



# Compass

August 2012

**Poolside Happy Hour ... pages 7 & 13**



**Community Forums Happening Now:  
Informative & topical ... pages 19, 21 & 90**

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### On the cover

Join us for drinks and light refreshments at the outside pool!  
See pages 7 and 13 for details

Photo by De Cahill

## Proceeding to the End of 2012

### Board of Directors Report

John Kightlinger, Treasurer, SCLH Board of Directors



It doesn't seem possible that over half of the year 2012 has past. What that means is that the Association, that's *you*, needs to start thinking about several important items before festive seasons are here.

As an update, the **Strategic Advisory Committee's resident surveys**, as part of our long-range Association planning process have been completed. The final survey results will be presented to the residents in an open workshop sometime in the fall. The SAC committee recommendations should be presented to the Board and residents by the end of the year.

The Association staff has been working for over a month on the **2013 Capital Projects and their 2013 expense Business Plans** for their areas of responsibilities for the 2013 budget. These Capital Projects and Business Plans go into great detail on the direction of each Association operation's entity and their effect on the 2013 Association monthly dues. **The four budget meetings, all open to the residents, start on September 10 and finish September 24.** The 2013 Budget approval by the Board of Directors will occur at the September Board meeting. More details on these meeting will oc-

cur in the *Compass*, Association website and e-bulletins.

Another item of importance is the election of the Association Board of Directors. You are correct when you think we just had an election for Board members in February. The election process for 2013 starts with the **Candidate Information Session which is scheduled for September 12.** This session gives the residents, hopefully ones that are considering Board member candidacy, an opportunity to listen to an overview of the job from several present and past Board members and to ask questions. As a present Board member I can tell you that my four years on the Board have been very fulfilling considering the asset additions, favorable litigation decisions and financial condition of the Association. **Candidate filing closes October 19** for four openings to be filled in the 2013 Board of Director election.

We have become the *best* age-restricted community in the state because our residents care and are great volunteers. Your interest and participation in the Association's future planning process, annual budget reviews and Board of Director elections will guarantee we retain the *best* rating.

## Volunteers Make the Difference

When people ask what makes our community different from others, among the many things noted are the talented residents who share their time and expertise volunteering on committees, the Board of Directors and assisting with various programs and services. The Communications & Community Relations Committee (CCRC) needs additional volunteers to help develop the popular Community Forums and develop understanding and application of technology in

communications. If you have interest in developing the Health Education programs or other Community Forums, or if you have background in electronic communications and you would be willing to share a couple of hours each month, the CCRC wants to speak with you. Please submit a committee application, available at the Activities Desks (OC/KS) or online at: [www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents), to the OC front desk. For more information please contact [CCRC@suncity-lincolnhills.org](mailto:CCRC@suncity-lincolnhills.org).





**Upcoming Association-Related Meetings**

**Date • Time • Place August 15-September 30**

Golf Cart Registration .....	Thursday, August 16, September 6 & 20, 8:00 AM, OC Lodge
Finance Committee Meeting .....	Thursday, August 16, 9:00 AM, Oaks
Strategic Advisory Committee .....	Monday, August 20, 11:00 AM, Oaks
Board of Directors Meeting .....	Thursday, August 23, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting .....	Thursday, August 23, 10:30 AM, P-Hall (KS)
Board of Directors Executive Session .....	Thursday, August 23, 11:00 AM, Oaks
ARC/Architectural Review Committee .....	Monday, August 27, 9:00 AM, Heights
Strategic Advisory Committee .....	Monday, August 27, 11:00 AM, Oaks
CCOC/Chartered Clubs/Community Orgs. ...	Tuesday, September 4, 9:30 AM, Oaks
CCRC/Communications & Comm. Rels. ....	Tuesday, September 4, 1:30 PM, Solarium
Compliance Committee .....	Wednesday, September 5, 10:30 AM, Oaks
Elections Committee .....	Friday, September 7, 10:00 AM, Fine Arts
First Budget Meeting .....	Monday, September 10, 9:00 AM, Oaks
ARC/Architectural Review Committee .....	Monday, September 10, 9:00 AM, Heights
Strategic Advisory Committee .....	Monday, September 10, 11:00 AM, TBD
Properties Committee Meeting .....	Tuesday, September 11, 1:00 PM, Fine Arts
Listening Post .....	Wednesday, September 12, 9:00 AM, Solarium
Joint Properties & Finance Committees ...	Thursday, September 20, 9:00 AM, Oaks & Gables
Second Budget Meeting .....	Thursday, September 20, following Finance meeting
Finance Committee/Budget .....	Monday, September 24, 9:00 AM, Multipurpose
ARC/Architectural Review Committee .....	Monday, September 24, 9:00 AM, Solarium
Board of Directors Meeting .....	Thursday, September 27, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting .....	Thursday, September 27, 10:30 AM, P-Hall (KS)
Board of Directors Executive Session .....	Thursday, September 27, 11:00 AM, Oaks

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

**Connections**

*Jeannine Balcombe, Senior Director of Lifestyle and Communications*

We can tell summer is coming to an end when the Lodge is filled with grandchildren experiencing and enjoying the Lifestyle with grandparents. This year there were over 130 children participating in the successful fourth annual Grandkids Camp. Thank you to the many volunteers who assisted participants maneuver the various program offerings and locations and to those who taught special activities. Hours of operations have been shortened for Labor Day, please see the chart for easy reference. Happy Labor Day!



Labor Day Hours	
Fitness Centers	6:00 AM-5:30 PM
Activities Desks	8:00 AM-6:00 PM
The Spa at KS Administration	Closed
Meridians	Closed
Sports Bar	Regular Hrs.
KS Cafe	Regular Hrs.
~ Regular hours listed on page 94 ~	

A sign that fall is approaching is planning for and presenting the Department 2013 Business Plan. Please see Connections on page 39



*Scenes from Grandkids Camp*

*Calendar of Events*

**August 15-September 20**

Date	Event	Page #
08/15	"The Use and Misuse of Adverbs"	39
08/15	Forum: "The Poop on Colon Health"	90
08/16	Book Discussion: <i>The Confession</i>	27
08/16	Forum: "BAT-21"	90
08/17	"Insider's Look: Neighborhood Watch Website"	33
08/20	"Black Holes Explained"	25
08/20	"Scanners for Document Copying"	31
08/20	"Wall Street's Deepest, Darkest Secrets"	36
08/20	Softball Playoffs Begin	36
08/20	KS at the Movies: "Charade"	47
08/20	Bus Trip: "Les Miserables" at the Orpheum SF	47
08/22	"What More Can I Do?" Caregivers	25
08/23	"The Amygdala Program/CFS & Fibromyalgia"	30
08/24	Music Group: Friday Night Open Mic at KS	33
08/24	Fifties Dance: "At the Hop"	47
08/25-26	Sun Eagles Fall Classic Softball Invitational	41
08/26	Bus Trip: SF Giants vs. Atlanta Braves	47
08/26-27	Player's Grp Auditions: "Yankee Doodle Dandy"	34
08/27	"Copper Collecting & Copper Related Materials"	30
08/28	Forum: "The Eyes Have It"	19, 39, 90
08/28	Comedy Night at KS	47
08/28	"Financial Wellness: Determining Risk Level"	93
08/29	Bus Trip: "Crazy for You"	61*
08/30	Bus Trip: Best in West Rib Cookoff, Sparks NV	48
09/04-05	Overnight: Jersey Nights at Eldorado, Reno	48
09/05	"Searching for Earth's Twin, Kepler Mission"	25
09/05	Auditions for Reader's Theater "Dracula"	34
09/06	"Are Tax Free Municipal Bonds Still Safe?"	32
09/06	Bus Trip: "Triple Espresso" at Cosmo Cabaret	48
09/07	Summer Concert: California Cowboys	48
09/10	"Changes in Birding in the Central Valley"	26
09/11	Bus Trip: Museum of the Forgotten Warrior	49
09/12	"Maintaining Your PC"	28
09/13	"Nutrition for Your Eyes"	30
09/13	"Unique Teaching Method for Blind People"	30
09/13	Forum: Del Webb The Man & SCLH/His Vision"	19, 90
09/14	"More PC Maintenance Advice"	28
09/14	Forum: "Update on Medicare"	21, 90
09/15	Bus Trip: Off to the Races, Golden Gate Fields	49
09/16	"Simple Stress Busters"	93
09/17	"What's Available in Online Genealogy Classes"	31
09/18	Comedy at KS	49
09/18-19	"Getting Your Stuff Together: Organizing Estate"	93
09/19	Bus Trip: Lodi Wine Tasting	50
09/20	Book Discussion: <i>The Glass Blower of Murano</i>	27

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



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---

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**save now thru 12/31/12**



## Considering Candidacy for the Board of Directors Election February 2013?

### Open Informational Meeting

Wednesday, September 12 • 10:00 AM • OC Ballroom

Planning is underway for the forthcoming election of members of the Board of Directors. Four seats will be up for the election in February 2013. Candidates are needed to volunteer their time and service to serve on the Board of Directors.

For that purpose, an open informational meeting will be held for:

- Any resident considering being a candidate;
- All residents who might like to understand the duties and commitment necessary.

Those unable to attend may pick up

packets of material useful to prospective Board Members, which will be available at the Membership Desk (OC) after September 12. The meeting will be videotaped and available for viewing on the Association Website.

After the informational meeting, those wishing to be considered must file an application to the Election Committee Chair Frances Swanson, on or before 4:00 PM on October 19.

Information may be obtained by email at: [elections.committee@SCLHCA.com](mailto:elections.committee@SCLHCA.com)

## Seeking Members: Elections Committee for the 2014 Election

The Elections Committee is responsible for the nomination and qualification of candidates for election to the Board of Directors and is responsible for conducting the election. Unlike other Standing Committees of the Board, the Elections Committee and its chair are appointed each year for the next election.

The Board is accepting applications for the 2014 Elections Committee through September 2012. The Term of the appointment is April 1, 2013 through March 30, 2014. The Board will interview applicants in October 2012 and appoint the 2014 Committee and Chair in November 2012. Applications are available at the Orchard Creek and Kilaga Springs Activities Desks or download the Committee Application from the Association resident website.

### Strategic Advisory Committee Back to the Future...

Jim Leonhard, Strategic Advisory Committee Chair, [SAC@suncity-lincolnhills.org](mailto:SAC@suncity-lincolnhills.org)



In 2006, after the successful transition from Del Webb/Pulte, the Board of Directors appointed the 2007 Strategic Advisory Committee (SAC) consisting of seven members to identify the status of the organization at that time and to develop an initial five-year plan to ensure that the Sun City Lincoln Hills Community continued to “be a thriving community and a model for success in the future.”

We are very fortunate that Agnes Valdez, the Chair of the 2007 SAC, is Vice Chair of the current 2012 SAC. Agnes and her Strategic Initiative Team—A (SIT-A) have taken responsibility for reviewing the 2007 Final Report. The Team is specifically delving into the 2007 recommendations in eight areas:

- (1) Trends to establish a “baseline” for measuring performance

- following community build-out;
- (2) Activities, Programs, and Services;
- (3) Facilities and Amenities;
- (4) Finances;
- (5) Governing Documents and Compliance;
- (6) Governmental Involvement;
- (7) Marketing the Community; and
- (8) Leadership Development and Staff Recognition.

For each of these eight areas, SIT-A will report on:

- (a) Progress to date, its current and future relevancy to the Community, or any needed attention;
- (b) Changes in the environment which were not anticipated and the effect of these changes on our Community; and
- (c) Significant changes that have occurred at Sun City Lincoln Hills not included in the 2007 Report.

To complete its study, SIT-A members are using prior years’ and year-to-date data supplied by Staff involving community demographics, finances, utilization of facilities and amenities, and resident participation in programs and activities. In addition, interviews with Association staff and contact with representatives from the Standing Committees are providing information on any updates since 2007.

Upon completion of its work, SIT-A will present its report and findings to the 2012 Strategic Advisory Committee for review, modification, and action.

#### ... And on to the Future

By the time you read this, our Resident Surveys (telephone, online and paper) will have been completed. We are very grateful for the excellent cooperation of all our residents who have participated. SAC now anxiously awaits the results of those surveys which will enable us to move forward on our many initiatives and toward completion of our work by year end.

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## Activities News & Happenings

### Remember the 50's!

Lavina Samoy, Lifestyle Program Manager



The Lifestyle Department is celebrating August as "50's" month. We started with an entertaining overnight trip to Reno's Hot August Nights celebration followed by the highest concert attendance yet to-date (over 2,000) in our Summer Amphitheater Series with America's Original Teen Idol, Frankie Avalon. That was a lot of fun!

Two more fantastic offerings are coming up reminiscent of the electrifying music of that era. Don't miss the **Sock Hop Dinner Dance on August 24** (details on page 47) with *Jan and the Studebakers* bringing you dance music from the "Good Old Days" that promises to have you hopping and bopping with your poodle skirt. Are you a rock and roll buff? Attend the educational and engaging presentation by one of the best music history instructors, Ray Ashton,

as he explores the **History of Rock and Roll, Part 1** complete with a multimedia presentation. **The four-week class begins August 29** (details on page 89).

### Reserved-Section Seating in the Ballroom

For those who relish a leisurely dinner prior to watching a concert, we are rolling out Reserved Section Seating in response to numerous residents'

"Enjoy the convenience of reserved front-section seating without having to line up early to have an up-close show experience."

requests. Enjoy the convenience of reserved front-section seating without having to line up early to have an up-close show experience. Premium Seating will be offered for the **October 5** performance of *The Bronx Wanderers*, a **rock and oldies concert** (details on page 53). Reserved seating will be located in the front Stage Right & Middle Sections

(Sections A & B). Indicate the desired reserved section on your registration form and our Monitor will provide the best available row for you. Rows are reserved but seats are first-come, first-served. During the test period, Premium Seating will only be sold at the OC Activities Desk. We welcome your feedback regarding your overall experience with the new seating arrangements.

### Is Your Club Planning a Trip?

Contact Katrina Ferland, our Trip Coordinator ([katrina.ferland@sclhca.com](mailto:katrina.ferland@sclhca.com)) and she will work with your club to create the memorable excursion you want. Check out page 54 for the **October 10** Needle Arts Group-initiated trip to Santa Clara for **The Pacific International Quilt Fest** or the **October 25** visit to the colorful **Castro district in San Francisco** suggested by the Lavender Friends Group. Although these trips were suggested by specific groups, trips are non-exclusive to groups and are open to all residents. The more, the merrier!

## Fitness News

### T-shirts, Vendors, Potluck & Celebratory Ceremonies

Brandy Garcia, Director of Fitness

"Fall for the things... that make life better!"

**Tuesday, September 18**

SCLH Fitness Centers are planning an exciting fall charity event! You will have the opportunity to choose between three activities, from walking with your pooch to something with a little more competitive play. There is something for everyone! All events will start and end at the Sports Pavilion and will include t-shirts, vendors, potluck and celebratory ceremonies.

You can use these events to set a new goal for yourself, maybe you have been thinking about trying a new sport or just a chance to have fun and hang out with new and old friends! All proceeds will go to the local Placer SPCA.

Choose one of the three events:

- Paw Walk ~ a two-to-three mile walk with your pooch
- Cycling tour ~ three tour options
  - 1 Lincoln Hills ~beginner
  - 2 Classic ~ beginner to intermediate
  - 3 Back roads ~ intermediate to advanced
- Pickleball Tournament

### Registration Information

**Date:** Registration starts August 20 and closes September 10. Register at the Fitness Centers or online.

**Time:** 8:00 AM-1:00 PM. Start time depends on the event; all events will end at the same time. Contact the Fitness Centers after August 20 for specific times on events.

**Where:** Sports Pavilion **Fee:** \$12

Coming soon.....

### • Poolside Happy Hour:

Every Thursday from 5:00-8:00 PM at the OC Fitness Center covered patio area. **Starts August 16.** Come enjoy a drink and/or light meal while enjoying the live music and the serenity of the outdoor pools! For residents and their guests only. We ask that you bring your resident ID card and check into the facility — this will help us track the popularity of this new event. See you by the pool!

- **Season of Harvest Retreat:** October 14. 10:00 AM-3:00 PM. Come reap your spiritual harvest with a day of meditation, massage, and relaxation. Every participant will enjoy a 30-minute massage, a movement class, and enlightenment on meditation. More details to come and registration will begin September 17.



# VISIT A DEL WEBB COMMUNITY, IN SUNNY ARIZONA.



*I*t's a time-honored tradition among our residents to get a feel for the rhythm of life at our other Del Webb communities, meet the neighbors and enjoy the amenities. And as winter approaches, we invite you to Explore Del Webb at any of our three Arizona communities for a few days.

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*by Del Webb*

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For more information and directions, visit [delwebb.com/Arizona](http://delwebb.com/Arizona).

At least one resident must be 55 years of age or better, a limited number of residents may be younger and no one under 19 years of age. Some residents may be younger than 55. Community Association fees required. Complete offering terms for the homeowner's association is in an offering plan available from sponsor. Void where prohibited. Prices reflect base prices and are subject to change without notice. Lot premiums may apply. Details available upon request.  
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## Properties Committee Updates

*Dan Hardesty, Properties Committee Chair*

As I drive around the Sun City Lincoln Hills property, I always enjoy the beautiful landscaping. I think the colorful flowers are at their finest this year. Thank you to Chris O’Keefe and his crews.

His crews have also been busy replanting and rebarking along Spring

Valley, installing new chemical controllers for the Orchard Creek Lodge pools, recovering the billiard tables, raising the softball left field fence, and replacing many irrigation controllers.

Providing us a professional staff takes a lot of training. We have seven of our staff who have the Aquatic Facility Operators designation. Paula

Horsley is a certified Landscape Water Auditor, and Chris has a Certified Facility Management designation from International Facility Management Association, and a class one and two designation from the Building Operators’ Council. We currently have staff working on certifications for Audio Visual Support, Sports Turf Management, and Custodial Operations.

This month the Properties Committee will be reviewing the Capital Asset Requests for projects over \$2,000 for completion in 2013. On September 20, the Finance and Properties Committees will complete their recommendations to the Board of Directors. These meetings are open to all residents and you can find the times and room location on page 3 of the *Compass* or on the resident website. I hope to see you there.



*An example of our beautiful landscaping*

## Halfway Through the Year and Results Look Very Good

*Hank Lipschitz, Finance Committee Chair*



We are now halfway through the year and we continue to have favorable financial results. This is somewhat repetitive but it only comes about through the hard work and professionalism of your Association management and governing committees. As shown in the accompanying chart, all departments are ahead of budget for the six months ending June 30. June results were \$19,018 better than budget giving us a favorable variance to budget of \$269,982 year to-date.

Some of the highlights for the month were Food & Beverage showing a nice profit of \$28,833 and The Spa at Kilaga Springs breaking even for the month. At our meeting on July 19 we received an update from each department head on their plans and programs as they begin planning for next year’s budget. The Finance Committee was most impressed with the presentations and I only wish we had a larger audience to hear it. We now begin the process of building our budget for next year and will complete the process by the end of September.

At the end of June, our Operating Fund totaled \$4,686,001

balance of \$4,920,683. All funds are invested in FDIC-Insured Accounts or U.S. Treasuries. At our meeting we also discussed the Reserve Analysis that will take place next year. The Reserve Fund is set up to fund replacement of assets with a life of less than 30 years. Since our community is now over 10 years old, some of the assets not listed in our study previously may have aged such that the remaining life is now less than 30 years. The review that will take place next year will review those long life assets and make sure we are properly reserved.

The number of homes with past due assessments were 112 for a total of \$85,500 past due. The comparable month of March had 108 homes for a total of \$82,300 past due. Our pattern has remained stable.

If you have general questions or need information on the above, I may be reached at [finance.committee@suncity-lincolnhills.org](mailto:finance.committee@suncity-lincolnhills.org). 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 16, at 9:00 AM.

which includes Restricted Funds and \$1,644,740 in Settlement Proceeds. Our Reserve Fund had a

### Statement of Operations YTD 06/30/2012

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance
	Actual	Budget	
Homeowner Assessments & Other	\$3,758,620	\$3,737,074	\$21,546
Administration (Expense)	(978,224)	(1,028,116)	49,892
The Spa at Kilaga Springs	2,838	(8,920)	11,758
Fitness	(208,087)	(214,717)	6,630
Activities	(94,572)	(106,298)	11,726
Rec. Center / Maintenance	(1,145,584)	(1,176,884)	31,300
Landscape Maintenance	(1,180,698)	(1,228,841)	48,143
Food & Beverage	(10,348)	(99,334)	88,986
Capital Asset	41,105	41,105	0
Net Revenues (Expense)	\$185,050	(\$84,931)	\$269,981

Lincoln Hills Arts Association

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destinations

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Meet the artists  
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*Tour maps are available at Orchard Creek or Kilaga Springs  
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*Watch for "tinsel-trimmed" directional signs &  
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The Music Group presents for the second year...

## Friday Night Open Mic

Next date: Friday, August 24

6:30 - 8:30 PM • Kilaga Springs Presentation Hall

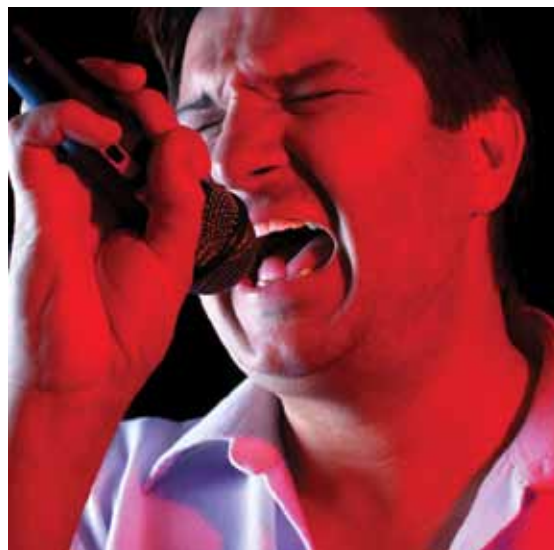
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Our annual meeting is  
Monday, September  
10,  
9:00 AM at  
Orchard Creek Lodge



## SUN CITY SQUARE DANCE CLUB

New/Beginner Square Dance Class

When- Mondays-2:30 PM starting September 10,2012

Where-Kilaga Springs Club House

Cost- First 2 weeks FREE, thereafter \$40/person /quarter

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John Garcia  
916.759.7362

Visit our website at: [www.CarolanProperties.com](http://www.CarolanProperties.com) for the most current information on the community.





## Meridians Brings You Happy Hour by the Pool!

*Jerry McCarthy, Director of Food & Beverage*

**Poolside Happy Hour:** We're pleased to announce that starting August 16, Meridians will be offering Happy Hour at the Orchard Creek outdoor pool every Thursday from 5:00 to 8:00 PM. Come on over and enjoy summer with friends and neighbors poolside, with live music to entertain you. We will be offering drink and food specials for all to enjoy. (See our *Compass* cover and the article on page x.)

**Mesquite Grill:** Meridians is featuring mesquite-grilled entrées on the Sports Bar Menu every Monday night.

"And don't forget our special breakfast buffet for only \$5.95 every concert morning. Drop off your concert chair and relax with breakfast at Meridians."

Come and watch as we cook your entrée to perfection over the mesquite BBQ grill. Your barbecued entrée comes with Summer Garden Salad, corn on the cob, Chef's Coleslaw, baked beans and bread. Entrées start at only \$9. Buy nine BBQ entrées and the next BBQ entrée is *free!*

**Spaghetti Sundays & Breakfast Buffet:** Every Sunday you can get a bowl of spaghetti at Meridians for only \$7. This leaves plenty of room for one of our petite desserts that we offer on the regular summer menu. And don't forget our special breakfast buffet for only \$5.95 every concert morning. Drop off your concert chair and relax with breakfast at Meridians.

**Coming soon!** It's time to circle your calendar and call to make reservations for the upcoming special events at Meridians:

- On Thursday, August 30, **Deli Night** is offering a wide variety of NY deli items. Chef Roderick is becoming well known for his potato knish, latkes,

and his matzo balls (which we refer to as "floaters"). Of course no deli buffet would be complete without New York black coat pastrami, corned beef, slow roasted brisket, assorted salads, chopped liver, specialty breads, and so much more.

- The Third Annual **Meridians Crab Feed** will be held on Wednesday, October 10. Crab Feed night starts off with

hand-tossed salad, sour dough bread, spaghetti marinara, and then, of course, fresh Dungeness crab. Meridians will provide all the necessities of crab crackers, drawn butter, cocktail sauce, and your own personal bib! Roll up your sleeves and prepare to have fun.

Both events have always been a huge success. Go to our website for all the details and menus. While you are visiting our website at [www.meridian-restaurant.com](http://www.meridian-restaurant.com) you will also see other special events that are coming soon.

~ Please see our ad on page 69. ~

## We Hope You Have Met Kristy!

Kristy Woodin is our new Food & Beverage Manager for Meridians restaurant and bar, and Kilaga Springs Café. She is an experienced manager, most recently coming to us from Chevy's in Rocklin. A resident of Lincoln, Kristy calls herself a "renaissance woman" as she loves to learn and has an eclectic background with certifications in massage, cosmetology, and she is even a reverend. She loves learning about wine and different varietals and looks forward to studying to be a sommelier. Kristy is well on

her way to making outstanding contributions to our Food & Beverage operations. She

wants all of us to think of Meridians first as the place to go with friends and family for an exceptional dining experience. Please stop in to enjoy a meal and take the opportunity to welcome Kristy to our community.



*Kristy Woodin*

## The Good Ship ARC

*Art Sacks*

*Architectural Review Committee Chair*

I've heard it said by numerous residents of Sun City Lincoln Hills that they do not live in a community, but they live in a "resort." However, I regard this life as living on a cruise ship with all of the added amenities of resort living. Living in this



type of community comes with many advantages and pleasures. It also comes with many duties and responsibilities in order to keep the ship afloat and moving toward the correct port. The Architectural Review Committee (ARC) helps steer the ship ensuring that all

aboard have a pleasurable experience. We ensure that the standards as set forth in the Design Guidelines of the community are followed in a uniform manner for the enjoyment of us all. Sometimes, there is rough weather, but for the most part it is smooth sailing.

As I assume my duties as the Chair of the committee, I am mindful of the untiring dedication of my fellow members of the committee: Lori De Bruin; Joanne Douthat, John Freschi, Nancy Freschi, Marilyn Railsback and Crane Walden; who have helped steer the ARC by giving numerous hours of their time and energy. Only with volunteers like these can an organization like this thrive. I urge all residents to get involved and volunteer to serve on the

*Please see ARC on page 15*

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**The Spa at Kilaga Springs**

**Meet Three More of Our Therapists and Learn about Their Specialties**

*Tina Ginnetti, Manager, The Spa at Kilaga Springs*

We continue to highlight our staff for the next couple of months. Although all of our therapists are trained in Swedish, Hot Stone, Deep Tissue, and Sports massage, these articles will describe their specialties as well. All estheticians are equally trained and can provide you with education and experience for anti-aging and healthy skin.

**Dawn Whatley, Esthetician and Therapist (CMT)**, enjoys creating a management program, alternating levels of skin rejuvenation by rotating the different facials we offer so that your skin can complete its 90-day cycle of shedding and cellular renewal. Based on her familiarity with how your skin responds, and with her knowledge of changes that are needed, Dawn feels regular facials are necessary to achieve your goals. Her massage philosophy of working with the body on all levels –



*Dawn Whatley  
Licensed Esthetician  
& CMT*

nutritional, muscular, and mental – has proven itself with return clients.

**Susan Bonczek, Massage Therapist:** A native of California, Susan returns from Indiana with her husband who, after retiring, was called back to the Air Force at Beale AFB. Susan's expertise comes from six years in a chiropractic office, which gives her the advantage of addressing specific muscular/skeletal issues. As Susan's employer was an avid Notre Dame fan, she traveled with the swim team and assisted with the basketball and football teams. Susan continues to work with a local swimmer here, who is training for the Olympics. Her knowledge of corrective massage and deep/sports work make her a great asset to The Spa.

**Cheryl Baugh, Massage Therapist,** who has been at The Spa since 2003, specializes in soft tissue release and in educating her clients. Many clients prefer a corrective massage that does not incorporate deep, sometimes painful release. Cheryl's "Push Therapy" and "Freeing" are two such massage techniques. By addressing the insertion of the muscle at the joint, Cheryl is able to release the fascia surrounding it and reduce pain as well as increase the range of motion for arms, shoulders, ankles, hips. I, for one, have Cheryl work on me for impingements that have resulted in 100% correction on my joints, and I return every six months for maintenance.



*Susan Bonczek, CMT*



*Cheryl Baugh, CMT*

On another note, the Kilaga Springs Fitness Center and The Spa will host its second Renewal Retreat, on Sunday, October 14, 10:00 AM to 3:00 PM. You can register at the Fitness Desks.

~ Please see our ad on page 91. ~



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**ARC**

*Continued from page 13*

various committees of SCLH. Special praise is given to our previous Chair, Bill Attwater, whose leadership of this committee and his dedication to the community are unsurpassed.

Although this committee is composed of members of the community, the committee cannot function without the fantastic jobs performed by Community Standards Manager Kimberly Parsons and Community Standards Coordinator Cecelia Dirstine. They deserve the kudos of all.

In the future, this space will hopefully be filled with useful information for all homeowners specifically interested in the functioning of the Architectural Review Committee and in the standards to be applied to all who live here. Homeowners must take an active interest to make the committees of the Association productive. In that vein, I welcome input from homeowners regarding topics to be covered. Please submit any suggestion through our email at [arc@suncity-lincolnhills.org](mailto:arc@suncity-lincolnhills.org).

**Did You Know?**

**The OC Fitness Center has croquet equipment for resident use! There is even an area designated for setting up the course — the grassy area by the Sports Pavilion.**



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## Atrium Games

Doug Brown, Resident Editor

Swimmers and readers love to relax up in the “Atrium” area (by the OC Fitness Center outdoor swimming pool) on sunny summer afternoons. But wait, some of those tables are occupied by game-players — Rummikub, Mah Jongg, Bridge. And some are repeat customers on many weekday afternoons. How did that get started?

For a few years now, groups of residents have been playing table games under the shade of the Atrium canopy. What a great way to spend a couple of hours with friends, enjoying the ambience and splish-splash of swimmers

frolicking in the pool!

What brings them here? These are outdoor lovers, not all that crazy about quiet indoor, air-conditioned rooms. And they like table games. So why not gather where the breezes (and ceiling fans) blow and the surrounding greenery and view of the golf course can be enjoyed? The Atrium is the perfect spot.

Romayne Whittaker, one group’s ringleader, says “conversation with friends, a table game, and the lovely outdoors” keep bringing them back for more.



Gamers, from left: Ron Whittaker, Manuel Pick, Romayne Whittaker, Sue Pick

These spirited game players will soon have the benefit of spirits (the liquid kind) being served poolside at Happy Hour, to be inaugurated by Meridians. (See page 13 for details.) Come on out!



## Neighborhood Watch

### “We’re Watching You!”

Summer Symposium: Tuesday, September 21

Patricia Evans



Gary Leonard, a SCLH resident, will bring you highlights of his 50 years of experience in law enforcement and the psychology of outwitting the bad guys at the **Tuesday, August 21, Summer Symposium from 1:00–3:00 PM in the OC Front Ballroom.** Gary

recently retired from a full-time position with the California Commission on Peace Officer Standards and Training.

“I was only running out for a few minutes so I didn’t bother to lock my house or put on the alarm,” is a scenario Gary says he has frequently heard when

investigating burglaries. Simple omissions like these are the burglar’s helpmates.

Gary will also share ways to increase personal protection when away from home and to minimize exposure to identity theft, which is the number one scam nationwide.

Cynthia Spears of the Placer Dispute Resolution Service is also presenting at the Summer Symposium with examples of cases that can be mediated, and the benefits of this process. “There are tricks to all trades,” as the old saying goes, and there are few things trickier than disagreeing agreeably!



Neighborhood Watch committee plans the Summer Symposium, from right: Ron Wood, Larry Wilson, Pauline Watson

Please turn to page 33 for information on “An Insiders Look at the Neighborhood Watch Website” being offered Friday, August 17, in the Fine Arts Room (OC). Registration is requested!

#### Neighborhood Watch Contacts

- Larry Wilson, 408-0667  
mvw6@sbcglobal.net
  - Nancy Whitaker, 408-7393  
nsymmes@hotmail.com
- Neighborhood Watch Website**  
[www.lincal.net/watch](http://www.lincal.net/watch)

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## Del Webb — The Man, His Vision

Gay Sprague, Roving Reporter

You may have wondered what casinos, the mafia, and Bugsy Siegel had to do with SCLH. (Hint: in part, at one time, the “mafia” atmosphere of Las Vegas needed Del Webb’s good name.) Did you also know that Del Webb, a native Californian, played minor league baseball, later moved to Arizona, opened a construction company, developed Sun City communities in 37 states beginning in 1960, and built other government and private projects? And that he owned the New York Yankees for ten years?

Judy Bennett, former Director of Public/Community Relations for Del Webb Corporation and the Pulte Group, will lead the **Community Forum on “Del Webb, the Man, and SCLH”** with a PowerPoint presentation on Thursday,

September 13, at 1:00 PM in the OC Front Ballroom (see page 90 for details.)

Judy promises to deliver the “goods” on the story of Del Webb, who lived to be 75, and his vision for SCLH. We will also learn the distinction that SCLH holds in the Del Webb Corporate history.

Judy will cover the transition period of SCLH from developer control to its present self-management system



At one time Del Webb, shown to the left at bat with Joe DiMaggio looking on, owned the New York Yankees



including the growing pains involved in this process. All residents of SCLH are sure to find this forum fascinating, particularly those of us who moved here after 2005!

See you at the Forum!!

### Preventive Maintenance

## Seeing into the Future

Shirley Schultz



Do you remember when your arms were not long enough? At least it seemed that way as you kept holding the paper farther and farther away to be able to read it. You had arrived at that golden age where you needed

reading glasses or changes in your existing prescription to be able to see close objects. This phenomenon is called “presbyopia,” and it happens to most people on their journey through life. However, not all eye changes are so expected or benign. Good eye health and eye care that treats eye problems early are essential for preserving vision.

It is said that your eyes are the “gateway to your soul.” They may also be a gateway to diagnosing health problems, too. The eyes can reveal common and sometimes serious health

problems including hypertension, diabetes, and some cancers. The **Community Forum, “The Eyes Have It”, on August 28** (see page 90) will offer an excellent opportunity for residents to hear from a panel of leading eye specialists from UC Davis regarding the latest treatments for eye problems such as cataracts, macular degeneration, and glaucoma. Learn valuable information about eye health and when to seek treatment so that you may “see” into the future.

### Golf Cart Inspections at Orchard Creek Lodge



Golf cart inspections are required every two years. Please obtain an application and requirements from the OC Business Office. Inspections are done by Lincoln Police at OC Lodge the first & third Thursday at 8:00 AM. Free bicycle registration available same days 7:00-9:00 AM.

Golf Cart Registration (City/Lincoln) 8:00 AM at Orchard Creek Lodge  
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## Reaching Out... and Reaching Back

"To Your Health"

Joan Logue, Roving Reporter

One of our *Compass* themes this year centers on "reaching out" — how Lincoln Hills residents reach out to each other and to the greater community of Lincoln and beyond. Well, sometimes when we reach out, others "reach back," so reaching out goes both ways.



A hot topic in our conversations with friends over coffee, table games, sports, and meals is our health: "I'm really pleased with my brand new knee." "My arthritis is killing me!" "How long ago was your surgery?" How are we reaching out — with reciprocal benefits — in our *health* concerns here in SCLH?

When a physician speaks at one of our Community Forums, we are benefitting from learning that there are a variety of ways to approach our health care for various conditions. We may have been searching for information or for a specialist, and a Forum provides an inroad. The doctors who present to us, on the other hand, may benefit by finding new patients, or helping their medical group in their outreach efforts. They get exposure and we become better informed.

Please see *Reaching Out* on page 39

## Bonnie Dale, a One Woman Crusade for Glaucoma Support Groups

Seven years ago, Bonnie Dale was informed by her Santa Rosa ophthalmologist, Dr. Robert Anderson, that she had Glaucoma and was immediately referred to Dr. James D. Brandt, Director of the UC Davis Eye Center Glaucoma Service. Coincidentally, Mrs. Dale and her husband, the Honorable Robert P. Dale, a former Superior Court Judge in Sonoma County, were preparing for their move to Sun City Lincoln Hills. But life after her diagnosis was never to be the same.

These days she is an effusive, energetic and relentless supporter and advocate for people in her community that have been diagnosed with Glaucoma. But it was not always that way. "I have to admit, that my diagnosis hit me very hard. I focused on all of the things that I would not be able to do as my sight gradually diminished, and for a time, I couldn't think of much else."

An avid watercolorist, Mrs. Dale had planned a trip to paint in Taos, New Mexico, before learning of her Glaucoma, and she considered staying home. However, Dr. Anderson encouraged her to go and "paint while you still can". "So I did, and it was one of the best things I've ever done", she declares.

But still she battled the emotional challenges. Although she looked for support groups for people with the devastating eye disease, there were none at the time except in San Francisco. She consoled herself by researching everything she could about Glaucoma, its treatment and progression, and she continued to see Dr. Brandt. "Dr. Brandt is a real gift to anyone diagnosed with this disease."

Still, it wasn't enough. So just over two years ago, she founded the Sun City Glaucoma Support Group in her own community. The first meeting attracted just six people from among the 11,000+ residents of the "active adult (over-55) community", but the monthly meetings have grown steadily,

and recent attendance has generally exceeded 25 people. Drs. James Brandt and Annie Baik, both of the Eye Center Glaucoma Service, have each made presentations to the Support Group.



Mrs. Dale cites two primary focuses for the group. First, and overwhelmingly important in her view, is to provide emotional support to people recently diagnosed with Glaucoma. It's a terrifying time for many, and having access to other people who have passed through the initial phases of coping with the disease can be very helpful. Second, is to provide encouragement, help, and discipline to people who are finding difficulty keeping on the therapeutic regimens and keeping physically active. "It's so important to simply refuse to give up and to instead, spend your energy re-inventing things that give you pleasure."

Mrs. Dale has been a donor to the Eye Center's Glaucoma Research Fund, and she is a new member of the UC Davis Eye Center Council, helping provide encouragement and support to the Eye Center's fundraising efforts.

Fall/Winter 2011 [www.ucdmc.ucdavis.edu/eyecenter](http://www.ucdmc.ucdavis.edu/eyecenter) | 23 |

Resident Bonnie Dale, leader of the Lincoln Hills Glaucoma Support Group, was featured in this recent UC Davis magazine



### Preventive Maintenance

## Medicare: Choosing a Supplement and Avoiding Fraud

Shirley Schultz

Anyone who currently has or is soon to have Medicare as his or her primary health insurance — or anyone who helps relatives or friends to interpret the often complicated options under Medicare — will want to attend the Community Forum, "Medicare Update," on September 14 (see page 90).

Questions abound about what Medi-

care covers. A commonly misunderstood feature is home health care, which has somewhat limited coverage. Medicare does not cover long-term care, and it is important to know about Long Term Care Insurance and other options to help cover that gap. The Affordable Care Act (ACA) spells out new preventive benefits under Medicare Part B that require following the parameters under which you

receive them. Learn about the five tiers of Part B income-related premiums that seniors will be paying. You may be able to reduce your health care costs by comparison shopping for the Supplemental Insurance that best meets your needs to pay for what Medicare does not pay.

Medicare abuse and fraud is real! Attend "Medicare Update" to learn how to protect yourself from becoming a victim!



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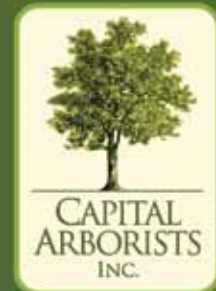


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## ✓ Bucket List

### A Smithsonian Surprise

Gay Sprague, Roving Reporter



A museum visit isn't exactly the sort of thing that appears on one's Bucket List. We've all been there, done that... many times. But this wasn't just any old museum, or your humdrum walk through hundreds of exhibits. Below, in Doug Brown's own words, is a huge accomplishment marked off his Bucket List:

"For starters, we're talking about the Smithsonian's Museum of African Art, nestled into Washington DC's Smithsonian complex, in the shadow of the famous Smithsonian Castle. The occasion for my wife Mary, my brother Don, and me was the donation of a 'Montolo' headdress worn by revered village chiefs among the Bantomba peoples of equatorial Congo. Only three such pieces are known to exist in the United States!

"My missionary parents had acquired this genuine artifact in the 1930s, and when the Smithsonian expressed an interest, my family jumped at the chance! The upshot was a private tour in June of the Museum of African Art by its curator, including an extensive "backstage" tour, conversing at length with an anthropologist and other curator staff – and seeing the *objet d'art* itself in preparation for exhibiting the following month. Wow!

"An important footnote: When I was born in Ntondo in this area, I was given the name of a recently deceased village chief, Monzoi Momange. I was also his reincarnation into a new life – and, hmmm, I inherited his three wives! So, Mary has to put



Doug Brown, left, with his brother Don admiring the "Montolo" headdress (on the table, right) from equatorial Africa in the workroom of the Smithsonian's Museum of African Art

up with being my *fourth* wife – and if I could don the "Montolo" headdress right now, befitting my reincarnated loftiness, she would surely give me the respect I deserve!"

*What have you accomplished on your Bucket List? Send a paragraph or two of details to [bucketlist@suncity-lincolnhills.org](mailto:bucketlist@suncity-lincolnhills.org).*



## Youth, Hard Work, and Excitement

### The Story behind Lincoln Rodeo

Al Roten, Roving Reporter

Did you know that a stone's throw away from SCLH you can witness *bull riding, chute dogging, steer wrestling, goat tying*, and many other feats, all performed by youth of the *Thundering Three*? Maybe the headline here gave you a hint, but these are some of the exciting events at the Lincoln Horseman's Arena – and they are free!

Yes, that stadium that you see at the corner of 65 and Sterling Parkway is the

home of California High School Rodeo Association (CHSRA) District Three Rodeo. In 1970, the CHSRA was organized and formed nine districts, one of which is in the Sacramento area. A local Lincoln family donated land for the rodeo. The land grant includes a clause that this site will be dedicated in perpetuity to this purpose, unless another suitable site is acquired in the transfer. Now, years later, we are neighbors to this site.

Events in our local rodeo are classed in Junior (grades six through eight) and Senior Divisions (grades nine through 12). There are events for boys, girls, and some open to both sexes. All participants must be in school with passing academic grades. Of California's 900 youth in the program, about 150 are in our District Three, the largest in the state.

*There are events for boys, girls, and some open to both sexes. Photos by Tom Roach*



The leader of CHSRA says, "Rodeo is a rough and tumble sport. It was born on the wide open rangelands of the West but has transformed into an entertainment package that knows no geographic boundaries." The goal of CHSRA is to keep alive our Western heritage and the American cowboy and cowgirl way of life, sportsmanship, honesty, hard work, teamwork, loyalty, personal pride, stewardship of livestock, and love of our country.

Rodeo is a family-oriented program  
*Please see Rodeo on page 39*



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## Club News



### • Alzheimer's/Dementia • Caregivers Support Group

"What More Can I Do?" is the title of the August 22 Caregiver's Support Group presentation by Marsha Ross, 1:00 PM, Multipurpose Room (OC). The unexpected happens and we do our best. When we are told as caregivers that we must also "take care of ourselves," our response often is that we don't have time. Caring for yourself is a mental and emotional process.

Marsha Ross, was a former therapist and is currently a Transitions Life Coach. She will help to walk us through the stages of transition that must occur in order for us to match our inner change with our outer change. In addition to her professional background, Marsha spent 19 years caring for a family member whose dementia progressed to Alzheimer's. She has recently joined your support group's Steering Committee, thereby lending her practical and professional expertise to the group.

**Contacts: Judy Payne 434-7864;  
Cathy VanVelzen 409-9322;  
Jean Ebenholtz 434-6852**



### • Antiques Appreciation •

We all had an interesting and fun time at our July meeting because we had John Humphries, professional appraiser of antiques and collectables, to put on a mini "Antiques Road Show" for us! He told us what he knew and the approximate value. There were some really beautiful and interesting things, and the values ranged from around \$200 to \$1500! John is at the Antique Trove in Roseville on the second Thursday of each month.

For the August meeting, one of our members brought in her collection of antique quilts and told us about the fine hand stitching and designs that were popular in the past. Also, some of the members brought their treasures for show and tell. They were all beautiful and very interesting to see!



### • Astronomy •

Monday, August 20: Cosmology Interest Group, Fine Arts Room (OC) at 6:45 PM. A DVD lecture series "Black Holes Explained" is the subject of the upcoming Cosmology meetings. Contact Morey Lewis (408-4469) for more information.

Wednesday, September 5: Edna Devore from the SETI Institute (Search for Extraterrestrial Intelligence) will present "Searching for Earth's Twin, Kepler Mission." The Kepler mission seeks to answer questions such as is Earth unique in the Universe, and how many Earth-size planets exist?



May 5 Blue Canyon Star Party

Wednesday, October 3. P-Hall (KS) at 6:45 PM. Don Wilson will present "The Big Bang-Greatest Show on Earth" a presentation on Cosmology.

Meetings: 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 your questions about astronomy 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 •

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the benefits are confidence, cooperation, communication skills and physical fitness. You'll tone your body, help weight control, improve balance and boost brainpower.



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Iannico and  
Raymond  
James*

If you think you can't dance, or it's been a long time, don't worry. Our ballroom dance sessions on Tuesdays, 2:00-5:00 PM are geared for you. The first hour takes you through the basic moves for the dance of the month. The second hour is "open dancing" — time to practice with help from the teachers if desired. The third hour, instructors teach more advanced steps for the dance of the month. Annual membership dues: \$5. That includes weekly lessons — it's the best bargain you can find. Come join us in the Multipurpose Room (KS) during the month of August to learn the NC Two-step! Look forward to the Cha Cha in September.

**Contacts: Ruth Algeri 408-4752  
Brigid Donaghy 543-6003**



### • Bereavement Support •

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the third Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be August 15 and September 19. 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 12 at the *Casino Buffet*. We meet in front of OC Lodge and leave at 11:30 AM to car pool to the restaurant. For more information or to put a Memorial in the *Compass*, contact Joan.

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



## • 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

#### Tournament Winners:

Eight Ball Singles July 04 — No games today

Nine-Ball Singles July 10 — AM Winner: Oscar Alvarez; Runners-up: None; PM Winner: Joe Perez; Runners-up: Joe Hobby and Dave Craig.

Eight-Ball Doubles July 18 — Winners: Dan Oden and Don Araldi; Runners-up: Wayne Bullen and Dave Craig; CV Orr and Bob Maske.

**Contacts: Jim Immel 434-2918;  
Les Birch 408-1045**

### Challengers Billiards

It is the mid of summer and the heat is on, both outside and inside the Billiard Room (KS).

Our group is for Mid- to Advanced-level players. We play every Friday from 10:00 AM to 12:00 PM at the Billiards Room (KS).

Sign-up is on the last Friday of the month for the following month. If you missed sign up, come anyway, most likely we have room for you to play.

There is always a great atmosphere and plenty of fun. So, come on in and join us.

Last month's winners: First place — six of seven games: Oscar Alvarez, Joe Perez, Bob Rand, Ted Baker, George Black, Bill Kim; second — five-and-a-half games: Steve Fowler, Howard Skulnick; five games: Peshu Irani, Doyle Coker, Willie Wright.

Stay cool, see you next month.

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

### Couples Billiards

First week: Jim & Barb Conger were the only team to win all six games this

week. Two teams tied with five wins: Dan Oden/Gail Harmon and Al/Betty Jones. One of those games was over quickly for Dan and Gail as Dan made the eight ball on the break.

Second week: Howard Skulnick/Peshu Irani won all six games. Al/Betty Jones came in second with five wins.

Third week: We had no six game winners, Joe & Nicki Hobby won five games; Dan Oden/Gayle Harmon and Dale Houck/Chiquita Fratto won four games.

If the two teams have a tie game at the end of the 17 minutes allotted to play, they then lag to see who won the game.

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

### Players Billiards

The summer is flying by and we are still having fun playing pool! We play six games of Eight Ball every Thursday from 2:15-4:30 PM. We have different partners and different opponents most games. Sign up in advance on the last Thursday of the month for the following month. Standby players can frequently play. Come join the fun!

Congratulations to recent winners — Six games: Rita Baikauskas; five of six games: Dennis Dreiling, Del Torres, Dan Oden, Peshu Irani, Sandy Pavlovich, Doyle Coker, Rita Baikauskas, Ziggy Brien; four of six games: Jack Fabian, Dan Oden, Howard Skulnick, Gail Harmon, Rita Baikauskas, Bob Wehner, Oscar Alvarez, Joe Perez, Chiquita Fratto, Peshu Irani, Phil Berlinghi, Dale Houck, Larry White.

**Contacts: Rita Baikauskas  
408-4687; Dan Oden 408-2687**

### Upstarts Billiards

“Billiards is something like Chess — *Planning your moves ahead, yes. But instead of check and mate, We sink a ball we call Eight.*”

Who would like to play Billiards with us? We're always on the lookout for new players. Upstarts Billiards is for beginner-to-average players. We play standard Eight Ball every Thursday from

11:45 AM to 2:00 PM at KS Billiards. Won't you come and join us? We're saving a spot for you at the tables!

Winners — Five games: Gary Averett, Doyle Coker, Dennis Dreiling, Richard Gsell, Peshu Irani, Larry Koenig, Linda Kuruhara, Paul Lundberg, Jim McCarthy, Phyllis Papagiannis, Bob Rand; Four games: Bob Bienkowski, Margrit Blanc, Phyllis Borrelli, Bill Clark, Sandy Greer, Connie Hoetger.

We sign-up the last Thursday each month, 11:30 AM, Billiards (KS).

**Contacts: Rita Baikauskas  
408-4687; Dan Oden 408-2687**

### Instruction Group

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

**Contacts: Jim Immel 434-2918;  
Sam Munoz 408-3037**



## • Bird •

The Bird Group meets once a month on the second Monday at P-Hall (KS) at 1:30 PM. August is a quiet month for the birds due to the heat, so the group will meet again September 10. The meeting will feature John Sterling presenting “Changes in Birding in the Central Valley.” It should be an informative afternoon. Please join us.

The next bird watching trip will be on Friday, September 7, in the Grass Valley/Nevada City area. Empire Mine is a possible area for birding and enjoying the day.

**Contacts: Ruth & Don Baylis,  
Lh\_bird\_group@yahoo.com  
Website: www.suncity-lincolnhills.org/residents**



## • Bocce Ball, Mad Hatters •

Mad Hatter ladies should mark Saturday, October 20, on their calendar. That is the scheduled date for the 11th Annual Mad Hatters/Red Hats Bocce Tournament and potluck. Betty Soderman will be managing the Red Hats team challenge this year.

You may notice some new color on



our handicapped Bocce Court. We've been using that court frequently and a number of people had expressed concern about the potential for tripping on the ramp configuration. We brought this to the attention of Chris O'Keefe, Senior Director, Facilities & Maintenance, and he was kind enough to provide us with a new step hazard color scheme.

The Mad Hatters would like to extend their sympathies to Dee Maher, whose husband Don passed away last month. Don played with the Mad Hatters for several years and was also active with Neighbors Indeed. He will be missed.

**Contacts: Paul Mac Garvey**  
543-2067, [pmac1411@aol.com](mailto:pmac1411@aol.com);  
**Bob Vincent 543-0543**



### • Book Group, OC •

What could possibly save an innocent man from the gas chamber? Someone else confessing? Maybe, maybe not! For our August 16 reading, John Grisham takes on the Texas penal system in his gripping novel, *The Confession*.

On September 20, we follow the path of a woman seeking a connection with her dead father's family in *The Glass Blower of Murano* by Marina Fiorato.

Our meetings take place on the third Thursday of each month from 1:00 to 2:30 PM in the Multipurpose Room (OC). Newcomers are always welcome.

Remaining 2012 Schedule:

- October 18: *To America* by Stephen Ambrose
- November 15: *State of Wonder* by Ann Patchett

**Contacts: Penny Pearl 409-0510;**  
**Dale Nater 543-8755,**  
**Darlis Beale 408-0269;**

**Website: <http://lhocbookgroup.blogspot.com/Wiki>; <http://ocbookgroup.pbwiki.com/>**



### • Bosom Buddies • Breast Cancer Survivors

Our annual installation of new officers' luncheon was on Thursday, August 9, at Beerman's restaurant. The food was very good and Bo-

som Buddies provided a delicious dessert and a special gift for everyone. We expressed appreciation for our outgoing officers' enthusiasm and hard work during the past year. Our new officers for next year are: Patty McCuen — President; Vice President — vacant; Treasurer — Kay Brady; Secretary — Patti Barnes. We welcome guests/potential new members to attend any of our meetings. We meet the second Thursday of the month at 1:00 PM at Orchard Creek Lodge.

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

**Website: [www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents)**



### • Bowling •

Reminder / Mark your calendar *now* —

Don't forget our General Meeting for the new season 2012-2013 is August 28, 10:00 AM, P-Hall (KS). Looking forward to seeing new bowlers and welcoming back "oldies but goodies"! If you have not bowled in a while and want to get going again "come on down!" We will be collecting monies for USBC membership cards. Cost is \$21.

Please have one representative per team present, preferably the Captain, as we will be discussing issues concerning some by-law changes and all teams must be represented.

*Written by Joan Gates.*

**Contacts: Frank Schmidig**  
434-5972; **Jerry Gordon, 408-5989;**  
**Joan Gates 253-9415**



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

If you're interested in playing partners' bridge with a relaxed, fun group of people, please come join us. If you give us a call we'll put you on the list — or just show up and take your 50/50 chances. We start promptly at 6:00 PM in the Terra Cotta Room (KS) and we finish at 8:30 PM. Please arrive a little early.

The July 5 winners were — First:

Sasha & Tom Eason; Second: Judy Olson and Carol Nakao; Third: Barbara Bryan and Paddy Martin; Fourth: Rose & Joe Phelan. Linda Theodone and Janet Pinnel had high round.

The July 19 winners were — First: Sasha & Tom Eason; Second: Harry Collings and Stan Mutnick; Third: Sue Cireral and Nadine Buckmiller; Fourth: Shirley Bry and Helen Helm. Ken & Chris Jacobson won high round. Our 15 tables of bridge this night is a record.

**Contact: Rose or Joe Phelan**  
408-4066, [joephelan@sbcglobal.net](mailto:joephelan@sbcglobal.net);  
**net; roseph@sbcglobal.net**

### Thursday Evening Second & Fourth

If you are interested in playing Partners Bridge with a friendly group of people, come join us. Give us a call and we will put you on the list. We start promptly at 6:00 PM.

June 28 winners — Ben & Kay Newton; second Helen Helm and Arlene Parton; third Ann Ulrich and her partner, also winning high round; fourth Margaret Kregner and Olga Hayden

July 12 winners — Erica Wolf and Edith Kesting; second Bev Dwyer and Carol Mayeur; third Linda Theodore and Bev Ansbro, John & Diane Maranta. Winning high round: Joe & Rose Phelan.

**Contacts: Chris & Ken Jacobson**  
408-8709



### • Bridge, Duplicate •

All bridge players — are you put off by duplicate bridge because of the prevalent rumors about how complicated and unfriendly duplicate can be? Please come to a *free* class by our Joanne Mitchell designed to set the record straight. No need to sign up. Just come — on either Wednesday, September 5 and/or October 3, 11:45 AM to 12:15 PM, Multipurpose Room (KS). We would like a chance to persuade you to try a new format of bridge. You might like it!

Bragging rights from the Roseville Exchange are now firmly in Lincoln. Highest Exchange scorers were our Kathy Kimura and Suzanne Cirerol. And three

of four Sections were won by SCLHDBC representatives.

The 2012 spring quarter Club Champions have been crowned. Carole & Ted Neely are tops for Wednesday, Sarah Towne and Cynthia Turner on Friday, and Laurie Vath and Vince Marek are Saturday Champs.

**Contacts: Kent White 434-1699, akw@starstream.net; Website: www.bridgewebs.com/lincolnhills**



• **Bridge, Social** •

We play every Friday from 1:00 to 4:00 PM in the Terra Cotta Room (KS). Join us for an afternoon of Social Bridge. You must make reservations to play and please call if you need to cancel the reservation. You do not need a partner. You can make reservations by calling Beryl LeVine at 434-6638.

Winners for June 22-July 13: First — Lois Burke, Carol Mayeur, Eleanor Amar, Shirley Bry; Second — Ed Page, Lee Holman, Jodi Deeley, Febe Harrington; Third — B.J. Parkinson (three times), Chet Winton; Fourth — Bill Pinn, Bev Dwyer, Jim Collart, Harry Collings.

**Contacts: Lois Burke 409-0223; Beryl LeVine 434-6638**



• **Bunco** •

Bunco play last month was fast and furious with three ghosts in our midst. There were lots of low scores and high scores with the usual middle of the road scores. It's always fun to laugh, scream and plead for better dice rolls. If luck is a lady, she sure had lots of competition!

Bunco is held in the Cards Room (OC) every third Thursday at 9:00 AM. The entry fee is only \$5 and membership fees are never required. Winners for the six winning categories receive a Lincoln Hills gift card for their prize.

Last month's winners: Most Bunco — Claire Frenna; High Score — Corry Ostendorf; Most Wins — Shirley Mohler; Low Score — Sudie Moreland; Most Losses — Betty Wink, Traveler — Barbara Conner.

**Contacts: Ginna Martinez 408-0288; Ann Stults 543-6782**



• **Ceramic Arts** •

Hello to Hot August Nights! Now is the perfect time to visit the Saturday/Sunday Ceramic Arts Group Workshops or take that ceramics class you've thought about taking. Summer is usually quieter and a more relaxing time to try out "playing in the mud"!!! See information below for days and hours. Applications are being accepted for the annual LH "Studio Tour" sponsored by the LH Art Association. More info: Beryl Spurling. Don't forget to start building "stock" for November's Annual Holiday Arts and Crafts Fair!! "Wipe your face – you got mud on it!!!"

CAG "Workshops" are held at OC on Saturdays, 9:00-3:00 PM, and *Sundays*, 1:00-4:00 PM; KS workshops are *Mondays*, 1:00-4:00 PM for Earthenware, and *Sundays*, 1:00-4:00 PM for Spanish Oils. "Open Studio" is available to all residents: OC *Fridays only*, 1:00-5:00 PM and KS *Sundays only*, 1:00-4:00 PM. Check bulletin boards and studio windows for any holiday times/closures.

**Contacts: KS Earthenware Terry Pisani 408-4037; KS Spanish Oils Margot Bruestle 434-9575; OC Pottery Paul Aldrete 408-7798; Ed Hanson 253-3950; Mike Daley 474-0910 Website: www.suncity-lincolnhills.org/residents, Groups, Ceramic Arts**



• **Chorus** •

Now that fall is fast approaching, the SCLH Community Chorus is beginning rehearsals. If you like to sign and want to join the Chorus, please contact the names listed below or come to Kilaga Springs Lodge on Tuesday, September 4 at 2:00 PM. The Holiday Concert music and schedules will be distributed. There is a \$15 dollar charge for the music and only checks will be accepted.

The Chorus rehearses on Tuesdays at 2:30 PM. The Holiday Concert is sched-

uled for December 9, 10, and 11. More information on the chorus is available on our website:

**Contacts: Bill Sveglini 434-5655, Sveglini@gmail.com Sid Frame 408-1453, Sflincoln4fun@starstream.net Website: www.lincolnhillschorus.org**



• **Cloggers** •

Residents: "Try Clogging *free*" without commitment! The event will be in KS, Tuesdays, August 21 & 28; come, try it or bring a friend and watch. No partner needed, wear enclosed shoes, no sandals or heels. Time to have fun trying something new and meeting those who clog. Janice Hanzel, instructor, will answer any questions and is ready to introduce you to clogging. The event, 11:00 AM-12:00 PM, consists of learning how to clog dance. Don't miss out on this exceptional offer!

Give thought to attending "Late Harvest Stomp" NCCA workshop, October 20, in Santa Rosa, CA. It's held at the Sonoma County Fairgrounds, Kraft Hall. Dinner, pre-registration only, by October 6! This is a favorite among the cloggers. Make a fun weekend "getaway! Golf and wine tasting in area.

Check "Classes" section in your *Compass* for information.

**Contact: Anita Tyson 543-5330**



• **Computer** •

Main Meeting: September 12, 6:30 PM. "Maintaining your PC" by Rita & Jim Wronkiewicz. What does it mean to tune up your computer? Is it something you can do yourself? Should you buy a tune-up program or hire a tech to do it for you? If your PC is sluggish or doesn't work as smoothly as it used to, come and learn how to make your PC peppier and make you happier with your PC experience.

Clinic: Friday, September 14, 3:30 PM. More PC maintenance advice, Jim will



Rita Wronkiewicz



open up a real desktop PC to provide insight into hardware tuning.

Second annual BBQ, September 21, 5:00-9:00 PM, catered by "Bill's Chuck Wagon," \$20 per person at the Sports Pavilion.

Ask the Tech: September 24, 10:00 AM. Informal Q&A session for any and all technical questions, includes Android. All meetings at P-Hall (KS).

**Contact: Bob Ringo**  
**president@schcc.org**  
**Website: www.schcc.org**



### Mac User

LHMUG is dedicated to providing enthusiastic support, education, and training to our members for all Apple products, including Macintosh and iDevices (iPad, iPhone, iPod). Come to a meeting and learn a new skill or improve an old one.



*Helen Rains and Bill Roberts greeting members. Photo by Irwin Maloff*

During August: The "Lowdown on Downloading" from Andy Petro and Helen Rains. Andy will also provide tips for getting books/reading them on your iDevices. Another August topic: "Introduction to iWork — Pages, Numbers, and Keynote." Mountain Lion will be presented by Bob Bowman, the Apple employee associated with Best Buy.

Early in September, Time Machine and setting up external hard drives will be showcased. Also, Garage Band, an application with exciting possibilities that is unused by most of us, will be presented by Sharon Worman.

Check the LHMUG website (below) for more information on meeting topics, times, places, and presenters.

**Contacts: Bill Smith, 543-9957,**  
**wsmith986@gmail.com;**  
**Website: www.lhmug.org**



### Cribbage

*Your help is needed, see note below.*

The Cribbage Club 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 mostly play four-handed partner games, adding a two-handed game or, if necessary, having a sit-out when required by the number of players. We use a rotation system to mix up the players rather than having a partnership stay together all morning.

Thanks to Ken Von Deylen for offering to oversee the group for the next couple of months. Ken only lives in Lincoln Hills for half of each year, so he can't take over the group for a full year.

*Overseeing the group really isn't that much work, but we have reached the point that if an individual or a team of individuals doesn't step forward by fall, the Cribbage Club will be closed.*

**Contacts: Jack Poshepny 543-8463**



### Cyclist

If you ride in Placer County, eventually you will encounter serious hills. One way to make it easier to get up that hill is to add teeth to your rear cassette. To over-simplify, every tooth you add makes pedaling three-to-four percent easier.

If you ride a standard triple (53/39/30) and have a 12-27 cassette, you can make pedaling four percent easier by installing an 11-28 cassette. Install a longer mountain bike derailleur with an 11-34 cassette? A 21% change. Those who use a compact double up front (50/34) and have a 12-27 cassette, can change to an 11-36 cassette to pedal 23% easier up Chili Hill, and it is about the same as a triple with an 11-32 cassette. You may want a mechanic to make the changes.

Here's the formula: Gear Inches = 27 (for 700c wheels) x Front Cassette Teeth divided by Rear Cassette Teeth. You do the math.



*Fourth of July ride; Death Ride survivors; riding in the shade*

**Contacts: Steve Valeriote 408-5506,** **jillsteval@sbcglobal.net;**  
**Bob Burns 543-3382,** **schhbob@sbcglobal.net;**  
**Ken Corcoran (925) 699-5151,** **kenandemilie@gmail.com**  
**Website: www.LHcyclist.com**



### Dominoes

#### Mexican Train

The summer is half over, trips are done, and the gardens are looking fine. Now is the time to see us about learning to play Mexican Train Dominoes. It's a lot of fun and we have a good time.

You are cordially invited to join one of our times: Wednesday at 9:00 AM or 12:30 PM in the Card Room (OC). Free classes are being held at the 9:00 AM session. It's a great time of fun and social interaction.

**Contact: Carl Sabol 408-4365;**  
**Cora A. Peterson 543-7144**



• **Eye Contact** •  
**Low Vision Support**

Next meeting: September 13, 1:00-3:00 PM, P-Hall (KS).

1:00 PM: "Nutrition for your eyes." Ocular Nutrition Society specializes in providing scientific quality in eye care health.

2:00 PM: Unique scientific teaching method for blind people (any disease). The brain is taught to identify objects through sound and touch. It's a self-directed program with many blind staff members, including the speaker, Daniel Kish.

**Eye Openers:**

- Vitamin E: Vital to eye health. Caution, though, it is a blood thinner. Also, caution not to over-dose if you are taking anti-coagulant medicine and have wet AMD. Follow the doctor's orders on dosage.

- Fish oil capsules should be stored in the freezer or refrigerator. When opening the bottle, smells 'fishy' or the capsules cause "burping," throw them away, they are rancid.

**Contacts: Barbara Smith 645-5516;**  
**Chelsea@starstream.net**  
**Cathy McGriff 408-0169;**  
**Margie Campbell (a ride) 408-0713**



• **Fibromyalgia/CFS** •  
**Chronic Fatigue Syndrome**

If you, a friend, or a loved one suffer from Fibromyalgia or Chronic Fatigue Syndrome, please join us on Thursday, August 23, from 1:00-3:00 PM in the Multimedia Room (OC), for our monthly support meeting. Our August meeting will be presented by Marjory Barlow on the Amygdala Program which can be helpful for those living with Chronic Fatigue but is also for Fibromyalgia members. The presentation will be followed by open discussion. New attendees are always welcome.

Our group meets on the fourth Thursday of each month except when on a holiday and provides positive support and information, as well as exercise options and suggestions for mental well-being and physical wellness. If you have questions, please call contacts below.

**Contacts: Sandy Barry 209-3247;**  
**Jackie Wilson 253-3744;**  
**Marjory Barlow 408-1400**



• **Fishing** •

Big things come to the fisherman who gets up early and practices patience. Such is the case for LHFG fishermen this current summer fishing season. Anglers are consistently bringing home limits of King Salmon from the Waters off Point Reyes, also landlocked Coho salmon are being caught from the waters of Lake Oroville. Good times and good fishing was had by a squad of anglers and their wives at a recent foray into the Sierras while staying at Heidelmann Lodge.

On tap for the group members are trips to Wyoming (Flaming Gorge), the start of the summer Salmon run up the Sacramento River, and several fly fishing outings to Fuller Lake and Caples Lake. Finally don't forget the annual salmon BBQ on October 1.

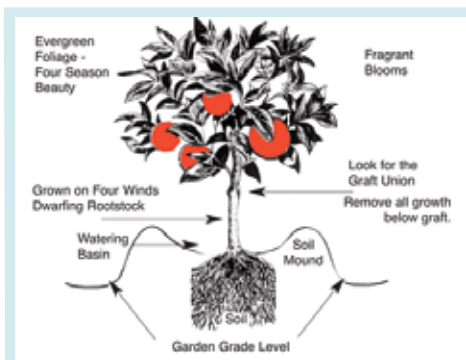
Of final note, don't forget the Lincoln Kids' Fishing Derby on Labor Day, September 3.

**Contact: Jerry Messier 434-6917,**  
**jmessier@starstream.net**



• **Garden** •

Garden Tip: Thinking of adding citrus to your garden this year?



*Growing citrus trees; Ice Cream Social; Hawaiian Theme Hat Contest*

Food and water are basic needs. Roots tend to be in shallow and need to be flooded. If drainage is a problem, then planting citrus in raised beds or containers is a good option. Solutions to home citrus growing problems in our area available at [fourwindsgrowers.com](http://fourwindsgrowers.com).

*Aloha! Ice Cream Social!* (Members Only): Thursday, August 23, 2:00-4:00 PM, Sports Pavilion. Catered by Meridians: Ice Cream, Cookies, Iced Tea, Lemonade. *Fun, Food, Fantastic and Festive.* Entertainment by the *Sweet Leilani Strummers & Hawaiian Dancer.* Contest: Best decorated Hawaiian theme hats

*Categories: (1) Most tropical; (2) Most whimsical; (3) Most creative — men's hat. Sign-in, wear name tags. Receive a door prize ticket. All hat contestants receive one extra door prize ticket! The three contest winners receive an additional grand prize!*

Master Gardeners available with advice and handouts.

**Contact: Lorraine Immel 434-2918,**  
**limmel@ssctv.net; Virginia Dahl**  
**408-3748**



• **Gem and Mineral Society** •

Mary Schisler will present copper collecting and copper-related materials, basic history, collecting, and native copper on August 27. Specimens to see and touch. In July, Mel Huth from CIJT and Gini Foster presented a film and discussion of diamonds. Tim Unruh will discuss meteorites and possibly tektites in September; in November we are planning a film from CFMS, show and tell and a rock sale. Meetings: Last Monday 4:00 to 5:30 PM. Sierra Room (KS).

Lapidary and Jewelry Shop hours: Mondays 8:00 AM to 12:00 PM, \$5 per two hours in the lab. Funds go to equipment and supplies. Monday morning Shop Master: Dave Fisk. Monday afternoon Shop Master: Ron Clawson.



*Native copper nugget*



We belong to the CFM and AFMS.

Lapidary and Lost Wax classes are taught in January, March, May, September and October. Sign up at the Activities Desk (OC/KS).

**Contact: Dave Fisk 434-0747, [dave.fisk@yahoo.com](mailto:dave.fisk@yahoo.com) (also for lab info & reservations)**

**Website: <http://sites.google.com/site/lincolnhillssuncitygems/home>**



• **Genealogy** •

The August General Meeting for Genealogy is Monday, August 20, at 6:30 PM in P-Hall (KS). Arlene Rond will show the use of various scanners to copy photos or documents. Many new tools have become available.

In early September the first Monday is Labor Day and there will not be any Genealogy sessions. Help sessions on the Second Monday will be announced at the General Meeting and in emails.

On the third Monday, September 17, the General Meeting will cover available “on-line” Genealogy classes. What is out there on the Internet? Bob Ringo and Judy Hoffman will be the speakers.

**Contact: BJ Ollas 543-4682; Kathleen Propersi 543-0376**  
**Website: [www.webflavors.com/lincoln](http://www.webflavors.com/lincoln)**



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

Congratulations go to Pat McMurray, June’s Golfer of the Month! Some would say its luck of the Irish, however if you play with Pat you know she’s an excellent golfer. She has enjoyed the game for over 48 years!

A General Meeting was held on July 11. Guest speaker, Lisa Smith, Assistant Director of Fitness, spoke on “Be Fit for Golf.” If you missed the presentation, check out the recommended exercises available on the Lincsters web page. At the meeting, a nominating committee was formed to search for “new officers” for the Executive Board. Please consider serving our organization.

Lincsters have a new blog on the web page. Steve Treadway, Master Teaching Pro, will be a regular feature on our



*From left: Pat McMurray; Lois Gilbert and Carol Golbranson; Marilyn Britton, Ruth Pennington, and Alice Greiner*



web page, giving useful tips and telling golf stories.

The Home and Home Golf Tournament, held on July 31, was a huge success. Thanks to all!

**Contact: Carol Golbranson 543-8647**  
**Website: [www.lincsters.com](http://www.lincsters.com)**

**Ladies XVIII**

Our big event of the year, the Olympic Games Invitational, was held June 21. Chair Mary Holland and Co-chair Sylvia Feldman did a wonderful job. The over-



*Overall Olympic Games Invitational winners: Janet Pinnell; Rosemary Stuart; Marti Fitzpatrick; and Cherie Shimek*

all winners are pictured.

First flight winners — Remy Raquiza, Alma Robles, Ofra Unger and Margie

Talbot; Second flight — Judy Habecker, Judy Holiday, Lyn Chauvet and Mary Holmes; Third flight — Donna McDonald, Lynette Mladinich, Pat Page and Marilyn Juckuck.

Many prizes were awarded that day including closest to the pin and accuracy driving awards. Everyone who played won something. A beautiful luncheon at Meridians finished up the day.

The group has many events in the next few months — Placer Point League; Red, White and Blue Tournament; Match play; and the final event of the year, the Club Championship. It’s a very active group and we do have fun.

**Contact: Chris Jacobson**  
**Jakemust@sbcglobal.net**  
**Website: [lhlxviii.com](http://lhlxviii.com)**



• **Hand & Foot** •

Hand & Foot is a fun and easy-to-learn card game and we are always happy to teach new players. We meet Thursdays from 8:30 AM to 12:00 PM in the Terra Cotta and Sierra Rooms (KS).

**Contacts: Jim Brittain 408-5524; Jerry Watkins 408-7899, sandpusher@sbcglobal.net; Denise Jones 543-3317, djonesra@att.net; Lu Fox 408-1977, lufoxhollow@aol.com**



• **Hiking and Walking** •

**Walkers:** A morning walk before the heat hits is a great way to start the day. Wednesday walks begin at 7:30 AM. Check the website for weekly starting locations.

**Hikers:** Mark your calendar for October 9 for the Hiking Group’s annual meeting. This year a special program is planned along with the bi-annual election of officers. Stay tuned for details.

The great summer weather has resulted in some spectacular hikes in the Lake Tahoe area and in the Sierras. Hikes along the shore of Emerald Bay and along the Truckee River were refreshing and scenic. Sierra hikes to Sand Lake and Showers Lake gave us a workout and some colorful wildflowers.

A strenuous hike to Island Lake in

the Desolation Wilderness was a new destination that was certainly unique. See pictures below!



*Island Lake Panorama; Rock hop to Island Lake; Hiking to the Desolation Wilderness*

The latest calendar of hikes is on the website with just the right one waiting for you!

**Contacts:**

**Hiking: Dennis Ratay 543-9935,**

**Denratay@sbcglobal.net**

**Walking: Glynn Widdows 408-4819,**

**Gwiddows@sbcglobal.net**

**Website:**

**<http://lincolnhillshikers.org/>**



• **Investors' Study** •

Are tax free Municipal Bonds in California still safe? How does an individual invest today in this area? The Investor Study Group will discuss these critical issues on Thursday, September 6, 2:00 to 3:30 PM in P-Hall (KS).

Joining us will be Christopher Franta, a product manager from Franklin Templeton Investments. Franklin Templeton is a leader in municipal bond investing. Our consultant, Russ Abbott, will go

over current market issues and the investment playbook. We are a study group, not a club, so no investing is involved. Our purpose is to provide financial information and education to residents. Refreshments will be served afterwards. Please join us!

The Active Investors will resume on Monday, October 8, at 3:00 PM in the Multimedia Room (OC). (Contact William Ness, 434-6564, bilnes@att.net.)

**Contact: Doug Hohman, 295-2446**  
**djhohman825@yahoo.com**



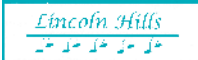
• **Lavender Friends** •

We want to thank John for hosting the coffee social. A good time was had by all.

The Lavender Hearts Committee far exceeded their expectations on their successful fundraiser, raising a total of \$1,580.00. They raffled 20 items that were generously donated by club members. The Labor Day weekend in San Francisco and two separate weeks over Christmas and New Years in South Lake Tahoe were silent auction activities and raised \$750. We want to thank our member who gave the \$500 check payable to PFLAG for the next round of GSA scholarships.

If you want more information about our club, check our website at [www.lavenderfriends.com](http://www.lavenderfriends.com) or contact Jacquie Hilton or Herman Osorio. Don't forget that the PFLAG of Greater Placer County holds its meetings on the second Monday of the month at 7:00 PM in Conference Room A at Sutter Auburn Faith Hospital in Auburn.

**Contacts: Jacquie Hilton 543-9349,**  
**jacquiehilton@starstream.net;**  
**Herman Osorio 408-8094,**  
**Hosorio2010@hotmail.com**  
**Website: [www.lavenderfriends.com](http://www.lavenderfriends.com)**



• **Line Dance** •

Saturday, September 29, Yvonne Johnson is holding her annual workshop at Rusch Park in Citrus Heights. Cost is \$45 and includes lunch; dinner is on your own. Hours are 12:00 to 5:30 PM, closed for dinner then reopening from 7:00-10:00 PM for open dancing. This

is a great workshop and has something for every level of dance.

Friday, October 19, there is a workshop featuring Ira Weisburd a well-known worldwide choreographer. The workshop is at Royer Park in Roseville from 7:00-11:00 PM and costs \$25. Ira is well known for choreographing Shuffle Boogie Soul (SBS), which went around the world as a flash mob dance. Here in Lincoln Hills our line dancers also did a flash mob dance in our Orchard Creek Ballroom. To watch our line dancers just go to YouTube and type in Line Dancing in Sun City Lincoln Hills.

For reservation forms call Carol or Yvonne. Numbers listed below.

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



• **Mah Jongg, Chinese** •

Chinese Mah Jongg is a game of tiles or as the Chinese call them, "cards." It is a fascinating game to learn and lots of fun to master. Come join the fun every Monday at 8:30 AM in the Cards Room (OC). If you have any questions, please call one of the contacts below.

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



• **Mah Jongg, National** •

If you are interested in playing National Mah Jongg, we have a treat in store for you. We are finding that more and more people want to learn this fun tile game. For others, Mah Jongg has been part of their lives for almost as long as they can remember. Therefore, we have tables for all levels of play. We meet in the Cards Room (OC) every Tuesday from 12:30 to 4:00 PM. You don't have a National Mah Jongg Hands and Rules card? Don't you worry, we will loan you one for the day and tell you how a card can be ordered. Let us hear from you with any questions.

**Contacts: Marnie Isherwood**  
**543-0219; Kris Astone 543-8998**





## • Motorcycle RoadRunners •

The fun continues with an adventure ride to Gardnerville, NV. Taking back roads to Pollock Pines, we entered the Mormon Emigrant Trail heading into the high country. We reached the 8,000 ft. level, then began to descend into Kit Carson Pass. Beautiful scenery! In Gardnerville we dined on Basque Family style cooking. After a brief visit to Genoa, the return to LH took us through the back roads of Tahoe, climbing the Kingsbury Grade. Then it was down Highway 50, across the Folsom Lake Dam, and home.



Silver Lake view toward  
Kirkwood Ski Resort

The social activities continue with our annual Bocce Ball tournament in late August, after just completing our annual BBQ Party.

If you have a roadworthy motorcycle and if our activities sound interesting, come check us out. RoadRunners meet the fourth Thursday of the month at 6:00 PM, Multipurpose Room (OC). Guests are always welcome.

“Ride safe, ride with friends!”

**Contact: Peter Boyle 408-1955,  
Boylep18@yahoo.com**

**Website: [http://web.me.com/rettavincen/roadrunners\\_2012/roadrunners\\_2012.html](http://web.me.com/rettavincen/roadrunners_2012/roadrunners_2012.html)**



## • Music •

The Music Group meets every fourth Wednesday in the Fine Arts Room (OC) from 6:30-8:00 PM and drop-ins are always welcome. Bring your voices and/or instruments and sign up to perform, or just come enjoy the music and socialize.

The popular and enthusiastic Lin-

coln Hills Ukulele Players meet every Wednesday at OC where they play everything from Hawaiian to Country to the Beatles in a relaxed, supportive, and fun environment. Newcomers are warmly welcomed. Beginner classes are available. Call Ron or Molly at 409-0463 for more information.

Mark your calendar now for the next free and entertaining “Friday Night Open Mic” which will be held on August 24 from 6:30-8:30 PM in P-Hall (KS). Sign-ups begin at 6:15 PM and all musicians and music lovers are welcome. Audience participation encouraged! Sorry, no karaoke.

**Contacts: Judy Skillings 253-7237,  
kenskillings@gmail.com;**

**Julie Rigali 408-4579,  
jjrigali@yahoo.com**

**Website: [www.suncity-lincolnhills.org/residents, Groups, Music](http://www.suncity-lincolnhills.org/residents_Groups_Music)**



## • Needle Arts • Threads of Friendship

Alex Anderson had a wonderful presentation in August. In September we have another nationally-known quilt-maker, Freddy Moran. She is currently working on one-color quilts. She also does a trunk show called: “Red is a Neutral.” Come and be inspired.

Our in-house workshop will be presented by Betty Kisbey on September 22 in the Sewing Room (OC). The project planned is a fabric picture frame. Sign up to come and learn a new technique.

General meetings are held at Kilaga Springs Lodge, 1:00 PM, the second Tuesday each month. Our various sub-groups meet in the Sewing Room (OC). Check the Sewing Room Window for times. Please contact Membership Chair Anne Garry, 543-7151, to join and see how fiber arts thrive in our community!

**Contact: Vicki Hildebrand  
408-4019, vlhildebrand@att.net**



## • Neighborhood Watch •

“An Insider’s Look at the Neighborhood Watch Website” with experts Nancy & Larry Whitaker, and Pauline Watson, will be presented

Friday, August 17, from 2:00-4:00 PM, in the Fine Arts Room (OC).

A guided tour through the website will take you in and out of the different features. You will learn how to take full advantage of the website, and become comfortable with computer navigation. There are many available resources and tools waiting for your appreciation. We will explain how to use the website for data collection and dissemination of information.

Please bring your ideas for updating the current website. There will be ample time for questions so that you will go home with a more comfortable relationship with the website.

The seating is limited, so please register with Nancy Whitaker at nsymmes@hotmail.com, 408-7393 or Pauline Watson, frpawatson@sbcglobal.net, 543-8436. We encourage Neighborhood Watch Captains, Coordinators, Directors, and interested residents to attend.

**Contacts: Larry Wilson 408-0667,  
mvw6@sbcglobal.net;  
Nancy Whitaker 408-7393,  
nsymmes@hotmail.com  
Website: [www.lincal.net/watch](http://www.lincal.net/watch)**



## • Painters •

At the August membership meeting, Bob Porter discussed legal aspects of art and copyright laws (otherwise known as *Warhol Painted Campbell's Soup Cans, Why Can't I?*) which helped us understand the seriousness of these issues. Thank you, Bob, for your priceless planning and presentation.

In addition, Bonnie Dunlap introduced a book, “*The Artists’ Way*,” which addresses “painters block.” A discussion followed regarding the possibility of offering an opportunity for members to gather to discuss the issue further in light of an individual’s particular needs.

In September, returning resident, Jan Saia, will honor us with an oil painting demonstration.

On KVIE’s Art Auction, Channel 6, September 28, 29, & 30, works of fellow artists, Jim Brunk, Nancy Sloan, Paulette Pesavento, Diane Pargament, and Jan Saia will be featured. You will want to tune in!

Club members are encouraged to send photos of their paintings to Webmaster, Nancy, for inclusion on our website.

**Contacts: Lynne Fee,**  
**lynnefee@aol.com;**  
**Diane Pargament 408-0221,**  
**dkpara@starstream.net;**  
**Website: www.lhpainters.org**



• **Paper Arts** •

A big “Thank You” goes to Debbie Chronister for helping us make four lovely card creations at this month’s meeting. It is always a delight to have her as our guest.

As our membership has grown, we’ve also experienced growth in the size and number of craft bags-kits-roller bags, etc. During our last meeting, we tried placing all unnecessary bags and kits away from our work tables to free up space and reduce risks of tripping, etc. We’ll be making an effort to inform members what exactly is needed for projects, so just those materials can be brought to the meeting. It is amazing how much “stuff” we tend to pack around when we just need a few basic tools and supplies!

August is a great time to head for the beach or other vacation spot, so we’re featuring beach/vacation themed cards in our display window at OC.

**Contacts: Sue Manas 408-1711;**  
**Reg Fabian 645-9090**



• **Pedro** •

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro before, or it has been a long time since you played, we are always happy to teach you the basics or refresh your memory.

Pedro meets in the Cards Room (OC) on the first and third Fridays of the month from 9:00 AM to 12:00 PM. We hope to see you there.

**Contacts: Denise Jones 543-3317,**  
**djonesea@att.net; Phyllis Hunter**  
**408-5843, phyllishunter3@att.net**



• **Photography** •

We’re coming down to the wire for completing the ‘picturing of Sacramento’ challenge, a photographic outreach program for wannabees, us-tabees, and the woulda-shoulda-coulda crowd. Will we see beauty, bums, birds, buildings, creations, homely, glitzy, grainy, tony, or funny? Results will be shown at our October 10 Show and Tell event, and televised live as an artistic alternative to the Summer Olympics reruns. Acclaimed commentators the Brillo Brothers, pictured here, will officiate for the live broadcast.



Left, “Brillo 1” and “Brillo 2,” both by jeffa

If you haven’t been down to Simple Pleasures Restaurant recently, our group is displaying there now through September to add ambience to your supping experience. This is an interaction between eye candy on the walls of the restaurant, and gastronomic candy for the walls of your palate. All this, and you can also be a closet patron of the arts as your eyes appreciatively caress the images on display. Works for me.

Pictured here are Head Television Judges “Brillo 1” and Brlllo 2.”

**Contact: Klara Kleman 408-4496,**  
**klemanklara@sbcglobal.net**  
**Website: SCLHphoto.com**



• **Pickleball** •

Even with the summer heat the pickleball courts are full every morning and evening. New courts are still our hope to allow more people to enjoy this great sport. Our club members have been working closely with the Properties Committee to make this a reality. Thanks to all the people who are working hard to bring more pickleball courts to Lincoln Hills. For up-to-date

information and discussion on this subject, attend the joint Properties and Finance Committee meeting September 20 at 9:00 AM in the OC Ballroom.

Article by Sherry Mosby.  
**Contact: Jerry Zimowske 408-1319**  
**jzimowske@ssctv.net**  
**Website: www.lhpickleball.com**



• **Players** •

Get ready for a patriotic song and dance extravaganza! Dolly Schumacher James is preparing for auditions for “Yankee Doodle Dandy,” an exuberant tribute to George M. Cohan. Auditions will be on Sunday and Monday, August 26 & 27 from 6:00-8:00 PM in the Fine Arts Room (OC). Vocalists and dancers encouraged to attend. There are also roles for pre-teen children.



“Yankee Doodle Dandy”

The show will be performed November 15-17.

Also in pre-production is Readers Theater’s Halloween show “Dracula.” There are roles for eight men and seven “others.” Auditions will be held on Wednesday, September 5 *only*, from 6:00-9:00 PM in the Fine Arts Room (OC). Scripts are available by contacting Norah Prouhet at nprouhet@hotmail.com.

Reservations are being taken for the October 3 Tenth Year Celebration. You may pay the \$5 at the Players meeting on August 13 at 4:00 PM.

Players meetings: second Mondays, 4:00 PM, P-Hall (KS).

**Contact: Steve Garavito 434-6725**  
**Website: www.lincolnhillsplayers.com**



• **Poker** •

The Poker Group plays a variety of poker games every Monday, 1:00-4:30 PM, Tuesday, 5:00-8:30 PM and *new* Fridays, 1:00-4:30 PM, Multi-purpose Room (OC). Games are played



using script, and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw.

For Texas Hold 'em players, there is a separate table available on Mondays, Tuesdays and Fridays — same times.

The Quarterly Hold 'em tournaments are open to all residents, first come-served, as they usually fill up quickly with a 48-player cap. Our next tournament will be Saturday, October 20.

July 20 tournament results: Eighth Judy Schmidt; Seventh Susan Smotherman; Sixth Allan Blaine; Fifth Jackie Sklarew; Fourth Paul Fellner; Third Joe Frenna; Second Dan Bracey;

First Jim Bloedorn, *Winner three straight.... Way to go Jim.* Congrats to all players and winners!



Jim Bloedorn vs. Dan Bracey — Jim, right, wins (third straight time) after a great battle

Any questions, or to be added to our email distribution, please contact Ginger or Steve.

**Ginger Nickerson 253-3322;**

**Steve Kriner 295-8012**



• **RV** •

A double-duty escapade is next on the agenda for the RVers, starting in Paso Robles and ending in Gilroy.

First will be a four-day trip to the Wine Country RV Resort in Paso Robles September 10-14. Wagon masters Dick & Carol Perry have planned wine tasting adventures at nearby wineries, a catered dinner and golf tournament.

From Paso Robles the group will head for the Gilroy Garlic USA RV Park for a rally September 14-18. Wagon Masters are Dennis & Donna Malone and Jim & Jayne Clark, and highlights will include

a catered chicken barbecue, potluck breakfast and golf.

The last trip for the RVers was a four-day stay at the Santa Cruz Redwoods RV Resort in Felton earlier this month where they enjoyed a round-trip ride from Felton to Santa Cruz Beach and Boardwalk on the Roaring Camp Railroad, dinner at Bruno's BBQ Restaurant and some golf.

**Contact: Bob Zielinski 408-1852**

**Website: www.lhrvg.com**



• **SCHOOLS Volunteers** •  
**Sun City Helping Our Outstanding Lincoln Schools**

Time is flying by and before you know it, our outstanding local Lincoln Schools will be back in session. The first day of school for the students is August 22. The teachers are due to report back to their classrooms on August 20 but many of the teachers will be in their classrooms earlier than that date. They need the time to get everything ready for that first day of school!

If you have the time, contact your teachers and see if they need your help setting up their classrooms. It is a fun way to begin the school year!

As was mentioned last month, the WPUSD calendar can be found on their website [www.wpUSD.k12.ca.us/District/Calendars/index.html](http://www.wpUSD.k12.ca.us/District/Calendars/index.html). Print it out for easy reference.

**Contacts: Sandy Frame 408-1453,**

**sflincoln4fun@starstream.net**

**(Elementary); Eileen Marks**

**409-0320, emarks@aol.com;**

**Cindy Moore 408-1452,**

**cindymoore@me.com;**

**La Rita Gruenwald,**

**lariat@wavecable.com**



• **SCOOP** •  
**Sun City Organization of Pooches**

SCOOP's June Meeting convened June 21 with Dr. Lee-Ahrens, Veterinarian, and Amy Eldridge as guest speakers from Loomis Basin Clinic.

Three common diseases in middle age dogs were discussed: *arthritis*, *obesity*, and *dental hygiene*. Ms. Eldridge



Terri Rafferty (left) presenting SCOOP's Volunteer Award to John Cho,

who serves as SCOOP's Webmaster and is responsible for the fabulous photos on our website!

stressed that obesity is prevalent in dogs, as well as in our human society. She stressed increasing activity while decreasing calories. Dr. Lee-Ahrens gave many tips on helping us get our dogs used to having their teeth brushed, including looking for food, treats, and toys specifically designed to promote dental health.

Terri Rafferty announced that SCOOP volunteers' recent efforts at Pet Food Express at the Fountains resulted in more than \$500 of food and toys going directly to Placer Animal Services in Auburn.

The spotlight was on John Cho, who received SCOOP's Volunteer of the Month award for his many contributions over the years.

Check our website for SCOOP meetings/function dates!

**Contact: scoop@sclh.com**

**Website: www.sclh-scoop.com**



• **Scrabble** •

During the last Monday in June, Sandy, one of our prolific scorers in scrabble, placed *flangers* across two triple word boxes to get a hefty sum of 167 points on that play, in game one. Everyone in the room stopped playing to congratulate Sandy. Later, in game three, she laid down *bursitis* for 122 on a double, double. What a feat.

Even though we grew up thinking that proper names could not be played in scrabble, many first names are allowable. For a sampling: anna, brad, candy, davy, earl, frank, gloria, hank, iris, and jack. And, kora, lindy, martin, nan, otto, penny, ruth, sandy, tom, uta, victor, will, yogi and z... Good golly, Miss Molly, can you think of a 'z' that qualifies?

Come join us for some fun, playing

words with friends, *live*. We play Mondays, 1:00 PM, Cards Room (OC). Relaxed rules keep everyone in the game.

**Contact: Candy Koropp 409-0607**



• **Second Cup of Coffee** •

Be sure to attend the Second Cup of Coffee Group meeting on August 20 at 10:00 AM at P-Hall (KS) featuring *Jack Waymire* for an education session *you don't want to miss*.

Jack Waymire, a Lincoln Hills resident and founder of *Investor Watchdog* provides an inside view of "Wall Street's Deepest, Darkest Secrets." He is the author of the highly regarded book *Who's Watching Your Money?*, a columnist for *Worth Magazine*, and is frequently quoted in *Forbes*, *Business Week*, *Kiplinger* and *Bloomberg*. Some of his insights will shock you when he describes Wall Street business practices that have cost retirees tens of billions of dollars.

Programs planned for the balance of the year are: *September* — "Just the Facts-State Ballot Initiative Update"; *October* — "Local News: What and Where" by KCRA News; *November* — "The Real NCIS."

Programs are the third Monday of each month at 10:00 AM, P-Hall (KS).

**Contact: Wolf Oplesch 408-1788**  
**oplesch@sbcglobal.net**

**Website: <http://sites.google.com/site/secondcupofcoffeegroup>**



• **Shanghai** •

Join us and learn how to play Shanghai, a fun group card game. We offer free lessons. We play every Thursday at 12:00 PM and every second & fourth Fridays at 5:45 PM. Contact one of the names listed below.

**Contacts: Howard Beaumont 408-0395; Ann Holbak 408-2061**



• **Singles** •  
**Dynamic Singles**

Our members enjoyed their July 16 Social featuring a first-time game called the Olympic Challenge.

Our August 2 Cocktail Time had a great gathering at Buonarrotti's. Our

General Meeting played "Cocktails and Candy" with gifts!

Upcoming Singles Events:

August

16) – 4:30 PM – Table for Eight, La Provence, Roseville

21) – 7:00 PM – Let's Dance at Meridians

23) – 6:30 PM – Social/TBD at OC Ballroom

25) – 8:45 AM – 4:00 PM – Empire Mine Picnic & Bus Tour – Cost \$28.00 (Isabelle 408-1092)

25) – 5:15 PM – River Cats Game/Bus Trip – Cost \$34 (Mike 543-0035)

September

06) – 4:30 PM – Cocktail Time TBD

08) – 9:00 AM – Second Saturday Breakfast, Meridians Sports Bar

09) – 4:30 PM – September Birthday Celebration, Meridians Sports Bar

13) – 6:30 PM – General Meeting, OC Ballroom

Our Weekly Sport Activities:

• Mondays at 7:00 PM – Tennis, Sports Pavilion (Dennis 408-2423)

• Wednesdays at 6:30 PM – Bocce Ball, Sports Pavilion (Dennis 408-2423)

• Fridays – Golf 18 holes (Jerry 543-8776)

**Contact: Linda Bacon 628-5158**

**Website: [www.lincolnhillssingles.org](http://www.lincolnhillssingles.org)**



• **Ski** •

No snow, but 18 club members and guests enjoyed a warm evening and gorgeous views on July 28 at our second annual Lake Mary dinner at the Sugar Bowl ski resort property. This was our second time in two years, and this promises to be an annual treat!

Our annual pre-season potluck and social will occur in September; time and location to be communicated soon to all members. If you have been thinking about getting back to the slopes this winter, please consider joining us. Besides day trips to our local resorts, two getaway trips, including Aspen/Snowmass, are in the planning stages. The best time to meet a large group of the membership and learn about our plans, is at the September party. Contact

us, pay a measly \$5 membership fee, and have a fun and informative time at the party.

**Contacts: Mike Hilton,**

**Sue Worrall and Bob Vincent**

**258-2150, [lhskiclub@gmail.com](mailto:lhskiclub@gmail.com)**

**Website: [www.lhskigroup.org](http://www.lhskigroup.org)**



• **Softball, Senior League** •

Our Fourth-of-July All-Star games saw the American

League "Team All-Stars" triumph 14-12, but not before the National League scored six in the eighth and ninth innings to close the gap and make the finale exciting.

Next, the "League All-Stars" from the American League started strong, scoring five runs in each of the first two innings. But the National Leaguers were just biding their time.

The score was tied at 11 starting the sixth, when the National League kicked it into gear and outscored their rivals 11 to 1 in the final four innings to win 22-12.

Our Playoffs begin next week.

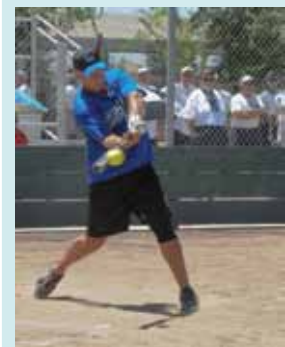
On August 20, the bottom four teams compete in a "play-in" round for

two slots to join the other eight teams in a double-elimination tournament on the 22<sup>nd</sup>, 24<sup>th</sup>, and 27<sup>th</sup>, culminating with the championship game(s) and our banquet on the 29. Check it out!

**Contact: Mike Hilton 408-0346,**

**Mhilton14@aol.com**

**Website: LHSSL.org**



From top: Jim Zentner line shot; Brock Dagg game winning hit in tournament; John Wible



## Coyotes

60s — Played in Tuolumne and came away with a 3-2 record helped by the offense and defense of *Bec Cannistraci/John Moran/Ed Lazarek/J.R. Jackson/Steve Lambert/* and *John Griffin*. Roseville's Maidu Field was the venue for the Cal Cup tourney and they came away with third place.

65s — Hosting the Ninth Annual Coyote Invitational, the team ended with a 3-2 record against five other teams from the Bay Area and Sacramento at the end of June. A total of 15 very close exciting games were played before an enthusiastic crowd. Competing in Lincoln's Foskett Park in the Cal Cup the team compiled a 4-2 record and third place.

70s — Competing at Foskett Park, the team had to play three straight games in 106 degree heat on the third and last day of the tourney. They won the first two, but lost the championship game to end in second place.

**Contact: Bob Hunter,**  
**bluespritzer@yahoo.com**



## • Sports Car •

On July 19 the club took a not-so-short and fun ride to have dinner at the Buckhorn Steakhouse. Twenty cars traveled across the valley through beautiful fields, great this time of year, then along Cache Creek to Esparto and Madison and Winters. The club is about the driving, so winding back roads and scenery is the way we go.

Eighteen cars went to Big Springs Gardens, the most beautiful garden in



*Lunch at Pilot Peak*

the Sierra Foothills, for a BBQ lunch on August 4. This is a wonderful ride we do each year via a scenic route to the north

side of Auburn using Baxter Grade, and Hwy 49 through Downieville.

Another recent trip went to Pilot Peak Winery in Penn Valley. We drove the back country around Beale AFB. We tasted wine and picnicked under the trees in a gorgeous area and everyone enjoyed a leisurely sit-down with our food and wines.

**Contact: Pat Heesch 408-1500,**  
**pheesch@aol.com**  
**Website: LHsportscars.com**



## • Square & Round Dance • Sun City Squares

Pictured is our fun-filled Blast Classes for all Sun City Square Dancers. All our dancers improve their skills in Plus & A1 levels, it was a great success.



*Sun City Square  
Dancers' Blast Class*

We are planning to start a beginners class this fall starting September 10. Now is the time to check the club out, drop by on Monday after 1:00 PM.

Call Chuck or Bob to sign up today!!

We are always ready to add experienced Square Dancers or Round Dancers. Feel free to come in and watch or join, times listed below.

- Mainstream/Full Plus Level  
Mondays, 1:15 PM-3:30 PM (KS)
- A1 Level  
Mondays, 3:30-4:00 PM (KS)
- A-2 DBD Level  
Thursdays, 1:00-3:00 PM (KS)

**Contacts: Chuck Vickers 408-4082**  
**pjclvickers@starstream.net;**  
**Bob Grupp 408-1868,**  
**Bob@GruppHomes.com**



## • Tap Company •

A great big thanks goes out to the committee putting on our annual Spring Luncheon. The

tables were beautifully decorated with fresh garden flowers and the food was an absolute hit!

Elections were held for the 2012/2013 Steering Committee as follows: President — Becky Sprong, Vice-President — Janet Becker, Secretary — Josie Scriven, and Treasurer — Judy Carlson. President Becky Sprong thanked outgoing Treasurer Molly Seamons for serving the past two years. Additionally, the 2013 Tap Company Show, "The Heart of Broadway," was announced.



*Tap Company Board*

We've enjoyed our month off from the regularly schedule technique classes; however, once again, our instructor Alyson taught a special class in July.

August brings us back to Tap Technique... and, we'll also be starting the short production numbers for "The Heart of Broadway." So break out those tap shoes and join us on the dance floor!

**Contact: Becky**  
**Sprong 408-1389**  
**beckyspring@sbcglobal.net**  
**Janet Becker 543-3493,**  
**beckerjm1962@yahoo.com**



## • Tennis •

The Joe Camahort Memorial Tennis Event on Saturday, September 8, is accepting sign-ups from all tennis-playing residents until August 21. The format includes a bracket for 2.5 and 3.0 (optional) women to play round robin women's doubles. The other players will play mixed doubles in several skill brackets depending on numbers of sign-ups. In the evening will be a free potluck dinner and entertainment by local talent. Forms to sign up are on our website, <http://sclhtg.com>, and in the folder at the Pavilion. No winners or prizes, just for fun.

The Men's Doubles and Women's Doubles Club Championship Tournaments are scheduled for Friday and Saturday, September 28 & 29, and Oktoberfest on Sat, October 13. Also a series of Tom Isaac clinics will be held in October-November.

Drop-in sessions continue on Wednesdays and Saturdays, 8:00-10:00 AM, and USTA/SATA teams are being formed for the fall season.

**Contacts: Roger Clapp**  
**434-6687, rwclapp@hotmail.com;**  
**Carl Braganza**  
**408-2898, cfbraganza@gmail.com**  
**Website: www.sclhtg.com**



• **Vaudeville Troupe** •

Thanks again to our fabulous, enthusiastic and loyal Vaudeville audiences for making our June Show another fun, enjoyable and entertaining success once again! We



*The Troupe entertaining the audience at the June Show*

entertained our sold-out audiences with our "Armed Services Tribute" and our next show will be in January 2013 with our Tribute: "Music from our Favorite Movies"... wait until you see what's on the line-up!!! You will be amazed and thrilled!

Auditions for this show will be sometime in September/October so keep reading the *Compass* or call Marina Eugenios for details.

**Contact: Marina Eugenios 408-3654**  
**marinaeug@sbcglobal.net**  
**Troupe Website: YouTube.com/**  
**user/marinaeugenios**



Lincoln Hills Veterans Group

• **Veterans** •

"Bat 21," a movie based on the true story of a U.S. Air Force officer whose EB-66 electronic warfare aircraft was shot down over enemy territory during the Vietnam War, will be shown at 1:00 PM on Thursday, August 16, in P-Hall (KS).



*The Veterans Group's August 18 Ice Cream Social will feature music by the Sun City Roseville "Harmonicoots"*

This free showing is co-sponsored by the Community Forum and the Veterans Group.

Vern Luke, a former president of the Veterans Group who served in EB-66s during the Vietnam War, will provide background and lead a question-and-answer session after the movie.

Members and their guests plan to enjoy the group's annual Ice Cream Social on Saturday, August 18, between 1:00 and 3:30 PM in the Social Kitchen (KS). The Sun City Roseville "Harmonicoots" will return for a fun-filled musical program.

**joeycathie@sbcglobal.net,**  
**Website: lhvets.org.**



• **Water Volleyball** •

Water volleyball is open to all residents of any skill level. You can try it out three times without joining. Training is also available (see below). We have open play, competitive (advanced) play, and league play.

On July 22 we had our second social event of the year in the outdoor pool. Ice cream was served before playing and we all had a great time socializing and getting a little exercise.

Our club has established a Welcoming Program for people who wish to try water volleyball. Just come in at 5:30 PM on Mondays and introduce yourself.

Play available in the KS pool:

- Open Play: Saturdays, 9:00 AM; first, second, fourth, (fifth) Mondays, 5:30 PM.
- Open/League Play (all levels): Wednesdays, 6:45 PM
- Advanced Play (rated players only): Mondays, 6:45 PM; Thursdays 6:45 PM
- Training: Third Monday, 5:30 PM.

**Contacts: Jim Puthuff 543-0067,**  
**jputhuff@softcom.net;**  
**Carol Cope 408-5596, cande@aol.com**  
**www.suncity-lincolnhills.org/residents**



• **West Coast Swing Dance** •

Our "Hot Summer Nights" dance in July was a huge success, and the dessert buffet was delicious and a big hit. A big thank you to the Board and the Committee Members who helped make this event extra special — what a party!

Our next club event: Annual Sunday Tea Dance & Ice Cream Social, September 30, 2:00-5:00 PM, OC Ballroom — you don't want to miss it. Advanced sales only — members no charge, non-members and guests \$8. For tickets and more information, contact Kathy Lopez, 434-5617.

Club Night Out: Saturday, August 18, Capital Swing Dancers monthly dance



in Fair Oaks. A beginner lesson (5:30 to 6:30 PM) and dancing until 10:30 PM.

Dance Practice for WCS Dance Class Students: September 14, 5:30 to 7:30 PM, Fine Arts, (OC.)

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



### • Writers •

The heat must have taken a toll on the steadfast contributors to the Writers Group. It might be that some are on vacation, or have lost contact with their inner muse, or even better, finally finished their opus and are taking a pause. Whatever the reason, we are searching for new contributors who have something to say or a story to tell. Many of our former members have moved up to the new group, the

Authors and Writers Resource Group, which meets on Wednesdays. No need to wish them well, they are on fire! We still need the spark, so if your art is in the written word — our group is your place. Come and listen or share; your ideas may inspire all of us.

We meet, as always, on the second and fourth Monday of each month in the Ceramics Room (OC) at 6:30 PM. More information: Jim (below).

**Contact: Jim Fulcomer 543-9201;**  
**jfulcomer@mac.com;**  
**Bruce Robinson, Bruce8177@att.net**

### Writers & Authors Resource Group

The Authors and Writers Resource Group met Wednesday, July 18. Terrie Allen gave a “Highlighted Author” talk about her book, *True Bearing*, and details of her editing and publishing experience. Jeri Chase Ferris followed with the

“Teaching Moment,” addressing the “ins and outs” of writer’s critique groups.

The AWRG met again August 1. Leo Craton described writing his *California Boy* memoir and, shared his publishing-selection dilemma. Marsha Ross, Andy Petro and Dory Maske discussed E-Publishing through Smashwords and other E-Pub services.

The next meeting will be held on Wednesday, August 15, from 4:00 to 5:30 PM in the Multipurpose Room (OC). Phyllis Kalbach, will describe writing her science fiction book, *Blue Eden*, and her research and choices about publishing. Sue Clark, a local literary agent, editor and writing coach will educate us about the use and misuse of adverbs. *Please join us!*

**Contact: Leo Craton 600-0322,**  
**cratonl@att.net**

## Reaching Out

*Continued from page 21*

The Bosom Buddies Group, which was formed in 2002, is another great example of reaching out going both ways. Besides having speakers and providing caring support for their members, they have been involved with the Placer Breast Cancer Endowment Organization, which raises money for research through the UC Davis Cancer Center. Members help with fund-raising for this and for other breast cancer causes. They participate in runs and walks for cancer and while they earn money for the cause, the research is benefitting them by finding new treatments. It’s a win-win.

Do you know about the Lincoln Hills Glaucoma Support Group? Bonnie Dale, their leader, asked her doctor, Dr. James D. Brandt from UC Davis, to speak to her group. He gave hours of his time to come and talk and has provided many resources. In a nice little turnabout, UC Davis highlighted Bonnie and her work with the support group in their recent magazine (see page 21). Bonnie has also had other speakers, including psychologists, come to talk about coping with a chronic disease.

After consulting with the Community Forum Task Force, Bonnie helped arrange for a panel of UC Davis Eye Specialists to present a **Community Forum, “The Eyes Have It” on August 28 at 7:00 PM in the Front Ballroom.** Don’t miss this informative session. (See page 90 for details.)

## Rodeo

*Continued from page 23*

bringing together parents and young people with pride in accomplishment. With no public funding for this program, the rodeo relies on participants’ entrance fees and sponsorships, which are actively solicited. Volunteering is of course encouraged.

The 2012-13 rodeo schedule of

The Health Education Team, part of the Community Forum Task Force, is seeking residents to help plan and implement the Health Forums. If you have a background in the health or medical field and would like to help your community, please contact Joan Logue (434-0749) or Shirley Schultz (645-7539).

monthly events and other information may be viewed at [www.CHSRADistrict3.com](http://www.CHSRADistrict3.com). The first rodeo of 2012-13 is planned for September 22 & 23; entry is currently through the Sterling Pointe commercial center near the Firestone Service Center.

How about taking in the fun and excitement of rodeo on a weekend this fall? I hope to see you there.

## Connections

*Continued from page 3*

ness Plans and Budgets to members of the Properties and Finance Committees. They, in turn, make recommendations to your Board of Directors. Presentations, as noted in the Upcoming Meetings on page 3 are September 10 and 20. We encourage you to attend all budget-related meetings. Keep up-to-date on all communications by logging onto

our website: [www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents) and also by selecting to receive E-bulletins.

We can’t over-emphasize enough the importance of not wearing scents during activities throughout the Lodge and at events and trips. Many allergies are exacerbated by scents causing medical emergencies. Thank you for your consideration of others’ needs.

See you in the Lodge!

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## Bulletin Board

Please email your bulletin board articles to [judy.hogan@scelhca.com](mailto:judy.hogan@scelhca.com) by the 20th of each month. Bulletin Board topics include interest in forming new groups and information about resident-related (not Association-sponsored) Groups.

### Bocce Ball Fall Evening Mini-League

We are looking for 48 friendly, competitively-spirited bocce ball players to play five consecutive Friday nights. Mini-league format, teams of four players (mixed blind draw). Goal: 12 teams. Play starts Friday, September 14. Sign-in at Courts, 6:30 PM; play at 6:45 PM. Two games played, 12 points each. Dates: September 14, 21, 28, October 4 & 12. If more than 48 interested players, we will have a drawing for 48 places and those remaining will make up a substitute list. If you can't play all five nights, arrange for a sub from the list. Organized by resident, Brenda Spencer. Sign-up or more information: [ozfactors@att.net](mailto:ozfactors@att.net).

### Chit-Chatters

If you're a "Seasoned Senior," an older resident of SCLH, and are looking to expand your horizons, stop by the Chit-Chatters for a cup of coffee and a visit. We meet the third Friday of the month, 10:30 AM, at KS Café (or in KS Living Room if Café is filled). This month's meeting: August 17; next month September 21. Isn't it time to "get off your rocker" and have yourself some fun?! Contact: Marsha Hathaway, 408-0228.

### Glaucoma Support Meeting

Multipurpose Room (OC). We meet the second Wednesday of every month, 4:00-5:30 PM. Please come and join us. More info: Bonnie Dale, 543-2133.



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Every Wednesday thru  
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8:00 AM-12:00 PM

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**Lincoln Hills Sun Eagles  
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August 25 & 26 • Games start at 8:00 AM  
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## You are invited...

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

<b>Every Wednesday</b>	<b>8:00 AM-12:00 PM</b> , Farmers Market, Fitness Center Parking Lot (OC)
<b>Wednesday, August 22</b>	<b>10:00 AM</b> , Nautilus Society, Oaks
<b>Wednesday, August 22</b>	<b>5:00 PM</b> , Senior Fraud, Assembly Woman Beth Gaines, P-Hall (KS)
<b>Tuesday, September 11</b>	<b>6:00 PM</b> Spinal Aid Presentation, Dr Zorich, Solarium

*Please see our insert in this month's Compass*

### Grupo de Conversacion

Nos reunimos cada semana para practicar y mejorar nuestra espanol. We meet every Tuesday, from 4:00-5:00 PM, in the KS Living Room. 434-6898.

### Multiple Sclerosis Group

Meets monthly the first Tuesday, 1:00 PM, Terra Cotta Room (KS). We usually have a topic of discussion or a speaker dealing with some aspect of Multiple Sclerosis. More info: Marilyn Sharp, 434-6898.

### Open Play

Every Sunday, 12:00-4:30 PM, Cards Room (OC). Bring cards, board games, dominoes, or dice. An opportunity to meet new friends and have a fun afternoon. All residents are welcome. First-come, first-served.

### LH Retired Law Enforcement Officers

Bob Dortch will be the guest speaker at the group's quarterly breakfast meeting Friday, August 17, 9:00 AM, Mimi's Cafe, Lincoln. All law enforcement officers (active or retired) in Lincoln, Rocklin and Roseville areas are invited. Mr. Dortch is a former Salt Lake City police officer, a retired postal inspector and currently employed with Citigroup. He will be speaking on financial crimes. RSVP to reserve seat: Bob J. McCollum, 408-0621 or [theinv1855@gmail.com](mailto:theinv1855@gmail.com). Plan to arrive at 8:45 AM. Breakfast from the menu, each attendee will receive a separate check. Q&A after presentation.

### Italian Group

Our website (below) is loaded with info everyone can enjoy! Friday, August 10: a great lunch at Il Fornaio in Roseville as we engage in friendly competition during

the "How Italian Are You? Part II Quiz Luncheon. Sunday, September 16 at Catta Verdera — a very special event — the media celebrity and expert in wine and cheeses, Ms. Orietta Gianjori, will present "Mangiama Formaggi." Everything you ever wanted to know about cheese! Cheese tasting & lunch included. Don't miss this! Details soon on website. Ready to join the fun? If you, your spouse/significant other are of Italian descent, you can join our Club. Club & event info, membership forms: [www.lhitalianclub.org](http://www.lhitalianclub.org); Membership Chair, Marie Berleghi, 543-3731.

### Racquetball Group

We play Mondays and Thursdays at California Family Fitness Club (781-2323), Roseville. Club membership required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on number of players, we play cutthroat, doubles and/or singles. Ladies welcome. See you on the court!! Contact: Armando Mayorga, 408-4711, [amoon38@sbcglobal.net](mailto:amoon38@sbcglobal.net).

### Lincoln Hills Republican Club




Our BBQ celebrated the GOP! Food was "Primo! Thank you Chefs Bob Alaimo, Tom Weber and crew. Our first guest State Candidate Elizabeth Emken is a Rock Star! *L.A. Times* is pushing Dianne Feinstein to debate her. Elizabeth's first career was Budget and Cost Analyst at IBM. Her second career was as V.P. for Autism Speaks, where she passed 20 pieces of legislation. She has brains, heart and is effective. Assemblywoman Beth Gaines spoke about the uphill battle she faces in the Democrat-controlled State Legislature. Meetings are the third Thursdays, 6:30 PM, KS. Annual Membership \$15. Website: [www.RepublicanClubsclh.org](http://www.RepublicanClubsclh.org); Email [info@RepublicanClubsclh.org](mailto:info@RepublicanClubsclh.org).

### Annual Foothills Reunion Picnic

Save date: Saturday, October 6: Annual Foothills Reunion Picnic of Sequoia High School Graduates and friends of neighboring high schools. Sports Pavilion. More info/reservations: Jane Middleton Tutalac, 645-2011.



*Continued on page 44*

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Continued from page 41

**Shalom Group**

The June annual picnic was cool and windy! Food and fellowship was good and many played bocce ball. In August, we start with Havdallah Service Friday evening, the 25<sup>th</sup> (Contact Sandy Klein); on Monday, the 27<sup>th</sup> – general meeting, 7:00 PM, KS. September calendar is dominated by High Holidays, celebrated this year at Kilaga Springs Lodge!!! No more problems with too hot or cold depending on the air conditioning. Rosh Hashanah evening service starts at 7:00 PM the 16<sup>th</sup>; the morning service starts at 10:00 AM the 17<sup>th</sup>. Yom Kippur services start at the same times on the 25<sup>th</sup> & 26<sup>th</sup>. There will be a break-the-fast at 6:30 PM. Use the Shalom calendar to keep up on date changes. Questions to the group: contactshalom-group@gmail.com. Membership info: Natalie Flynn.

**Shooting Group**

Our purpose is to make friends among residents interested in shooting. If you used to shoot but have not done so in years, you are encouraged to take up the sport again. All people interested in shooting or reloading welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. During summer we meet at 8:00 AM. For shooting schedule hours, please contact John Kightlinger at the phone number below. Residents interested in rifle or pistol shooting can contact each other through our group. Membership is free. Contact: John Kightlinger, 408-3928, johnnpat@sbcglobal.net

**Travel Group**

Our website has changed to www.lh-travelgroup.com. Next meeting: Thursday, August 16, 7:00 PM, KS. Guest speaker: Ilene Ferguson, Alamo Travel. Avail-

able trips: Albuquerque Balloon Fiesta (Oct 2012), New Year's San Diego (Dec, 2012), South America (Jan 2013), Australia/New Zealand/Tasmania (Feb 2013); Hawaii-Tahiti-Samoa Cruise (Mar 2013), Panama Canal Cruise (May 2013), Paris to Normandy Cruise (May 2013), Portland Rose Festival (Jun 2013), Prague-Paris w/River Cruise and/or Paris-Barcelona w/River Cruise (Jun 2013); Jackson Hole-Rapid City (Aug 2013); Amsterdam-Vienna River Cruise (Sep 2013); Montreal-Quebec-Ottawa-Niagara Falls-Toronto (Sep 2013). Friends and family may join our trips. You don't have to be a member to attend our meetings. Committee Member contacts: Teena Fowler, 543-3349, sfowler@starstream.net; Linda Frazier, 434-8266, fraz1774@sbcglobal.net; Sheron

Watkins, 434-9504, Sheron5@sbcglobal.net; Louise Kuret, 408-0554, lkuret@sbcglobal.net; Karen Foley, 645-5411, klfandedf@starstream.net.

**Volunteer Opportunities**

The Lincoln Area Archives Museum needs volunteers to accomplish tasks from filing and dusting, to welcoming, research and presentation. This is a wonderful way to learn more of the colorful history of our Lincoln home. Museum is open 9:00 AM to 12:30 PM Monday-Wednesday and 9:00 AM to 4:00 PM Thursday-Friday. Volunteer time is flexible. Come, be an expert in some facet of our heritage and enrich your life. Contact: Shirley Russell, 645-3800 or lincolncamuseum@gmail.com.

*In Memoriam*

**Don Mayer**

Growing up in New York, Don worked for the Treasury Department as a Bank Examiner. He married Dee in 1965 and they soon moved to California where he was Vice President of Finance at Mills Memorial Hospital in San Mateo. In 2000 they moved here where Don truly enjoyed living and making many friends. He loved going on cruises, volunteered for Meals on Wheels and was Treasurer of Neighbors InDeed. He will be especially missed by his wife of 47 years, Dee, and his two children and three grandchildren.

**Bill Goodin**

Bill graduated from Cal Poly, San Luis Obispo and earned a Master's degree at Washington State. He served during the Korean War in Army Intelligence, then had a long career as a top performing Sales Manager for West Agro dairy chemicals, retiring in 1993. He was active in Good Shepherd Lutheran Church and the Republican Party. Three weeks before his passing, he was able to visit his oldest son's grave and his immediate family in San Diego and see his newest grandchild. He is survived by his wife of 45 years, Henny, three children and his daughter-in-law.

**Fred Nuss**

Born in New Jersey, Fred played for the Detroit Tigers farm team in 1948-49. He was a union carpenter and later co-owned Chemical Products. In the 1970's Fred moved to Los Angeles where he worked as a General Contractor and lived with his wife Jeanette and their son, Chad. After living in Big Bear, they moved here where Fred became active in the men's softball league, and dinner groups. Two years ago they moved to Napa where they could be close to family. Fred is survived by his wife, three sons, a daughter, 14 grandchildren, six great-grandchildren and a large extended family.

**Dorothy "Jene" Bray**

Jene grew up in Michigan, attended Arizona State and obtained her Master's degree while teaching high school P.E. She met her future husband who was teaching business classes. They moved to the Bay Area and were married in Carmel in 1965. Jene also was a counselor at Foothill College and John taught in Palo Alto. After retiring, they moved here where they were avid bowlers and enjoyed walking the trails and streets. They loved their house and the view and watching birds and sunsets. John passed away in June 2009 and Jene in June 2012.

*If you have lost a loved one who shared your home and would like to place information in this column, please contact Joan Logue, 434-0749.*

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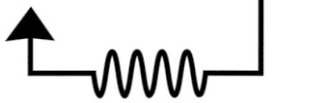
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## Special Events

### Kilaga Springs at the Movies! "Charade" • Monday, August 20



PG; 113 minutes. Enjoy "Charade" starring Audrey Hepburn and Cary Grant. Comedy/Mystery. Doors open 1:00 PM for a 1:30 PM show, P-Hall (KS). Free.

### "Les Miserables" at Orpheum Theatre

Wednesday, August 22 — **Sold Out**

Based on Victor Hugo's classic novel, "Les Miserables" is an epic and uplifting story about the survival of the human spirit. The magnificent scores include the classic songs "I Dreamed a Dream," "On My Own," "Do You Hear the People Sing?" and many more. Cameron Mackintosh presents a 25th anniversary production with glorious new staging and dazzling scenery. Mid-orchestra seating, 2:00 PM performance. Following the performance, the coach will drop you in Union Square (Post & Powell) for shopping/dining on your own. Leave OC at 11:00 AM, return ~ 10:30 PM. \$120.

**Sold Out**

### Remember The 50's Month!

"At The Hop" 50's Dinner Dance  
Featuring Jan and the Studebakers  
Friday, August 24 — 5024-06

Blast back to the nifty 50's at the OC Sock Hop! Whether you're a greaser

### Fashion Show Model and Committee Call

The Activities Department is looking for residents who are interested in fashion or have an eye for detail to model or take part in the planning of the upcoming November Fashion Show. Interested parties may pick up an application at the Activities Desks and return by September 15. For

questions please contact Tamara Coil, Events Coordinator, tamara.coil@schca.com or 408-4310.



or a hipster, dress the part in poodle skirts, bobby socks and saddle shoes or rolled jeans, leather jackets, and converse sneakers. Music from "The Good Old Days" will be brought to life by Jan and the Studebakers rock 'n' roll band. Dance the night away to the real classics of the baby boomer generation and remember that Mama said "put on your Blue Suede Shoes" and you will find a



"Whole Lotta Shakin' Goin' On." Hear chart breakers including The Everly Brothers, The Shangri-las, Bobby Darin, and of course the King of Rock 'n Roll, Elvis Presley. Guest participation

activities will include a twist contest and best dressed awards. After a plated dinner with choice of American Lasagna or Short Ribs, stop by for old fashioned root beer floats and ice cream. Complete menu at the Activities Desks (OC/KS). Ballroom (OC). Dinner 6:00 PM; Dancing 7:00-10:00 PM. \$38. **Registration will close at the end of the day on August 21.**

### Giants vs. Atlanta Braves at AT&T Sunday, August 26 — 6260-01B

Limited tickets available! Another exciting game of Giants baseball in the spectacular AT&T Park. Seats located in Lower Box Section 131, \$102. Games begin at 1:05 PM. Leave OC at 10:00 AM, return ~ 6:30 PM. RSVP ♦♦ Now. More details on page 61.



### Comedy Night at Kilaga Springs Tuesday, August 28

6:00 PM performance — 5028-07A  
8:00 PM performance — 5028-07B  
Headliner Mike Pace has appeared on

### Amphitheater Guidelines

- **Chairs/Seating:** Guests must provide their own seating for the concert. Seating is first-come, first-served. Guests may set up their chair anytime **on the day of the event.** Be aware that sprinklers may go off any time before 7:00 AM. SCLH is not responsible for loss of unattended chairs/blankets. Please put your name on your chairs. Do not move chairs already in place. **Lawn seating** for blankets: the grassy area at the left of the stage.
- **Permitted Items:** Blankets/cushions, lawn chairs, small backpacks/bags.

- **Not Allowed:** Chairs that exceed shoulder height (seated), cans or glass bottles, ice chests/coolers/picnic baskets, umbrellas, smoking, animals (except identifiable service animals with vest on).
- **Food & Beverage:** No outside food or drink is allowed in the facility except water in factory-sealed plastic bottles. A no-host bar and concessions will be available 45 minutes before concert begins.
- **Ticket Pricing:** Series package and early registration price are now closed. Please see individual articles

in Special Events Section for prices. Tickets are non-refundable.

- **Tickets: Wristbands** must be worn during the concert. Online buyers must print and bring the eTicket that was emailed to them for wristband exchange up to two hours prior to concert in the OC lobby. One eTicket = one wristband.
- **Parking:** We have limited parking at OC. Please carpool or walk. The parking area across our parking lot is available after 5:00 PM. Street parking is only allowed wherever permit signs are posted.



HBO's "Curb Your Enthusiasm," TBS — "Very Funny Live," PBS "Comedy Tonight" and more. He has opened for Bob Dylan, Jerry Seinfeld, Chris Rock and B.B. King. Show opener is Moe Better Man. P-Hall (KS). \$10.



**Best in the West-Rib Cook-off At Victorian Square, Sparks Thursday, August 30 — 1824-06**

Come and enjoy the country's best rib competition and enjoy the "Best Ribs in the West"! This cooking competition at Victorian Square in Sparks



is a must-attend culinary affair. You've seen the BBQ cook-offs on the Food Network, now come experience one in person! This event also includes one of the largest arts & crafts fairs in northern Nevada. Lunch on your own. Leave OC at 8:30 AM, return ~ 6:30 PM. \$32. RSVP ♦♦ Now.

**Overnight Trip El Dorado's "Jersey Nights" Tuesday, September 4 and Wednesday, September 5 — 1971-07**

Reward yourself this Labor Day! Join us for dinner, a show and a lovely room at the El Dorado Hotel and

Casino in Reno. See the spectacular production "Jersey Nights" celebrating the hit songs of Frankie Valli and the Four Seasons with singers, dancers and video production. "Jersey Nights" delivers first class musical arrangements, perfect harmonies, authentic costumes and all of the Four Seasons greatest hits. Included is a buffet dinner before the show. Have



a leisurely start the following morning with a breakfast buffet.

You have the whole morning to enjoy gaming, a dip in the pool, a spa treatment or exploring downtown Reno for shopping or lunch on your own. You decide your fun! Depart El Dorado Hotel at 2:30 PM. Leave OC 1:00 PM, Tuesday, September 4, return LH Wednesday, September 5 ~ 5:00 PM. A signed liability waiver is required for each participant. \$132 per person double occupancy. \$158 single. RSVP ♦♦ Now.

**"Triple Espresso" at Cosmo Cabaret in Downtown Sacramento Thursday, September 6 — 1794-07**

Set in the Triple Espresso Coffee-house, the once-promising comedy team of "Maxwell, Butternut and Bean" is back for a reluctant celebration of their ill-fated "big break." Audiences will laugh along with this three-man play and their comically disastrous performances at



everything from club luncheons to rodeos – all leading up to the moment that catapulted the trio right out of the spotlight, a tragically hilarious appearance on The Mike Douglas Show. Arrive in time for dinner on your own for a 7:00 PM show. Cosmo Cabaret is located close to Café Bernardo, Esquire Grill, Crest Café, Pizza Rock and more! Leave OC at 4:00 PM, return ~ 10:00 PM. \$51 RSVP ♦♦ Now.

**Amphitheater Summer Concert Series: California Cowboys Friday, September 7 — 5100-4F**

Have a boot scootin' good time with one of California's most successful country-western bands, the California Cowboys. Grab your jeans and cowboy hat for a band that has appeared on concert billings with Alabama, Merle Haggard, Willie Nelson, Alan Jackson, and more. You will hear powerful three-part harmonies with original songs such as "We Ride' em We Rope' em" and "Double Shot of Hank," with lead singer and songwriter, R.W. Together with drummer Hal Atkinson (CCMA's Drummer of the year, 1994), guitar player Gary



REMINDERS

**ACTIVITIES & FITNESS DESK HOURS & PHONE NUMBERS:** See page 94.

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

**RESERVATIONS:** Reservations are required for all activities unless otherwise noted. Resident I.D. is required for registration. *All sales are final. No refunds unless activity is cancelled or request is received within 24 hours of purchase.*

**WANT TO SELL?** Please contact the Activities Desk (OC/KS) if unable to attend an event, trip or class.

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

**RSVP DATE ♦♦:** If a RSVP date is shown, up until that date, registration for Trips, Events, and Classes are for residents only, two per household. After that RSVP date, for **Trips:** Residents may purchase as many spaces for their guests as they wish, no limit. Guests must be 21 years of age for casino trips or 18 and older for other destinations. 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. 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.

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



Potterton (producer of “Grandma got run over by a Reindeer”), bass player Cary Atkinson and legendary steel guitarist Bobby Black, experience one of California’s most successful country-western bands. Visit the Amphitheater’s grab ‘n’ go food concession and no-host bar to enjoy our specialty theme food and drink items: Southwest Chicken Wrap, Corn on the Cob Sticks, and a Western Sling. Food items available for individual purchase, not part of ticket price. Amphitheater (OC) doors open at 6:45 PM; Concert 7:30 PM. \$17. See Amphitheater Guidelines on page 47. Friends, family and guests are welcome! Concert series sponsored by Natalie Kachmar Agency, Nationwide Insurance.

### Museum of the Forgotten Warrior Tuesday, September 11 — 1765-07

Remembering the nation’s heroes, The Museum of the Forgotten Warriors and Library Center is dedicated to all veterans. Trip recommended by the Veteran’s Group. There are over 46,000 artifacts and the museum continues to grow. The items range from tanks, cannons, and helicopters,



to the oldest relic, a remnant of a blanket from a

soldier captured by the British in the Revolutionary War. All of the displays represent a personal tribute to each person who has served our great nation throughout our history. There are uniforms, equipment, photos, papers and relics that have been dug up from the ground after bat-



tle. There is also a library area with a large collection of war-related materials. Price includes a admission/donation to museum. We will be going just north of Marysville, a nice trip with a Meridians’ hot lunch included: Mixed Green Salad with Choice of Dressing (assorted selection), Baked Ziti with Marinara Sauce, Bread Sticks & Bottled Water, Depart OC 9:00 AM, return ~ 3:00 PM. \$39. RSVP ♦♦ Now.

### We’re Off to The Races Saturday, September 15 — 1845-07

We’re visiting Golden Gate Fields in Albany again to enjoy the heart-pounding intensity of live horse racing. Enjoy the comfort and luxury of the Turf Club as you enjoy an elegant elaborate buffet while watching the races. Dress code: Collared shirts and dress slacks are preferred



for men while women may wear dresses or tailored pants. No denim, sweat pants, t-shirts, wind breakers, baseball caps or visors. Tennis shoes for traction OK. Included: admission, extensive buffet lunch served from 11:30 AM-3:00 PM and complimentary racing program. Leave OC at 10:00 AM, return ~ 7:00 PM. \$67. RSVP ♦♦ Now.

### Just Added! Comedy Night at Kilaga Springs

Tuesday, September 18

6:00 PM performance — 5018-08A

8:00 PM performance — 5018-08B

Headliner Michael Finney is an award-winning Comic Magician, receiving



the Academy of Arts Award for Comedy Magician of the Year and Magical Arts Parlor Magician of the Year Award. After opening and running a comedy

club in Phoenix, he was a finalist on Star Search with Ed McMahon and began touring comedy clubs across the United States. He has appeared on HBO’s “Comic on the Road,” Fox’s “Comic Strip Live,” “Evening at the Improv” and more. He has made two appearances on the George Lopez Show and performed at the 2001 Inauguration of President Bush. Show opener is “Sacramento’s Sweetheart” Stephanie Garcia P-Hall



### REMINDERS

**SPECIAL ACCOMMODATIONS:** We strive to make each event an enjoyable experience. For special accommodations, please inform the monitor while registering. For **Events**, special needs patrons will be seated first. For **Trips**, we accommodate wheelchair bound passengers to the best of our abilities.

**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) unless noted otherwise. Passengers are dropped off by the Fitness Center entrance on return to LH.

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

**HOSTING A BUS TRIP:** Interested in hosting the trip you are on? Please advise the monitor when you register. We always welcome volunteers to host the trips.

**EVENTS THAT INCLUDE A MEAL:** Ticket sales for special events that include a meal will close three business days prior to event date or upon sellout. All other special events are open for sale until show date unless sold out.

**SCENTS:** When attending any activity, class, or meeting at OC or KS Lodges, or going on trips, please refrain from wearing perfume, cologne, and scented bath & body products. Many have serious allergies exacerbated by scents.

(KS). Early registration discounted rate August 17-September 14, \$8. After September 14, \$10.

**Lodi Wine Tasting • Wednesday, September 19 — 1822-07**

Do you enjoy 7 Deadly Zins & Earthquake wines at Meridians? Come and visit the winery where it all happens, Michael David Winery. We will



be treated to a special seated tasting of five wines and lunch during our visit. There are Bocce Ball courts for your enjoyment or toss the bags at the “Corn-hole” game. Lunch

choices are: *Roasted Turkey and Cheddar Sandwich, Greek Salad or Spinach Salad. All lunches include chips, fruit & bottled water.* (Complete menu available at the Activities



Desks (OC/KS). After lunch our bus will take you on a private tour with a step-on guide at Woodbridge

Winery during their “crush” season. Tour ends with a tasting that includes a complimentary wine glass. We will end the day at the Lodi Wine & Visitors’ Center. Depart OC 10:00 AM, return ~ 6:00 PM. \$61. RSVP ♦♦ Now.

**Just Added! Kilaga Springs Music Night Presents Cheri Murphy Quartet Friday, September 21 — 5021-08**

Amazing music will fill the air as Cheri Murphy and her jazz quartet light up the stage. Dubbed by



*The Sacramento Bee* as “Sacramento’s legendary saloon singer,” Cheri has been a regular at the world-famous Sacra-

mento Music Festival, Sacramento Traditional Jazz Society, Saca Mansion and many other hotels, country clubs and jazz events. She began her singing career at 16 years of age with the Clyde Mitchell Big Band

and recorded her first song in 1948. The Cheri Murphy quartet is known for popular jazz standards and tributes to big band singers. One show only. 7:00 PM performance in P-Hall (KS). Early registration discounted rate August 17-September 14, \$8. After September 14, \$11.

**Tour of Champions Gymnastics — Power Balance Pavilion**

**Friday, September 21 — 1793-07**

Did you catch Olympic fever? Want to see the high flying gymnasts in person? The Tour of Gymnastics



Champions will be unlike any gymnastics tour ever produced, providing fans with a

high-flying dynamic experience that will celebrate the sports’ beauty and skill. Bigger and better than ever, the show’s format will pair elite gymnastics skill with modern performance art that will push the boundaries of athleticism and keep fans cheering for more. Nastia Liukini 2008 Olympic all-around champion, will lead an impressive cast including members of the men’s and women’s 2011 World Championships and 2012 Olympic teams. With performances by local gymnasts in each market, the tour will highlight and celebrate the sport at every level. Bronze seating corner section 222 lower rows. Depart OC 6:15 PM, return ~10:45 PM. \$75. RSVP ♦♦ Now.

**An Evening of Ballroom Dancing! Plus Dance Lesson**

**Monday, September 24 — 5024-07**

Fox Trot or waltz? In cooperation with our Ballroom Dance Group, take a spin around the beautiful OC



Lodge dance floor for a dedicated evening of ballroom dancing with the Nutones. This wonderfully-diverse musical quartet accompanied by excellent vocals will play a variety of

favorite ballroom music, tango and two-step to waltz, rumba and cha-cha. Open to all residents interested in learning ballroom dance or new to the Ballroom Dance Group, join Ruth & Sal Algeri for a 30-minute dance lesson providing you basics of Fox Trot at the start of the event. For enjoyment and to gain more confidence in your dance steps, the lesson will close with the band playing a Fox Trot to practice the lesson. Couples and singles welcome. Ticket required to participate in dance lesson. No-host bar throughout the evening when OC Ballroom doors open at 6:15 PM, dance lesson 6:30-7:00 PM, dancing 7:00-9:30 PM. \$12.

**Taste of San Francisco Tuesday, September 25 — 1844-07**

Join our San Francisco step-on guide Gary Holloway as he takes you on a “Taste of San Francisco” tour. Be



prepared to have your senses tantalized. We’ll start at Fisherman’s Wharf for a shrimp or crab cocktail

with a short history walk and a visit to Boudin Bakery. Then off to Little Italy for Italian appetizers with wine available for purchase. Will you be ready for Chinese Dim Sum at Canton Restaurant and then the fabulous finish at Ghirardelli Square with a Hot



Fudge Sundae? There will be free time available for anyone who would like to join the

guide for a short walk to the world famous Buena Vista Café for Irish Coffee (on your own). We’ll handle the driving and parking, you partake and enjoy! Association reserves the right to change itinerary in case of unforeseen circumstances. Leave OC at 8:00 AM, return ~7:30 PM. \$99. RSVP ♦♦ by 8/15.



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**Safari West-Santa Rosa****Thursday, September 27 — 1752-07**

A hit with residents, we go back to Safari West. The ongoing mission of Safari West Preserve is wildlife preservation through breeding, education, research and public interaction. Safari West Wildlife Preserve is home to over 80 species of animals. Upon arrival we will enjoy a BBQ buffet lunch. The group then proceeds to board a safari trek vehicle for a



journey through the Sonoma Serengeti for a glimpse of majestic Giraffes and many other four-legged friends and then on to visit the White Rhinos in their creek-side enclosure. The

second half of your trek is by foot and you will be escorted into a large bird aviary, here you will come upon several beautiful and strange birds from around the world. On your walk you will encounter Cheetahs, Colobus Monkeys, and African Porcupines and have the pleasure of watching the Ring-Tailed Lemurs frolic on their very own island. Gift shop on the grounds. Please bring a hat and sunscreen and wear comfortable walking shoes. Leave OC 8:00 AM, return~7:00 PM. \$112. RSVP ◆◆ by 8/15.

**Amphitheater Summer Concert****Series: Stompy Jones****Friday, September 28 — 5100-4G**

Stompy Jones is a San Francisco-based sextet renowned for jumpin' rhythm, wailing improvisations and an explosive



stage show. The golden age of rhythm and

blues will be recreated as this jump band plays the jaunty blues sound of Louis Jordan and the Tympany Five. Formed in 1998 at San Francisco's Hi

Ball Lounge, their unique sound is a style of jazz that came to be known as Rock and Roll with a stand-up bass, drums, piano, trumpet, saxophone and vocals. Visit the grab 'n' go food concession and no-host bar in the Amphitheater to enjoy our specialty theme food and drink items: Ribs and Slaw, and a Martini. Food items available for individual purchase, not part of ticket price. Amphitheater (OC) doors open at 6:45 PM; Concert 7:30 PM. \$18. See Amphitheater Guidelines on page 47. Friends, family and guests are welcome! Concert series sponsored by Natalie Kachmar Agency, Nationwide Insurance.

**Two Night Stay!****Hearst Castle & Cambria****Tuesday October 2, through****Thursday October 4 — 1972-07**

Highly requested trip to Hearst Castle! Visit Cambria and Hearst Castle with Katrina, your Trip Coordinator. October is one of the best months to visit Hearst Castle as there is usu-



ally not any marine layer or fog. Full menu descriptions for included meals available at Activities Desks. Trip Inclusions:

- Two night stay at Cambria Pines Lodge with hot buffet breakfast each morning
- Hosted Welcome Dinner at hotel after "sunset on the beach" with an entrée choice of Grilled Salmon or Chicken Teriyaki
- Hearst Castle Tours "Grand Rooms" and "Cottages & Kitchen" plus lunch

- Hearst Castle – "Building the Dream" Film on a five-story screen
- Time to explore village of Cambria for shopping and dinner on your own
- Paso Robles Winery Visit "Tobin James Winery" with included lunch Leave OC 8:00 AM, Tuesday, October 2, return Thursday, October 4 ~ 6:00 PM. A signed liability waiver is required for each participant. \$385 per person double occupancy. \$510 single. RSVP ◆◆ Now.

**Offering New****Section-Reserved Seating!****"The Bronx Wanderers" Rock and Oldies Concert****Friday, October 5 — 5005-08**

The Bronx Wanderers capture the magic of the '50s and '60s doo-wop and rock and roll era. Their music has heart, soul, purity and a sound that will tell you a story with each tune. Born and raised in the Bronx, New York, it was Rock & Roll Hall of Fame legend Dion DiMucci who worked with Yo' Vinny (Wanderers lead vocalist) on the path to becoming a musician. Vinny was able to work with Dion on the albums "Return Of The



Wanderer" and "Fire In The Night," and some years later after starring in lead roles in off-

Broadway productions, he decided to form a band with his two sons. With exceptional vocals and musicianship, dynamic enthusiasm and a genuine love of the music they perform, The Bronx Wanderers include vocals, keyboard, drums, guitar and saxophone. This group is noted for popular tunes including "Sleep Walk," "In My Room" and a great Frankie Valli medley! Ballroom (OC) 7:00 PM. Premium seating will be available at this event for those who wish to enjoy the convenience of reserved front-section Ballroom seating in stage right and middle rows. During registration, please note to monitor that you wish to have premium reserved seating and

preference of either: Section A: Stage right section or Section B: Middle section, and the best available seating will be provided. No need to stand in line prior to the concert; may arrive any time prior to concert start time. Premium seating sold only at OC \$19. Early registration discounted rate for general seating August 17-September 14, \$14. After September 14, \$17.

**Fleet Week Hornblower Luncheon Cruise**

**Saturday, October 6 — 1831-08**

Time for the trip everyone looks forward to! We reserved space with Hornblower Cruises for your enjoyment of Fleet Week festivities. Streets are crowded so we've opted for the cruise only. Watch the Blue Angels soar! The US Navy and Marine Corps



flight team, the Blue Angels, have been inspiring and dazzling audiences since 1946. The Air Force Raptor F-22 will be making its first appearance ever at Fleet Week. Enjoy once-in-a-lifetime views, free-flowing champagne and an all-you-can-eat Gourmet Buffet lunch (included)



aboard the sternwheeler 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 as it gets cold on the Bay. Sample menu available at the Activities Desk. One city block walk to the boat. Leave OC at 10:30 AM, return ~ 7:00 PM. \$125. RSVP ♦♦ by 9/8.

**Great Italian Festival & Jersey Nights Matinee**

**Sunday, October 7 — 1773-08**

Celebrate the food, culture, music and traditions of Italy with the Great Italian Festival in Reno. Event highlights include the Grape Stomp, Sauce Cookers Competition, an Ital-

ian Farmers Market, Bocce Ball and more! You'll have a few hours to enjoy the festival and lunch on your own before heading inside the Eldorado to catch the 3:00 PM matinee performance of the spectacular production "Jersey Nights" celebrating the hit songs of Frankie Valli and the Four Seasons



with singers, dancers and video production. "Jersey Nights" delivers first class musical arrangements, perfect harmonies, authentic costumes and all of the Four Seasons greatest hits. Included is an Italian buffet dinner after the show. Leave OC at 9:00 AM; return ~9:00 PM. \$84 RSVP ♦♦ 9/3.

**Comedy Night at OC Ballroom**

**Monday, October 8**

**6:00 PM performance — 5008-08A**

**8:00 PM performance — 5008-08B**

New Location in the OC Front Ballroom for the months of October, November and December.



Headliner Todd Johnson grew up in Idaho and brings a clean humor to his stage shows. He has performed all over the US and Canada

including the Aspen Comedy Festival. He was a finalist of the 29th International Seattle Comedy Competition



in 2008 and has been featured on Mad TV Network show "Man Up Stand Up" and on XM/Sirrus. Show opener is G. King. Receive \$1 discount off a minimum \$4 purchase from Meridians

Main Bar and/or Sports Bar on day of event with ticket. Front Ballroom (OC). Early registration discounted rate August 17-September 14, \$8. After September 14, \$10.

**QuiltFest**

**Thursday, October 11 — 1784-08**

In cooperation with the Needle Arts Group, for Quilters/Crafters. This is your day to feast your eyes on every-

thing involving needle arts. The Pacific International Quilt Festival held at the Santa Clara Convention Center offers a spectacular display of over 800 quilts and works of wearable and textile art on display. This well recognized and largest quilt show on the west coast has more than just amazing works of art. A 300 booth Merchants Mall can be found with the best in fabrics, notions, machines, wearable art and ev-



everything for the quilter, artist and home sewer. The festival also features workshops and lectures presented by an international teaching staff. Lunch on your own. For additional information regarding workshops, etc., check the website [www.quiltfest.com](http://www.quiltfest.com). Leave OC at 7:30 AM, return ~ 7:30 PM. \$59 (includes admission). RSVP ♦♦ by 9/4.

**Oktoberfest Celebration**

**Monday, October 15 — 5015-08**

Come polka with us! Our celebration will include traditional Oktoberfest music with the Karl Leberherz Band, 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. Complete menu available at Activities Desk. Enjoy a no-host bar when Ballroom doors open 5:30 PM, Dinner 6:00 PM, Entertainment 7:00 PM. Please inform the Activities Monitor upon registration if you have any



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dietary restrictions. Early registration discounted rate August 17-September 14, \$37. After September 14, \$40.

### New Resident Orientation Tuesday, October 16

Offered quarterly and designed for all new homeowners to meet new



residents and the Community Association management staff. Orientation provides valuable information about your Association committees, lifestyle programming, and clubs. 1:00-3:00 PM, Solarium. Light refreshments. Free. No RSVP required.

### Apple Hill

**Tuesday, October 16 — 1824-08**

Don't miss this beautiful fall ride to Apple Hill in the Placerville foothills. Visit High Hill Ranch with crafters, specialty shops, produce & goodies store, and Halloween surprises! The Pie House Restaurant will reserve an area for our group at 11:30 AM to enjoy lunch consisting of a *Rotisserie-style Barbecue Chicken, Macaroni Salad,*



*Dinner Roll/Butter, Apple Pie a la Mode* for dessert and beverage. (Vegetarian selection available only upon request during registration.) After lunch,

enjoy a guided bus tour with a running commentary on the history and development of Apple Hill. We will wind down with a stop at Larsen's Apple Barn and Bill's Apples/Felicia's Dolls. The fall colors and countryside scenery will make this a day to remember. Arrive back at High Hill in time for a hay ride through the apple orchards and surrounding areas of High Hill Ranch. We even get a snack of an Apple Fritter and apple juice for the ride home. Depart 9:00 AM, return ~ 6:00 PM. \$51. RSVP ♦♦ by 9/15.

### Beale Air Force Base

**Friday, October 19 — 1766-08**

Another popular trip to Beale AFB has been scheduled! Limited to 40 peo-

ple, space goes fast! Residents must sign up in person and individually as security clearance by the Air Force is required. It's a leisurely trip to Beale and we are anticipating touring the Space Suit exhibits in the morning and static displays of "active" Reconnaissance drones and U-2 Spy Planes. A box lunch is included at the base dining facility. (Choose at facility).



In the afternoon, we plan to have a working K-9 dog presentation, and a mission briefing by base personnel. (Activities are subject to change due to USAF mission demands.) When registering for this trip, each person must bring their driver's license or state I.D. card as the monitor will need to note name, driver's license/ID number, state, and date of birth for security purposes. No name changes after 10/4. We cannot register you for this trip unless you appear in person at an Activities Desk (OC/KS). No Online Sales. Leave OC at 8:15 AM, return ~ 3:15 PM. \$38. RSVP ♦♦ by 9/15.

### San Francisco Saturday Shopping Saturday, October 20 — 1841-08

Time for our fall San Francisco trip. Don't worry about the traffic, the bridge, parking, etc. Relax and let our comfortable coach take you to the heart of San Francisco (Union Square)



for a day of shopping, lunching and people watching. Includes a 10% off Macy's Certificate. To make your shopping more comfortable, our bus company will meet you at 2:00 PM at the side of the St. Francis Hotel (Post & Powell) to load all the packages from your morning shopping so you can do more shopping. Lunch on your own. Leave OC at 8:00 AM, return ~ 7:00 PM. \$33. RSVP ♦♦ by 9/15.

### Offering New Section-Reserved Seating! "The Music of Fleetwood Mac" Featuring Lorraine Gervais Monday, October 22 — 5022-08

The British-American rock band, Fleetwood Mac, was formed in London in 1967 with Mick Fleetwood, Peter Green and John and Christine McVie. Experience a classic tribute with the familiar hits and lyrics of "Black Magic Woman," "Need Your Love So Bad," "Little Lies," "Everywhere" and more with vocalists Lorraine Gervais, Kate Haight, Allison Green and Kris Stepanion. Lorraine is a singer with a lifetime of singing soul, blues and jazz with a unique style all her own. Through the years she opened for Mavis Staples, Sista Monica, and the Pointer Sisters, Etta James and the Charlie Hunter Band. Her unique sound is reminiscent of Randy Crawford singing with the



Crusaders in the 80's or Cassandra Wilson with a new twist of 60's rock,

folk and a big infusion of jazz, Lorraine brings together a tribute with unmatched vocals and musicianship and a genuine love of the music they perform. The band includes keyboard, guitars, bass and drums. Ballroom (OC) 7:00 PM. Premium seating available for those who wish to enjoy the convenience of reserved front-section Ballroom seating. During registration, please note to monitor that you wish to have premium reserved seating and preference of either: Section A: Stage Right Section or Section B: Middle Section, and the best available seating will be provided. No need to stand in line prior to the concert and may arrive any time prior to concert start time. Premium seating sold only at OC Lodge \$18. Early registration discounted rate for general seating August 17-September 14, \$13. After September 14, \$16.





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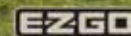


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### A Walk in the Castro

**Thursday, October 25 — 1924-08**

As suggested by the Lavender Friends Group, the Castro District of San Francisco is one of the most fascinating areas of this great city. As the cultural and commercial center of the gay men and women population in San Francisco, it is a very liberal area with



many theatres, book and video stores, gift shops and small cafes. Explore and discover the heart of this neighborhood with our step-on-guide, Gary Hollow-

ay, as we walk thru memorial parks, churches, shops and historic sites. Focus will be on the life and times of slain City Supervisor Harvey Milk. The walking tour will end at a favorite

neighborhood restaurant, the Sausage Factory, for lunch on your own. Other restaurants are also available for your dining pleasure. After lunch, we will have some time for shopping along Castro



and the adjacent streets, followed by a tour of Gary Holloway's nearby 1875-vintage Victorian home. Come along for a day full of new and fun sights and activities that highlights a vibrant part of San Francisco. Leave OC at 7:30 AM, return ~ 6:30 PM. \$47. RSVP ♦♦ by 9/4.

### Halloween "Spooktacular" Dance

**Friday, October 26 — 5026-08**

Grab your Halloween mask, cape or wand for a night filled with dancing, snacks and spooky activities for singles and couples. Dress-up to compete in the



"Spooktacular" costume contest and dance the night away to bewitch-

ing music with the Groove Thang Band. Try your hand at the Bobbing

Apples Game and compete against your friends and neighbors to win fun prizes. Relive Halloween *Trick or Treat* fun with the Spooky Candy Buffet. Your ticket includes the Candy Buffet and Halloween "spirited" or "unspirited" punch bowl beverages throughout the night. The seven-piece band has been called the best "get off your seat and dance" entertainment cover band in Northern CA. The transformed Ballroom will be a Halloween spectacle where you can enjoy a variety of music, audience participation, activities and treats. Tables will be first-come, first served open seating for all guests. No-host bar when Ballroom doors open at 6:30 PM; Dancing and Activities 7:00-10:00 PM. Early registration discounted rate August 17-September 14, \$17. After September 14, \$20.

### USS Potomac — Characters on the Bay

**Thursday, November 1 — 1832-08**

The "Floating White House," Franklin Delano Roosevelt's presidential yacht, has been refurbished and has quite a history, from FDR to Elvis and a front for drug smugglers. It is now docked near Jack London Square at



the Oakland Pier. We will be taking a special "Characters on the Bay" three-hour history

cruise. Some of the Bay Area's most Notable/Notorious Characters will be on board to share their History. Characters include Lillie Coit, Emperor Norton, Sally Stanford, Jack London, John Muir, "Birdman" of Alcatraz and FDR himself! Box lunch included (choose onboard). Enjoy some free time at Jack London Square upon return from the cruise. Buy early — sales end September 24 due to vendor deadlines. Leave OC at 7:30 AM, return ~6:30 PM. \$99. RSVP ♦♦ by 9/3.

### Three Days/Two Nights Carmel & Pebble Beach Monday, November 12 through Wednesday, November 14 — 1970-08

Looking for a nice trip to relax before the holidays? Join us on a three-day/two-night tour of Carmel and Pebble Beach. We'll arrive after a stretch break and in time to enjoy lunch on



your own at The Crossroads Shopping Center with seven restaurants to

choose from. The next stop is right up the road at Carmel Mission Basilica where we will have docents to lead us on a one-hour tour of one of the most historical landmarks in California. There are three museums in addition to the Mission that include an art exhibit, local history and the story behind the restoration. We will check in at our hotel, Carmel Mission Inn and enjoy dinner on your own at the Barnyard Shopping Center with nine restaurants available. There's a lounge to enjoy your favorite libation, or take a dip in the outdoor



heated pool and spa. The next morning after an included hot breakfast, we will go into Carmel-By-The-Sea for some time on your own, and then a two-hour history and art walk with a local

tour guide. Lunch and dinner will be on your own in Carmel, so if you have a favorite restaurant, make your reservations early. After breakfast (included), we will take the famous 17 Mile Drive in Pebble Beach with several stops for viewing and photography before heading home. Lunch will be on your own with several choices at The Lodge at Pebble Beach, with time to visit the shops. To break up the trip home, we will stop at the Ghirardelli Chocolate Factory Outlet in Lathrop. Leave OC 8:00 AM, Monday, November 12, return Wednesday,

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November 14 ~ 7:00 PM. A signed liability waiver is required for each participant. \$318 per person double occupancy. \$468 single. RSVP ♦♦ by 9/15.

**Beach Blanket Babylon —  
Holiday Edition • Wednesday,  
December 12 — 1793-08**

Not too early to plan your holiday theater trips! Come see the Holiday Edition of the famous Beach Blanket Babylon in San Francisco at Club Fuzazi! 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. Seats are not individually reserved, we have the whole section reserved for our group with open seating. (Please advise if you require accessible seating upon purchase.) Performance is at 5:00 PM (90 minute show). This show is all-ages and no alcohol will be served. Enjoy dinner on your own after the show in the North Beach area with many restaurants within walking distance of the theater. Restaurant list will be provided as you board the bus. Vendor deadlines require purchase by October 15. Leave the Lodge at 2:00 PM, return ~ 11:00 PM. \$93. RSVP ♦♦ 9/15.

**Broadway Sacramento 2012-2013**

The new Broadway Sacramento season beginning this fall offers five shows representing the variety of Broadway theatre. It is the largest performing arts event in the Capital Region. The glitz, glamour, excitement, anticipation, polish and professionalism of Broadway are all here. All performances at the Sacramento Community Theatre at 8:00 PM. Reserved Orchestra seating. Leave OC

at 6:45 PM, return ~ 11:30 PM. All shows \$76 each, except where noted.

- **Memphis • Tuesday,  
October 30 — 4563-06A**

From the underground dance clubs of 1950's Memphis, Tennessee, comes a



Tony Award-winning new musical that bursts off the stage with explosive dancing, irresistible songs and a thrilling tale of fame and forbidden love. RSVP ♦♦ by 9/14.

- **Rock of Ages • Tuesday,  
January 22, 2013 — 4563-06B**

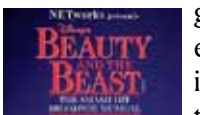
A hilarious, feel-good love story told through the hit songs of iconic rockers Journey, Styx, REO Speedwagon, Foreigner, Pat



Benatar and others. An awesomely good time about dreaming big, playing loud and partying on! RSVP ♦♦ by 11/14.

- **Beauty and the Beast  
Tuesday,  
March 12, 2013 — 4563-06C**

The most beautiful love story ever told is a Broadway musical for all generations. Disney's eye-popping spectacle is filled with unforgettable characters, lavish sets and costumes, and dazzling production numbers. RSVP ♦♦ by 1/14/13.



- **Billy Elliot • Tuesday,  
April 9, 2013 — 4563-06D**

Based on the international smash-hit film and featuring music by Elton



John, this joyous celebration of one boy's journey to make his dreams come true earned unanimous critical acclaim on

Broadway and won 10 Tony awards. RSVP ♦♦ by 2/14/13.

- **Save the Date!  
Tuesday, June 4, 2013**

Due to contractual obligations, Broadway Sacramento cannot reveal until August what this show will be. It promises to be a brand new produc-

*Broadway Mega-Hit  
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tion of one of the most beloved and popular Broadway musicals ever, receiving high praises from critics and audiences alike on its wildly-successful tour. Watch for a further announcement in an upcoming *Compass*.

**San Francisco Giants (AT&T Park)**

**Lots of walking!** Watch the San Francisco Giants in action! Game dates were chosen because of the teams and afternoon starting time allowing



us to return home by ~ 7:00 PM. No cans, glass bottles, alcohol, or hard-sided coolers allowed inside ballpark. Wear layers for SF weather and a cap for sun protection. Games begin at 1:05 PM. Leave OC at 10:00 AM, return ~ 6:30 PM.

- **Giants vs. Atlanta Braves  
Sunday, August 26 — 6260-01B**

Limited seats! Seats located in Lower Box Section 131, \$102. RSVP ♦♦ Now.

- **Giants vs. Los Angeles Dodgers  
Sunday,  
September 9 — Sold Out**

- **Giants vs. San Diego Padres  
Sunday,  
September 23 — 6260-01C2**

Seats located in Lower Box Section 135, \$77. RSVP ♦♦ by 8/23.

**Sold Out Trips/Events Thru  
September 20**

**Trip/Event • Date • Departure Time**

- Crazy For You — Wednesday, August 29; Leave OC, 6:00 PM, return ~ 11:00 PM.

## Art Classes

### — Oils, Pastels & Acrylics —

#### Painting Pastels and Oils with Joan Mondays, September 10-October 8 — 1051-08

9:00-11:30 AM (OC). Instructor: Joan Jordan. \$65 (five sessions). 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: Ask for supply list at registration. RSVP ♦♦ by 9/3.

#### Impressionism and Landscape Painting with Oils and Acrylic Wednesdays, September 19-October 17 — 1033-08

9:00-11:30 AM (OC). Instructor: Artist/resident Tom Proctor. \$65 (five sessions). Choose Oil or Acrylic.



Complete original paintings based on own or instructor's

photos. Analyze ("read") paintings by well-known artists. Understand what makes an ideal composition. First-time students will be contacted by instructor to spend time with him reviewing a notebook composed for their use. Supply list, palette layout of color and Munsell Color Theory provided. Continuing students encouraged to enroll. RSVP ♦♦ by 9/12.

#### New! Still Life Painting and Beyond — All levels

#### Thursdays, September 20-October 11 — 1041-08

1:00-4:00 PM (OC). Instructor: Artist/resident Jan Saia. \$65 (four sessions). Professional artist and returning resident Jan Saia has been painting for

over 20 years garnering numerous awards including "Best of Show" and the most recent KVIE Jurors Award. She is mostly known for her still life paintings but she also paints landscapes, portraits and figurative pieces. The goal of the class is to show how to strengthen the foundation of your work with focus on "values" as well as painting "form." Instructor will demonstrate over the four weeks and will give each student personal help and attention as needed. Note: Depending on success of class and feedback from students, the class maybe re-offered in the future. RSVP ♦♦ by 9/13.

### -Mixed Media-

#### Mixed Media Collage • Mondays, September 10-24 — 1140-08

12:00-3:00 PM (OC). Instructor: Jo Ann Brown-Scott. \$54 (three sessions). This lively and improvisational fine art class will show you how to turn "found objects" and recyclables such as magazine pages, wrapping



paper, beads and trinkets into mixed media collage art and unique 3-D paper assemblages, suitable for framing. Collage art is free-spirited and inventive, using your

favorite colors, textures and images combined with acrylic paint and beautiful papers. One-on-one guidance provided; there is no possibility for a mistake in creating this artwork. Our class is easy, fun and will open your eyes to a fresh, new fine art technique. Class is open to beginning and continuing mixed media artists. New students: Call Jo at 543-1357 for supply list. RSVP ♦♦ by 9/3.

### Bridge Classes

**Beginning Bridge with Gayle Tuesdays and Thursdays October 16-November 15 — 1510-08**  
6:00-8:00 PM (OC). Instructor: Gayle

Koedel. \$50 (10 sessions). Learn the most exciting and challenging card game in the world! Class is for those who have *never* played bridge, but are interested in learning it. Have you ever held a handful of diamonds? Do you have a heart? How about a dummy for a partner? (Oh, dear!) Discover a new passion that gives your brain a real workout! RSVP ♦♦ by 10/9.



### Ceramics Classes

#### — Earthenware —

#### Airbrushing Workshop • Monday October 22 — 1104-08 A Firing Fee — 1104-08B

9:00 AM-4:30 PM with an hour lunch break (KS). Instructor: David Hoff. \$55, additional firing fee \$7. David Hoff, Fired Arts Educator returns to Lincoln Hills on Monday, October 22, for a day of brushwork and piping. Piping is raised stand-up glaze used



for detailing and outlining a piece. The technique was

developed extensively by Moorcroft Potteries in England. We now can duplicate the work using a glaze mix and decorating the piece. For this class we will complete two pieces. Piece one will be a Poinsettia Design on a large platter. Our second piece will be a bright and colorful sea shell piece. Each piece will be piped and decorated with Concepts. For something different with ceramic educa-



tion this is a great class. Students may purchase the piping bottles and

ware will be brought in to decorate. No pre-shopping for this class. For those of you who do pottery, piping can be done on hand built pieces; therefore you may want to join in on



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the class, learn the technique on the molded ware and then use the information to decorate your own pieces. All color, patterns and instructions are included in class fee. Class starts at 9:00 AM and will run until ~ 4:30 PM with a lunch break. We ask everyone to arrive between 8:30 and 8:45 AM for set-up. Class is held in the Ceramics Room (KS). Note: In November we will have one final airbrushing class before Christmas. Watch for details in a future *Compass*. RSVP ♦♦ by 10/15.

### – Lladro –

#### Spanish Oil Painting Wednesdays, September 12- October 10 — 2063-08

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 based on use upon project completion. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order. RSVP ♦♦ by 9/5.

#### Lladro Workshop • Wednesdays, August — 2064-01H September — 2064-01I

1:00-4:00 PM (KS). Moderator: Barbara Bartling. \$12 per session. For Lladro hobbyists who can work on their own but are unable to attend a class full-time. Workshop is not for beginners and will not provide moderator instruction. Workshop is held in conjunction with the ongoing Lladro class. No lockers provided for workshop attendees but there will be a locker for all “work in progress.” Moderator is responsible for “fir-

ing” and assuring everyone follows guidelines and safety procedures. Fee 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.

### – Pottery –

#### Beginning/Intermediate Ceramics with Jim • Tuesdays

**September 11-25 — 2012-08A**  
1:00-4:00 PM (OC). Instructor: Jim Alvis. \$41 (three sessions). An introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Years teaching art and ceramics make Jim an excellent instructor with



expertise in clay. Learn basic hand-building

and wheel-throwing techniques with individual attention from Jim. First-time students will be provided clay and may use instructor’s tools to create their first art piece. Supply list provided after the first meeting for future classes. RSVP ♦♦ by 9/4.

#### Advanced Ceramics • Tuesdays, September 11-25 — 2012-08B

9:00 AM-12:30 PM (OC). Instructor: Jim Alvis. \$41(three sessions). For self-motivated students/artists with established ceramic skills. Assignments and demonstrations will be given by the instructor as well as individual guidance to further refine techniques and projects. RSVP ♦♦ by 9/4.

#### Ceramics — All Levels • Thursdays, September 6-27 — 2011-08

1:00-4:00 PM (OC). Instructor: Terry Accomando. \$54 (four sessions). Open to all skill levels. This class teaches hand-building techniques and working on the potter’s wheel. Students are encouraged to work at

their own pace receiving individual instruction to achieve their goals on any projects they choose. Terry brings 34 years experience teaching Ceramics, Drawing and Painting to help you work independently on any project. Frequent demonstrations are given introducing new and exciting projects. New students: Ask for supply list from the Activities Monitor when you register. RSVP ♦♦ by 8/30.



#### Ceramics Vacation Drop-In Session

**Tuesdays,**  
9:00 AM-12:30 PM — 2017-08A  
1:00-4:00 PM — 2017-08B

**Thursdays,**  
1:00-4:00 PM — 2017-08C

(OC). Tuesday Moderator: Jim Alvis; Thursday Moderator: Terry Accomando. \$17 per session. Are you going away on vacation this summer? We are extending the vacation drop-in sessions until September. Drop-in session are for Ceramic artists who can work on their own but are unable to attend a full-time class. Students must have enrolled in either Advanced Ceramics class with Jim or a Ceramics class with Terry for at least three months in the past. Drop-in sessions are not for beginners and will not provide moderator instruction except for artistic advice, if asked. This session is held in conjunction with the ongoing Ceramics classes. No lockers provided for workshop attendees but there will be a locker for all “work in progress.” Moderator is responsible for assuring everyone follows guidelines and safety procedures. Class space is on first-come, first-served basis. Students must check with instructor to make sure space is available and that they have met class prerequisite prior to registering at the Activities Desk. Registration for drop-in sessions are only available within the hour prior to class start.

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## Computer Classes – Mac

### Beginning Pages (Mac Word Processor), Saturday & Sunday, September 15 & 16 — 2511-08

12:00-3:00 PM (OC). Instructor: Ken Silverman. \$60. This is a two-day hands-on workshop with six total hours. Pages is the Macintosh word processor and page layout program. Learn how to create basic word processor documents, use of templates, text tools, how to add graphics and pictures, what is the inspector and how it works will all be shown and discussed. Exporting functions will be shown so that others without Pages can read your documents. This is a beginning class for word processing and will not go in depth on page layout. Prerequisite: Basic knowledge of the Macintosh required — use of mouse, finding documents and basic terms. RSVP ♦♦ by 9/8.



### Basic Aperture • Saturdays, September 22 & 29 — 2521-08

1:00-3:00 PM (OC). Instructor: Irwin Maloff \$40 (two sessions). This four-hour class starts with the basics of image management and takes you step by step through Aperture's powerful photo editing, and image-retouching features. Students will learn time-saving techniques for sorting, ranking, and organizing images. This class is for anyone that wants to learn the fundamental functionality of Aperture and Apple's ground-breaking photo editing and management software. Prerequisites: Being familiar with Mac OS X and basic computer navigation. Knowledge of basic photography terminology is highly recommended. RSVP ♦♦ by 9/15.

## Computer Classes – PC

### Word Phase One Mondays & Wednesdays, September 17-26 — 2651-08

9:00-11:00 AM (OC). Instructor: An-

gela Blas. \$50 (four sessions). This class will provide you with some of the basic features of Microsoft Word 2007. Now that you know how to enter data and do some simple editing,



it's time to learn the "good stuff." If you have been using Word, I bet this class will introduce you to some new shortcuts, and tips. We will cover auto correct, the format paintbrush, the show hide mark, the smart tag; copying and moving text; switching between more than one document; formatting techniques and especially paragraph formatting, line spacing, bullets, alignments and indents, borders and shading. We will begin to explore inserting symbols, special characters, and text boxes. RSVP ♦♦ by 9/10.

### Tips & Tricks for Beginning PC Users • Tuesday, September 25 — 2540-08A

9:00-11:30 AM (OC). Instructor: Bob Ringo. \$12. The beginning computer user is often frustrated when it comes to cutting and pasting, using the scroll bar, downloading files, creating folders, right clicking, and much more. These are all essential Windows techniques that everyone assumes you know, but you don't. Computer tips and tricks can fill a book, but this class is a review of all those things my family, friends, and fellow club members over the years did not know. Taking advantage of the tips and tricks you learn in this class will make using your computer more pleasurable and much less maddening. Prerequisites: Basic computer skills and comfortable using an Internet browser. Please bring a flash drive. RSVP ♦♦ by 9/18.

### More Tips & Tricks for Beginning PC Users • Thursday, September 27 — 2540-08B

9:00-11:00 AM (OC). Instructor: Bob Ringo. \$12. In this class you will learn

over 50 additional PC tips and tricks that weren't covered in the first session of "Tips & Tricks for Beginning PC Users." You need not have attended the first class to benefit from the new tips and tricks you will learn in this class. They will make your everyday computer usage much more productive and enjoyable. Please bring a flash drive. RSVP ♦♦ by 9/20.



### Android Tablet Class • Wednesday, October 10 — 2552-08B

9:00 AM-12:00 PM (OC). Instructor: Len Carniato. \$30. Google's Android is the best alternative to Apple when it comes to Tablets and Phones. Unlike Apple's closed system of hardware and software, the open-source nature of Android makes it inviting for many hardware manufacturers to produce Android-based devices. Come to this seminar, bring your Tablet or Phone, connect to our Wi-Fi, and discover how to customize your Portable Computer to perform "your way." We will go thru many of the settings that allow you to do amazing things, plus how to sync mail, calendar, data and much more. On the large screen, you'll be able to see and preview the "Apps" we'll be discussing. Prerequisite: Be an Android device owner and have a working "Gmail" account. RSVP ♦♦ by 10/3.

## —Digital Photography—

### Digital Photography • Fridays, September 14-28 — 2570-08A

10:00 AM-12:30 PM (OC). Instructor: Roy Salisbury. \$49 (three sessions). Are you tired of not knowing how to



use your digital camera? Class covers the basics of digital photography: camera menus, shooting modes, flash, stopping action, avoiding blurry photos, using the LCD screen, as well as what all those icons do on your cameras. Handout fee (\$3) pay-

able to instructor. Roy is an adjunct instructor at many local schools and American River College for the past 14 years and came highly recommended by residents. RSVP ♦♦ by 9/7.

### Picasa

**Wednesday, Thursday, Friday,  
September 26,27& 28 — 2552-08A**

12:00 -2:00 PM (OC). Instructor: Len Carniato. \$60 (three sessions). Modern digital cameras make it easy to take great shots and Picasa photo software on your computer makes

it simple to store, organize, edit and share them. Touching up and sharing with friends and family can be confusing, so take this class and learn how to use

Picasa, a free and intuitive program designed for the "amateur" digital photographer. Combining lecture with hands-on class time, you will take home the skills to do almost everything with your amateur pictures. Sign up now and get started. Picasa is a free program and can be installed on any computer. Prerequisite: Be comfortable using your home PC and know basic skills such as email, Internet, cut, copy, paste, etc. RSVP ♦♦ by 9/19.

### Photoshop Elements 9-Level 1

**Fridays, October 19, 26 and  
November 2 — 2570-08B**

10:00 AM-12:30 PM (OC). Instructor: Roy Salisbury. \$49 (three sessions). This is the number one consumer photo editing software. Learn hands-on how to improve and be creative with your photos. Repair or restore your photos, correct colors, create borders, resize images, crop, add new backgrounds, etc. Class is applicable to Photoshop Elements versions 5.0 to 10.0 owners. After class, students may access PC lab to work on their photo projects. Prerequisite: Basic computer knowledge recommended. Handout fee (\$3) payable to instructor. RSVP ♦♦ by 10/12.

## Genealogy

Genealogy is the fastest growing hobby in North America. Classes will assist you on the exciting journey of discovering your ancestors and recording the details of their lives.



Please bring a flash drive to class with

you so you can take home any work accomplished during class. Prerequisites: Basic computer skills and comfortable using an Internet browser.

### Searching Like a Pro • Monday, September 17 — 2690-08

1:00-3:30 PM (OC). Instructor: Bob Ringo. \$12. In the fall of 1999 the Google search engine went live and immediately changed the way researchers searched the web. At the same time, the electronic availability of family records on the Internet literally exploded. Today millions of genealogists use Google to search the Internet not only for family surnames but also for information about the lives of their ancestors. In this class you will learn how to use the countless capabilities of Google to assist you in your family history search. You don't have to be a genealogist to benefit from this class. The tips and tricks presented in this class will be equally applicable to anyone searching the Internet. RSVP ♦♦ by 9/10.

### Getting More Out of Ancestry.com Monday,

**September 24 — 2690-08A**

1:00-3:30 PM (OC). Instructor: Bob Ringo. \$12. Millions of genealogists use Ancestry.com each day to search for their ancestors. Most of these millions of genealogists simply type in a name and, possibly a location, and after clicking through dozens of search results, walk away from their search in frustration! Does this sound like you? While Ancestry.com may

very well not have your ancestors listed in its databases, it does provide some very powerful search options that are often overlooked. Learn how to become an Ancestry.com power searcher by using the easy search tips and techniques you will learn in this class. RSVP ♦♦ by 9/17.

### New! Family Search Made Easy Monday, October 1 — 2690-08B

1:00-3:00 PM (OC) Instructor: Bob Ringo. \$15. New FamilySearch is an online system that allows you to search for your ancestors from the world's largest genealogical database. Once you find a new ancestor you can retrieve information about this ancestor directly into a family history program like RootsMagic. Learn how to use RootsMagic to easily search the FamilySearch Family Tree and to share data and collaborate with others using this tremendous online resource. You will learn how RootsMagic can make your genealogy quest more productive using FamilySearch. If you are currently using a family history program other than RootsMagic you will learn how to easily import your family tree into RootsMagic so that you can reap the benefits of the new FamilySearch. RSVP ♦♦ by 9/24.

## Crafts

### Intro to Card Making 101 • Tuesdays,

**September 4-25 — 3170-08A**

9:00 AM-12:00 PM (KS). Instructor: Dottie Macken. \$28 (four sessions). Have you ever wanted to make a card but you weren't sure how to get



started? This beginners' class will be a fun three hours of learning and showing you how to make greeting cards along with a cute box.

Classes are small so you will get lots of individual attention. All supplies and tools will be provided. Class size is limited so sign up early. RSVP ♦♦ by 8/28.



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Thursday, September 6 - Dinner

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### Card Making — Level 2 • Fridays, September 7- 28 — 3170-08B

9:00 AM-12:00 PM (OC). Instructor: Dottie Macken. \$28 (four sessions). Prerequisite: Needs to have completed Intro to Card Making 101, or have



instructor's approval. We will continue to build on our card-making skills in this fun three-

hour class making greeting cards and some 3-D projects. All supplies will be provided, and class size will be small so that you will get lots of individual attention. Class size is limited so sign up early. RSVP ♦♦ by 8/28.

### Twisted Branch Necklace Tuesdays, September 11- October 2 — 3011-08A

9:00 AM – 12:00 PM (KS). Instructor: Cathie Szabo. \$35. (four sessions). Back by popular demand! A spec-



tacular way to start off the fall! Different shades of beads twist around a necklace, highlighted by everyone's favorite — sparkly crystals. This is definitely a statement piece! The necklace looks difficult to make, but can be mastered by anyone with a little patience. The

twist is “built-in”— as you construct the hidden core, the necklace forms the graceful twist. Ladders of seed beads and crystals wind around the core. The finishing touch is “seed bead and crystal branches” that cover the hidden magnetic clasp. Choose complementary colors or go monochromatic with shades of one color family – either way, you'll love adding this necklace to your accessory wardrobe. Check the samples in the Lodges for a closer look. Be sure to get the materials list when you register. If you have questions about this project

or wonder if you have the skill for it, contact Cathie Szabo at billcats1@earthlink.net or 434-6667. RSVP ♦♦ by 9/4.

### Bracelet Bonanza! • Tuesdays October 9-23 — 3011-08B

9:00 AM-12:00 PM (KS). Instructor: Cathie Szabo. \$30 (three sessions). The holidays are coming! If your gift list includes ladies who love jewelry, why not give them a gift you made yourself. Join the class and learn two different bracelet looks — both easy to learn if you have a bit of patience



and can work with small beads. Choose the checkerboard look that uses the new Tila two-hole beads. Or “take a step up” with the ladder look bracelet that employs bugle

beads. Either one is sure to please any lady on your gift list. Or play Santa to yourself and make them for you! Check the samples in the Lodges for a closer look. Be sure to get the materials list when you register. If you have questions about this project or wonder if you have the skill for it, contact Cathie Szabo at billcats1@earthlink.net or 434-6667. RSVP ♦♦ by 10/2.

### Dance

For a smooth transition between all classes, dance instruction will finish five minutes prior to advertised ending time. Please clear the room ASAP for the next class. Thank you.

### —Clogging—

### Clogging Class Demo/Open House Tuesdays,

August 21 & 28 — 3572-07C

11:00 AM-12:00 PM (KS). Instructor: Janice Hanzel. Free. Ever wanted to try clogging but didn't want to commit to a class? Here is your chance. Register and drop in either day and see the class in action and experience the fun without the fee! No

special shoes required — flat shoes preferred, no heels or sling-back shoes. Clogging is an action-packed, calorie burning, energy producing, dynamic dance filled



with rhythm and sound. See you there and bring your friends.

### Fun and Intermediate Clogging Tuesdays,

September 4-25 — 3572-08A

11:00 AM-12:00 PM (KS). Instructor: Janice Hanzel. \$20 (four sessions). Prerequisite: Instructor approval and/or new and returning students with clogging experience. The next step beyond Beginner/Easy Intermediate Clogging, class introduces new dances taught at local/national workshops and steps to stimulate and bring your dancing skills to a new level. Music from Bluegrass to Lady GaGa and more, Learn and/or review steps. If you've been away from clogging for a while, now's the time to get back into it. Come join the fun. We'll be learning dances from recent workshops and conventions. In order to be a participant in the new demo group, you must know the dances and have instructor approval. Bring your friends who have wanted to learn clogging to the last two Tuesdays in August for “Open House.” It's free for them! RSVP ♦♦ by 8/28.

### Performance and Technique Clogging • Tuesdays,

September 4-25 — 3572-08B

12:00-1:00 PM (KS). Instructor: Janice Hanzel \$20 (four sessions). Prerequisite: Instructor approval. Students are strongly encouraged to take Fun/Intermediate Clogging. A lot of our performance dances will be taught in the Fun/Intermediate Clogging class and only fine tuned in this class. Janice brings her many years of experience working with teams and groups. Performance routines will be created, fine tuned, and figures and movements added to enhance some of the



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dances taught in the Fun/Intermediate Class. Other routines will be created for specific events. Movements such as Wheels, Tunnels, Stars, and traditional Appalachian-style dancing involving some partner and team work will be part of the skills taught. Fine tune clogging skills during technique portion of class. Technique lessons are incorporated into each session to keep you dancing safely and hone feet movement so sounds are clean and clear. Instructor approval prior to each performance. RSVP ♦♦ by 8/28.

### —Country Couples Western Dance —

#### Country Couples Western Dance — Beginner Level 1 & 2 • Mondays, September 10-24 — 3532-08A

7:00-8:00 PM (KS). Instructors: Jim & Jeanie Keener. \$15 (three sessions). Western dancing is done to many types of music, Country being most popular. Many of the dances are done in circles with some being mixers; also some line dances are done with partners. In addition, we do freestyle dances such as



Two Step; Circle dance; and review previous dances as needed. Lessons have no pre-set dances per session. Instruction will be at a slower pace for beginners and those wanting a review of previously taught dances. If you don't have a partner, many of the dances can be done as an individual. Some dances may be subject to change based on the experience level of students. RSVP ♦♦ by 9/3.

#### Country Couples Western Dance — Intermediate Level 3 & 4 Mondays, September 10-24 — 3532-08B

8:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$15 (three sessions). Class is for more experienced western dancers and will be taught at a faster pace. Dances taught in this class are more difficult with more steps and added turns. Classes will be taught at

a pace consistent with difficulty and length of dance. New Circle dance; review shadow dance; and a review of waltz moves. Previous dances will be reviewed as needed. All are subject to change as we try to go at a pace suitable for participants. RSVP ♦♦ by 9/3.

### —Dancing with Dolly—

#### Beginning Performance Dance with Dolly • Wednesdays,

September 5-26 — 3920-08D

6:30-7:30 PM, Aerobics Room (KS). Instructor: Dolly Schumacher James, Master Teacher & Choreographer. \$38 (four sessions). Ms. James brought musical theater to Lincoln Hills over 10 years ago after an extensive



background with her world-renowned school in the Bay Area. "Our community is filled with talent! Now, people have a chance to do something they always wanted — perform!" This new performance dance class will give students an opportunity to learn the basics of dance techniques and to perform in the main musical/variety shows in Lincoln Hills including "Yankee Doodle Dandy" which is scheduled for November. Routines designed for all levels of dance experience. Now is the time to try something new and feel the wonders of being on stage. RSVP ♦♦ by 8/29.

#### Jazz/Musical Theatre

##### Wednesdays,

September 5-26 — 3920-08A

4:00-5:00 PM. Aerobics Room (OC). Instructor: Dolly Schumacher James, Master Teacher & Choreographer. \$36 (four sessions). Exercises and technique used to create simple combinations in upbeat music, rhythm & blues, show tunes, rock-n-roll & swing. Strengthens balance, increases flexibility, co-ordination, rhythm and timing, all the while students are having fun. You will be encouraged to learn different styles of dance: Tra-

ditional & Modern Jazz, and Musical Theater with an emphasis on developing versatility in dance. Something new every week, no memorization. Come watch a class, see how much fun dance can be! RSVP ♦♦ by 8/29.

#### Ballet • Thursdays, September 6- 27 — 3920-08B

5:45-6:45 PM, Aerobics Room (OC). Instructor: Dolly Schumacher James, Master teacher & Choreographer \$36 (four sessions). For some reason when the word ballet is used, many women are intimidated. Don't be! Ballet is



wonderful fun and the basic foundation for all types of dance: Jazz, Ballroom,

Musical Theater, Tap, Country Line Dance, Folk Dance, Hip-Hop. Athletes use it to develop coordination, flexibility and strength. This special class develops beautiful posture, increases core strength, footwork and timing. Using beautiful inspiring music, students find spirituality and grace as they discover the dancer within. Ballet is the best all-round conditioning program! No experience required. RSVP ♦♦ by 8/30.

#### Advanced Performance Dance with Dolly • Fridays,

September 7-28 — 3920-08C

2:30-4:00 PM, Aerobics Room (OC). Instructor: Dolly Schumacher James, Master Teacher & Choreographer. \$50 (four sessions). 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. RSVP ♦♦ by 8/31.

### —Hula—

#### Hula • Thursdays

September 27-October 25 - 3901-08

1:15-2:15 PM (KS). Instructor: Pam



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Akina. \$40 (five sessions.). Begin or continue your study of the beautiful art form of Hula from the Hawaiian Islands. This class is appropriate for new as well as experienced dancers. Using the basic steps kaholo, ka`o, hela, and ami, you will learn a beautiful hula auana (modern hula) from beginning to end. In the Ha-



waiian tradition, we study language, culture, and history as well, because hula is more than just hands and feet! Performance techniques are also taught. Instructor Pam Akina is the director of Hula Pono Dance School and performance group. RSVP ♦♦ by 9/20.

waian tradition, we study language, culture, and history as well, because hula is more than just hands and feet! Performance techniques are also taught. Instructor Pam Akina is the director of Hula Pono Dance School and performance group. RSVP ♦♦ by 9/20.

## — Jazz —

### Jazz Technique

**Saturdays,**

**September 1-22 — 3930-08A**

**Or Tuesdays,**

**September 4-25 — 3930-08B**

Saturdays 3:00-4:00 PM, Aerobics Room (OC), Tuesdays 1:00-2:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. Have fun learning different styles of jazz dancing emphasizing proper technique. Come learn from a former professional dancer who loves to teach dance and choreograph. Melanie will demonstrate various dance steps to insure proper execution. Melanie danced professionally across the U.S. and Canada and choreographed for such artists as Dolly Parton, Louise Mandrell, and Lucy Arnaz. If you are a dancer, singer, or actor, this class will enhance your performance skills in a fun and positive way. Class is for all skill levels. This first series of classes will be used by instructor to evaluate student skill level for future class programming. RSVP ♦♦ by 8/25 or 8/28.

## — Line Dance —

### Intro to Line Dance • Thursdays,

**August 16-October 4 — 3602-07A**

4:30-5:30 PM (KS), Instructor: Yvonne Krause-Schenck. \$48 (eight sessions). The first step to learning line dancing. This new class for real beginners introduces basic line dance steps, dances and terminology at a very slow and easy pace. Join Yvonne for a fun class that will prepare you to advance to more challenging line dance classes in the future. RSVP ♦♦ by 8/9.

### Line Dance I Beginner with Audrey

**Thursdays, September 13-**

**October 25 — 3601-08A**

2:30-3:30 PM (KS). Instructor: Audrey Fish. \$35 (seven sessions) Class is not for newbies in the dance. Class reviews fundamentals of line dance, including basic steps such as grapevine, jazz box, shuffle quarter and half turns at a slow temp. If you haven't line danced before you should start with Intro to Line Dance. RSVP ♦♦ by 9/6.

### Line Dance II Beginner Intermediate

**with Audrey • Monday,**

**September 10-**

**October 29 — 3601-08B**

5:00-6:00 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions). Prerequisite: Completion of Line Dance I/ Beginning Line Dance. 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, done to faster music. This would be the next step if you've had beginning line dance and wanted more challenge. Students must know basic line dance steps, such shuffle, coaster, jazz square, pivot turns, etc. RSVP ♦♦ by 9/3.

### Line Dance III Intermediate with

**Audrey • Thursdays, September 13-**

**October 25 — 3601-08C**

3:30-4:30 PM (KS). Instructor: Audrey Fish. \$35 (seven sessions). For those

who want a bit more of a challenge than the Beginning/Intermediate classes. 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" A lot of fun, and great exercise. RSVP ♦♦ by 9/6.

### Line Dance Beginner Plus with

**Sandy • Tuesdays, August 28-**

**October 9 — 3705-07A**

9:00-10:00 AM (OC). Instructor: Sandy



Gardetto. \$42 (seven sessions). Prerequisite: This class is a step up from Beginner Line Dance I. Basic line dance terminology is used such as grapevine, coaster step, pivot quarter and half turns, coaster steps, jazz boxes, plus many more. Students should be able to understand and execute basic line dance steps as the instructor leads and teaches dances using line dance terminology. This class will be learning slower-paced dances than Line Dance II. No partner necessary. RSVP ♦♦ by 8/21.

### Line Dance II

**Beginner-Intermediate with Sandy**

**Wednesdays • August 22-**

**September 19 — 3705-07B**

**Or Wednesdays • September 26-**

**October 24 — 3705-08A**

9:00-10:00 AM (KS). Instructor: Sandy Gardetto. \$30 (five sessions). Prerequisite: Line Dance I or Beginner Plus for at least six months. Understanding basic terminology of line dance steps required. 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. RSVP ♦♦ by 8/15 or 8/19.

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**Line Dance III with Sandy**  
**Wednesdays, August 22-**  
**September 19 — 3705-07C**  
**Or Wednesdays, September 26-**  
**October 24 — 3705-08B**

10:00-11:00 AM (KS). Instructor: Sandy Gardetto. \$30 (five sessions). Steps at this level could include: combination turns, i.e., half pivot followed immediately by a quarter pivot; full turns; cross and unwind three-quarter turn step combination; weaves with syncopation; tags and restarts, many more. At this level, there is no limit to the number of turns but caution is applied not to exceed what the dancer is capable of comfortably and safely. The class, though complex, is fun, pushing students' skills to a higher level. RSVP ♦♦ by 8/15 or 9/19.



**Line Dance I Beginner with Yvonne**  
**Mondays, September 10 —**  
**October 29 — 3602-08A**

9:00-10:00 AM (KS). Instructor: Yvonne Krause-Schenck. \$48. (eight session). This class is a step up from the Introduction to Line Dance Class. If you have never danced before, it is highly recommended, but not necessary, to have taken at least one to three of the Introduction sessions in order to be familiar with basic line dance terminology. Although this is a beginner class, it is taught at a faster pace than the introduction level. RSVP ♦♦ by 9/3.

**Line Dance Beginner Plus with Yvonne • Mondays, September 10-**  
**October 29 — 3602-08B**

6:00-7:00 PM (KS). Instructor: Yvonne Krause-Schenck. \$48 (eight session). For those who have had beginner line dance, this class is a step up from that level and will teach more steps and combinations. This is a transition class from Line Dance I into Line Dance II. The dances are a



bit more challenging but, at the same time, incorporate what has been learned at the beginner levels making dances fun, exciting and provides exercise for mind and body. RSVP ♦♦ by 9/3.

**Line Dance II/Beginner-Intermediate with Yvonne**  
**Thursdays,**

**August 16-October 4 — 3704-07**  
 9:00-10:00 AM (KS). Instructor: Yvonne Krause-Schenck. \$48 (eight sessions). This class is taught at a faster pace than the beginner class and introduces more difficult combinations of steps, turns, syncopation and much more. The class is not for beginners and students at this level should know line dance terminology. RSVP ♦♦ 8/9.

— **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. Performance Classes start in August. Students who are concurrently registered both in Performance and Technique class will only need to pay the discounted rate \*\*\* for one Technique class.

**Technique Class • Mondays,**  
**September 10-24 — 3555-08A (\$15)**  
**\*\*\* 3555-08A1 (\$8)**

10:00-11:00 AM (KS). (Three sessions.) Class is open to all skill levels with

focus on beginning to intermediate routines. RSVP ♦♦ by 9/3.

**Advanced Technique Class •**  
**Mondays,**  
**September 10-24 — 3555-08B (\$15)**  
**\*\*\* 3555-08B1 (\$8)**

11:00 AM-12:00 PM (KS). (Three sessions.) Class is geared more for tappers with advanced skill level but class is open for all who want a more challenging routine and dance steps. RSVP ♦♦ by 9/3.

**Advanced Performance • Mondays,**  
**September 10-24 — 3555-08C**

12:00-1:00 PM (KS). \$21 (three sessions). Only those who enrolled in August class may continue to take this preparatory performance class for 2013 Talent Show. RSVP ♦♦ by 9/3.

**Beginning Tap • Tuesdays,**  
**September 4-25 — 3555-08D**

9:00-10:00 AM (KS) \$20 (four sessions). Introduction to the basic steps and terminology of tap dance, This is the perfect time to discover the joy



of tapping. This class begins every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. Or, if you are not feeling comfortable, you can remain in the beginning class until you choose to move on. Minimum of 10 students required for the class. RSVP ♦♦ by 8/28.

**Technique Class • Tuesdays,**  
**September 4-25 — 3555-08E (\$20)**  
**\*\*\* 3555-08E1 (\$8)**

10:00-11:00 AM (KS). Four sessions. RSVP ♦♦ by 8/28.

**Performance • Thursdays,**  
**September 6-27 — 3555-08G**

10:00-11:00 AM (KS). \$28 four sessions). Only those who enrolled in August class may continue to take this preparatory performance class for

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2013 Talent Show. No new students will be accepted. RSVP ♦♦ by 8/30.

**Technique Class • Thursdays,  
September 6-27 — 3555-08F (\$20)  
\*\*\* 3555-07F1 (\$8)**

11:00 AM-12:00 PM (KS). (Four sessions). RSVP ♦♦ by 8/30.

**Performance • Thursdays,  
September 6-27 — 3555-08H**

12:00-1:00 PM (KS). \$28 (four sessions). Only those who enrolled in August class may continue to take this preparatory performance class for 2013 Talent Show. No new students will be accepted. RSVP ♦♦ by 8/30.

### Tap for Fun with Judy

Join us and enjoy a good workout while having fun. Judy has been dancing, teaching, and choreographing dance for many years. Not a performing group, it is designed for people who love to dance and kick up their heels!

**Friday, August 17-  
October 5 — 3581-07B**

1:00-2:00 PM (KS). Instructor: Judy Young. \$48 (eight sessions). RSVP ♦♦ Now.

### — West Coast Swing — (California's State Dance) —

*Class description of each class has been updated. Please read each class description before enrolling. Questions? Please contact Dottie at 543-6005.*

**Introduction to West Coast Swing  
Wednesdays,  
September 5-26 — 3513-08A**

8:00-9:00 PM (KS). Instructor: Dottie Macken. \$28 (four weeks). Learn the basics of this great dance from veteran WCS instructor Dottie, and how it can be applied to various types and styles of music.

Students must complete at least three sessions of the four week classes of the Introduction to West Coast Swing

in order to advance to next level, or have instructor's approval. Join this fun and very social dance class. RSVP ♦♦ by 8/29.

**Intermediate I and II West Coast  
Swing • Wednesdays,  
September 5-26 — 3513-08B**

7:00-8:00 PM (KS). Instructor: Dottie Macken. \$28 (four weeks). Prerequisite: Must have completed at least three sessions of the four week classes of the Introduction to West Coast Swing, or with Instructor's approval. RSVP ♦♦ by 8/29.

**Intermediate/Advanced West Coast  
Swing • Wednesdays,  
September 5-26 — 3513-08C**

6:00-7:00 PM (KS). Instructor: Dottie Macken. \$28 (four weeks). Prerequisite: Must know and be able to dance the basics, and basic variations of West Coast Swing and have attended both the Introduction and the Intermediate I and II Levels of West Coast Swing, and/or have instructor's approval. RSVP ♦♦ by 8/29.

## Driver Training

**AARP Driver Safety Program**

**Monday, August 20 &**

**Tuesday, August 21-**

**8:30-1:00 PM — 6055-07**

**Or Thursday September 6 & Friday  
September 7 —**

**1:00 — 5:30 PM — 6055-08**

(OC). Prices are as follows for two-day sessions: Educator rate \$15 (AARP and non-AARP member alike);



Regular rates apply for non educators: AARP Member \$22; non-AARP Member \$24. **Educator promotional rate is only available in August.** Lincoln Hills is joining AARP in celebrating teachers and school personnel this summer with the AARP

Driver Safety Educator Appreciation Promotion! In recognition of your generosity in teaching and

helping others, you may register for the AARP Driver Safety classroom course at a reduced price for the months of August. The Educator Appreciation Promotion is being offered to individuals who are current or retired educators and school personnel or have worked for a school district or university in any capacity. To avail of the discount, each 'educator participant' must completely fill-out a discount course coupon when registering for the course. Completed form must be received at time of registration. Coupons will be available at the Activities Desks (OC/KS). If not an educator



or school personnel, AARP residents must present current AARP membership card upon registration at the Activities Desks to receive the AARP discounted class

fee. The course provides instruction on defensive driving techniques and California motor vehicle laws. Information regarding the effects of normal age-related physical changes in vision, hearing, and reaction time are also covered. The eight-hour course is specifically geared to persons 50 or over. Attendees may be eligible for a discount on their auto insurance (check with your provider to determine amount). Attendance at both days of the two-day course is required for a Certificate of Completion. You must be present to receive your certificate. Bring a valid Driver's License, your AARP membership card or number, and a ballpoint pen (not felt tip) to class. The AARP Driver Safety Course does not replace Traffic School requirements to correct driving violations. Class cost covers a \$10 Association administrative fee and AARP fees. RSVP ♦♦ Now or by 8/30.

**Fitness**

Register for these classes at the Fitness Centers starting August 17, at 10:00 AM.

**—Small Group Training—**

Small group training can be a great option when you want to enjoy more personalized attention, but spend less than working directly with a personal trainer. Small group trainings are offered in a variety of formats and



they provide much more focused attention to the participant's goals than traditional large classes. If you have a goal in mind, and enjoy having someone there to ensure that you are doing the exercises correctly, small group training is a great option for you! Sessions will have a minimum of four and maximum of six participants, and are held twice a week for four weeks.

**SGT — Suspension Training for Golfers • Mondays & Wednesdays, August 20-September 17 — 835000-G6**

(No class Monday, September 3.) 4:00-5:00 PM, Aerobics Room (KS). Instructor: Robert Sanchez. Train to play your best golf ever! This small

group training will take your Golf Fitness to the next level. Golf requires a combination of strength, flexibility,



timing, balance, power and endurance. This class will incorporate TRX, Bosu, Medicine Ball and large Stability Ball to create appropriate range of motion, balance and strength. All levels welcome. Four-week session \$135. Register/Fitness Centers.

**SGT — Bootcamp Mondays & Wednesdays, September 10-October 3 — 835000-B9**

5:00-6:00 PM, Aerobics Room (KS). Instructor: Robert Sanchez. Take your workout to the next level!



Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those who are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness. Four-week session \$135. Register/Fitness Centers.

**SGT — TRX Interval Training Mondays & Wednesdays, August 27-September 24 — 835000-T8**

(No class September 3.) 2:30-3:30 PM, Aerobics Room (KS). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX! Four-week session \$135. Register/Fitness Centers.

**SGT — "Fun"ctional Fitness Tuesdays & Thursdays, September 4-27 — 835000-F9**

12:00–1:00 PM, Aerobics Room (KS). Instructor: Deanne Griffin. A fun-filled Small Group Strength Training, great for beginners or anyone looking for a new method of training. This team-oriented class focuses on "Functional Fitness" using a variety of equipment and featuring TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. Safely perform exercises that effectively build strength, challenge and

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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7:30 AM	Water Works	Hi-NRG Cycle*	Water Works	Mixed Level Cycle*	Water Works	
8:00 AM	Low Impact	Step It Up	Low Imp. Hi-NRG Cyc*	Step It Up	Low Impact	Low ImpactHi-NRG Cyc*
8:15 AM					Cycle Express	
8:55 AM					Stretch Express	
8:30 AM	Yoga I • Water Wks	Low Impact*	Water Works	Low Impact*	Water Works	
9:00 AM	Zumba	Core & Strength	Zumba	Core & Strength	Low Impact	Yoga I Fusion*
9:30 AM	Circuit*	Strict. Strngth* Water Wks	Circuit*	Strict. Strngth* Water Wks	Circuit*	
10:00 AM	Core Connection	Yogafied	Core Connection	Yogafied	Cardio Dance&Sculpt	Strictly Strength*
10:30 AM	Strictly Strength*	Pilates* Water Works	Everybody Can*	Pilates* Water Works		
10:30 AM	Splash Dance		Splash Dance		Splash Dance	
11:00 AM	Everybody Can		Piloga		Piloga	Strictly Strength*
11:30 AM	Arthritis Found. Aqua		Joint Efforts		Arthritis Found. Aqua	
1:00 PM	Chair with Flair		Chair with Flair			
2:00 PM	Balance Express		Balance Express			
4:45 PM		H.I.T.		H.I.T.		
5:00 PM	Zumba H2O Circuit	H2O Circuit	Zumba H2O Circuit	H2O Circuit		

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**SGT — Aligned & Defined Pilates Mat Training • Mondays & Fridays, October 1-29 — 835000-P9**

(No class October 26.) 7:00-8:00 AM, Aerobics Room (KS). Instructor: Paula Ainsleigh. Transform the way your body looks, feels and performs! Join experienced, certified Pilates professional Paula Ainsleigh for a small group Pilates Mat series for beginners. This safe, sensible but challenging exercise system will improve your core strength, posture, flexibility, mobility, balance, muscular endurance, agility, concentration and economy and quality of motion, preventing injuries and alleviating many chronic ailments. This small group training will include an initial postural assessment, individualized instruction within the group setting and a Pilates exercise program for you to do at home, at the club or when you travel. A variety of small props will be used for the classes and the last session will be a circuit format. As participants progress, variations and intensity options will be given. Enrich the quality of your life with a fitter and more functional body that moves fluidly and performs daily activities with greater ease. No matter what

your age or condition, Pilates will work for you. Four-week session \$135. Register/Fitness Centers.

**SGT— Tabata BootCamp Mondays & Fridays, September 14-October 8 — 835000-Q7**

11:30-12:00 PM, Aerobics Room (KS). (First class 60 minutes); Instructor: Deborah McIlvain. We are so excited to bring this cutting edge training program to Lincoln Hills. Tabata BootCamp will change what you thought was the road to fitness and fat burning! Forget hours and hours of cardio! Turns out that's not the fastest way to get fit! What is Tabata Training and how can it help you lose weight and get in shape faster than traditional exercise? Tabata training was developed by a Japanese researcher (Izumi Tabata) who found that short bouts of exercise (only four minutes!) using super high intensity intervals actually increased subject metabolism more than traditional exercise of 30-60 minutes! Our Tabata BootCamp workouts will be multi-level with modifications offered for those with any issues. You'll be able to get the fat burning, metabolism boosting benefits of this training program, and still "go at your own pace." The first session will be one hour, going over your personal goals, activity profile to help with your metabolism, body assessment and fitness assessment. Four-week session \$135. Register/Fitness Centers.

**SGT — Recreational Sport Training Wednesdays & Fridays, August 22-September 14 — 835000-R2**

12:30-1:30 PM, Aerobics Room (KS). Instructor: Kara Lowe. This group training course targets your balance, ankle and knee strength, core conditioning, and improving your cardiovascular endurance. Take your pickleball, softball, biking, running, walking or tennis games to the next level with "The recreational sports guide to fitness"!

Four-week session \$135. Register/Fitness Centers.

**—Circuits, Weights, Stretches—**

**W.O.W. — Working Out with Weights • Thursdays, September 13-October 11 — 750500-07**

10:35 AM-11:30 PM, Weight Room (KS). Instructor: Julia Roper. Want the most out of your workout? Join



this six-week in-depth, strength training program that will take you from basic to advanced training techniques. You will begin learning how to

use the machines the right way and get a total body program focusing on proper set settings and correct form! Learn how, when and why you need to change your program, the best sets, reps and exercises for your body type as well as free weight techniques and cable exercises. You will run away with at least three written programs to carry you through the rest of your life! Class is limited to six people. Change your life. Five-week session, \$75. Register/Fitness Desks/Online. RSVP ♦♦ by 9/6.

**Waves! Beginning Circuit Class Mondays & Wednesdays September 10-26 — 830000-08**

5:00-5:30 PM; first class is one hour, 5:00-6:00 PM, Weight Room (OC). Instructor: Julia Roper. This class will take participants through a full body strength training circuit and increase their knowledge of using equipment safely and effectively while getting a great workout. Every week the class will progress with a few new exercises to include balance, core, and cardio stations. This class is for the beginner exerciser or participants looking for assistance with a regular weight machine workout in a group setting. Three-week session, six classes, \$35. Register/Fitness Centers/Online. RSVP ♦♦ by 9/3.

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**Basic Chair and Balance****Fridays, August 3-31 — 806000-08**

1:00-1:45 PM, Aerobics Room (OC). Instructor: Lola Lundquist. A beginner level chair class designed to improve function in all areas of the body while sitting down. Class focuses on balance, strength, light cardio endurance, and brain exercise. This class is appropriate for people with limited mobility and various health issues. There will be no floor exercise. Five-week session, \$20. Register/Fitness Centers/Online. RSVP ♦♦ by 7/27.

**Reach for the Top/Stretch & Tone!****Mondays,****September 3-24 — 805000-08****Tuesdays,****September 4-25 — 801000-08****Thursdays,****September 6-27 — 803000-08**

Mondays 12:00-1:00 PM, Tuesdays & Thursdays 11:30 AM-12:30; Aerobics Room (OC). Instructor: Lin Hunter. This class combines stretching, range of motion exercises, intervals of cardio movements, balance moves, and toning with weights, bands, balls, and bars. All done to fun music to get your energy level up, help you become stronger, strengthen your muscles and



your muscles and joints, and build up cardio endurance. The range of motion exercises and stretching will help prevent arthritis and keep your mobility. Lin is a former licensed nurse and AFFA-certified group exercise instructor; she has been teaching for 40 years! Lin constantly gives options for modifications and can help you with your special needs. Guaranteed! You will feel great when you leave this class! Make-up days are allowed. Four-week session, one day/week, \$32. Register/Fitness Centers/ Online. RSVP ♦♦ by 8/27.

**—In the Pool—****Core-N-More Deep Water Aerobics****Mondays, August 27-****September 24 — 760100-08****Wednesdays, August 22-****September 12 — 760000-08****Mondays PM and Wednesday AM,****August 22-****September 17 — 760200-08**

(No class September 3.) Mondays 5:35-6:30 PM, Wednesdays 9:35-10:30 AM, Indoor Pool (OC). Instructor: Andrea Salerno. Maximize the benefits of water with the assistance of a



Buoyancy Belt. Exercise without touching the pool bottom to eliminate impact while increasing resistance. This high calorie burning, aerobic/interval class

combines exercises that will improve core strength, tone and strengthen major muscles, improve cardiovascular endurance, flexibility, balance, and brain function. The belt allows participants to control exercise intensity and achieve a total body workout specific to their fitness level. Contact Andrea about a free one-on-one trial session or with questions, 844-8824 or aqua4fitness@yahoo.com. Four-week session, \$35 one day/week or \$50 two days/week. Register/Fitness Centers/Online. RSVP ♦♦ by 8/17.

**Water Qigong • Wednesdays,****August 15-****September 12 — 813200-07****September 19 — Free Class****September 26-****October 17 — 813200-08**

(No class August 29.) 12:45-1:45 PM, Indoor Pool (OC). Instructor: Peter Petersen. Water-Gong is Qigong practiced in the water. Qigong is a moving meditation like Yoga, but it comes from China instead of India. Qigong differs greatly from Yoga in that the movements are very light, slow, and fluid, much like Tai Chi. Qigong is about bringing in healthy fresh, clean, energy to your body. The benefits

are increased flexibility, strength, balance, and bolstered immune system to name a few. Essentially, this form of Qigong creates a healthy balance between the mind, body, and spirit, keeping one healthy, happy, and at peace with oneself and in harmony with their surroundings. Four-week session, \$40. Register/Fitness Desks/Online. RSVP ♦♦ by 8/8.

**—Walking—****Beginning Nordic Walking,****Tuesdays,****October 2-23 — 750000-08**

9:30-10:30 AM Back Patio (OC). Mike Barkhurst a Lincoln Hills resident has three nationally recognized personal trainer certifications and two advanced teaching certification in the American and European Method or Nordic Walking. In the beginner class, you will learn the American Method of Nordic Walking using Exerstrider Poles. Each participant will have use of a pair of Exerstrider Poles for the entire four week session. There is very little hiking in the class as technique will be taught and critiqued during the four instructor led classes. Note: this class will only be offered four months out of the year. Four-week session \$55. Register/Fitness Desks/Online. RSVP ♦♦ by 9/25.

**—Tennis—****Pro Tennis Lessons****Sundays, August 26-September 30****Beginners — 790700-07****Intermediate — 790600-07****Advanced — 790500-07**

Beginners 8:00-9:00 AM, Intermediate 9:00-10:00 AM, Advanced 10:00-11:00 AM; Tennis Courts #10/11. Instructor: Mike Gardetto. Mike 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



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doubles strategies are also covered. Six class session, \$75. Register/Fitness Desks/Online. RSVP ♦♦ by 8/19.

### —Mind, Body, Spirit—

#### Extra Gentle Yoga • Tuesdays, September 4-25 — 710000-07

12:45-1:45 PM, Aerobics Room (OC). Instructor: Julie Boone. Julie's popular yoga classes are gentle and adaptable to meet the needs of any student. Julie's motto is "Yoga is not supposed to hurt!" Julie will help students modify postures to find a level of stretch that is comfortable. If you have not tried yoga before, this is the class for you. Expect breathing exercises, standing poses, floor poses, and a brief guided relaxation. This class does not offer meditation instruction. Limit: 20 participants. Four-week session, \$44. Register/Fitness Centers/Online. RSVP ♦♦ by 8/28.

#### Gentle Hatha Yoga "Plus"

Tuesdays,

September 4-25 — 710100-07

2:00-3:30 PM, Aerobics Room (OC). Instructor: Julie Boone. This class focuses on gentle yoga basics including warm-ups, standing and floor poses, inversions, and pranayama (breathing exercises). The "plus" is more time in deep relaxation, and additional instruction in meditation. While a physically-gentle class, it is not "easy." Strength, flexibility, and balance will be developed. All levels of experience are welcome. Limit: 20 participants. Four-week session, \$44. Register/Fitness Centers/Online. RSVP ♦♦ by 8/28.

#### Evening Yoga • (Hatha -Traditional Yoga) • Tuesdays,

September 4-18 — 711000-08

6:30-7:45 PM, Aerobics Room (KS). Instructor: Susan Hayes. Warm summer evenings and extended daylight have arrived! Yoga will give you increased energy, flexibility, balance, and strength — all while reducing stress. This early evening yoga class

is the perfect way to keep your body moving! Everyone is welcome to this



fun-filled, informative class — from absolute beginners to aspiring yogis. If you've never tried yoga before, this is the class for you! Three-week session, \$22. Register/Fitness Centers/Online. RSVP ♦♦ by 8/28.

#### Evening Yoga and Meditation

Thursdays,

September 6-20 — 711100-08

6:00-7:30 PM, Aerobics Room (KS). Instructor: Susan Hayes. This is a relaxed, early evening yoga class consisting of restful and healing yoga postures done in the "yin" and "restorative" styles, followed by deep relaxation and optional meditation. Each student receives individual attention, so enrollment is limited. three-week session \$33. Register/Fitness Centers/Online. RSVP ♦♦ by 8/30.

#### Tai Chi Beginning

Tuesdays, August 21-

September 11 — 730100-08

Saturdays, August 25-

September 15 — 730200-08

Tuesdays 1:30-2:30 PM, Aerobics Room (KS); Saturdays 10:00-11:00 AM, Aerobics Room (OC). Instructor: Peli Fong. Tai Chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, Tai Chi teaches stress release and relaxation which bring about harmony of spirit and mind, known as the moving meditation. Peli Fong has been a teacher of Tai Chi and Chi Gong for over 15 years and focuses on physical fitness with the use of soft strength building movements of Chi Gong, mental sharpness through the practice of Tai Chi, and internal wellness through the use of the health practices of both. Tai Chi and Chi Gong can be studied by anyone regardless of age, gender, or athletic



ability. Four-week session, \$40. Register/Fitness Centers/Online. RSVP ♦♦ by 8/14.

#### Tai Chi Intermediate • August 21-September 11 — 730300-08

2:45-3:45 PM, Aerobics Room (KS).

This class is designed for students of Ms. Fong's Tai Chi class who have studied with her for over six sessions with the goal of understanding internal/external health and fitness at a higher level. The class will continue perfecting the 24 Yang-style postures and a work toward a greater understanding of the benefit of Tai Chi movements. The class will also focus on a higher level of internal chi movement by learning two White Crane Qigong sets designed to focus on chi movement throughout the body to release stress and revitalize the internal organs. The emphasis will be towards building a healthy stronger body and focused mind leading to a peaceful spirit for a better quality of life. The high level students will be introduced to the Tai Chi 64 long form and begin moving towards more advanced levels of Tai Chi. Four-week session, \$40. Register/Fitness Centers/Online. RSVP ♦♦ by 8/14.

#### Spring Forest Qigong (SFQ)

Mondays,

September 10-24 — 745000-08

1:00-2:30 PM, Aerobic Room (KS). Instructor Elizabeth Wescott. SFQ involves sitting and moving meditation practices. Utilizing breath, simple and gentle movement, visualization and meditation we find our way into a peaceful state of mind. All the while we are engaging our natural capabilities to heal and find balance. If you are seeking ways to increase your sense of ease or if you're looking for a quiet practice to support balance or healing you may wish join us. Three-week session \$30. Register/Fitness Centers/Online. RSVP ♦♦ by 9/3.

## Gem Stone Cutting

### Gem and Jewelry Open Workshop

Most Mondays, the Lapidary Shop, Casting Shop and Fabrication Shop are open, 8:00 AM-12:00 PM (shared space), 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 oversee the lab. Use lab and equipment including diamond saws, grinders, polishers and drill, and lost wax and jewelry fabrication equipment. Maintenance fee \$5 per two-hour session. Sign in and pay upon arrival. Questions? Call Dave Fisk, 434-0747.

## Glass Art

### —Fused Glass—

#### Fusing Glass Workshops

**Mondays,**

**August — 3103-01H**

**September — 3103-01I**

4:00-6:30 PM, Sierra Room (KS). Moderator: Jordan Gorell. \$12. In August/September, workshop will be held

the third Monday of the month. Items limited to a six-inch square kiln space.

Fusing enthusiasts: Bring glass and fusing projects and work on your designs. Students will share workshop time with stained glass enthusiasts. Pay Moderator each day you attend the workshop.



### —Stained Glass—

#### Stained Glass Workshops

**Mondays,**

**August — 3103-01 H**

**September — 3103-01 I**

4:00-6:30 PM. Sierra Room (KS). Moderator: Jordan Gorell. \$12. In August/September workshop will be held the

third Monday of the month. Workshop is for experienced students only.

A moderator is present to supervise safe use of equipment but will not teach new methods. If you have experience working with glass but have not had instruction, inform monitor prior to enrolling to obtain clearance for equipment use. Students will be sharing workshop time with fused glass enthusiasts. Pay at Activities Desk each day you attend.



## Music

### —Guitar—

#### Guitar I — Beginner Level 1

**Wednesdays, September 5-**

**October 24 — 4262-08 A**

8:00-10:00 AM (KS). Instructor: Bill Sveglini. \$70 (eight sessions). This class is designed for the person who has not played before or hasn't played guitar for many years. Class will cover basic note reading, chords, strum-



ming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Use 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 selecting one. Most supplies will be available for purchase from instructor on the first day of class. Questions? Please call Bill at 899-8383. RSVP ♦♦ by 8/29.

#### Guitar II — Guitar Intro Continuation

**Fridays, September 7**

**October 26 — 4262-08 B**

8:00-10:00 AM (KS). Instructor: Bill Sveglini. \$70 (eight sessions) This class will continue to cover note reading. Chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Use 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 selecting one. Supply list will be provided upon registration. Most supplies will be available for purchase from instructor on the first day of class. Question? Please call Bill 899-8383. RSVP ♦♦ by 8/31.

#### Guitar III — Intermediate

**Thursdays, September 6-**

**October 25 — 4262-08C**

8:00-10:00 AM (OC). Instructor: Bill Sveglini. \$70 (eight sessions). This class continues the course of study



in Guitar II. Course of study will include reading music in the second, fifth and seventh 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. The class promises to be a lot of fun. RSVP ♦♦ by 8/30.

#### Guitar IV — Advanced

**Thursdays, September 6-**

**October 25 — 4262-08D**

10:00 AM-12:00 PM (OC). Instructor: Bill Sveglini. \$70 (eight sessions). Prerequisite: Students must have instructor'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 for various styles of music. Class will also introduce students to varied types of ensemble playing, duets, trios, and quartets. RSVP ♦♦ by 8/30.

#### Beginners Singers Vocal Boot

**Camp • Wednesdays, September 5-**

**October 24 — 6132-08A**

10:30 AM- 12:30 PM (KS). Instructor: Bill Sveglini. \$70 (eight sessions) Have you wanted to sing and never tried?



Have you sung in a church choir or a community choir? Would you like to sing better and be able to understand and follow the sheet music when you



look at it? This session of Singers Boot Camp is designed for people who want to be vocalist.

You do not need to be a member of the LH Community Chorus to enroll in this class. This is a beginners' class for people who do not know how to sing. We will focus on learning how to read and follow sheet music. RSVP ◆◆ by 8/29.

### **Singer Vocal Boot Camp Continuation • Fridays, September 7-**

**October 26 — 6132-08B**

10:30 AM- 12:30 PM (KS). Instructor: Bill Sveglini. \$70 (eight sessions). Prerequisite: Completion of first Vocal Boot Camp or have studied music. 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 8/31.

### **Play in a Day Keyboard Class Tuesday, September 4 — 4273-08**

10:00 AM - 12:00 PM (OC). Instructor: Karen Ramirez. \$30. Have you always wanted to play the piano keyboard? If so this is the class for you! The music experts of Music Exchange bring



their wonderful "Play in a Day" music program to our community. Play in a Day is a two-hour keyboard class designed for the beginner who wants to see if it's possible to play a keyboard. At the end of the two-hour class, students will learn to play "Canon in D," "Ode to Joy" and a few other songs arranged for beginners. Class

provides each student with a practice key board, Workbook, a beginner music book and a CD with the musical background used in class. Class size limited to eight, so sign up early! Additional classes will be scheduled depending on student interest. RSVP ◆◆ by 8/28.

## **— History —**

### **Remember The 50's Month! The History of Rock and Roll, Part One • Wednesdays, August 29-September 19 — 4272-07**

2:00-4:00 PM (KS). Instructor: Ray Ashton. \$25 (four sessions). Gals, get ready to break out your poodle skirts. Guys, time to slick back with a little Brylcreem. Join us as we go back and discover the times, the people, and



the music that is "Rock and Roll." In Part 1, we will explore the origins of this truly American music that has become the soundtrack of our lives. We will hear

how jazz in the 30's, Country Music, Pop Music, Gospel, and Rhythm and Blues came together to inspire a world's youth to once again take to the dance floor. Together we will meet a guy from New Orleans named Fats, a country boy named Jerry Lee, a Georgian dishwasher named Richard, a West Texan gentleman called Buddy, and a truck driver who would change the world ... his name: Elvis. So get ready to have fun as we begin our journey with Part 1 of the History of Rock and Roll. RSVP ◆◆ by 8/22.

### **The History of Rock and Roll, Part Two • Wednesdays, October 3-24 — 4272-08**

2:00-4:00 PM (KS). Instructor: Ray Ashton. \$25 (four sessions). We continue our journey into the History of Rock and Roll following the "Day the Music Died." Rock has been left for dead and yet will find rebirth in the most unlikely places: places like the Motor City, the beaches of Southern

California, and a poor port city on the West Coast of England. The Second Generation of Rock will take the ba-



ton handed to them by the founders of Rock and Roll and will rewrite the musical rules to take Rock and Roll to even greater heights.

We will discover a turbulent time, a protest movement, a Fab Four, and a young Robert Zimmerman from Minnesota who will create a poetry that will move a generation and change the nature of Rock lyrics forever. So ... buckle up as we experience the "Sophomores of Rock and Roll." RSVP ◆◆ by 9/26.

## **Sewing**

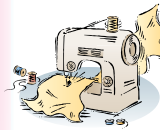
*Residents must be certified to use Association sewing machines. A one-hour certification class on how to operate and maintain machines is offered the second Monday each month in the Sewing Room (OC).*

### **Bernina Serger Certification Monday, September 10 — 4059-111**

1:00-2:00 PM (OC). Instructor: Sylvia Feldman. \$15. All supplies provided. Class limit three. RSVP ◆◆ by 9/3.

### **Bernina Sewing Machine Certification • Monday, September 10 — 4059-1111**

2:30-3:30 PM (OC). Instructor: Sylvia Feldman. \$13. Class cost includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class. RSVP ◆◆ by 9/3.



### **Janome Sewing Machine Certification • Monday, September 10 — 4059-1112**

3:30-4:30 PM (OC). Instructor: Sylvia Feldman. \$13. Class cost includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class. RSVP ◆◆ by 9/3.



**The Poop on Colon Health!**  
**Wednesday, August 15 — Free**

7:00-8:30 PM, Ballroom (OC). Refer to the July *Compass* Community Forum listing, page 90, for presentation details.

**“BAT-21”**

**Thursday, August 16 — Free**

1:00-3:00 PM, P-Hall (KS). The Veterans Club and Community Forum are co-sponsoring this event. This movie

featuring Gene Hackman, Danny Glover and Jerry Reed is based on a true story of a dramatic escape and evasion during the tail end of the Vietnam War. A SAM missile strike hits an EB66 (BAT 21)

escorting jet for B52 bombers and only one survivor ejects, but into North Vietnamese hands. It is a quest to friendly territory! Resident Vern Luke, an EWO for EB66s, will introduce the story. Q&A follows.



**The Eyes Have It!**

**Tuesday, August 28 — Free**

7:00-8:30 PM, Front Ballroom (OC). As we age, so do our eyes. Nearsighted becomes farsighted, clear becomes blurry and then there is the cataract

that sneaks up on us. As one of the world’s leading vision research centers, UC Davis Eye Center is

staffed by specialists in all areas of eye care. On August 28, a panel of these specialists will present information on a number of different eye conditions and treatments available. Come early to get your seat and learn about some of the research studies that are in progress at this time.



**Del Webb the Man and SCLH — His Vision**

**Thursday, September 13 — Free**  
1:00-3:00 PM. Front Ballroom (OC).

What do Howard Hughes, Bugsy Siegel, and Joe DiMaggio have to do with Sun City Lincoln Hills? Find out



as Judy Bennett relives the history of Del Webb – the man, and his vision for Sun City Lincoln Hills. Judy, former Director of Public/Community Relations for Del Webb and Pulte

Group, was involved with each of Del Webb’s Northern California Sun Cities and smaller “boutique” communities. Part of the executive management team, Judy sat at the strategic-planning table from 1994 to 2007. Learn interesting “insider” history surrounding our community, including why Lincoln was selected as the location.

**Update on Medicare**

**Friday, September 14 — Free**

7:00-8:30 PM, Ballroom (OC). Margaret Reilly, Health Insurance Counseling and Advocacy



Program Director (HICAP), and Marilyn McCullough, Lincoln

resident and HICAP volunteer, present an overview of Medicare: Things to consider when selecting a Medicare Supplement Plan; changes mandated by the Affordable Care Act (ACA); and how to combat and prevent Medicare fraud. Ample time for questions. Join us for this timely presentation as we enter the enrollment period for Medicare changes.

**Just the Facts Please! November 2012 State Ballot Initiatives**

**Monday, September 24 – Free**

10:00 AM-12:00 PM, Ballroom (OC). Kathy Souza and Randy Swisley with

the Placer County League of Women Voters (LWV) present unbiased reviews to current General State Election Propositions. As voting citizens, California



provides an opportunity to participate in

supporting qualified measures; this time, tax increases, crime/justice revisions, etc., are key issues. As each initiative is presented by LWV, Q&A time will be allotted respectively. Sponsored by Second Cup of Coffee Group and the Community Forum. It will be audio podcasted. Always a well-attended event, so come early!

**Meet Your Candidates: Lincoln's City Council**

**Thursday, October 4 – Free**

3:00-5:00 PM, Ballroom (OC). SCLH has invited all Lincoln Council candidates to participate. Every candidate will introduce themselves and their personal election positions; then,



each candidate will answer questions developed by the Community Forum Task Force representing open issues. If time, an open Q&A session will follow. All candidates will have a welcome table with handouts/promos in the Ballroom, ready to greet interested voters following the session! The session will be audio podcasted.

**Hospice: Myths and Facts**

**Thursday, October 11 – Free**

1:30-3:00 PM, Ballroom (OC). New *Please see Community Forums on page 93*

**Community Forums, Date, Time, Location**

- The Poop on Colon Health, Wednesday, August 15, Ballroom (OC)
- “BAT 21,” Film, Thursday, August 16, 1:00 PM, P-Hall (KS)
- The Eyes Have It!, Tuesday, August 28, 7:00 PM, Front Ballroom (OC)
- Medicare Update, Friday, September 14, 7:00 PM, Front Ballroom (OC)
- Del Webb, The Man & SCLH—His Vision, Thurs. Sept. 13, 1:00, Front Ballrm (OC)
- 2012 Ballot Initiatives, Monday, September 24, 10:00 AM, Ballroom (OC)
- City of Lincoln Candidates Forum, Thursday, October 4, 3:00 PM, Ballroom (OC)
- Hospice: Myths and Facts, Thursday, October 11, 1:30 PM, Ballroom (OC)
- Managing Stress and Depression, Wednesday, October 17, 7:00 PM, P-Hall (KS)
- Handy Helpers Back Again, Wednesday, October 24, 1:00 PM, Ballroom (OC)





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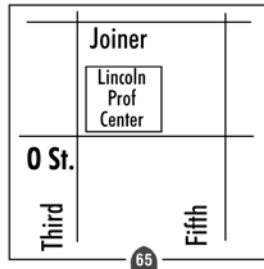
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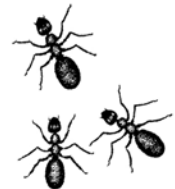
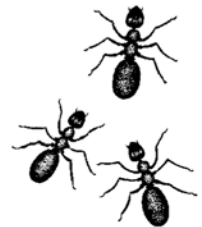


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**Financial Wellness: Determining Your Risk Level****Tuesday, August 28 — 870000-08**

10:30 AM-12:00 PM, Sierra/Terra Cotta Rooms (KS). Instructor: Russ Abbott. Determining your own risk can be a tricky subject, what things should you consider, how much risk you should take, and what factors should you include in answering these questions?



Come learn how to develop your own risk level and see if your current investments are appropriate. \$5. Register/Fitness Centers, Activities Desks, or Online. RSVP ♦♦ by 8/21.

**Movement Therapy • Tuesdays, September 4-25 — 879100-07**

11:00 AM-12:00 PM, Fine Arts Room (OC). The goal of this group is to learn to *feel* the body and its role in managing stress and trauma. We want to increase awareness of the wisdom of the body and what it informs us about our emotional states. Participants will become more conscious of patterns and behavior and thinking that cause distress. We will explore themes of belonging/separateness, personal boundaries and assertiveness. Guided rhythmic moving, individually and as a group, with music and without, will allow physical and emotional transformation, shedding, and shifts. This change can translate into uncovering an integrated, more authentic sense of self.



This four-week series will be led by Julie Boone. Julie holds a Masters degree in Psychology, works as a counselor, has practiced movement therapy for eight years, and has taught specialty yoga at SCLH since 2000. Julie intends for this class to be fun and “do-able.” Commitment to attendance for all four classes is preferred. Participants should be able to stand and walk for up to an hour. No prior experience is required. While aspects of dance and yoga are included, there are no postures or moves to “learn.” Please wear comfortable layers you can move in. Four week session. \$44. Register/Fitness Centers, Activities Desks, or Online. RSVP ♦♦ by 8/28.

**Community Forums***Continued from page 90*

in this area, the Green Valley Hospice Team will provide a panel presentation: Dr. Andres Tak, Medical Director, Anu-Aaltonen-Bond, RN, Director of Patient Care Services, Nicole Edwards, MSW, and Michele Casales, Chaplain. Hospice is a philosophy of care that accepts

**Simple Stress Busters****Sunday, September 16 — 850300-08**

1:00-4:00 PM, Multipurpose Room (OC). Instructor: Cathie Daniels-Landeros. Everyone deals with stress. Join Cathie as you learn about different types of stress, how it can impact your physical and mental well-being and



things you can do to control it. In this interactive class, try out various stress-reduction tools including: journaling; relaxation techniques; art exercises; use of lavender/bath salts; and more. Discover healthy ways to relax, relieve tension and feel better! \$15 + \$10 material fee, covers lavender/bath salts, candle holder, art supplies. Register/Fitness Centers, Activities Desks, or Online. RSVP ♦♦ by 9/9.

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*Lincoln Hills Wellness Program is designed to inspire you to create and reach your personal life goals, to enjoy being engaged in your community, to seek out what brings you joy, and to achieve a better quality of life. Check this section each month for future Wellness opportunities.*

**Getting Your Stuff Together: Organizing Your Estate • Tuesday & Wednesday,****September 18 & 19— 863000-08**

9:00 AM-12:00 PM, Gables (OC). Instructor: Marcia VanWagner. The unexpected happens unexpectedly. Are you organized and ready? Expect the unexpected. One of the greatest gifts you can leave your survivors is an organized estate. Estate planning is the process of making decisions about accumulating, preserving and disposing of everything you have. Estate organizing is the process of getting it all in order so your planning will be known and your wishes carried out. It's important for others to know where you keep your “stuff.” Learn how to organize and preserve your personal papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual LegacyLedger™, your own catalog of the financial, legal and personal papers integral to your life. Attend this workshop designed to assist and motivate you to get your stuff together. The unexpected happens without warning. Be ready. \$30 per person for both sessions, + \$25 material fee to be paid to the instructor on first day of class. Register/Fitness Centers, Activities Desks or online. RSVP ♦♦ by 9/11.



dying as a natural part of life, seeking neither to speed up the dying process nor to avoid it. Hospice helps patients focus on pain management, comfort, and quality of life when they are no longer seeking curative treatment for a terminal illness in its end stages. Myths abound about hospice: that hospice is only for a few days, that it is expensive to the patient, that it is a place. This informative presentation will allow plenty of time for questions and answers.

## 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

Website for residents:

[www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents)

Public Website:

[www.suncity-lincolnhills.org](http://www.suncity-lincolnhills.org)

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

Sunday 8:00 AM-5:00 PM

### Activities Registration: OC & KS

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

Sunday 8:00 AM-4:00 PM

### Administration Offices & Membership

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

Saturday (First only) 8:00 AM-12:00 PM

### Fitness Center Hours: OC & KS

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

Sat./Sun. — OC 7:00 AM-8:00 PM

Sat./Sun. — KS 6:30 AM-6:00 PM

### Kilaga Springs Café

Monday-Saturday 6:00 AM-4:30 PM

Sunday 8:00 AM-4:00 PM

### Meridians

Breakfast 7:00-10:30 AM

Lunch 11:30-3:00 PM

Dinner 5:00-8:00 PM

Dinner Friday & Saturday 5:00-9:00 PM

Sunday Brunch 10:30 AM-2:00 PM

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*Compass* — A monthly magazine established August 1999

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Layout/Design: Aspen TypoGraphix

Printing: Fruitridge Printing

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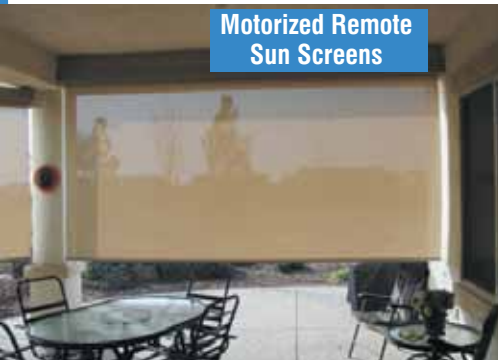
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