◆ by 9/28.

— Mac Computer Classes —

Beginning Macintosh • Saturdays, September 18 & 25 — 2514-08

9:00 AM-12:00 PM. (OC) Instructor: Jim Hugaard. \$60.00. No experience necessary! This is a two-day hands-on workshop, six hours, for anyone who wishes to learn how to use the Macintosh Computer. We will cover all areas of the Desktop including the Dock, Menus, the Keyboard and all the different functions of the Mouse. Beginning word processing will be covered using Text Edit, an Apple application. Use our own desktop iMacs or bring your own laptop. RSVP ◆◆ by 9/10.

Your Mac and Digital Photography Saturdays, October 23 & November 6 — 2520-08

1:00-3:00 PM (OC). Instructor: Irwin Maloff. \$40. Two sessions, no class October 30. **Prerequisites:** Having a Macintosh and a digital camera. Our class will



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cover basic camera functions and the settings that will give you optimum results in various situations. Students will take pictures and learn how to import them into their Mac. Students will use iPhoto and learn how to organize their photos, do basic editing, and share their photos using email. Please note there is one week between the two sessions. RSVP ♦♦ by 10/15.

Cooking

Just Added! Cooking with Chef Roderick

Tuesday, August 31 — 4013-08

9:00-11:00 AM (KS). Instructor: Chef Roderick. \$15. August's featured cooking demonstration class from our very own Chef Roderick puts the humble succulent tomato on center stage: Tomato Time! Heirloom season has finally arrived. With over 1,000 varieties available, Chef will cover different cooking procedures from Gazpacho, salads & sauces. You wouldn't want to miss this fun and informational class as well as his yummy samples. RSVP ♦♦ by 8/24.



Crafts

—Decorative Painting—

Decorative Folk Art — Picket Fence Pot • Sunday, August 22 — 1041-07

2:00-4:30 PM (OC) Instructor: Carol Sveglini. Class Fee \$25.00. Fun Class with easy flowers. Decorate pot and use with a plant or for the gardener; fill with seed packets and gardening tools for a great gift. You can also use it to hold rolled up towels or just use your imagination and creativity! Everyone welcome, beginners too! Material fee \$3 payable to instructor. RSVP ♦♦ by 8/16.



One Stroke™ Decorative Halloween Pail

Sunday, September 26 — 1040-08

2:00 - 4:30 PM (OC) Instructor: Carol Sveglini. Class fee \$25. We will be painting our pails with pumpkins and candy corn, bats and spider webs. Easy and fun to paint. Fill with your favorite candy or use as a pencil holder or put a fall Mum plant to complete your Halloween



décor. This will also be a fun Halloween gift for your grandkids to prepare them for trick or treating. \$5 material fee payable to the instructor covers all supplies needed to complete the project. Beginners are always welcome. RSVP ♦♦ by 9/20.

—Mosaic Art—

Mosaic 101: Beginners Mosaic Class

Stepping Stone Stained Glass Tuesday, September 14 — 3093-08

1:00-4:00 PM. (KS). Instructor: Bill Sutherland. Class fee: \$18. Materials fee: \$20 (with nipper) or \$5 (without nipper) payable to instructor on day of class. Discover the art of glass mosaic. This beginning class teaches students how to create a stepping stone with stained glass as pattern medium in a concrete setting.



Resident Bill Sutherland, who has 30 years of glass work experience both in stained glass and fused glass art, will lead students in making an eight-inch square stepping stone with a beautiful pattern for your garden or to give as a gift. Though design pattern is provided, each project will be unique based on choice of colors and cuts of glass used by student. For those who have taken this class before, you may bring your own pattern that fits a 7½ x 7½" size stepping stone. Pattern should be on printer paper enlarged to desired size. This easy, fast and friendly project can be duplicated at home after the class. Men and women are encouraged to join. Class size is limited to 10. All materials needed for the class are covered by the materials fee and include nippers for cutting glass, stained glass pattern, glass, concrete, mold and step-by-step directions. If you have a nipper, please bring to class. See project sample in OC display window. RSVP ♦♦ by 9/7.

Dance Classes

All dance classes: For a smooth transition between classes, dance instruction will finish five minutes prior to advertised ending time.

Please clear the room ASAP to make room for the next class. Thank you.

—Ballroom Dance—

Beginning Ballroom – Country Two Step • Saturdays, September 11-

October 2 — 3518-08

10:00-11:00 AM (KS). Instructors: Nancy & Steve Fontaine. \$20 (four sessions).



This class will focus on beginning level moves in Couples Country 2 Step. We will focus on moving around the floor smoothly and doing basic turns as well as learning how to lead and follow in the energetic and fun dance. Come join us and have a great time dancing! RSVP ♦♦ by 9/4.

Intermediate Ballroom — American Tango •

Saturdays, September 11-October 2 — 3516-08

11:00-12:00 PM (KS). Instructors: Nancy & Steve Fontaine. \$20 (four sessions). This class will pick up where last months beginning class left off. We will continue to learn wonderful moves as we improve our leading and following skills, putting together combinations that will make your Tango shine! Come join us Saturday mornings for this great American Tango class. RSVP ♦♦ by 9/4.

—Clogging—

Clogging I with Janice Tuesdays,

September 7-28 — 3571-08B

11:00 AM-12:00 PM (KS). Instructor: Janice Hanzel. \$20 (four sessions). **Prerequisite:** Instructor's approval and/or previous clogging experience. Must be proficient in the Beginning Clogging steps. This class will offer beyond the basics and bring the students' skills to the next level of beginning Clogging. New dances and more new steps will be taught. Music with the Big Band sound, Country, Bluegrass and some Pop will add variety. RSVP ♦♦ 8/31.

Beginning Clogging • Tuesdays, September 7-28 — 3571-08A

12:00-1:00 PM (KS). Instructor: Janice Hanzel. \$20 (four sessions). Starting from the beginning, students will learn the fundamental of traditional clogging, the focus of this class. Returning students can hone their skills. Janice is

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Clogging with Susi

Instructor: Susan Thomas. Join this fun form of exercise and dance, clogging from Gaelic "clog" meaning "time." Clogging is "time dancing," your heels are the timekeeper. Tap shoes may be used or, as a beginner, street shoes are fine.

Clogging II • Tuesdays, September 7-28 — 3570-08A

12:00-1:00 PM (KS). Instructor: Susie Thomas. \$20 (four sessions). **Prerequisite:** Completion of Clogging I/Beginning Clogging or instructor's approval. RSVP ◆◆ by 8/31.

Clogging Performance • Tuesdays, September 7-28 — 3570-08B

1:00-2:00 PM (KS). Instructor: Susie Thomas. \$20 (four sessions). **Prerequisite:** Completion of three sessions of Clogging II or instructor's approval. Note: Students registered for the Performance class are not required to perform at events. RSVP ◆◆ by 8/31.

-Hula Dance-

Hula Continuation • Thursdays, September 9-30 — 3902-08

1:15-2:15 PM (KS). Instructor: Auntie Naomi Kalama. \$32 (four sessions). A continuing, not a beginning class. Naomi Kalama is a well-known instructor and performer who teaches Hula, dance of the



Islands. Enjoy a fun, relaxing class while experiencing soothing sounds of Hawaiian music. Wear comfortable clothing and be prepared to remove your shoes. RSVP ◆◆ by 9/2.

-Line Dance-

Line dancing is great physical and mental exercise. It reduces stress, builds stamina, improves balance, and is an enjoyable way to meet new people. Learn new steps and dances while reviewing what you have learned in previous classes. Dance to mostly Country music.

Intro to Line Dance • Thursdays, September 2-October 28 — 3601-07

4:30-5:30 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions, no class September 30). This new class is designed to introduce the basic line dance steps and dances at a very slow and easy pace. If you're new to line dance, or have tried Line Dance I, and it went too fast, this class is for you! Students will be introduced to common line dance terminology in class. Class is meant for real beginners. This class is taught interchangeably by Yvonne and Audrey. For this session, join Audrey at KS for a fun class that will prepare you to advance to more challenging line dance classes in the future. RSVP ◆◆ by 8/26.

Line Dance I/Beginner with Audrey Thursdays, September 2- October 28 — 3603-07A

2:30-3:30 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions, no class September 30). Class is full. Please watch for the next session in the September *Compass*.

Line Dance II/Beginner- Intermediate with Audrey Mondays, August 30- October 25 — 3603-07B

5:00-6:00 PM (OC). Instructor: Audrey Fish. \$35 (seven sessions, no class September 6 & 27). This class is one notch above the beginner class, offering more challenging beginning, and some easier intermediate dances. This may include more turns and combinations of steps connected together, sometimes done to faster music. This would be the next step if you've had beginning line dance and wanted more of a challenge, or if you've had previous dancing experience and catch on easily. RSVP ◆◆ by 8/23.

Line Dance III/Intermediate with Audrey • Thursdays, September 2- October 28 — 3603-07C

3:30-4:30 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions, no class Sep-

tember 30). This level of line dance is offered to those who want a bit more of a challenge than the Beginning/Intermediate classes. Moving at a slower pace



than Line Dance IV, this class introduces mostly intermediate and some advanced line dances. Don't let this scare you! The dances will have enough basic steps to keep the dancer "above water." It will be a lot of fun, and great exercise. Try it, you'll like it! RSVP ◆◆ by 8/26.

Line Dance IV/Advanced with Audrey • Mondays, August 30- October 25 — 3603-07D

4:00-5:00 PM (OC). Instructor: Audrey Fish. \$35 (seven sessions, no class September 6 & 27). Dances in this class are taught at a much faster pace than Line Dance II or III. Students should feel comfortable learning harder intermediate and advanced dances. Advanced dances may get into other styles of dance, i.e., hip hop, body rolls, arm movements, phrased dances, restarts, and more technical steps and rhythms. RSVP ◆◆ by 8/23.

Line Dance Beginner Plus with Sandy • Wednesdays, August 25-October 13 — 3701-07A

8:00-9:00 AM (KS). Instructor: Sandy Gardetto. \$40 (eight sessions). **Prerequisite:** Must have completed at least six months of Beginner Line Dance I. This class is a step up from the Beginner I Line Dance class. The steps are the basic steps in line dancing, such as grapevine, coaster step, pivot quarter and half turns and many more. Students are expected to understand and execute basic line dance terminologies as instructors lead and teach the dances using line dance lingo. Class will be teaching slower-paced dances than Line Dance II. You don't need a partner to line dance, so join in on all the fun while exercising. RSVP ◆◆ by 8/18.



Line Dance II/ Beginner-Intermediate with Sandy • Wednesdays, August 25-October 13 — 3701-07B

9:00-10:00 AM (KS). Instructor: Sandy Gardetto. \$40 (eight sessions). **Prerequisite:** Line Dance I or Beginner Plus for at least six months. The suggested pre-

requisite for this class is Line Dance I for at least six months. Understanding the basic terminology of line dance steps is a requirement before enrolling in this class. Line Dance II is taught at an accelerated pace, at a beginning / intermediate level. Dances include full turns, three quarter turns, sailor steps, syncopated vines, etc. Line dancing is great exercise for mind and body. Have fun exercising! RSVP ♦♦ by 8/18.

Line Dance III with Sandy Wednesdays, August 25- October 13 — 3701-07C

10:00 -11:00 AM (KS). Instructor: Sandy Gardetto. \$40 (eight sessions). Steps or Step Combinations within this level could include: combination turns, i.e., half pivot followed immediately by a quarter pivot; full turns; cross and un-



wind three-quarter turn step combination; weaves with syncopation; tags and restarts and many more.

Within this level, there is no limitation on the number of turns but caution is requested not to exceed what the dancer is capable of achieving both comfortably and safely. The class, though complex, will be fun, pushing students' skills to a higher level. RSVP ♦♦ by 8/18.

Line Dance I/Beginner with Yvonne • Mondays, August 23-October 11 — 3703-07A

9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$40 (eight sessions). In the mid-1800's, settlers arrived in the US with new dance steps for non-partner dancing. They shuffled their feet, clicked their heels, wore fancy clothes and line dancing was born. As with other beginner classes, this class teaches fundamental steps of line dance, including grapevine, jazz box shuffle, quarter and half turns at a slow temp. If you haven't line danced before, we recommend taking Intro to Line Dance first. It's a great way to make new friends while enjoying the benefits of dance and exercise. RSVP ♦♦ by 8/16.

Line Dance Beginner Plus with Yvonne • Mondays, August 23-October 11 — 3703-07B

6:00-7:00 PM (KS). Instructor: Yvonne Krause. \$40 (eight sessions). For those who have had beginner line dance, this

class is a step up from that level, teaching more steps and combinations. This is a transition class from Line Dance I into Line Dance II. Dances become a bit more challenging but will also incorporate what has been learned at the beginner levels, making the dances fun and exciting. You don't need a partner, it's a great way to keep in shape, the music is fun and it's good exercise for your mind and body. RSVP ♦♦ by 8/16.

Line Dance II/Beginner- Intermediate with Yvonne Thursdays,

August 19-October 7 — 3703-07C
9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$40 (eight sessions). What our



settlers started back in the 1800's has spread throughout the world. In addition to the great choreographers in the USA, there are thousands of line dances coming into the country from around the world.

This class incorporates more turns, shuffles, and syncopated steps as well as review of the fundamental line dance steps. RSVP ♦♦ by 8/12.

Country Couples Line Dancing — Beginners • Mondays, August 30 & September 20 — 3531-08A

7:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$14 per person. All couples who enjoy dancing: Join Jim and Jeanie for this fun instructional evening! They have been dancing and teaching country couples dancing for 20+ years on the central coast and at Sun City Roseville. This beginning class includes popular country circle dances. Classes are designed to teach basic two-step dance, waltz, swing, and cha cha and basic circle dances at the social dance level. Dress is casual with loose fitting clothing. Class format: one and a half hours of instruction plus 30 minutes of practice with assistance from instructor and lead students. Music is a mix of country and types to fit the dance steps. Instructors will assess students' skill level on first day of class and may recommend transfer to appropriate class. RSVP ♦♦ by 8/23.

Country Couples Line Dancing — Intermediate

Second & Fourth Monday,
September 13 & 27 — 3531-08B

7:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$14 per person. Class is geared for couples who have taken the class before and are ready for more challenging routines. Intermediate level includes waltz, cha cha, swing, two-step, and circle dances that are more complicated and require greater skills than the beginner class. Music is a combination of country and types that fit the dances. Dress is casual with loose fitting clothing. Instructors will assess students' skill level on first day of class and may recommend transfer to appropriate class. Class format: an hour and a half of instruction and 30 minutes of practice with assistance from instructor and lead students. RSVP ♦♦ by 9/6.



—Tap Dance—

Tap Classes with Alyson!

Enjoy Tap lessons from one of the best tap instructors in the area! If you have tapped before or have dreamed of trying, join us! Instructor Alyson Meador has been teaching tap for 30 years in dance schools throughout Northern California and is currently Artistic Director of the award-winning Sound Out Tap Company in Folsom. She has been sharing her love for the art form with our community since 2000.



Students, Beginners to Advanced, may choose from several technique classes. Performance classes, except for the Advance Performance class, will take a hiatus until September. All performance students must be enrolled in a Technique class. Choose any of the classes below that fit your schedule and comfort level.

Technique Class Mondays, September 27- November 15 — 3552-08A

10:00-11:00 AM (KS). \$40 (eight sessions). RSVP ♦♦ by 9/20.

Technique Class**Mondays, September 27-
November 15 — 3552-08B**

11:00 AM-12:00 PM (KS). \$40 (eight sessions). RSVP ◆◆ by 9/20.

Advance Performance**Mondays, September 27-
November 15 — 3552-08C**

12:00-1:00 PM (KS). \$50 (eight sessions). Class is only for advanced students approved by instructor. RSVP ◆◆ by 9/20.

Beginning Tap**Tuesdays, September 28-
November 16 — 3552-08D**

9:00-10:00 AM (KS) \$40 (eight sessions). Introduction to the basic steps and terminology of tap dance. This class begins every January and runs as a beginning class through November at which time you will move into one of the four already existing tech classes. If you are not feeling comfortable yet, you are more than welcome to remain in the beginning class until you do feel comfortable. Register now if you are interested in trying Tap Dance! RSVP ◆◆ by 9/21.

Technique Class**Tuesdays, September 28-
November 16 — 3552-08E**

10:00-11:00 AM (KS). \$40 (eight sessions). RSVP ◆◆ by 9/21.

Technique Class**Thursdays, September 30-
November 18 — 3552-08F**

10:00-11:00 AM (KS). \$40 (eight sessions). RSVP ◆◆ by 9/21.

Performance**Thursdays, September 30-
November 18 — 3552-08G**11:00 AM-12:00 PM (KS). \$50 (eight sessions). **Prerequisite:** Concurrent enrollment in a Technique class. Residents who wish to be part of a tap performance for the 2011 Talent Show must enroll in any of the September performance class sessions. RSVP ◆◆ by 9/23.**Performance****Thursdays, September 30-
November 18 — 3552-08H**12:00 -1:00 PM (KS). \$50 (eight sessions). **Prerequisite:** Concurrent enrollment in a Technique class. Residents who wish to be part of a tap performance for the 2011 Talent Show must

enroll in any of the September performance class sessions. RSVP ◆◆ by 9/23.

**Performance • Fridays,
October 1-****November 19 — 3552-08I**

12:00-1:00 PM (KS). \$50 (eight sessions).

Prerequisite: Concurrent enrollment in a Technique class. Residents who wish to be part of a tap performance for the 2011 Talent Show must enroll in any of the September performance class sessions. RSVP ◆◆ by 9/24.**Tap for Fun with Judy!**

Join us on Monday or Friday afternoon to enjoy a good workout while having fun. Judy has been dancing, teaching, and choreographing dance for many years. This is not a performing group, it is designed for people who love to dance and kick up their heels. If you have an hour or two, put on your tap shoes, feel the music beat and prepare to tap! Choose the day that works best for you.

Mondays, August 16-**October 11 — 3580-07A**

4:45-5:45 PM (KS). Instructor: Judy Young. \$40 (eight sessions, no class September 6). RSVP ◆◆ by 8/9.

Fridays, August 27-**October 15 — 3580-07B**

1:00-2:00 PM (KS). Instructor: Judy Young. \$40 (eight sessions). RSVP ◆◆ by 8/20.

**—West Coast Swing—
(California's State Dance)****Introductory West Coast Swing
Summer Workshop • Fridays,
September 3-24 — 3511-08A**

12:00-1:00 PM (KS). Instructor: Dottie Lovato-Macken. \$24 (four weeks) or \$8 per week. Come learn what all the excitement has been in our community over California's State Dance, West Coast Swing. We are offering an afternoon session this summer and two ways to attend the Summer West Coast Swing Workshop — either commit to the four weeks, or pay for what you can attend. Recognizing how a majority of our residents go on a break during the summer, we are offering the two price options. During the workshop, you will be introduced to the six basics steps of

West Coast Swing while experiencing an exciting dance, lots of fun, and learning how to dance to a variety of music. Each one-hour lesson will encompass the six patterns so whether you are attending one class or all four, you will go home learning the basics of the dance. However, you will benefit by attending more of the one-hour classes. Students are encouraged to have a partner. RSVP ◆◆ by 8/27.

**Beginning West Coast Swing
Levels I & II • Wednesday,
September 8-29 — 3511-08B**

8:00-9:00 PM (KS). Instructor: Dottie Lovato-Macken. \$24 (four weeks). Learn the basics of West Coast Swing, California's State Dance from veteran West Coast Swing dance instructor, Dottie. Dottie will teach you the basics of this great dance and will show you how it can be applied to various types and styles of music. You need to complete at least three sessions of Beginning class in order to advance to next level. Join this fun and social class. RSVP ◆◆ by 9/1.

**Intermediate West Coast Swing
Levels I & II • Wednesdays,
September 8-29 — 3511-08C**6:00-7:00 PM (KS). Instructor: Dottie Lovato-Macken. \$24 (four weeks). **Prerequisite:** Must have completed West Coast Swing Beginning levels one and two. RSVP ◆◆ by 9/1.**Advanced West Coast Swing
Wednesdays,
September 8-29 — 3511-08D**7:00-8:00 PM (KS). \$24 (four weeks). **Prerequisite:** Must have completed West Coast Swing Intermediate I and II. RSVP ◆◆ by 9/1.**Finance****Personal Investment Seminar
Tuesdays,****October 5, 12 & 19 — 6051-08**

6:30-8:30 PM (KS). Instructor: Russ Abbott. Free. Russ has been a financial advisor for over 20 years and has taught investment classes since 1991. In this three-session class, you will learn how to manage investments during and prior to retirement. Topics will include generating



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Fitness

Register for these classes at Fitness Centers starting August 17 at 10:00 AM.

—Circuits, Weights, Stretches—

Beginning Circuit Class Wednesdays, September 22- November 10 — 830000-08

5:00-5:30 PM. Weight Room (The Wave). Instructor: Julia Wells. Location: The Wave on Weight Room floor. ***Week one, class meets for an hour, 4:30-5:30 PM, to go over basics of warming up for circuit and weight machine adjustments. Class takes participants through a full-body strength-training circuit, increasing their knowledge of using the equipment safely and effectively while getting a great workout. Every two weeks the class will progress with a few new exercises to include balance, core, and cardio stations. For the beginner exerciser, or participants looking for assistance with a regular weight machine workout in a group setting. **Seven-week session — \$40.** Register at the Fitness Centers.

W.O.W. — Working Out with Weights • Tuesdays, August 31-October 5 — 750500-08

11:30 AM-12:30 PM. Weight Room (KS). Join this six-week in-depth, informational strength training program that will take you from basic to advanced training

techniques. Led by instructor/ Personal Trainer Jill Boan, we begin with a total body machine program focusing on proper settings and correct form and progress into free weights and

cables. Learn how, when & why you need to change your weights, the best sets, reps and exercises for your body type. You will run away with written programs to carry you through the rest of your life! Limit six people. **Six weeks.** Change your life. **\$75.** Register at the Fitness Centers.



Reach for the Top/Stretch & Tone! Tuesdays, September 7-28 — 801000-08 Thursdays, September 9-30 — 803000-08 Tuesdays & Thursdays, September 7-30 — 802000-08

11:45 AM-12:45 PM. Aerobics Room (KS). This class, formerly "Arthritis Take Control," is designed and presented by Lin Hunter, is a combination of stretching, range of motion exercises, intervals of cardio movements, balance moves, and toning with weights, bands, balls, and bars. All of this is done to fun music to get your energy level up, help you become stronger, strengthen your muscles and joints, and build up cardio endurance. The range of motion exercises and stretching will help prevent arthritis and keep you more mobile. Lin is a licensed nurse and AFFA-certified group exercise instructor; she has been teaching for 40 years! She has been to many workshops to gain the knowledge to help seniors enjoy exercise and improve their health. Lin constantly gives options for modifications and can help you with your special needs. Guaranteed! You will feel great when you leave this class! **Four-week session, one day/week— \$28. Four-week session two days/week - \$52.** Register at the Fitness Centers.

New! Balletone • Tuesdays, September 7-28 — 700000-08

4:00-5:00 PM. Aerobics Room (KS). Instructor: Deanne Griffin. What do you get when you combine traditional fitness movements, ballet inspired dance movements and the flow of yoga? A fun, flowing cardio class that is perfect for burning calories and sculpting your whole body. Strengthen muscles, strengthen core, increases cardiovascular fitness, flexibility and coordination. All set to upbeat music. **Four-week series - \$35.** Register at the Fitness Centers.

—Dance/Fitness Centers—

Zumba • Mondays, August 16- September 27 — 810000-07

(No class 9/6.) 3:45-4:45 PM. Aerobics Room (KS). Instructor: Nicole Robinson. Zumba is a cardio-aerobic class that fuses musical rhythms and moves to create a dynamic workout designed to be fun and

easy to do! Integrating Zumba into every day, you can achieve long-term benefits while experiencing an absolute blast in



one exhilarating class of calorie-burning, heart-racing, muscle-pumping, energizing movements meant to engage your entire body. Routines feature interval training sessions where fast and slow

rhythms and resistance training are combined to tone and sculpt your body while burning fat. **Six week session — \$48.**

Register at the Fitness Centers.

Greek Line Dance • Tuesdays, September 7-28 — Cancelled

Belly Dance • Fridays, September 10 and 17 — Cancelled

Performance Dance with Dolly Fridays,

September 3-24 — 771200-08

2:30-4:30 PM. Aerobics Room (The Wave) Instructor: Dolly Schumacher. For the dancer who loves to perform! These classes are a combination of all styles of dance, technique and choreography. Routines are designed for the many performance venues within our community. **Prerequisite: By audition or teacher's approval only.** All classes are held in the Aerobics Room at The Wave. Two Hour Classes- **Four-week session — \$45.** Register at the Fitness Centers.

—Health—

Preventing Cancer • Wednesday, September 29 — 860000-07

7:00-8:00 PM, Presentation Hall (KS). Although our bodies are continually bombarded by cancer-causing toxins, learn how to fight back by eating a cancer-preventing diet. This seminar will cover the basic compounds responsible for causing cancer, and how to lower your exposure as well as fight such compounds through your diet. Presented by Bronwyn Schweigerdt: Bronwyn has a Master's Degree in nutrition from Tufts University, and is the author of several weight loss books, including Free to Eat. Although Bronwyn speaks all over Northern California, Sun City Lincoln Hills is her favorite place to teach! Register at either Fitness Center - **\$10.**

—In the Pool—

Beginning Swim Class with Marilyn Wednesdays, September 8-29 — 780300-08

4:00-5:00 PM. Indoor Pool (The Wave). Instructor: Marilyn Windham, Swim Coach. This class offers an opportunity for those who have wanted to get involved in swimming but weren't sure how. Those in the beginning level are



expected to have some basic water skills, including being able to place your heads or faces under water, having a general

comfort level in the water, and may even include some navigation through water. Basic instruction will be given on dry land and in the water with emphasis on breathing, kicking, and proper stroke. The primary class emphasis is the instruction of the freestyle stroke. Minimum class size of two, maximum of eight swimmers. Goggles highly recommended. **Four-week session — \$40.** Register at the Fitness Centers.

Intermediate Swim Class with Marilyn • Tuesdays, September 7-28 — 785000-08

5:00-6:00 PM. Indoor Pool (KS). Instructor: Marilyn Windham, Swim Coach. This class is for those of you who already swim but want to improve your skills. Those in the intermediate level



are expected to swim at least one lap (across the pool) before resting, with general knowledge of the freestyle stroke. Primary

emphasis is for intermediate swimmers to perfect their freestyle stroke through a variety of drills designed to refine the stroke and help correct faulty ones. Swimmers will also learn to do the backstroke. Minimum class size two, maximum ten swimmers. Goggles highly recommended. **Four-week session — \$40.** Register at the Fitness Centers.

Advanced Swim Class with Marilyn Thursdays, September 9-30 — 785200-08

1:00-2:00 PM. Indoor Pool (KS). Instructor: Marilyn Windham, Swim Coach. This class is for the advanced swimmer who wants to improve swim skills and learn new ones. Those at the advanced

level are expected to swim several laps with a good freestyle stroke or back stroke. The primary emphasis is for the advanced swimmer to learn and/or im-



prove both breaststroke and butterfly swim strokes through drills designed to break each stroke into component

parts and then put them together into the complete stroke. All four strokes — freestyle, backstroke, breaststroke and butterfly — will be covered with a series of drills for each. Minimum class size of two, maximum of six swimmers. Goggles highly recommended. **Four-week session — \$40.** Register at the Fitness Centers.

Core-N-More Suspended Aquatic Exercise with Andrea

Wednesdays, August 25-
September 15 — 760000-08

Thursdays, August 26 –
September 16 — 760100-08

Wednesdays & Thursdays, August
25-September 16 — 760200-08

Wednesday classes 9:35-10:30 AM; Thursday classes 4:00-5:00 PM. Indoor Pool (The Wave). This class maximizes the benefits of water with the assistance of a Buoyancy Belt. Exercises are per-



formed without touching pool bottom, eliminating impact and increasing resistance. Class combines exercises that will improve core strength, tone and

strengthen major muscles, offer aerobic challenges and improve balance and flexibility. The belt allows participant to control exercise intensity and achieve a total body workout specific to their fitness level. Contact Andrea about a free trial class or with any questions at 844-8824. **Four-week session — \$30.** **Both dates - \$50.** Register at the Fitness Centers.

—Nordic Walking—

Nordic Walking for Beginners Wednesdays, September 8-29 — 750000-08

8:00-9:00 AM (The Wave). Instructor: LH resident Mike Barkhurst, Nordic Walking Instructor with the American Nordic Walking Association, holds three personal trainer certifications in health and fitness. Walking with Nordic Walk-

ing poles allows you to gain stability and balance while walking and lessens stress on all your joints up to 40% as compared to normal or power walking. You can get outside and exercise no matter what your present fitness level. Walk as slow as a turtle or fast like a rabbit; this may be the activity for you. Nordic Walking poles are now being used to aid many with Parkinson's disease and Multiple Sclerosis to get out of their wheelchairs and walk. You can attain benefits from learning to walk with poles that other fitness activities might not allow. No matter what size or weight you are, the art of walking with poles burns 40% more calories than normal and power walking. Research shows 30 minutes of Nordic Walking is equivalent to 50 minutes of normal walking.



The class is split into four one-hour sessions. The first is held inside where you will be given instruction on

various types and kinds of Nordic Walking poles available for purchase. The next three sessions are conducted outside at OC. You will be taught the techniques of Nordic Walking. There is very little hiking done in the classes; it is left for you to do on your own as you get full use of a pair of Nordic poles for the four weeks. **Four week session — \$50.** Register at the Fitness Centers.

Nordic Walking Plus September 7-28 — 751000-08

8:00-9:00AM (The Wave). This class is offered to those students who have previously completed the Beginning Nordic Walking Class. It will add to the skills already learned. All classes will be conducted outside (weather permitting). Students will learn various stretches



and strength building techniques that all can be accomplished using Nordic Walking Poles. You will also learn new techniques, such as "double poling" to add variety to your daily walking activity. Another Nordic Walking technique called "Exerstriding" will also be covered. Upon completion of this class you will receive a free DVD displaying the various methods of Nordic Walking to review your technique with. **Four week Session - \$50.** Register at the Fitness Centers.

—Tai Chi—

Tai Chi I—Beginning Sun Form Thursdays,

September 2-23 — 730100-08

(No class 9/9.) 1:00-2:00 PM. Aerobics Room (KS). Instructors: Spero & Barrie. Whether you are stressed out, treating a health issue, continually exhausted, or just wanting to get in shape and feel good again, Tai Chi is for you. When it comes to exercise, the highest hurdle to get over is to start. Join us and see how easy it is! Learn a series of gentle stretches, exercises and the beginning 35 movement Sun Short Form. Wear comfortable, flat-bottomed shoes, loose clothing and bring water to drink. **Three-week session — \$30.** Register at the Fitness Centers.

Tai Chi II-Continuing Sun Form Thursdays,

September 2-23 — 730200-08

(No class September 9.) 2:10-3:10 PM. Aerobics Room (KS). Instructors: Spero and Barrie. This class is designed for the



continuing student who would like to complete the 35 movement Sun Short Form before moving on to the White Dragon Short Form. You will also learn

a new series of stretches and exercises, breathing technique and a short study on how to meditate. Wear comfortable flat-bottomed shoes, loose-fitting clothing and bring water to drink. **Three-week session — \$30.** Register at the Fitness Centers.

Tai Chi III-White Dragon Short Form Mondays, August 30-

September 20 — 730300-08

(No class September 6.) 12:00-1:00 PM. Aerobics Room (KS). Instructors: Spero and Barrie. Tai Chi is easy to learn and

suitable for students of all ages. You will learn the gentle Chinese art of moving meditation through the 48 movement White Dragon Short Form. You will also learn a series of Chi Kung stretches and exercises. Wear comfortable flat-bottomed shoes, loose-fitting clothing and bring water to drink. **Three-week session — \$30.** Register at the Fitness Centers.

Tai Chi IV — White Dragon Long Form • Mondays, August 30- September 20 — 740100-08

(No class September 6.) 1:10-2:10 PM. Aerobics Room (KS). Instructors: Spero and Barrie. This class is designed for the continuing student who wants to learn the 153 movement White Dragon Long Form. Suitable for students who have taken one of our other classes and would like to continue their studies of Tai Chi. You will also learn a new series of Chi King stretches and exercises. Wear comfortable flat-bottomed shoes, loose-fitting clothing and bring water to drink. **Three-week session - \$30.** Register at the Fitness Centers.

Gentle Tai Chi in the Evening!

**Tuesdays, August 31-
September 21 — 731000-08**

(No class September 7.) 7:00-8:00 PM. Aerobics Room (The Wave). Instructors: Spero and Barrie. Are you stressed and exhausted after a day at work? Want to shed pounds, improve balance and lower blood pressure? We can help you get into shape, feel young again and set you on the path to better health with Gentle Tai Chi. Tai Chi can be practiced at any age in any condition. Many with ailments and disabilities practice Tai Chi as therapy, even arthritis sufferers. Each class involves gently moving joints, muscles, and tendons. Wear comfortable shoes, loose clothing, and bring water to drink. **Three-week session — \$30.** Register at the Fitness Centers.

—Yoga—

Gentle Hatha Yoga with Julie Boone Tuesdays, September 14-

October 19 — 710100-08

Or Thursdays, September 16-

October 21 — 710200-08

2:00-3:30 PM. Aerobics Room (The Wave). Julie Boone continues to provide a gentle Hatha Yoga class in the Ananda Style. Having taught at The Wave since

2000, Julie offers an all-level class that is challenging while still being “do-able.” She is happy to connect with long-term students as well as yoga newcomers. Her motto is “Yoga is not supposed to hurt!” She offers a four-week series focusing on



gentle yoga basics including warm-ups, standing and floor poses, inversions, pranayama (breathing exercises), deep relaxation, and meditation. Julie will help students modify postures to

find a level of stretch that is comfortable. While a physically gentle class, it is not “easy,” strength, flexibility, and balance will be developed. Class is suitable for beginners and the continuing student. Limit: 20 participants. **Six-week session — \$59.** Register at the Fitness Centers.

Evening Yoga with Susan Hayes Hatha (Traditional) Yoga

Tuesdays,

September 7-21 — 711000-08

6:30-7:45 PM. Aerobics Room (KS). A fun yoga class consisting of traditional yoga postures that are performed in a continuous flow, at a relaxed pace. The class is designed to increase energy, flexibility, balance, and strength — all while reducing stress. Everyone is welcome - from absolute beginners to aspiring yogis. If you've never tried yoga before, this is the class for you! **Three-week series - \$30.** Register at the Fitness Centers.

Evening Yoga and Meditation with Susan Hayes • Thursdays,

September 2-16 — 711100-08

6:30-7:45 PM. Aerobics Room (KS). This Thursday evening yoga class is designed to allow your body and mind to deeply relax and heal. The class consists of



gentle and easy-to-do yoga postures in the “yin” (floor exercises that work the core) and “restorative” (resting on yoga props) styles, followed by deep

relaxation and optional meditation. Each student receives individual attention, and for this reason, class enrollment is limited to 12 students. **Three-week series - \$30.** Register at the Fitness Centers.

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— Tennis —

Pro Tennis Lessons with Mike Gardetto

Sundays, September 5-October 10

Tennis courts 10 and 11. Instructor: Mike Gardetto. Mike Gardetto is USPTA-certified and has been giving tennis lessons at SCLH for the past seven years. Group lessons with four to 12 participants per group. Focus is on basics of forehand, backhand, and serves. Proper doubles strategies are also covered. Six-week session — \$65.

Beginners —
8:00-8:50 AM — 790700-08

Intermediate —
9:00-9:50 AM — 790600-08

Advanced —
10:00-10:50 AM — 790500-08

Football

Understanding Football: Tailored for Women • Thursdays, September 9 & 16 — 6170-07

9:30-11:00 AM (KS). Instructor: Resident Bill Richardson. \$20. Calling all residents who are perplexed by this game known as football! Join Bill at Presentation Hall (KS) when he demystifies the game and teaches you the intricacies of football. As a father and a husband, he can relate to the issues some women have when their other half is so passionate and glued to the TV watching not only their favorite team,

but every other game that might come on. There are only 12 rules in football. Bill will improve your understanding of these rules, and show you the skills needed to “manage” these 22 violent participants so that they play within the confines of the rules. We will use video and personal experiences to enhance your enjoyment of the game. *About the Instructor:* Bill has been a football official since 1966 and presently works for the NFL as a scout for officials, and the Pacific 10 Conference as an instant replay official. He serves as an instructor at several officials’ camps and clinics throughout the season. He has worked as referee for a number of BCS National Championship games and instant replay official for NFL games. RSVP ◆◆ by 9/2.



Gem Stone Cutting

Intro to Gem Cutting • Mondays, September 13-October 4 — 3081-07

1:00-3:00 PM (KS). Instructors: Dave Fisk and John Neil of Gem & Mineral Society. Class \$30. Supply fee \$15 payable to instructor. Class is limited to six students for optimum learning. This “hands-on” class provides instruction on safety and operation of lapidary equipment and methods and materials for creating cabochon gemstones. This course must be taken prior to equipment use during Gem and Jewelry Open Workshop sessions. There are four class sessions per course. The photo is of Laguna agates — Cabochons. Questions? Contact instructor Dave Fisk, 434-0747. RSVP ◆◆ by 8/30.

Lost Wax Jewelry Casting Mondays, September 13-October 4 — 3130-07

9:00 AM-12:00 PM for class weeks one, two, & four; 8:00-9:00 AM and 1:00-3:00 PM for week three (September 27) (KS).



Instructor: Dave Fisk. \$75. Materials fee \$20 payable to instructor on first day of class. Learn the basic techniques of this millennia-old craft. Create wax model of desired jewelry or object, invest the model in a plaster-like mold, burn out the wax in a high temperature oven, inject the metal with a centrifuge, and finish the casting using jeweler’s buff and other tools. Photo is of Lost Wax Ring. Upon completion of the class, students may attend Gem and Jewelry Open Workshops for a nominal fee to use casting equipment. No makeup classes. Requires separate acquisition of casting metal (gold/silver). Silver available from instructor at cost. Questions? Contact instructor Dave Fisk, 434-0747. RSVP ◆◆ by 8/30.

Jewelry Fabrication Mondays, September 13- October 4 — 3160-07

1:00-3:00 PM (KS). Instructor: Chuck Defrenzo. \$60 (four sessions). Learn the basic techniques of metal jewelry sawing and soldering, and more advanced techniques as time permits. Create a bezel setting for a cabochon gemstone and finish using jeweler’s buff and other tools. Upon completion of class, students may attend Gem and Jewelry Open Work-

shop for a nominal fee to use equipment. No makeup classes. Maximum of six students. Materials fee of \$10 payable to instructor at first class. Requires separate acquisition of metal (gold/silver). *About the Instructor:* First introduced to custom jewelry mountings (silver and gold) at a local evening school class, Chuck has been creating custom jewelry mountings since 1960. His work has been displayed at the L.A. County Fair, lapidary club shows and his talent has been tapped by the professional jewelry trade. RSVP ◆◆ by 8/30.

Gem and Jewelry Open Workshop

Most Mondays and Wednesdays, the Lapidary Shop is open from 8:00 AM-12:00 PM. Most Mondays, the Lapidary Shop and the Casting Shop share the space from 12:00-4:00 PM. Most Wednesdays, lab session from 6:00-8:00 PM, Sierra Room (KS). These workshops are open to experienced persons (after orientation) or those who have completed the Intro to Gem Cutting, Lost Wax Casting or Jewelry Fabrication classes. Experts from the Gem & Mineral Society will oversee the lab. Use lab and equipment including diamond saws, grinders, polishers and drill, and lost wax equipment. Maintenance fee \$5 per two-hour session. Pay Shop Master upon arrival. Questions? Call Dave Fisk, 434-0747.

Glass Art

—Fused Glass—

Fusing Glass Workshops

August — 3101-01H

September — 3101-01

4:00-6:30 PM except for the last Monday of the month, 6:00-8:30 PM, (KS). Moderator: Bill Sutherland or Kate Uppal. \$10 each day. Fusing enthusiasts now have a workshop where they can work on their projects. Bring your glass and fusing projects to class and work on your designs.



Workshop moderator will be monitored by Bill Sutherland who will be firing the projects after the class.

Students will be sharing workshop time with stained glass enthusiasts in the Sierra Room (KS). Pay at the Activities Desk each day you attend the workshop.

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540510A

—Stained Glass—

Stained Glass class will be taking a hiatus until we have enough interest. We encourage everyone to sign up on the class interest list at the Activities Desk.

Stained Glass Workshops

August — 3101-01H

September — 3101-01I

4:00-6:30 PM except for last Monday of the month, 6:00-8:30 PM, (KS). Moderator Bill Sutherland or Jordan Gorell. \$10 each day. Due to nature and expense of working with glass and equipment, this workshop is for experienced students only. A moderator will be in attendance to supervise students to safely use equipment but will not teach new methods. If you have experience working with glass but have not had instruction, please inform the monitor prior to enrolling in the workshop to obtain clearance for equipment use. Students will be sharing workshop time with fused glass enthusiasts. Pay at Activities Desk each day you attend.

Jewelry

—Beading—

Six Strands? No Problem Necklace

Tuesdays,

September 21 & 28 — 3011-07

9:30-12:00 PM (KS). Instructor: Cathie Szabo. \$30. **Perfect for beginners!** Techniques learned in class are basic and a good way to find out if beading/jewelry making is for you! Just simple stringing and a little patience is all that's needed to create a magnificent 6-strand necklace that's sure to be the envy of all. You won't believe how easy it is to make this necklace.



Check out the samples in the display window in OC by the Fine Arts Room. Choose two complementary or shades of the same color, arrange them in

pleasing patterns on each string – that's it! If 6-strands are too much for you, Cathie will help you adapt the necklace to less number of strands. Be sure you get the materials list when you sign up for the class. RSVP ♦♦ by 9/14.

Jewelry from Cabochons, Rocks and Fused Glass • Tuesdays, October 5 & 12 — 3011-08

9:30-12:00 PM (KS). Instructor: Donnette Thomas. \$30. I'm sure that a few of you have made a fused glass piece, or have some rocks and cabochons accumulated through the years. This class can help you incorporate your stones, cabs, or fused glass art, into a bracelet, necklace or pin, whatever your preference. I had a cabochon that was in my jewelry box for years until I rescued it. You can see this cabochon, an Oregon Briggs (brown & beige) in the display case at OC. If you know how to crochet, I have sample bracelets of crocheted wire with focals in the display case as well. If you have any questions about the class, Donnette is always available by phone: 425-3666. Be sure to check the materials list that prints on your receipt when you register for the class. RSVP ♦♦ by 9/28.

—Precious Metal Clay (PMC)—

Beads and Hollow Forms

Tuesday, October 5 — 3160-08

10:00 AM-5:00 PM. (KS). Instructor: Jewelry artist, Patrik Kusek. Class fee: \$51 plus \$31 materials fee. In this day long workshop you'll learn the fundamentals of making beads and hollow forms. Patrik will demonstrate how to make beads without a core- tube beads, solid beads, lenticular beads and sandwich beads. You will leave with several completed beads, designed and constructed by *you!* You will receive handouts and resources, and the skills necessary to make fine silver jewelry from start to finish in your own home! Materials fee will include one package PMC+ and some consumables in class in like paper, butane etc. Instructor's tools will also be available for students to use if needed. Extra materials, tools etc. will be available for purchase after class. RSVP ♦♦ by 9/14.



Language

Beginning Conversational French Thursdays,

October 7-28 — 6090-08A

9:30 AM-11:30 AM.(OC) Instructor: Claire Michelet. \$64. Prepare for your travel

in France and learn how to converse in French using real-life situations. Acquire basic French conversational skills and learn all the essential sentences that will make a difference in your stay abroad, plus an insight into local customs. This class is designed for true beginners and



also for those who have no practice or relatively no recent practice of spoken French and want

to pick up from what they can remember. Topics covered in this class are: Introduction, Personal Identification, Physical Environment (Calendar, Time, Directions, Numbers, Colors), Meals, Food & Drink. RSVP ♦♦ by 9/30.

Intermediate Conversational French • Wednesdays,

October 6-27 — 6090-08B

4:00-6:00 PM.(OC) Instructor: Claire Michelet. \$64. Refine your conversational skills through a variety of inspirational and pertinent topics. Delve into French Culture and gain an in-depth understanding of its particularities and differences. There will be a special emphasis on pronunciation, and rhythm of the French language. This class is designed for students who have a basic understanding of the French language. This class is not for beginners! Topics covered in this class are: French Savoir-Vivre, French Delicacies, & Real Life Situations Part 1 (Greetings, At the Restaurant, & Shopping). RSVP ♦♦ by 9/29.

Music

—Guitar —

Guitar I – Introduction to Guitar Fridays, September 3-

October 22 — 4260-07A

8:30-10:30 AM (KS), Instructor: Bill Sveglini. \$65 (eight sessions). This class is designed for the person that has not played before or hasn't played guitar for many years. We will be covering basic note reading, chords, strumming, finger picking, rhythms and basic music theory. This class is designed to give you a good foundation to move on to the higher classes. It is suggested by the teacher that you start on a nylon string guitar as the strings are easier to press down and you have more room for your fingers when you learn and play chords.

The teacher will be happy to advise you on the purchase of a guitar if you need help in selecting one. Supply list will be provided upon registration. Most supplies will be available for purchase from instructor first day of class. Questions? Please call Bill at 434-5655. RSVP ◆◆ by 8/20.

Guitar II — Intermediate • Thursdays, August 19 - October 7 — 4260-07B

8:00-10:00 AM (OC). Instructor: Bill Sveglini. \$65. This class continues the course of study in Guitar I. Bill has taught guitar lessons to groups and individuals for over 40 years. Course of study will include: reading music in the first position, learning basic chords and chord patterns, strumming and basic finger-picking and use of guitar pick.



The class will also provide basics of music knowledge (notes, rests, measures, bar lines, etc.). Learn and play many old favorite songs in varied styles as well as sing while we play. The class promises to be a lot of fun. Outside of providing your own guitar, other supplies required. Same class supply list as before. RSVP ◆◆ by 8/12.

Guitar III — Advanced Thursdays, August 19-October 7 — 4260-07C

10:00 AM-12:00 PM (OC). Instructor: Bill Sveglini. \$65. Prerequisite: Students must have Bill's approval to enroll in this class. The class is a continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. We continue to study finger picking used in songs. We learn how to develop and use different finger picks for various styles of music and will introduce varied types of ensemble playing, duets, trios, and quartets. Same class supply lists as before. RSVP ◆◆ by 8/12.

-Music History -

New! History of Movie Musicals, Part I Thursdays, September 23- October 14 — 4271-08A

10:00 AM-12:00 PM (Kilaga Presentation Hall). Instructor: Ray Ashton. \$20 (four sessions). We are happy to announce

that Ray Ashton will be continuing his highly entertaining and informative class presentation on various musical histories as a regular instructor in our community. This class is *not* presented through Osher Lifelong Learning Institute. For his first class, Ray will bring the class to a journey in the History of Movie Musicals from the grand experiment of the *Jazz Singer* starring the great Al Jolson, to



the backstage musical, to the incomparable Fred Astaire. Experience the athletic Gene Kelly, the enchanting Rita Hayworth, and the wonderful Judy Garland on the big screen while Ray covers the history of their movies.

Discover the masterful movie directors who changed everything and the studios that encouraged their grand vision, MGM, 20th and Columbia. Finally, in this session, see how the Broadway musical came to Hollywood. Each class will include video clips, lecture and class discussion. Movie enthusiasts, music lovers and history buffs will find this class educational and fun. For additional information and special previews of each class, visit rayashton.com. Sign up at the Activities desk for this class. RSVP ◆◆ by 9/2.

History of Movie Musicals, Part II Thursdays • October 28- November 18 — 4271-08B

10:00 AM-12:00 PM (Kilaga Presentation Hall). Instructor: Ray Ashton. \$20 (four sessions). This class is *not* presented through Osher Lifelong Learning Institute. Part 2 begins with a look at two of the Movie Musicals greatest directors: Robert Wise and Bob Fosse. Study their unique visual styles and the way they changed the Movie Musical forever. See the majesty of the Sound of Music and the remarkable artistic achievement of West Side Story, the fabulous style of Cabaret and the prophetic All That Jazz. In the final two classes, we will explore the resurgence of the Movie Musical in the 21st century visiting more Broadway classics like The Producers and The Phantom of the Opera, popular hits like Mama Mia and the disturbing Sondheim masterpiece Sweeney Todd. So... get ready for a musical and theatrical treat as we complete our journey and enter the new millennium through the history of movie musicals. Sign up at the Activities desk for this class. RSVP ◆◆ by 10/7.

-Keyboard -

Play In a Day, Keyboard Class Tuesday, September 21 — 4270-07A

10:00 AM-12:00 PM (OC). Instructor: Greg Isett and/or Karen Ramirez of Music Exchange. \$30. Class is full. Please watch for the next session in the September *Compass*.

Play In a Day, Keyboard Continuation Class Tuesday, September 28- October 19 — 4270-07B

10:00-11:00 AM (OC). Instructors: Greg Isett and/or Karen Ramirez of Music Exchange. \$48 (four sessions). **Prerequisite:** Must have completed Play In a Day Keyboard Class. The fun continues! From the successful Play In A Day Keyboard class, this four-week class will cover all

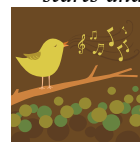


the topics needed to play the piano, keyboard or organ. You will learn music terminology, read notes, count and play all of the major and minor chords. You will also learn the basic set up of all brands of keyboards. The one hour class will provide both lecture and hands on activities. Keyboards are provided. Class fee includes basic music book and handouts. RSVP ◆◆ by 9/21.

-Voice -

Singers Vocal Boot Camp Continuation • Fridays, September 3-October 22 — 6131-07

10:45 AM-12:45 PM (KS). Instructor: Bill Sveglini. \$65 (eight sessions). Prerequisite: Completion of first Vocal Boot Camp or have studied music. **NOTE: Class starts and ends one week later than advertised in July Compass.** This is a continuation class of Vocal Boot camp. We will continue to learn and improve on reading and following sheet music. We will study rhythm and work very hard on notation recognition in treble and bass clefs. RSVP ◆◆ by 8/20.



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Meridians Restaurant:
"Best of the Best" rated number one Best Steak
KCRA 3 A-List placed fourth out of 25 nominees for Best Brunch
by Lincoln News Messenger readers

Orchard Creek Lodge:
KCRA 3 A-List Top three of 51 nominees for Best Wedding Venue
"Best of the Best" rated first for Best Meeting Place/Facility

Kilaga Springs Café:
KCRA 3 A-List Top three of 22 nominees for Best Healthy Lunch

The Spa at Kilaga Springs
"Best of the Best" Best Massage and Best Skin Care

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2010 BEST OF THE BEST
by Lincoln News Messenger readers

BEST OF KCRA 3 A-List

Sewing

Residents must be certified to use Association sewing machines. A one-hour certification class on how to operate and maintain the machines is offered the second Monday each month in the Sewing Room.

Bernina 440 Quilting Certification Monday, September 27 — 4058-08

4:00-5:00 PM (OC). Instructor: Sylvia Feldman. \$50. Learn comprehensive free-motion stippling for quilting with fabric mover using our new Bernina 440 Quilting machine. There will be instructions on the use and care of the machine with all the features and enhancements the machine has to offer. This one-hour, one-on-one intensive training class will leave the student with confidence and ease to use the machine. Class fee covers all materials needed for the training including batting materials, thread, fabric and step-by-step instructions. RSVP ♦♦ five days before class date.

Bernina Serger Certification — 4055-01H

Second Monday of the month, 1:30-2:30 PM (OC). \$15. Instructor: Sylvia Feldman. All supplies will be provided during class. Class limited to three students.

Bernina Sewing Machine Certification — 4054-01H

Second Monday of the month, 3:00-4:00 PM (OC). \$13. Instructor: Sylvia Feldman. Class cost includes a sewing starter kit with bobbins & needles. Please bring your own scissors to the class.

—Creative Hardanger—

Norwegian Embroidery "Creative Hardanger" • Tuesdays, September 7-28 — 4022-01I

3:30-5:30 PM (OC). Instructor: Ana Bertha Valbuena. \$28 (four sessions) Want to acquire a new and easy hobby? Join us in the Sewing Room as resident instructor Ana Bertha shows you the techniques in this beautiful embroidery form from Norway. First hour provides students with general embroidery instruction. Remaining class time is geared to practicing basic Kloster stitches. You will need to purchase a kit the first day of



class from instructor: small kit \$12.50, large kit \$20. RSVP ♦♦ by 8/31.

—Doll Class—

Soft Fabric Doll Class Tuesdays, September 28-October 19 — 3180-08

1:00-4:00 PM (KS). Instructor : Nancie Wiseman. \$60. Materials fee: \$10 payable to instructor. **Prerequisite:** Student must bring their own sewing machine to class (no sewing machines will be provided). Learn the basic art for creating a soft sculptured doll in this four-week class. You'll be given the directions for this fabulous tall doll that can be made to either permanently sit with bent knees or stand 18"-20" tall. You'll learn to paint her face as well as create and sculpt her body and make all of her clothing including shoes and underwear. Doll making is intriguing and fun and the best part is decorating and embellishing their clothes with



odds and ends of lace and flowers and buttons left in your sewing drawer. Nancie will help you decorate your doll and make her extra special and each doll will come out with a completely different look and dress depending on the fabrics, laces and embellishments you choose. See the doll example in the window display at Orchard Creek for more details and inspiration. \$10 materials fee includes pattern, use of all glues, pens for drawing faces, Ink for printing faces, stencils and stamps for making faces, stuffing tools, turning tools, buttons for joints, heavy threads for joining body parts. This project will be a great gift for your grandchildren or anyone who collects dolls. RSVP ♦♦ by 9/21.

—Knitting—

Beginning Knitting • Wednesdays, September 15-29 — 4070-08A

1:00-3:00 PM. (OC). Instructor: Nancie Wiseman. \$30. This class is for the real beginning knitter. If you have knitted long ago, need a refresher, or want to learn how to knit, come to this class and learn the joy and relaxation of this timeless craft. You'll learn the basics and begin to understand the skill as Nancie teaches you to cast on, knit, purl and bind off. Even if you already have some basic knitting skills you are sure to pick

up some tips and techniques from this class. See Intermediate Knitting for more information on Nancie. Students must bring a size 7 or 8 straight or circular knitting needle (if you know how to use it) and worsted weight yarn in a light color to class. RSVP ♦♦ by 9/8.

Intermediate Knitting • Mondays, September 13-27 — 4070-08B

9:00 AM-12:00 PM (KS). Instructor: Nancie Wiseman. \$45(three sessions). **Prerequisite:** Must know how to Knit, Purl and Cast On. This class is for anyone who already knows how to knit but would like to improve their knitting with help on ideas such as reading instructions,



checking gauge, working intarsia, cables, lace, short rows, and buttonholes, finishing, or improving general knowledge of knitting.

Bring the knitting you are working on plus the pattern or the supplies to start a new project and Nancie will help you finish your knitted projects while you improve your knitting skills. About the instructor: A 1992 International Design competition winner, Nancie not only designs but writes patterns for several yarn companies as well as writes articles and knitting designs for all of the major knitting magazines. Additionally, she has written nine books on Knitting and Crochet and two books on Quilting. RSVP ♦♦ by 9/6.

Travel

I Have Nothing To Wear!

Thursday, August 19 — 6161-06

10:00 AM-12:00 PM. (KS). Instructor: Marcia VanWagner, Clothes Horse. \$10. Do you have a closet full of clothes, but nothing to wear? Has your lifestyle changed since you moved here and work clothes don't



look right anymore? Do you need a special outfit for a special occasion? Do you do more traveling, but have nothing suitable? This

class will inspire you to shop your closet to find the right clothes for the right occasion. Learn how to build a workable wardrobe that fits your lifestyle so you always look fashion forward. Learn how to have a wardrobe of fewer clothes, but more possibilities. Have fun! This is a two-hour class with lots of handouts. RSVP ♦♦ Now.

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The Whole Tooth... And Nothing But the Tooth!

Wednesday, August 18

7:00-8:30 PM Presentation Hall (KS). Do you know the connection between your dental health and your general health, especially heart disease and strokes? Do you know the three functions of



your teeth, the cost of maintaining your teeth, and the alternatives if you don't? Larry Wilson, DMD, is a SCLH resident, a former Professor of Dentistry, an Army dentist for 22 years who also had

a private professional practice for 20 years. Dr Wilson will help you understand your teeth and their care as we age well beyond the expected lifespan of your teeth. He will teach you how to maximize your dental visits as we all struggle to use our dental care dollars wisely. Free.

The Federal Budget and other Myths • Wednesday, August 25

3:00-5:00 PM. Presentation Hall (KS) How would you balance the federal budget? If you think you have the answer, or haven't a clue, come look at the federal budget process with someone who has seen it up close. Dick



Fernandez, a SCLH resident and former policy analyst in the Congressional

Budget Office, will talk about federal spending: where the money comes from and where it goes. Along the way, he will explode some common myths. Did you know that the federal government doesn't actually have a budget? That the "Trust Fund" that pays your Social Security benefits is just an accounting entry? That last year Americans paid less in individual income taxes, as a percentage of the nation's total production, than at any time over the last 40 years? With federal debt projected to continue growing through the coming decade,

reversing that trend will require difficult choices."

Get Your Pain Under Control
Wednesday, September 8

7:00-8:30 PM, Orchard Creek Ballroom. Mercy San Juan Medical Center's panel of Pain Management experts will help you separate fact from fiction. Many of us suffer from chronic pain, mild or excruciating, episodic or continuous, somewhat inconvenient or incapacitating. Whatever your pain is, you know how important it is to effectively control



pain as we try to age gracefully. Doctors who specialize in Pain Management recognize the complex nature of pain, taking a team approach to treating pain, from headaches to sciatica to postoperative pain. The panel will discuss the latest treatment options to help you get relief: evaluation and diagnostic testing, medication, physical therapy, interventional techniques such as nerve blocks, surgery, and psychiatry for depression. Learn about the many ways to help reduce pain so you can improve your function and increase your quality of life.

Just the Facts, Please! State Election Propositions
Monday, September 20

10:00 AM-12:00 PM, OC Ballroom. Are you curious about the upcoming state election propositions? Do you want political information that is more understandable? Join our Placer County guest panelists Kathy Sousa and Randi Swizely from The League of Women Voters (LWV) to discuss these issues, the pros and cons! The LWV works "to encourage



informed and active participation in government." The LWV efforts are non-partisan.

The ten qualified state propositions will be presented, literature hand-outs provided, and questions answered. The Lincoln Hills Second Cup of Coffee Group and the Communications and Community Relations Committee is jointly sponsoring this free event. Forrest Funk and Sonya Woods from the Second Cup of Coffee Group will be the program moderators. Please join us for this educational and informative session

The Lincoln City Council Candidates Forum

Tuesday, September 28

10:00 AM-12:00 PM, OC Front Ballroom. Two city of Lincoln Council seats are open for the November 2 Election! The Lincoln Hills Community Forum has extended an invitation to the qualified candidates for a Candidates Forum.



Today, two Lincoln Hills residents are in the running! A resident moderator will make the introductions with the City Clerk and each candidate will present a short bio and interest for this position. Next, we will proceed

to ask questions to each candidate for a short response. The following are some sample questions only. "What are your individual positions on the City's budget and general revenue dilemma?;" "Is the proposed ballot Utility Tax the only new revenue stream?;" "What impact will occur if the proposed school bond ballot does not pass?;" and more!! If time permits, question cards from the audience will have been collected and selected for the candidates' response. Please join us for this important moment prior to voting, listening to our future city leaders inform and share their visions with our community residents.

Preparing for End of Life Issues
Tuesday, October 5

7:00-8:30 PM, Presentation Hall (KS). Michael Gunther Maher, MD, Chief, Continuing Care at Kaiser Permanente, has a passion for caring for older patients. He sees the need for expertise and com-



passion because of the important implications for quality of life for both the patient and the families. Dr. Gunther Maher will help us learn how to prepare for the End of

Life. We will gain a clear understanding of what an Advance Directive means in relation to managing our health care. He'll also discuss end of life scenarios: CPR; the role of hospitals, nursing homes, and hospice care. There will be ample time for questions. Please join us for this thought-provoking presentation as we learn to age gracefully. Free.

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Roseville Lincoln Mercury, **31**

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Face Works, **52**

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Casa De Santa Fe, **27**
Lincoln Manor, **20**
The Plazas of Sacramento, **72**

CARPET CLEANING

Century Carpet Care, **85**
Gold Coast Carpet & Uph., **15**
Joe's Carpet Cleaning, **23**

CHURCHES

Lincoln Hills Church, **27**
Valley View Church, **68**

CLOCK REPAIR

Gandy's Clock Service, **23**

COMMUNICATION SERVICES

Nancy Tinsley - ACN, **24**

COMPUTER SERVICES

Affordable Computer Help, **6**
Compolve Computers, **23**

COUNSELING

Diane "Didi" Martin, **86**

DAY SPA

Spa at Kilaga Springs, **14**

DENTAL

Denzler Family Dentistry, **29**
Life Enhancing Dental Care, **10**
Personalized Dental Care
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ELECTRIC BICYCLES

Practical Cycles, **61**

ELECTRICAL SERVICES

Brown's Quality Electric, **18**
KIP Electric, **46**

EYE CARE

AAA Optical Outlet, **23**
Eye Q Optometry, **46**
Jeffery Adkins, MD, **52**
Wilmarth Eye/Laser Clinic, **66**

FIDUCIARY SERVICES

Adams and Associates, **20**

FINANCIAL/INVESTMENT

Edward Jones, **49**

First Allied Securities, **35**
Melton Financial, **16**
MFG Financial & Insurance
Solutions, **61**
Stifel Nicolaus, **85**

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Lincoln Podiatry Center, **6**

GOLF CARS—SALES/SERVICE

Custom Carts, **57**
Electrick Motorsports Inc., **20**
E-Z Go (Argo Systems), **64**
Gilchrist Golf Cars, **68**
Johnson Machinery Golf
Carts, **4**

HANDYMAN SERVICES

A-R Smit & Associates, **16**
Bartley Home Repair, **85**
CA Finest Handyman, **49**
L&D Handyman Services, **6**
Robert Boyer, **66**
Wayne's Fix-all Service, **18**

HEALTHCARE

CA Skin Surgery Center, **61**
Lincoln Physical Therapy, **4**
Placer Dermatology & Skin
Care, **86**
Roseville Cardiology, **83**
Sutter Health, **78**

HEALTHCARE/CONSULTING

Judith Payne, RN, **57**

HEARING

Whisper Hearing Center, **20**

HEATING/AIR CONDITIONING

Macco, **6**

HELP WANTED

Danmer Custom Shutters, **35**

HOME FURNISHINGS

Andes Custom Upholstery, **49**
California Backyard, **41**
Discount Drapery & Blinds, **78**
Guchi Interior Design, **59**
Maria D's Draperies, **6**
S & G Carpet, **38**

HOME IMPROVEMENTS

American Home Makeovers, **76**
Artisan Woodcrafters, **8**
Bella Legno, **15**
BI Design, **59**
CC Design, **15**
Don's Awnings, **88**
Finish Works Construction, **18**
Grout Pro, **31**
Hydroshield, **29**

Iron Elegance, **66**
Lobo Services, **64**
Overhead Door Co., **72**
Patio Perfections, **38**
Petkus Brothers, **51**
Power Wash Pros, **23**
Rush Installation, **18**
Sani Clean, **83**
Solarecity, **10**
Solarise, **31**
The Closet Doctor, **38**

HOME SERVICES

Spectrum Home Services, **51**

HOUSE CLEANING

Aunt Dee's House Cleaning, **86**

INSURANCE/INSURANCE SVCS.

Allstate Insurance, **78**
Pat's Medical Insurance
Counseling, **68**
State Farm Insurance, **64**

LANDSCAPING

Duran Landscaping, **86**
Gocobachi's Landscaping, **46**
Great Outdoors Landscaping, **51**
Kemper Tree Care, Inc., **10**
Koch Kreations, **64**
Rebark Time, Inc., **57**
Steven Pope Landscaping, **15**
Synthetic Grass, **61**
Terrazas Gardening Svc., **83**

LEGAL

Adams & Hayes, **31**
Barbara J. Bender, **35**
Law Office Robin C. Bevier, **29**
Don Branner, **18**
Lynn A. Dean, Attorney, **83**
Michael Donovan, **66**
Gibson & Gibson, Inc., **68**
Richard Ng, **6**

MORTUARY SERVICES

East Lawn, Inc., **72**

NURSERY

Bakers Nursery, **38**

PAINTING CONTRACTORS

Dynamic Painting, **23**
Kerr Painting, **18**
MNM Painting & Drywall, **8**
Painting Solutions, **49**
RS Painting, **46**
Thomas Painting Co., **76**

PEST CONTROL

The Noble Way Pest Control, **16**

PETS

A Pet's World, **66**
Pets' Portraits, **24**

PHOTOS

Visionary Design, **15**

PLUMBING

BZ Plumbing Co. Inc., **81**
Eagle Plumbing, **68**

PROPERTY MANAGEMENT

Gold Properties of Lincoln, **76**

PSYCHOTHERAPY/PSYCHOLOGIST

Dr. Almeda DeCell
Psychologist, **59**
Marvin Savlov, Psychotherapy, **16**

REAL ESTATE

Carolan Properties, **29**
Century 21 - R./C. Bluhm, **15**
Coldwell Banker
- A & M Cowles, **64**
Coldwell Banker/Sun Ridge, **8**
- Don Gerring, **24**
- Donna Judah, **78**
- Gail Cirata, **51**
- L. Harrison/A. Wiens, **76**
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Grupp & Assocs. Real Estate, **85**
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Eskaton Village, **24**

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Lincoln Travel & Cruise, **52**

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Mauui Condos, **72**
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Sterling Pointe, **4**

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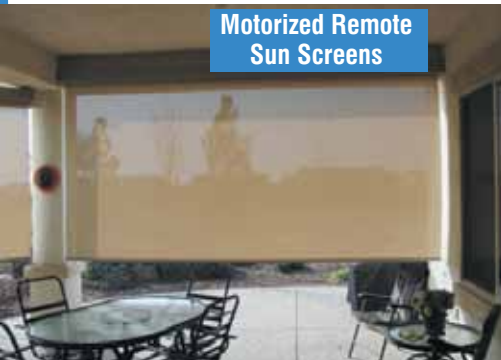
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