



# Compass

The Official Magazine of Sun City Lincoln Hills



**2014 Board of Directors... page 2**

**Remembering Rosie... page 7**

**What's New at Kilaga Springs Café... page 10**

**LH Women of Military Service, We Salute You... page 17**





## In This Issue

Activities News & Happenings .....	5, 44
Ad Directory / Compass Advertisers .....	103
Aging Well: Do You Sleep Beautifully? .....	9
An Opportunity to Enrich Your Life: Lincoln Wine Fest....	19
ARC/Architectural Review Committee .....	10
Association Contacts & Hours Directory .....	102
Board of Directors Report.....	2
Bulletin Board .....	39
• You Are Invited .....	39
• Community Perks .....	41
Calendar of Events .....	3
Classes, Activities Department .....	58
Classes, WellFit .....	81
Club Ad: Community Chorus .....	11
Club Ads: Garden Group, Neighborhood Watch .....	12
Club Ad: Senior Softball League, Writers & Authors Resource Groups .....	13
Club News .....	23
Committee Openings .....	5
Community Forums .....	100
Connections .....	3
Day Trips & Extended Travel .....	48
Did You Know? .....	37
Entertainment .....	45
Finance Committee .....	15
Food & Beverage Department .....	10, 64
Go Green: Association's Electronic Payment Program ...	15
Golf Cart Inspections .....	42, 85
In Memoriam .....	43
It's the Law .....	39
Library News .....	15
Lincoln Hills Foundation .....	17
Lincoln Hills Women of Military Service .....	17
Neighborhood Watch .....	21
Properties Committee .....	9
Remembering Rosie .....	7
The Spa at Kilaga Springs .....	11, 94
Tips for Online Registration .....	5
Upcoming Association-Related Meetings .....	3
Use Your Association's Electronic Payment Program .....	9
WellFit Grids.....	97-99
WellFit News .....	9
WellFit Wellness Days: Rejuvenate Your Lifestyle .....	80

### On the cover

Rosie (far left) and her singing, dancing "Rosettes" are poised to entertain and inspire in the upcoming "Remembering Rosie" show in OC Ballroom April 3, 4, and 5  
~See the article on page 7~

## Board of Directors Report

Marcia VanWagner, Director, SCLH Board of Directors



On February 20, about 20 residents attended the Annual Meeting of Members of the Lincoln Hills Community Association. And we even had free coffee! Because there was no quorum, the meeting was adjourned as no business could take place without a quorum. The Special Board Meeting was convened and the Board took care of annual requirements and then moved on to an unusual occurrence: appointing new Directors to vacant seats on the Board: Ken Silverman, Gay Mackintosh, and Marcia VanWagner. This is the second year in a row that new Directors were elected to the Board by acclamation. This 2014 Board of Directors is the first

Board since transition to have every Director appointed, rather than elected by you, the membership. I'll assume that all of you think this Board is doing a great job. Your 2014 Board of Directors is shown below.

At our Organizational Meeting, the 2014 Board elected its officers. Ken Silverman returns as President, John Snyder as Vice President, and Gay Mackintosh as Secretary. Jim Leonhard was elected Treasurer. I can tell you that the entire Board

wants this to be the best community we can have and that we all work very hard to achieve that goal.

Part of our work is serving as liaisons to the Association committees. Jim Leonhard, as Treasurer, will represent the Board on the Finance Committee, Marcia VanWagner will work with the Properties Committee, Marty Rubin will attend the Clubs & Community Organizations Com-

mittee, and Denny Valentine will be the liaison to the Communications & Community Relations Committee.

We have some challenges ahead this year. Water has been a big concern for the past few years and now the

drought has certainly brought us face-to-face with new issues. The Board, relevant committees, and staff are planning a coordinated response that makes sense for you. The interface between the Board, staff, and committees is very positive, making the job of keeping this community what we have come to expect almost easy. Thank you for the privilege of serving on the Board. We all look forward to our work for 2014.

"This is the second year in a row that new Directors were elected to the Board by acclamation. This 2014 Board of Directors is the first Board since transition to have every Director appointed, rather than elected by you, the membership. I'll assume that all of you think this Board is doing a great job."



This is your 2014 Board of Directors, from left: John Snyder, Ken Silverman, Marcia VanWagner, Gay Mackintosh, Marty Rubin, Denny Valentine, and Jim Leonard

## Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications



The Home, Health and Business Showcase will be held Thursday, April 17, 10:00 AM to 2:00 PM throughout Orchard Creek Lodge. This is your opportunity to visit with over 80 vendors providing services and products that are of interest to you and beneficial to your home maintenance. Most of the vendors are *Compass* advertisers and this provides you a good opportunity to meet with them in person as well as thank them for their continued financial support of our monthly magazine. Come on out, fill up on vendor goodies and visit with neighbors and friends you see. It's always fun and interesting.

The first day of spring is March 20, and our regular hours are now in effect. The Activities Desks are staffed from 8:00 AM until 9:00 PM Monday through Saturday and 8:00 AM to 5:00 PM on Sunday. To attend to administrative end-of-day business, no sales are made one hour prior to the close of the Lodge. Online sales are available 24/7 at [www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents).

Are you among the many who are tired of driving in circles or arriving early to get a place to park your vehicle at Kilaga Springs Lodge? Being an active community has its drawbacks when every person drives to participate in a class, meeting or game. Please coordinate with your friends and classmates to share a ride. Besides the obvious benefit of making more parking spaces available for others, ridesharing saves gas and brings people together. Aside from building a three-story parking lot, our only other options may be to cancel or reduce hours for your various favorite programs of interest. While there are parking challenges every day, we find that Wednesdays between the hours of 11:00 AM and 4:00 PM are especially tight. Thank you for your cooperation.

Be sure to check out the Community Perks listed on page 41. These perks are generally free of charge and provide you with interesting and fun things to do in the community. Happy Spring! I look forward to seeing you in the Lodge.

## Calendar of Events

March 15-April 30

Date	Event	Page #
03/17	Cosmology: "Dark Matter and Dark Energy"	23
03/17	Cosmology: "Cosmic Geometry"	23
03/17	"Internet Education for Genealogists"	29
03/18	Lincoln Organization: "Lighthouse"	31
03/18	Forum: It's Saudi Duty Time!	100
03/18-21	Multi-night Palm Springs	58*
03/20	Book Discussion: <i>A Being So Gentle</i>	25
03/20	Speaker Sierra College Veterans' Ctr. Coordinator	36
03/25	Concert: Tom Rigney and Flambeau	45
03/26	Forum: Don't Lose Sleep Over It!	9, 100
03/26	Bus Trip: Peter & the Starcatcher, Harris Center	51
03/27	"Plant Communication!"	28
03/27	Day Trip: Off to the Races	48
04/01	Bus Trip: Speaker Series — Ina Garten	58*
04/02	"Looking for Galaxies, Nebulae and Star Clusters"	23
04/02	Bus Trip: San Francisco for the Day	54
04/03	Speaker Joe Quinlan, Chief Strategist, Ivy Funds	30
04/03	Bus Trip: Ironstone Winery	58*
04/03-05	Tap Co. sponsored "Remembering Rosie"	7, 45
04/07	KS at the Movies: Breakfast at Tiffany's	41
04/08	Needle Arts Speaker: Stories with Dolls & Quilts	32
04/08	Bus Trip: Broadway Series — Sister Act	58*
04/08-09	Auditions for Vaudeville Troupe July Show	36
04/09	"Android & Internet Security"	26
04/09	"Basics of Shooting HD Video"	33
04/09	Bus Trip: Ring of Fire, Eldorado Hotel, Reno	53
04/09	Forum: The Donner Party: Weathering the Storm	100
04/10	The Latest in Low Vision Technology	28
04/10	Riding Wave of Evolving Low Vision Technology	28
04/10	Concert: "The Songs of Johnny Mercer"	45
04/11	"Password Managers"	27
04/12	Senior Softball League Fan Appreciation Day	35
04/14	Speaker Ed Harper, Birding Teacher	24
04/14	Document Destruction	41
04/15	George Burns Alive Again!	45
04/16	Bus Trip: Alasdair Fraser/Scottish Fiddlers, Harris Ctr.	53
04/17	Book Discussion: <i>Eighty Days</i>	25
04/17	Home, Health & Business Showcase	41
04/17	Bus Trip: SF Giants vs. LA Dodgers	54*, 58*
04/17	Forum: Personal Holocaust Survivor	100
04/22	e-Waste Recycling	41
04/22	Bus Trip: Alcatraz — SF Fisherman's Wharf	57
04/24	Red Hot Dinner/Dance Party	46
04/25	Music Group sponsors "Open Mic Night"	31, 41
04/25	Day Trip: Stockton Asparagus Festival	48
04/28	Concert: Richard Glazier	46
04/28-29	Overnight: Graton Casino and Cache Creek	57
04/29	Forum: Snakes: Facts, Fictions, and Phobias	100
04/30	Forum: Vitamins and Supplements	100

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

### Upcoming Association-Related Meetings: Date, Time, Place

March 15-April 30

Golf Cart Registration .....	Thursday, March 20, April 3 & 17, 9:00 AM, OC Lodge
Finance Committee Meeting .....	Thursday, March 20, 9:00 AM, KS Presentation Hall
ARC/Architectural Review Committee .....	Monday, March 24, 9:00 AM
New Resident Orientation .....	Monday, March 24, 1:00 PM
Board of Directors Meeting .....	Thursday, March 27, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting .....	Thursday, March 27, 10:30 AM
Board of Directors Executive Session .....	Thursday, March 27, 11:00 AM
CCOC/Clubs & Community Organizations .....	Tuesday, April 1, 9:30 AM
Compliance Committee Meeting .....	Wednesday, April 2, 10:30 AM
Elections Committee Meeting .....	Friday, April 4, 10:00 AM
Properties Committee Meeting .....	Tuesday, April 8, 1:00 PM
Listening Post .....	Wednesday, April 9, 9:00 AM
CCRC/Communications & Community Rel. ....	Friday, April 11, 9:30 AM
ARC/Architectural Review Committee .....	Monday, April 14, 9:00 AM
Finance Committee Meeting .....	Wednesday, April 17, 9:00 AM
Board of Directors Meeting .....	Thursday, April 24, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting .....	Thursday, April 24, 10:30 AM
Board of Directors Executive Session .....	Thursday, April 24, 11:00 AM
ARC/Architectural Review Committee .....	Monday, April 28, 9:00 AM

Meetings in OC Lodge unless noted otherwise.



Open Up Your Living Space with  
Phantom Retractable Screens



Let the fresh air into your home without unwelcome insects or glare of direct sunlight. Designed for doors, windows and outdoor living spaces, Phantom Screens is your premier source for all your retractable screen and shading needs.

Serving the greater Sacramento area since 1997, we've expanded our service area to include Placer & Nevada counties.

Call Ken Moller Construction, Inc.

License #815110

916.638.5078 or  
1.888.PHANTOM (742.6866)



Sales • Installation • Service

# Keep Your Trees and Shrubs Fit and Trim!

**A** - Affordability: our pricing will always be competitive

**C** - Competence: our Certified Arborists and Tree Workers are well trained

**O** - Organization: we are organized in our operations for prompt and timely service

**R** - Reliability: we return our phone calls and will be on time

**N** - Neatness: your property will always be left cleaner than when we arrive

- Tree & Shrub Pruning
- Tree & Shrub Removal
- Stump Grinding
- Cabling and Bracing
- Planting all sizes of Trees & Shrubs
- Fertilization
- Insect & Disease Diagnosis & Treatment
- ISA Certified Arborists
- ISA Western Chapter Certified Tree Workers

Fully Licensed & Insured  
Contractor Lic. #953007

**916-787-8733 (TREE)**



www.787tree.com • www.acornarbicultural.com

## Thinking of Selling?

Sharon Worman and Coldwell Banker Sun Ridge are still serving your Real Estate needs in "Lincoln Hills".

Over 25 years experience with Coldwell Banker in Sacramento and Placer Counties.

"On Site Resident Realtor"

[www.sharonworman.com](http://www.sharonworman.com)

**916-408-1555**



DRE.# 00905744

**COLDWELL BANKER**

SUN RIDGE  
REAL ESTATE



## Tips for Online Registration

Looking to attend a production in the Presentation Hall (KS)? For those wanting to sit among friends, you can specify your seats using the seating chart via online registration or with staff at the Activities Desks. If you are buying a single ticket and you have no seat preference, choose "First Available" under Ticket Selection Option. If you are buying more than one ticket, choose "Select Individual Tickets" and use the seating diagram to ensure that you choose seats that are side-by-side in the location you desire for you and your partner/group.

You can also access the seating chart in the Presentation Hall (KS) by going to the top of the lifestyle online webpage and choose CATEGORIES from the menu at the top, then choose ENTERTAINMENT. It will open you to a Calendar page. Choose the month of the Performance then find and click on what you want. It will open directly to the seating chart. Click the seat on the diagram you want and choose select; do this for each ticket you are purchasing. Seats that are already sold appear in blue.

**Reminder:** When making a payment online, **do not place spaces between the digits in your credit card numbers.** Placing spaces will result in an "Invalid Card" message.

Thank you for supporting online registration and printing your tickets from home. As you know, online registration offers many different ways to search for what you want to purchase. Next month we will provide helpful online registration tips for searching.

## Committee Openings

• There are ongoing openings to the seven standing committees of the Board of Directors. Complete details and contact information can be found on the resident website under the *Volunteer* and *News* headers. Below are the committees with current openings. Your interest and participation is paramount to the successful governance of your Association.

- Architectural Review Committee (ARC)
- Clubs & Community Organization Committee (CCOC)
- Communications & Community Relations Committee (CCRC)
- Elections Committee
- Finance Committee

• **Elections Committee Seeks Applicants for the 2015 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 2015 Elections Committee. The Term of the appointment is April 1, 2014 through March 30, 2015. The Board will interview applicants and appoint the 2015 Committee and Chair. Applications are available at the Orchard Creek and Kilaga Springs Activities Desks, or download the Committee Application from the Association Resident Form folder in the Document Library on the resident website.

### Activities News & Happenings

## Meet our New Lifestyle Entertainment Coordinator

Lavina Samoy, Lifestyle Manager

I am happy to introduce our Lifestyle Entertainment Coordinator, Deborah Meyer. Deborah has varied experience in entertainment, event planning and coordination, marketing and promotion. She is excited to be here and is diligently working to learn everything about the Activities Department and Association as a whole. You will see her in charge of all the events and planning the entertainment program with me for the remainder of the year. Please welcome her to our community when you see her at the shows.

Here are some of the shows and events that Deborah will be busy with over the next few months: Following the success of our New Year's Eve Party, we bring you **Red Hot Dinner/Dance Party on April 24** with DJ Tom spinning your favorite dance hits (page 46). Great concerts offering all kinds of music are ahead: Zydeco and Cajun music with **Tom Rigney and Flambeau on March 25** (page 45), Johnny Mercer classics from *Moon River to Black Magic* with the return of Linda Purl and Lee Lesack at **Too Marvelous for Words on April 10** (page 45); **From Gershwin to Garland on April 28** with award-winning pianist Richard Glazier telling stories with videos to accompany his masterful piano

playing of Hollywood classics (page 46); patriotic music with **The Red, White & Blue USO Revue** bringing back the **Swingin' Blue Stars of the USS Hornet on May 23** (page 46); and authentic American folk music from internationally celebrated **Rita Hosking and friends on May 29** (page 46).

We are also excited to offer a wonderful class for dog lovers — **dog training** is coming to our community! We recommend that you attend the **Introduction to the World of Positive Dog Training on April 23** before enrolling in the **Basic Dog Training** (both on page 71). The lecture will provide you with a great deal of information on positive dog training and a reward program for your four-legged friend.

Check out the Overnight and Multi-Day Trips starting on page 57. From **Fort Bragg Skunk Train** (page 58) to **Lake Tahoe Shakespeare Festival** (page 58) and **Casino Adventure Overnight** (page 58), we have a variety for you to choose from. We are sorry to disappoint I Love Lucy fans. Producers of I Love Lucy moved the event to a date which will not work for us. However, we hope you can join us for **Wild Magic** at Harrah's Showroom (page 57).



Deborah Meyer



**TRUST YOUR ACHING FEET TO THE CARING HANDS OF DR. KELLER, DPM**



Dr. Brian P. Keller, DPM

**ON SITE X-RAY & DIAGNOSTIC ULTRASOUND**

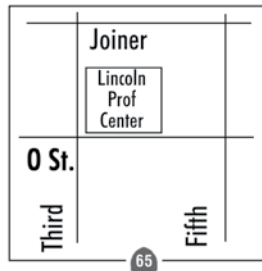
- Ingrown Nails
- Heel Pain
- Bunion Surgery
- Custom Arch Support
- Corns & Callouses
- Sports Injuries
- Diabetic Foot Care

- Plantar Fasciitis
- Hammertoes
- Flat Feet
- Diabetic Shoes
- Fungus Nail Treatment
- Nail Care

**916-434-6410**

LINCOLN PODIATRY CENTER  
1530 Third St., #208 • Lincoln

Minutes from Sun City  
Lincoln Hills



**CARPET CLEANING  
THREE ROOMS & HALL  
\$74.95** up to 500 sq. ft.  
includes free pretreatment!

*"I have been utilizing the services of Gold Coast Carpet & Upholstery Cleaning for many years. I can always depend on a thorough and professional cleaning service."*

Curtis B.  
Lincoln Hills Resident

**Additional Services**

- Teflon Protectant
- Upholstery Cleaning
- Pet Odor/Stain Removal
- Carpet Repairs
- Carpet Stretching
- Tile & Grout Cleaning
- Window Cleaning
- Solar Panel Cleaning

**GOLD COAST  
CARPET & UPHOLSTERY**  
OWNER OPERATOR \* LINCOLN RESIDENT \* IICRC CERTIFIED  
**916-508-2521**  
DEPENDABILITY \* INTEGRITY \* EXCELLENCE  
[www.GCcarpet.com](http://www.GCcarpet.com)

**What Are Your Retirement Needs?**

- ❑ Steady Income
- ❑ Preservation of Wealth
- ❑ Growth for the Future

Together we can create an investment plan tailored to your retirement needs.

Call for an appointment convenient to your schedule:

**Danny Stockton**

Financial Advisor  
Associate Vice President

**(916) 409-1300**

985 Sun City Lane  
Lincoln, California 62348



I Have Offered Investment Services for Over 19 Years

**STIFEL**

Investment Services Since 1890

Stifel, Nicolaus & Company, Incorporated  
Member SIPC & NYSE | [www.stifel.com](http://www.stifel.com)

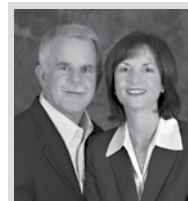
**Need help for a few hours daily, weekly, overnight or full-time care?**

**We can help!**



Give us a call if you or a loved one needs assistance with:

- Help after surgery
- Companionship/ Homemaking
- Physical Assistance/ Hygiene
- Dementia Care/ Alzheimer's Care
- Respite Care
- Hospice Care



Tom & Jennifer Bollum, local owners

**Call 916-302-4243**

1223 Pleasant Grove Blvd., #120 • Roseville, CA 95678  
Check us out at [www.rah-southplacer.com](http://www.rah-southplacer.com)



Cover article

Remembering Rosie

Get yourself “in the mood” for the April show!

Doug Brown, Resident Editor

The legendary Rosie the Riveter is coming soon to a Ballroom near you! Don't miss your chance to come to *Remembering Rosie*, the Tap Company's 2014 singing/dancing extravaganza, April 3-4-5, celebrating the women who worked to support the World War II effort.



Rosie, of course, was the celebrated “riveter” representing the many women who helped to manufacture ships and airplanes in World War II. The April show will feature Rosie and her four “Rosettes,” along with 65 other factory workers (women and men), soldiers, and sailors who will be singing and dancing throughout the show. They will delight you as they recreate the magnificent sounds of the Big Band era, along with those wonderful, tear-jerking favorites from the 1940s, “I'll Be Seeing You,” “I'll Get By,” “He Wears a Pair of Silver Wings,” “Sentimental Journey,” and “It's Been a Long, Long Time.”

The light-hearted production, written and directed by Peggy & Paul Schechter, who brought you last year's hit *Presenting Simply Broadway*, dramatizes the challenges women had to overcome when entering a man's world. The story features five night club dancers who join the ranks of women workers in a WWII aircraft factory, all the while wondering about the fate of the men who were away fighting the war.

Also featured in the show are an amazing variety of performances. Some of them combine our tap and swing dancers. Others showcase men's ensembles singing and dancing to songs like “What Do You Do in the Infantry.” And what would the music of this era be without the Landers Sisters trio singing toe-tapping “Boogie Woogie Bugle Boy,” “In the Mood,” and “Don't Sit under the Apple Tree” while our exciting tap dancers delight you. And you'll be sure to be blown away by the show's stirring patriotic finale!

*Remembering Rosie* will honor the Wounded Warrior Project along with women in our own community who worked in support of the war effort during World War II. Some of our own “Rosies” may be in attendance!



Photos, clockwise from upper right: Our Rosie Tappers; Boogie Woogie Bugle Boy; Sing Sing Sing; Strike Up the Band; Back Stage Crew Continued on page 11

Tickets for all four shows are on sale and going fast. Evening performances on April 3, 4, and 5 are at 7:00 PM, with a matinee show on April 5 at 2:00 PM. See page 45 of this *Compass* for further details. Come and enjoy Rosie—the—r-r-r-r-r—Riveter!



## Know how the tax rules change for Senior Taxpayers



The tax law has certain requirements and tax breaks that apply just to senior taxpayers. Being familiar with these rules could cut your taxes or prevent tax penalties. These rules include:

- A higher standard deduction at age 65
- A requirement to take out a certain portion of your retirement holdings every year once you reach age 70½, or face a 50% penalty
- A requirement to make quarterly tax estimates once tax withholding from wages ends (at certain income levels)

For details and other tax-cutting assistance, contact:

**Carolyn J. Riolo**

Certified Public Accountant

**(916) 771-4134**

1227 Pleasant Grove Blvd., Suite 100, Roseville CA 95678







**GUCHI**  
INTERIOR DESIGN  
*CREATING BEAUTIFUL HOMES*  
ONE ROOM AT A *Time*



**3RD YEAR IN A ROW**  
Call for an Appointment  
Today With the Finest Interior  
Design ~ Luxury Kitchen  
& Bath Remodel Team

- KITCHEN - BATH DESIGN & REMODELING
- CUSTOM WINDOW COVERINGS
- QUALITY FLOORING, CARPET, HARDWOOD & TILE
- CUSTOM CABINETS
- AREA RUGS & BEDDING

**KITCHEN & BATH REMODEL SEMINARS AT **

Topic: Bath Remodeling  
April 12, 2014 at 10am  
Please visit our website for details



10050 Fairway Drive  
Roseville, CA 95678  
**916.786.9668**  
*Showroom Hours*  
Monday - Friday 10 - 5  
Saturday 11 - 5  
**GuchiInteriorDesign.com**  
Contractor's License # 938832

## Just Imagine . . .

### A Beautiful & Healthy Smile

Whether you have your own natural teeth or you wear dentures, we can help you achieve your goal of a healthy and beautiful smile. Our fees are reasonable and we deliver dentistry in a gentle, caring environment.



**ATTENTION**

All AT&T/SBC Global Employees/Retirees and all Cigna Dental Plan Members! We are now a Contracted Provider for Cigna! If you have always wanted to be a patient of our office but did not call due to insurance, we welcome you NOW!

Call anytime to schedule an appointment.

**LIFE ENHANCING DENTAL CARE**

**Eat Better! Feel Better! Smile More!**

**Nelson J.O. Wong, DDS**

1510 Del Webb Blvd., Suite B106  
Lincoln, CA 95648

**(916) 408-CARE (2273)**

[www.LifeEnhancingDentalCare.com](http://www.LifeEnhancingDentalCare.com)



Most Insurance Accepted. Ask about our Senior Discounts and Interest Free Financing.

## WellFit News

## Rejuvenate Your Z's

Deborah McIlvain, Director of Fitness

Want more energy and better health? Embrace your natural sleep cycle. Below is an excerpt from the book, *Transformation Training*, by our own



Wellness Coordinator, Christine Epperson.

You may be getting your eight hours of sleep each night, but are they the right ones? To amplify

your body's healing potential in sync with nature's cycle, hit the sheets by 10:00 PM and rise at 6:00 AM. Darkness signals the pineal gland to release melatonin, which helps make you drowsy, stimulates the immune system, regulates estrogen, and may lower your risk of heart attack and cancer. Artificial light quashes the release of melatonin, making it harder to sleep when you go to bed and depriving you of optimal renewal. "When we stay up late, we disrupt our natural biological rhythms; this promotes depression, insomnia, chronic fatigue, constipation, and a host of other modern maladies," says Jay Glaser, M.D., and internist based in Southboror, MA. Sleep quality beats quantity, which means for most people, six hours of shut-

eye, from 10:00 PM to 4:00 AM. Your body peak time for the production of rejuvenating hormones may take more than eight hours after midnight. To reset your body clock without shocking your system, retire 15 to 30 minutes earlier each night until you're in bed by 10:00 PM. Not getting enough sleep raises your cortisol level which makes it difficult to maintain or lose weight. Limit your TV, computer, and electronic times to less than one hour per day. Turn off the devices one hour before bed and read, reflect or pray yourself to peaceful sleep.

WellFit classes offered that can help you relax, heal and sleep more soundly include:

- **Mind Training for Sleep** every Wednesday from 1:30-2:25 PM, KS
- **Qigong ("chee-gong")** on Thursdays, 1:00-2:00 PM, KS

For more information refer to pages 80-99 or [www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents).

**Save the Dates for these Wellness Days to Rejuvenate your Lifestyle:**

- **Brain Day** — Monday, May 19
- **Mind & Body Connection** — Tuesday, May 20
- **Walk-Run 5K (Benefiting Colon Cancer)** Farmers Market Day — Wednesday, May 21

## More Water and You

Bill Attwater, Properties Committee Chair

Last month in this column, I touched on the basics of water conservation. Just before publication we had a nice rainstorm and the hope was that more would come.



I think that rainstorm was just a tease. By now it's clear to me that the drought is real and we must live with it for the next year at least. I say this because I worked

for the California State Water Board for 35 years and when I retired I moved to Whidbey Island, WA and managed a private water company for eight years. I was also the Chair of the Island Co. Water Board for eight years.

The most common question that

comes up during a drought or in serving a perpetually water short area is "why don't coastal cities just desalt sea water?" The short answer is that desalination, which is the process of removing salt from water, is expensive. It takes more energy to desalinate water from the ocean, San Francisco Bay, or the Salton Sea in southern CA than to obtain it from most other sources including the streams and rivers in northern CA.

Desalination of course starts at sea level. It takes a huge amount of power to remove the salt and then it has to be pumped uphill to customers which takes more power. The desalination process also produces a large amount of "hard brine" which is difficult to dispose of without harming the environment. Many cities and water districts have looked at the fiscal and environmental costs over

## Aging Well

## Do You Sleep Beautifully?

Shirley Schultz, Health Reporter

Someone once said, "Why is it called "beauty sleep" when you wake up looking like a troll?"

Good quality sleep is a basic need that eludes many of us as we age. Poor sleep contributes to premature aging and even death in some instances. Now is your



chance to learn about sleep disorders and possible treatments from an expert by attending the Community Forum on **March 26, "Don't Lose Sleep Over It! A Closer Look at Sleep Disorders"** (see page 100).

Leaving sleep disorders discussion to the expert, the remainder of this article will address what we ourselves can do to improve the quality of our sleep. Sleep hygiene refers to practices and habits that are conducive to regularly sleeping well. A patient education summary from the University of Maryland Medical Center describes the problem: "Poor sleep habits are among the most common problems encountered in our

*Please see "Aging Well" on page 37*

the last 40 years and, while pilot projects have been built, the final conclusion has been that desalination is not yet cost effective.

Another question frequently asked in California is "Why not build more dams?" There are already thousands of dams in California and most of the good dam sites have been taken. Most of the locations that remain require very large, expensive dams that would not yield a lot of water and, like other options, the cost would be high. Raising some existing dams is an option that is under study

Finally, I should mention that water use in our homes can be lessened if we shower rather than filling a tub. And I am talking about a ten minute or less shower. The shorter the shower, the greater the savings and don't forget to use a low flow shower head!



## “Spring is the Time of Plans and Projects”\*

Mark Hutchinson, Chair Architectural Review Committee

With spring just around the corner, now is a wonderful time to start planning and executing those exterior improvement projects you have been considering all winter long.



Exterior improvements requiring Architectural Review Committee (ARC) review and approval include a wide variety of items that are listed in detail in the Sun City Lincoln Hills Community Association’s Design Guidelines Handbook. The majority of projects currently being reviewed fall into the following major categories: Exterior Painting, Landscape and Irrigation, Hardscape, Solar Energy Systems, Yard Decorations, Home Additions, Patio

Covers and Drop Shades. These improvements are in keeping with the overall community aesthetics and continue to enhance the value of the community.

The Community Standards Department has created helpful checklists for the various types of improvement projects to assist in the application process. These are available at Orchard Creek Lodge or online at the residents’ website.

There have also been many detailed articles and Community Forums recently regarding water conservation and the current drought conditions. The ARC is also very aware of the impact these have on planned projects and is working in conjunction with the Compliance Committee and our Garden Group to develop

resource documents for residents that address *Drought and Frost Tolerant Plants* and *Proper Irrigation System Installation and Maintenance*. These resource documents should be available to all residents around the end of March.

If you need any assistance in completing your application or want to discuss the appropriateness of your proposed improvements prior to formal submittal, the Architectural Review Committee members are available to meet with you to discuss your project after the regularly scheduled ARC meetings.

The Architectural Review Committee is looking forward to assisting you with the approval of your spring improvement plans and as Robin Williams said in the past, “**Spring is Nature’s way of saying Let’s Party.**”

*\*Leo Tolstoy, Anna Karenina*

## See What's New at Kilaga Springs Café

Jerry McCarthy, Director of Food & Beverage

**K**ilaga Springs Café has updated its menu, has a new logo, and changed its coffee distributor to Rogers Family Coffee, roasted right here in Lincoln. We are especially proud to be serving this fresh, locally brewed coffee, and best of all you can enjoy a cup for only \$1 per cup every day. This is an excellent value, and owner



and founder of this family business, Jon Rodgers, shares a philosophy much like our own. “If you are going to put forth a product, it should be head and shoulders above the rest.”

Our new Café menu has excellent breakfast selections of house-made quiche, assorted freshly baked pastries,

and morning egg sandwiches for the early risers. There are also a wide selection of hand tossed salads, freshly grilled Panini, and custom built sandwiches. In addition, Kilaga Springs Café offers daily specials for under \$5. The menu will change and evolve based on your feedback, so please, let your thoughts be known to our staff at the Café.

The beautiful outdoor setting at Kilaga Springs Café with its babbling brook and outdoor seating make this a great place to meet up with friends and family for a bite to eat and something to sip on. Remember, we also serve wine and beer. The menu is perfect for a refreshment prior to or after your fitness workout, spa treatment, activity or class. And don’t forget, you can bring your refreshments into the Presentation Hall (KS).

Kilaga Springs Café is open seven days a week, Monday-Saturday 6:00 AM-4:30 PM, Sundays 8:00 AM-4:00 PM. Before you know it, the Café will be offering live music with happy hour offerings for summer. Take a moment for yourself and grab a \$1 coffee with family and friends and enjoy the beautiful surroundings.



Kilaga Springs Café



Kilaga Springs Café — outside entrance

### Upcoming Meridians Events:

**Easter Brunch Buffet:** Sunday, April 20, 10:00 AM-3:00 PM. Don’t miss out, make your reservations now. *Omelet Station, Carving Station, Hot & Cold Buffet, Eggs Station, and Chocolate Fountain & Dessert Extravaganza.* \$30 for adults, \$15 for children 7-12 years of age, plus tax and gratuity. Adults over 90 and children under six are free. Reservations and pre-payment are requested.

**Murder Mystery Dinner:** — *Murder Under the Big Top:* Wednesday, April 23. Each guest will be right in the middle of the action. Only \$65 (inclusive) includes a complimentary cocktail and buffet dinner. The first 40 guests will receive their character assignments and all the details. Costumes encouraged. Reservations and prepayment are requested.

**Cinco de Mayo:** Monday, May 5. Food and drink specials all day long. Live mariachi music during lunch. Reservations strongly recommended.

For details and complete menus, please go to [www.meridiansrestaurant.com](http://www.meridiansrestaurant.com) or ask at Meridians hostess stand. **Please see our ad on page 64.**



**WE LOVE THE FIFTIES**

**LINCOLN HILLS COMMUNITY CHORUS**

**SPRING CONCERT**

**Mark your calendars for this upcoming concert!**  
**You will surely hear some of your favorite songs that were popular in the "50's." Songs such as "Stand by Me," "Sh-Boom," "Moment to Remember," "Dream," and "Blue Moon" will be part of the concert program. The Lincoln Hills Community Chorus has sold out their recent concerts so be sure to get your tickets now!**

**Sunday, May 4 • 2:00 PM**  
**Monday, May 5 • 7:00 PM**  
**Tuesday, May 6 • 7:00 PM**

**All concerts are in the Orchard Creek Ballroom**  
**Ticket prices are: General \$13 Priority \$18**

### The Spa at Kilaga Springs

## **A Special that Gives You a Taste of Different Treatments**

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

[www.facebook.com/SpaAtKilagaSprings](http://www.facebook.com/SpaAtKilagaSprings) [www.twitter.com/KilagaSpa](http://www.twitter.com/KilagaSpa)

As we "spring" into a new season, our theme ties into "Breakfast at Tiffany's." Along with the Activities Department, we will sponsor the monthly movie presentation held at Presentation Hall (KS) the first Monday of the month at 1:30 PM. The team at The Spa will be at the doors at 1:00 PM to hand out coupons each month.

Since Holly Golightly was a person who liked to try everything she saw while gazing into the store windows, we decided to offer a special that gives you a taste of several different treatments we provide in one service.

Our specials will now run from the first of the month to the end of the month rather than the 15<sup>th</sup> to the 15<sup>th</sup> in order to give you the opportunity to view them and make your reservations early.

- **Massage Sampler:** 60 minutes. \$65. 15 minutes each of Hot Stone, Swedish, Reflexology and a Dead Sea Salt and Cane Sugar Hand Scrub/Treatment.
- **Sensitive Skin Facial:** 60 minutes. \$85. **Calming Recovery Facial:** 60 minutes. \$85. Skincare will debut a new "Sensitive Skin" Facial to cater to Rosacea since April is National Rosacea Month. This facial will feature holistic teas with rose hips, heather, lavender, elderberry, a soothing balm, a blueberry mask and peel, and will appeal to any and all dealing with sensitive skin issues, be it compromised health, af-

fects from medications, or rosacea itself.

I would also like to invite any club to The Spa to sponsor a month where you can receive massages or facials at a reduced price during that month. If you have an annual event or cause or just like to do something fun or different, please call and let us set it up for you.

Remember, The Spa is a place of wellness and affords you a quality of life. Please feel free to stop in and consult with me on how we can create a program for you to improve your physical health, increase your stamina and flexibility, and help prevent you from injuries.

**Please see our ad on page 94.**



**Call to book your appointment today • 408-4290**

**Monday thru Friday 9:00 AM-6:00 PM Saturday 9:00 AM-5:00 PM**

**Gift cards at: [www.kilagaspringsspa.com](http://www.kilagaspringsspa.com)**







## Spring Events

### Flower Display

~ March 27/28 Kilaga Springs Lobby

### Home Garden Tour

~ April 24 View Various SCLH Gardens

### Rose Show/Competition

~ April 26/27 Orchard Creek Lobby

### Bonsai Display

~ May 10/11 Community Living Room (OC)

## NEIGHBORHOOD WATCH PRESENTS

OUR ANNUAL SPRING SAFETY SYMPOSIUM

## SAFETY BY THE NUMBERS

**When:** Tuesday, April 22, 2014  
**Time:** 1:00 PM to 3:00 PM  
**Where:** Orchard Creek Front Ballroom  
**Special Guest:** Rex Marks, *Lincoln Police Chief*  
**Guest Speaker:** Gary Leonard, *Retired Police Chief*



**Special Guest: Lincoln Police Chief Rex H. Marks....** Chief Marks believes the community plays a role in keeping Lincoln safe by helping reduce the crime rate until more officers can be hired. Crime rates: California = 34 per 1000 people; Lincoln = 16 per 1000; SCLH = less than 5. Neighborhood Watch **does** make a difference.



**Back by Popular Demand...** Chief Leonard is a retired Law Enforcement Officer with 50 years experience, a lecturer on Crime Prevention and very well known to residents of Sun City Lincoln Hills. He has extensive knowledge of: House Security, Avoiding Scams and Personal Safety & Security.



**TEAMWORK: Together we achieve the EXTRAORDINARY!**

## Lincoln Hills Senior Softball League

\*\*\* 2014 Fan Appreciation • Opening Day \*\*\*

Del Webb Field • Saturday, April 12 • Starting at 8:45 AM

Enjoy Food, the Games & Our Opportunity Drawing



Come join our fun Sunday Practice • Play like we did years ago when we were kids or even if you have never played. Co-ed. Begins mid-March, weather permitting.



## Lincoln Hills Writers Write One, Write All

*Find writing support in your local SCLH's writers' community*



### Writers Group

Bring those pages stuffed gently away in your bedside table or hiding on your computer. In a supportive small-group environment, you're invited to share your musings with the Writers Group. Our members cover the spectrum from new writers sharing

their first words to experienced writers sharing the pages of their next book.

Writers Group meets the second, fourth and fifth Monday of each month at 6:30 PM in the Ceramics Room (OC).

**Contact:** Bev Brannon – bevbrn49@aol.com

### Authors Resource Group

Have you finished your first, second or third draft and you're ready to edit or publish your manuscript? Join the Authors Resource

Group. We'll support you on the road to publishing. Network with other SCLH writers and get information on professional editing, traditional publishing, POD (print on demand), e-publishing, and marketing.

Authors Resource Group meets monthly. Please contact Linda Bello-Ruiz for time and location: 543-7952, lmbelloruiz@gmail.com.





**COCHRANE WAGEMANN**  
 FUNERAL DIRECTORS FD305

*Family Owned—Community Focused*

**916.783.7171**  
 103 Lincoln Street, Roseville, CA  
 COCHRANEWAGEMANN.COM



**DODGE ELECTRIC**

**Stephen Dodge**  
 Over 35 years experience / Lincoln Hills Resident

**SCLH Resident Discount**

Business **916-209-3566**  
 Cell **916-626-9190**

**Security Lighting • Ceiling Fans • Recessed Lights  
 Dryer Circuits • Golf Cart Circuits • LED Lighting**

**Free Estimates • Cont. Lic. #964034**



**Home Repair Services**

Reliable, Quality Work  
 Call for FREE Estimate  
**(916) 240-0071**

- Painting
- Plumbing
- Fans
- Light Fixtures
- Fence Repair
- Sprinklers
- & More

**Curt Bartley**  
 Owner/Operator  
 Bartley Properties  
 Lic. 871437



**Keller Williams Realty**  
 Village 10 Resident

**John Perez DRE # 00763471**  
 Broker Associate

362 Marigold Lane  
 Lincoln Ca 95648

916 543 0943  
 jjpj56@sbcglobal.net



**Julie O'Leary**  
 Medicare Solutions Advisor

Protecting Your Health and Wealth  
**AFFORDABLE CARE ACT 2014**

- Medicare Plan Options
- Retirement Planning
- Life Insurance
- Long Term Care

Email: [jolincoln65@yahoo.com](mailto:jolincoln65@yahoo.com)  
 CA Lic # OH78050

**916.253.3771**



**MARTINEZ LANDSCAPING**  
 INSTALLATION/REPAIRS/RENOVATION  
 CONTRACTOR LIC. #691773

**CALL NICK 916-709-6533**

**CONCRETE, SPRINKLERS RETAINER WALLS  
 DRAINAGE, SOD, PLANTS LIGHTING, FENCES**

**SENIOR DISCOUNT**

**Comp-Solve Computers**  
 916-435-4293  
 In Home Computer Service

**Lincoln Hills Special**  
**\$69 for a 1 hour call**  
 Outside Lincoln Hills \$79

**Ask Me About**  
**New Windows 7**  
**Computers!**

**Your Certified Computer Tech is Steve**  
 Thank You Lincoln Hills!

**Customer Testimonials - www.Comp-Solve.com**

Mailing address- 6518 Lonetree Blvd. #190, Rocklin, CA 95765

- Upgrades
- Repairs
- Wireless
- Tune-Up's
- Email
- Virus
- DSL



**Streamline Your Morning Mirror Time**

Permanent Make Up does just that!  
 Take advantage of \$100 price reduction!  
 Custom Facials, Waxing, Galvanic and  
 Microdermabrasion treatments available.

**FACE works™**

**916-223-2870**  
[www.faceworks.us](http://www.faceworks.us)

**Pam H. Cooper**  
 Permanent Makeup Consultant

GIFT CERTIFICATES ARE ALWAYS AVAILABLE



**Library News**

**An Author with a “Twist”**

*Sandy Melnick, Library Volunteer*

One of the most interesting authors of fiction is Jeffrey Archer — an Englishman who writes about families and enemies residing in both England and America. He really involves the reader throughout the novel and always throws in a “twist” at the end of the book. Look for his books in both the paperback and hardbound shelves

Check out the history and politics section of the Library. This area is next to the windows at Kilaga Springs Library. In this

section you will find a vast assortment of U.S. history by such well known authors as Thomas Friedman, Bob Woodward, David McCullough, etc. There are many books about the political parties and the men and women who share in the decision making.

The Library volunteers and everyone using the Library (KS) and Community Living Room (OC) really appreciate your donations. Please remember to look at the publisher’s date before donating. We can only accept books published

2006 and later due to very full shelves. If you have a question about donations, please call Sandy Melnick (408-1035).

We are always looking for volunteers. If you have some time to share, please call Sandy Maloff (408-2368).

Other contacts are: Investment materials — Cleon Johnson (408-5648) and Community Living Room (OC) — Nina Mazzo (408-7620).



**2014, Off to a Good Start**

*Hank Lipschitz, Finance Committee Chair*

**O**ur Auditors, Levy, Erlanger & Company CPA’s, have now completed the financial results of 2013 and I am happy to report that our final results were a bit better than reported last month. We finished 2013 with revenue in excess of expenses of \$256,060 and our Staff received high marks from the



Auditors for this process. A copy of the final audit report will be distributed to all members very soon.

January results were favorable to budget by \$43,931. Administrative expense was favorable due to savings for postage (no Board election this year), and delayed billing for audit and other miscellaneous items. The Spa at Kilaga Springs continues

to be very popular and turned in another profitable month. Other departments were close to budget but look better due to delayed billing in the month. Food & Beverage missed budget partially due to closure for replacement of HVAC roof units at Orchard Creek Lodge.

At month end we had \$4,853,523 in the Operating Fund of which \$1,307,285 was in the Settlement Proceeds Fund and \$8,912 was in the Building/Capital Enhancement Fund.

The Reserve Fund stood at \$4,882,261. While virtually all our funds were invested in FDIC-insured accounts or Treasury securities, the Board adopted the Finance Committee recommendation for a new Investment Policy that will improve interest income while remaining fiscally conservative. This will be accomplished by Staff working with a Professional

Investment Manager and moving to a wider range of conservative fixed income  
*Please see “Finance” on page 43*

**Go Green — Use Your Association’s Electronic Payment Program and Help Improve the Planet**

Sign up for email statements and ACH payment of your Association assessments and save energy.

Have you ever stopped to consider how much energy it takes to process a payment using a check? Multiply this by thousands of payments and it is a lot of energy. Wood from our forests is harvested and processed, using caustic chemicals, into paper to make the check and envelope you use to send the payment. The same process is used to manufacture the statement form you receive every quarter. Bulk paper is heavy and it takes a lot of energy to ship it from place to place. The United States Postal Service uses small trucks, large trucks and airplanes to move mail from the sender to the recipient. All of this consumes precious fuel and costs you money.

Join the Green Revolution and do your part to protect the planet. A simple one-page form is all it takes. Please visit the Membership Desk at Orchard Creek Lodge or call Marcy at 625-4024 and sign up today to receive the peace of mind knowing your assessments are paid on-time every quarter and you are reducing your carbon footprint.

**Statement of Operations YTD — 12/31/13**

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance
	Actual	Budget	
Homeowner Assessments & Other	\$633,686	\$635,093	(\$1,407)
Administration (Expense)	(161,002)	(176,994)	15,992
The Spa at Kilaga Springs	3,160	160	3,000
Fitness	(31,473)	(32,501)	1,028
Activities	(24,268)	(27,581)	3,313
Rec. Center / Maintenance	(186,002)	(195,073)	9,071
Landscape Maintenance	(152,156)	(171,456)	19,300
Food & Beverage	(46,769)	(40,403)	(6,366)
Capital Asset	0	0	0
<b>Net Revenues (Expense)</b>	<b>\$35,176</b>	<b>(8,755)</b>	<b>43,931</b>





We know you're busy! Let Lincoln Laundry Service do the dirty work for you! You call, we pick up, wash & deliver!

**Some things that we can do for you:**

- Next day or same day delivery
- Separate all clothes with like colors
- Inspect pockets for miscellaneous items
- Inspect garments for treatable stains
- Special detergents available on request
- All loads washed separately
- Professionally fold & package all pieces
- 10 lb. minimum • Ironing services
- Clothing on hangers available
- Dry cleaning delivery services



**Lincoln Laundry Service**  
**(916) 662-6601**  
 Veteran Owned and Operated  
 Discounts Available

**Use Your Guest Bedroom For More Than Just Your Guests!**

**Over 1500 SCLH Installations**



**Only 16" deep when closed**

**Folds down in just seconds to a comfortable bed with a REAL mattress**

**More comfortable, easier to use and takes up less space than any sofa bed, futon or blow up air mattress**

Minimum inconvenience, 1 Day Installation  
 See how easy it is to raise & lower and listen to what your SCLH neighbors have to say at: [www.easywallbed.com](http://www.easywallbed.com)

Visit our Showroom or CALL for a **FREE In-house Consultation!** **(916) 258-7564**

<b>\$250 OFF</b> Deluxe Queen Size Murphy Bed	<b>FREE</b> Queen Size Mattress	<b>FREE GIFT</b> Deluxe Hardware or Crown Moulding, Your Choice!
--	------------------------------------	---

**OVER \$600 in savings!**  
**Don't miss out on this limited time special**



**THE CLOSET DOCTOR**  
*The Cure For The Common Space*

CA 757092

**Carolyn Properties**

Our Family Means Business  
 We Have Been Serving Lincoln Hills Since 1999  
 Integrity - Exceptional Service - Outstanding Results  
 Together We Serve You Better



[www.CarolanProperties.com](http://www.CarolanProperties.com)  
 945 Orchard Creek Lane, Suite 300, Lincoln, CA 95648



**Courtney Carolan Arnold**  
 916.258.2188  
 Property Manager  
 CA BRE # 01471287



**Penny Carolan**  
 916.871.3860  
 Broker, Top Selling Agent 2012 & 2013  
 CA BRE # 01053722



**Megan Carolan**  
 916.420.4576  
 Realtor  
 CA BRE # 01937273



## Lincoln Hills Women of Military Service, We Salute You!

Dee Hynes, Roving Reporter

While “Rosie the Riveters” were called to serve in the workplace in WWII, thousands of women answered their own call to serve in the military throughout the years.

Here we honor Lincoln Hills women for their military service. We recognize their sacrifice, pride, time and the commitment they gave during their military duty.

World War II motivated **Darlene Dyar** to drive 100 miles in a snow storm to join the Navy WAVES. She served three years as a yeoman in Chicago as a bookkeeper for four ships’ stores. Chicago was quite a transition from her upbringing on a farm in a small South Dakota town which had a one-room schoolhouse.

**Marilyn Cain**, a California native, served as a yeoman after joining the Navy WAVES in WWII. Stationed at the WAVE headquarters in San Francisco, during her breaks she occasionally visited the Opera House while the United Nations Charter was being drafted there.

A Virginia City, Nevada, silver miner’s daughter, **Anna May Hart** served in the Navy Nurse Corps for a year during the Korean War. She was stationed in Balboa Naval Hospital in San Diego.

**Jane Madsen** served as an Army nurse for six years supporting the military families with her specialty in pediatrics and neonatal care. In Hawaii, she also met the medivac flights from Japan and Vietnam. The last 20 years of her military career was in the Reserves except for being called to active duty for Desert Storm.

**Marlys Clapp** served as an Air Force flight nurse accompanying the Vietnam wounded from the Philippines and Hawaii to Travis AFB. She was on active duty five years and served in the Reserves for two.

**Lorraine Bivalec**, an Army nurse, served in the field with the 45<sup>th</sup> Surgical Hospital in Vietnam. Lorraine’s Commander was killed the first night Lorraine arrived for duty. She said that she grew up in Vietnam; she lived every day as if

tomorrow wouldn’t be there. Lorraine was on active duty four years and in the Reserves for 23 years.

Their reflections on their service is positive: “I developed lifelong friendships I cherish... It helped me define my faith in ways I would never have thought of... I learned what the rest of the world was like... I met people from all walks of life... I received an education I would never have received anywhere else.”

We have many more women residents who have served. Our neighbors tend to be soft-spoken about their con-

tributions. You may discover wonderful stories if you explore with friends, “Did you serve?”

To all our Lincoln Hills women veterans, we thank you for your service.



Clockwise from back left: Marlys Clapp, Marilyn Cain, Anna May Hart, Darlene Dyar, Jane Madsen (Lorraine Bivalec, not pictured)

## Lincoln Hills Foundation Reports Active Year with 4000 Volunteer Hours

Dave Hathaway, Lincoln Hills Foundation

“Seniors Helping Seniors” is more than a motto or catch phrase for the governing members of the Lincoln Hills Foundation (LHF). Since its inception in 2001, The Foundation has continued to develop creative and diversified approaches to issues common to seniors in SCLH and the greater Lincoln community.

“Our mission,” according to Foundation President Jerry Johnson, “is to promote and fund innovative solutions that enable senior residents of the community to enjoy their independent lifestyles.”

To that end, the Board and Advisory Please see “Lincoln Hills Foundation” on page 21



Lincoln Hills Foundation Bingo





### R & S AUTO REPAIR

AIR CONDITIONING  
TUNE-UPS • ELECTRICAL  
CARBURETOR • BRAKES  
FUEL INJECTION

- Routine maintenance and most warranty work available
- 10% off with this ad
- 4½ miles south on Hwy 65 off Sunset Blvd., Rocklin
- Rides available

## 645-2293

3626-A CINCINNATI AVE. • ROCKLIN

## GRUPP & ASSOCIATES REAL ESTATE & LENDING

SUN CITY LINCOLN HILLS  
RESIDENT REALTORS SINCE 2003

*Always Serving Your Best Interest!*



Jean Grupp,  
Broker

Bob Grupp,  
Realtor

— Office —  
(916) 408-4098

— Cell —  
(916) 996-4718

Thirty-five years of Real Estate Experience  
LISTINGS & SALES ~ HOME LOANS

CALL TODAY FOR —

- A Complimentary Analysis of your Home's Current Value
- Competitive Interest Rates for Home Purchase/Refinance

DRE# 00599844 / 01291341 ~ NMLS# 289623

STRUCTURAL **FINDLEY** ORNAMENTAL  
**IRON** SINCE 1988 **WORKS**  
B - C51 License # 530311 License # 813868

150 Mandarin Hill Rd (off hwy 193) Newcastle, 95658  
look for our Red Dragon on hwy 193 between Lincoln & Newcastle

(916) Phone: 663 - 1887

Custom Garden Art  
Garden trellises  
fences

Security  
Doors  
Gates

www.findleyironworks.com



# DYNAMIC PAINTING, Inc.

Commercial • Residential • Industrial



Licensed & Insured CLN #740008

## Why Choose DYNAMIC PAINTING, Inc?

- Over 1200 Jobs Completed in 10 Years in Sun City Lincoln Hills & Roseville
- 15 Years of Good Standing with State of California Contractor's Board
- Exterior Painting
- Custom Interior Painting
- Expert Color Consulting
- Fence and Garage Floor Painting
- Small Jobs Okay
- Call for your "Free" Quote Today

## (916) 532-2406

www.dynamicpaintinginc.net

## An Opportunity to Enrich Your Life in Lincoln

### Lincoln Wine Fest

*Al Roten, Roving Reporter*

Lincoln Rotary has partnered with the Downtown Lincoln Association and Placer Vintners Association to bring an exciting event to Lincoln on April 26. This annual event provides not only a day of fun and enjoyment, but many opportunities to expand your appreciation of our historic downtown and increase your involvement in the community.

The Lincoln Wine Fest will be held on Saturday, April 26 from 1:00 to 5:00 PM. Participants will check in at a booth in Beerman Plaza and get an identifying wristband and wine glass. Then you will

be free to roam a two-block area — about 20 stores and restaurants — of Downtown Lincoln, where products of 15 Placer County wineries and about 10 Lincoln restaurants will be available for sampling. This is certain to make you aware of shops and services you have passed by but haven't entered in the past. There will be music throughout the day. After your sampling, bottle sales will be available back in Beerman Plaza. Advance tickets are \$35 at [www.lincolnwinefest.org](http://www.lincolnwinefest.org), or \$40 at the event in the plaza. What a great opportunity to become familiar with downtown merchants for future shopping excursions. And, by supporting them, you are supporting the tax base that pays for Lincoln fire, police, and library services.

There is yet another opportunity for finding fun and helpful things to enrich your life experiences. That is to volunteer to help with the wine making process. Many wineries welcome help with picking and processing grapes at harvest time.

If this seems to be something you would enjoy, go to [www.placerwine.com](http://www.placerwine.com)

where you will find location and contact information for 20 local wineries.

Lincoln Rotary's goal is to have us become familiar with our downtown merchants and to appreciate the quality wines offered by Placer County wineries.

Lincoln Rotary, a service organization of 55 members, has been serving our city since 1925 — almost 90 years! They hold fund-raisers yearly and annually distribute about \$30,000 to our Lincoln youth and many other community causes. They also provide hands-on support through numerous projects throughout the year. This is an energetic and vital group of people who are always welcoming new members who wish to give back. Visit their website at [www.Lincolnrotary.org](http://www.Lincolnrotary.org). Then get out, enjoy and appreciate our wonderful city!



*Lincoln Rotary, the Downtown Lincoln Association and Placer Vintners Association bring an exciting event to Lincoln on April 26*



*Dave Wegner of Pescatore Vineyard and Winery serves at Wine Fest*

## Remembering Rosie *Continued from page 7*



*Rosie the Riveter — The Entire Cast and Crew*



**BELLA VISTA DENTAL**  
**(916) 543 - 4400**  
 \*WE ACCEPT INSURANCES!\*

**\*WE OFFER DISCOUNTED RATES WITH OUR MEMBERSHIP PLANS!\***

<p>OUR SPECIALS:          EXAM, X-RAYS, &amp; CLEANING          PAY ONLY \$100          (SAVE OVER \$200!)</p>	<p>FREE          SUDOKU          BOOK!</p>
--	--

**\*NEXT TO LINCOLN HILLS IN TWELVE BRIDGES\***

**EAGLE PLUMBING**  
*and roofer*

**24 Hour Emergency Service**  
**For Your Total Plumbing Needs**

**Tim Martin**  
 Owner

Lic. #870411  
 (916) 645-2500  
 (916) 645-2540 Fax




**Service — Repair — Installations**

**Good Value**   
 Heating and Air Conditioning

**Glenn Julian (916) 532-7252**

**“Just an old-fashioned, honest job at a fair price — that’s good value.”**

<b>\$30 off any repair</b>	<b>Free service call &amp; estimate for any repair</b>	<b>Tune-up for \$44.95 — save \$20</b>
----------------------------	--	--

[www.GoodValueHeatandAir.com](http://www.GoodValueHeatandAir.com)

**Lenora Harrison**  
*Serving our clients every step of the way since 1996*

**Nobody does SCLH better!**

**916-765-4188**  
 BRE#01229917



**COLDWELL BANKER**  
 SUN RIDGE REAL ESTATE

Visit our website@[WeSellSunCity.com](http://WeSellSunCity.com)  
**Coldwell Banker Sunridge Real Estate**  
 Each office independently owned and operated

**Top Producer Specializing in 55+ Communities**

**Anne Wiens**  
 Broker/REALTOR®  
 CNE, SRES, e-PRO  
 Life Masters Club Member  
 Coldwell Banker International President's Elite  
 CA Brokers License #01425896  
 Email: [YourAgentAnne@yahoo.com](mailto:YourAgentAnne@yahoo.com)

Thinking of buying or selling? Visit [ActiveAdultPlacer.com](http://ActiveAdultPlacer.com) or call 916-847-6006

**COLDWELL BANKER**  
 SUN RIDGE REAL ESTATE

*Each office independently owned and operated.*

**STATE FARM®**  
 Coverage You Need From a Name You Know.  
 Providing Insurance and Financial Services

**Christine Taylor**  
 State Farm Agent

6671 Blue Oaks Blvd, Ste 3B, Rocklin, CA 95765  
[Christine.Taylor.g12t@statefarm.com](mailto:Christine.Taylor.g12t@statefarm.com) [www.ChristineTaylor.com](http://www.ChristineTaylor.com)

**916-408-1408**

**State Farm™**

State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL

Auto Home Life Health Financial Services

**SUNnection**  
 Get connected!

**Photovoltaic Solar Power Systems Provider**

- ✓ 30 Years General Contracting Experience
- ✓ Personalized customer service
- ✓ Thorough site assessment
- ✓ Accurate, prompt, non-invasive installation process
- ✓ Competitive pricing
- ✓ When you call SUNnection, you speak to an owner
- ✓ Guaranteed Satisfaction!

**Call or visit our website for a free estimate!**

[www.sunnection.com](http://www.sunnection.com)  
 Facebook: [www.facebook.com/Photovoltaic](http://www.facebook.com/Photovoltaic) **(916) 662-4772**  
 CA Contractor's License # 949454

**KIP ELECTRIC**  
**“LINCOLN'S HOMETOWN ELECTRICIAN”**

- Recessed Lighting
- Spas/Hot Tubs
- Ceiling Fans
- Golf Cart Plugs
- Patio/Landscape Lighting
- Phone/CATV Lines
- New Circuits
- Freezer Plugs
- and much more

**\*FREE ESTIMATES**  
**\*Fully Insured**  
 \*Member Lincoln Chamber of Commerce

**434-8262**

*Serving Lincoln Hills since 2004*

Lic. # 848044




## Lincoln Hills Foundation

*Continued from page 17*

Board members donated 4000 hours to promote and implement Foundation programs. New for 2013 was a free professionally moderated lecture series covering topics relevant to seniors including estate planning, investment and tax strategies, and planned giving. Due to positive feedback and support, this series will return in 2014. Also new last year was a block of six CPR, AED and First Aid Training Courses with a licensed professional trainer sponsored and underwritten by the LHF. If you missed out, these will also be offered in 2014.

Since 2001, The Foundation has awarded almost \$190,000 in grants to area groups and organizations serving

"It is important to note that no administrative costs have been, nor ever will be, charged against these donations. All donated and planned giving monies will be used to fulfill current and future grant requests to support the needs of seniors."

the needs of seniors. In 2013, Foundation grants totaling \$25,454 went to local senior interests. Monies raised through the sale of DineAroundShopAroundLincoln Coupon books and nine Bingo sessions allowed the Foundation to cover operating expenses and to offer CPR training and educational seminars. In addition, donations totaling \$52,402 were received in 2013 from individuals, groups and organizations.

President Johnson said, "It is important to note that no administrative costs have been, nor ever will be, charged against these donations. All donated and planned giving monies will be used to

fulfill current and future grant requests to support the needs of seniors. The LHF Board's financial responsibility is to maintain and grow an endowment that will ensure a stable source of grant funding in good times and bad."

For more information on the Lincoln Hills Foundation, please visit our website: [www.lincolnhillsfoundation.org](http://www.lincolnhillsfoundation.org).



*Lincoln Hills Foundation  
President Jerry Johnson*



### Neighborhood Watch

## The Power of "Yes"

### Meet Richard Moore

*Patricia Evans*

What a difference four "yeses" make! Richard Moore said "yes" to becoming a Mail Box Captain ten months ago. Then he also said "yes" to also becoming the Coordinator for Village 21. The next two "yeses" propelled him into a Neighborhood Watch Board position and being elected Assistant Executive Director. And "yes," he still holds all of these positions!

"I have always enjoyed the satisfaction of helping others through community and public service," said Richard. It was this goal that guided him to a career in police work after doing patrol "ride alongs" with his brother-in-law. He progressed through the ranks to the duo assignment of Chief of Police and City Manager of Atherton, California.

A highlight of his career was a police-sponsored Boy Scout Explorer troop led by Richard, which produced five policemen, three of whom eventually worked for Richard, and one replaced him after his 31-year career in law enforcement.

"To find someone who has the time, ask a busy person," is true in Richard's case. He volunteers with Neighbors In-Deed, the Lincoln Parks and Recreation Committee, and the California Peace Officers' Memorial Foundation. The latter celebrates the lives of police officers killed while on duty with a yearly May memorial service on the California capitol grounds.

Richard and his wife, Patricia, have lived in Lincoln Hills for two years. They find that Neighborhood Watch

#### Neighborhood Watch Contacts

- Larry Wilson, 408-0667  
mvw6@sbcglobal.net
  - Pauline Watson, 543-8436  
frpawatson@sbcglobal.net
- Neighborhood Watch Website**  
[www.SCLHWatch.org](http://www.SCLHWatch.org)



*Richard Moore, Assistant Director of  
Neighborhood Watch, wears many hats  
in this organization*

encourages a warm, positive, and caring environment. And to all of these, they say "yes!"

Please turn to page 32 for important words of wisdom from Richard Moore.



# PROFESSIONAL PAINTING

- Custom Painting
- Color Consulting
- Drywall Repair



- Floor Epoxy
- Pressure Washing
- Deck Sealing

(916) 212-2663 cell (916) 828-8439 office

SORIN MOCAN, Owner

Lic. #723597 Insured & Bonded

Free Estimates

## Senior Care Clinic

Medical Care in the privacy and comfort of home or place of residence (Independent Living, Assisted Living, Memory Care or Board & Care Homes).

**SeniorCareClinic.org**  
**(916) 416-1378**

We also assist in helping families find appropriate community resources such as RN/LVN services, private caregivers, home companions, wheelchair transport services, and others.

89 Lincoln Blvd., Ste 100  
Lincoln, CA 95648



**HOUSE CALLS**

# Sullivan Insurance Group



## GET PROTECTED THIS SPRING SEASON

- Senior Life Insurance
- Long Term Care Insurance
- Wealth Protection From Taxes



**Michael C. Sasko, MBA**  
President, Sullivan Insurance Group



CALL AND SCHEDULE AN IN-HOUSE VISIT

**(916) 802-0638**

email: michael.sasko@gmail.com • web: www.oneamerica.com

Have a charity to nominate? Let us know!

Mike supports his charity of the month: Women's Empowerment



## Enjoy the Sun with Eye-Q Optometry

Eye-Q Optometry carries a variety of sunglasses for your prescription and non-prescription needs to help you enjoy the sun!

Come in today to see all the styles!

916.434.6225  
167 Lincoln Blvd #102  
Lincoln, California 95648

*Maui Jim*

www.EyeQOptometryLincoln.com

Emergency Care 916.667.6916

Maui Jim Welcomes to color

medicare

vsp

EyeMed VISION CARE

Blue Shield of California



## MELTON FINANCIAL GROUP

Call Us Today 916.772.2477

For more information about attending one of our Dinner Workshops and how to schedule a 'No Cost' Financial Analysis & Second Opinion

*There is No Obligation*

With over 50 years of combined experience, the Melton Financial Group Wealth Advisory has assembled a team of specialists who provide advice to help navigate today's financial landscape.



We are an Independent Firm and are not tied to any specific product.



Securities and Advisory Services offered through NPC. Member FINRA and SIPC. MFG, BBB and NPC are separate and unrelated companies.



## Club News



### Alzheimer's/Dementia

#### Caregivers Support Group

Please mark your calendar for Wednesday March 26 at 1:00 PM and plan to attend the Caregiver's Support Group discussion session led by Anne Spaller from del Oro Caregiver Resource Center. Benefit from the brainstorming that occurs as the group works to solve problems raised by members, and find answers in areas relating to challenging behaviors, and daily caregiving issues.

New members receive a packet of materials to help you "get started" on the caregiving journey. Participating in a support group can help you feel less isolated, give you a sense of control, improve your coping skills, allow you to talk openly and honestly about your feelings, reduce stress, develop an understanding of what lies ahead, and compare resources, such as doctors, and alternative options to daily care.

We meet in the Multipurpose Room (OC) and hope caregivers will join us.

**Contacts: Judy Payne 434-7864;**

**Cathy VanVelzen 409-9332;**

**Maria Stahl 409-0349**



#### Antiques Appreciation

We continue to greet new people at our meetings, so the new room is working out perfectly as we hoped! The more the merrier! And we do have fun! In March one of our members displayed her collection of Toby Mugs from England and gave us a brief history. We all learned a lot



Lunch at Meridians  
after the meeting

and thoroughly enjoyed the presentation! Thanks so much for sharing! We have another great program coming up in April! Two of our members will be showing and telling about their collections. One is of Franciscan Ware Apple design pottery made by Gladding McBean and dated back to 1940! Also we'll be treated to vintage collectables of the late movie star of the 1930s, Shirley Temple!

If you collect or just enjoy antiques, please join us on the first Monday morning of each month at 10:00 AM in the Gables Room (OC)!

**Contacts: Rose Marie Wildsmith 409-0644; Barbara Engquist 434-1415; Antique Appraisals 408-4004**



#### Astronomy

Monday, March 17. Cosmology Interest Group (CIG), Fine Arts Room (OC) at 6:45 PM. Continuing the DVD series "Cosmology – The History and Nature of our Universe." These lectures by Professor Mark Whittle are an excellent simple explanation of the Big Bang Theory. This month's lectures will be "Dark Matter and Dark Energy — 96%" and "Cosmic Geometry — Triangles in the Sky." Contact Morey Lewis [eunmor@pobox.com](mailto:eunmor@pobox.com) or 408-4469 for more information.

Wednesday, April 2, 6:45 PM, P-Hall (KS). "Looking for Galaxies, Nebulae and Star Clusters." Join Ron Olson to learn about telescopes, deep sky objects including galaxies, nebulae, and star clusters, and how to locate and view them.

Meetings: Astronomy Group meetings are held at P-Hall (KS). What's New in Astronomy/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](mailto:rolson@starstream.net); Nina Mazzo 408-7620 [ninamazzo@me.com](mailto:ninamazzo@me.com) Website: [www.lhag.org](http://www.lhag.org)**



#### Ballroom Dance

So, how are you doing on those New Year's resolutions? Was learning to dance one of them? There's still time to start! In March, we will learn the smooth and versatile Foxtrot. In April, add

Latin spice to your life, join us and learn the ChaCha. By learning a couple of basic steps to start with, you will be ready to join the fun. Our group meets on Tuesdays at Kilaga Springs Lodge. Beginner's lessons are from 2:00-3:00 PM, social dancing hour follows from 3:00-4:00 PM. Need some extra help with the lesson? Our experienced, patient, and friendly instructors



Sheila  
&  
Garry  
Pitt

will be on hand to help. Or, just enjoy the music and the socializing during the open dancing hour. At 4:00-5:00 PM, the more advanced lesson in the monthly dance will be taught. All lessons are included in the \$7 per year club dues. We are looking forward to seeing you!

**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 second or third Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be April 9 and May 14. 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 Friday, April 18 at *Casa Ramos* and Tuesday, May 6 at *Original Pete's*. Meet in front of OC Lodge by 11:15 AM to carpool to the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan. **Contact: Joan Logue 434-0749, [joanlogue@sbcglobal.net](mailto:joanlogue@sbcglobal.net)**



#### Billiards

##### The Shooters

- Eight-Ball Singles 1:00-4:00 PM First Wednesday
- Nine-Ball Singles 1:00-4:00 PM Second Tuesday



- Eight-Ball Doubles 1:00-4:00 PM  
Third Wednesday  
All games at KS.
- Eight-Ball Singles February 5  
Winner: Dale Hurlbut  
Runner-up: Steve Brown
- Nine-Ball Singles February 11  
Winner: Joe Perez  
Runners-up: Ed Ryan, Bob Armour,  
Bob Maske and John McKinney
- Eight-Ball Doubles February 19  
Winners: CV Orr and Clyde McFadden  
Runners-up: Rich Lund and Ed Ryan,  
Chet Lelio and Bob Doney



February 11 — Nine Ball Singles winner Joe Perez and runner-up Ed Ryan; February 19 — Eight Ball Doubles winners CV Orr and Clyde McFadden



The Shooters Travel Team won the tournament with Sun City Roseville's Team February 7. Congratulations to our team for retaining the trophy.

**Contacts: Jim Immel 434-2918; Darrell Rinde 253-7602**

### Challengers Billiards

Every Friday from 10:00 AM to 12:00 PM, the Challengers Group plays seven games of partner eight ball (1/15). Designating the one and 15 balls to be pocketed in the assigned side pockets adds a strategic component to the regular eight ball game. We also time our games at 17 minutes each to speed up play and add a little spice to the game.

This is a fun and challenging environment for the mid-level to advanced player. The last Friday of each month is sign-up day for the following month.

Congratulations to our recent winners:

- First place: seven games: Bob Soriano,

Joe Perez, Bill Kim; six and a half of seven games: Bill Huth. Special recognition to Bob Soriano for running seven balls in a row to win the game.

- Second place: six of seven games: Ed Schneider, Gary Smith, Ted Baker, George Black, Lyle Moore, Bob Wehner.

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

### Couples Billiards

On week one of this playing period, David Manwaring/Chiquita Fratto and Joe/Shirley Varner tied with five wins. Three teams tied for second place with four wins.

Week two had a three-way tie of five games. Those teams were: Bob Soriano/Doyle Coker, Jim/Barbara Conger and Dan Oden/Gail Harmon. Again, three teams tied for second with four wins.

Week three had a two-way tie of five games. Those teams were Bob Soriano/Doyle Coker and Dan Oden/Gail Harmon. Three teams tied with four wins this week also.

On week four, Ron/Sherry Weech won all six games. Ahmed Jhanda/Peshu Irani won five games. This week, four teams tied with four wins.

The final week of play brought us a two-way tie of five wins. Those teams were Del/Veronica Torres and Jim/Barbara Conger. This week also had four teams winning four games.

There are too many ties to name in second place.

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

### Players Billiards

Every Thursday from 2:15-4:30 PM in the Billiards Room (KS), our group of mid-level skilled players enjoys seven games of Eight Ball timed at 17 minutes each game. The advance sign-up binder is on the fire-place. You will have different partners and opponents most games. It's free and fun... come join us!

Congratulations to our recent winners:

Seven games: Dan Oden, Doyle Coker; six of seven games: Doyle Coker, Dan Oden, Dennis Dreiling, Joe Perez, Ken Hawley, Bob Soriano, Larry White; five of seven games: Rita Baikauskas, Dan Oden,

Jim Boekel, Ziggy Brien, Bill Huth, Doyle Coker, Bob Bienkowski, Del Torres, Dennis Dreiling, Phil Berlenghi. Four of seven games: Sylvia Gutierrez, Larry White, Phil Berlenghi, Chiquita Fratto, Jack Fabian, Veronica Torres, Del Torres.

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

### Upstarts Billiards

*"When dreaming of time to pass away  
Think about Billiards; the game to play."*

Ever given a thought to Billiards? Our Upstarts Billiards Group is for beginners-to-average players; we play Standard Eight Ball on Thursdays, between 11:45 AM and 2:00 PM at the Billiards Room (KS). Why don't you come see what the fun is all about!

- Winners six games: Stephen Baron (a one of a kind!).
- Winners five games: Gary Averett, Margrit Blanc, Frank DeMasi, Bill Evans, Connie Hoetger, Gary Hoffman, Hart Sissingh, Audrey Thrall, Joan Wendell.

Sign-ups last Thursdays, each month, Billiards Room (KS), 11:30 AM.

**Contacts: Rita Baikauskas 408-4687; Phyllis Borrelli 543-3528; Dan Oden 408-2687**



### Bird

On April 14, the Bird Group is looking forward to a presentation by Ed Harper. Ed is a popular speaker at The Central Valley Birding Symposium. He also teaches birding and leads wildlife tours all over the world. Be sure to join us on the second Monday of April at 1:30 PM in the P-Hall (KS) to hear Ed's informative talk and see his many beautiful photos.

March 22, a Saturday, our bird walk will be along the 12 Bridges Trail and will include Coyote Pond, a nice area to see waterfowl. Then on April 5 we drive to Vic Fazio Yolo Bypass Wildlife Area to check out the many birds that winter there. Afterwards we will enjoy lunch in Davis. Our spring-like weather should make these outings great fun!

**Contact: Kathi Ridley 253-7086, kathiridley@yahoo.com Lh\_bird\_group@yahoo.com**

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



### Bocce Ball, Mad Hatters

"The team who originally tosses the pallino, whether successfully or not, throws the first bocce ball."

"The initial pallino thrower always throws the first bocce ball."

The above quotes are from two separate sources for Bocce rules. The reason we mention it is because someone questioned why we do things the way we do, and rather than just say, "because we've always done it that way," I thought I'd go to the source. Other groups may play with different rules but that's the way we've always done it. I suppose it might depend on what the meaning of "originally" or "initial" is. We did find one set of rules to the contrary but most agreed with our approach. If you'd like to be the first to throw the pallino, come join us at the Bocce courts at 10:00 AM on Thursdays.

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



### Book, OC

The story of Rachael Donelson Jackson begins with accounts of her family's migration, her first marriage, her divorce, and her subsequent elopement with Jackson. It then features Jackson's military career (with Rachel staying home and taking care of their property), concluding with his campaign and election. Join us Thursday, March 20 at 1:00 PM in the Multipurpose Room (OC) to discuss *A Being So Gentle: The Frontier Love Story of Rachel and Andrew Jackson* by Patricia Brady.

Remaining 2014 Schedule:

- April 17 — *Eighty Days* by Matthew Goodman
- May 15 — *The Aviator's Wife* by Melanie Benjamin
- June 19 — *The Light between Oceans* by Margot Stedman
- July 17 — *How to Eat A Cupcake* by Meg Donohue
- August 21 — *The Cuckoo's Calling* by JK Rowling
- September 18 — *Killing Lincoln* by Bill O'Reilly

- October 16 — *Pride and Prejudice* by Jane Austen
- November 20 — *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce
- December 18 — Holiday Luncheon

**Contacts:** Penny Pearl 409-0510; Darlis Beale 408-0269;

Dale Nater 543-8755

**Website:** <http://LHocbookgroup.blogspot.com/>



### Bosom Buddies

#### Breast Cancer Survivors

Our precious member, Flo Hansen, passed the afternoon of Friday, February 21. Flo was a survivor and fighter of breast cancer for eight years. She was such a beautiful person who gave friendship to so many people. She will be so missed by so many friends and acquaintances.



Flo is on the bottom right of this group picture

There will be a celebration of her life on Wednesday April 2 with an open house between 1:00 and 6:00 PM at Patty McCuen's home. Please join us.

**Contact:** Marianne Smith 408-1818

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



### Bowling

Rolling into our third Position Round, first place Hot Shots — Lois Dye, Rita Wilks, Betty Tucker, Herb Hays. Second place Alley Katz — Kris Elliott, Judy Hubbard, Jeanne & Jay Zincke. Third place, About Time — Gail Holms, Feli Kimball, George Newman. We were sorry to see Tom Naylor leave the team for health reasons but I am sure he will be rooting for his team. Fourth place, Niners — Dan Street, Lou Pansky, Becky and Richard Madrid. These teams are all within

two to three games apart so going down the stretch it could be anybody's win for Second Half winner.

Men's High Scores — Dave Fisk, Horace Snowden, Dave Quarte, Steve Kriner and Davis Peyton.

Women's High Scores — Bobbie Spiess, Pat Fisk, Arlene Smith, Elaine Yamasaki and Terri Jones.

Will be looking for new members and subs for next year. If you would like to sub and get to know our league this year, contact Joan.

**Contact:** Joan Gates 253-9415



### Bridge, Partners

#### Thursday Evening First & Third

Let's play Social Bridge. Bring your partner and join us. Reservations are recommended, but not required. Give us a call and we will enter you and your partner on the list or just show up and take your chance to play. We start promptly at 6:00 PM in the Sierra Room (KS) and finish at 8:30 PM. Please arrive a little early.

February 6 winners — First: Erika Wolf and Edith Kesting, second: Reta Blanchard and Bev Ansbro; third: Ben & Kay Newton; and fourth: Bob & Lorraine Minke. Judy Barkhust and Mary Bailey had the high round of 1,600.

February 20 winners — First: Erika Wolf and Edith Kesting; second: Chris Jacobson and Jay Feldman; third: Nadine Buckmiller and Sue Cirerol; fourth: Jerry & Sharon Kluball. Joe & Rose Phelan had the high round of 2,180.

**Contact:** Lorraine or Bob Minke 408-4009

#### Thursday Evening Second & Fourth

If you want to play partners bridge, give us a call, and we will put you and your partner on the play list. Or take your chances and just show up, and you get to play if we have even pairs and a maximum of 28 couples. We start promptly at 6:00 PM in the Sierra Room (KS), and we finish at 8:30 PM. Please keep the conversations low when your tables are finished, it's a very small room.

January 23 winners — First: Erika Wolf



and Edith Kesting who also had the high round of 1310; second: Dwight Curry and Bruce Fink; third: Joanna & Alan Haselwood; fourth: Marlene Harner and Basil Molony.

February 13 winners — First: Reta Blanchard and Nadine Buchmiller; second: Kay & Ben Newton; third: Jim & Shari Kiley; fourth: Chet Winton and Ralph Madsen. The high round of 1400 went to Sylvia & Jay Feldman.

**Contacts: Dolores Marchand 408-0147; Carol Mayeur 408-4022**



**Bridge, Duplicate**

Our club hosted the popular exchange with Sun City Roseville on Wednesday, February 12. After the buffet brunch, bridge players were evenly divided into three sections. We used the home field advantage to win all three sections in the N-S direction and one section's E-W division. The Roseville club will host their half of the exchange this summer.

Save the dates of May 26-June 1 for the California Capital Regional to be held at the Sacramento DoubleTree Hotel. For details see the district website ([www.d21acbl.com](http://www.d21acbl.com)).

Lincoln Hills residents are welcome at our duplicate bridge sessions each week in the Kilaga Springs Lodge as follows:

- 12:30 PM Wednesdays with bridge lessons beginning at 11:45 AM;
- 5:00 PM Fridays;
- 12:30 PM Saturdays.

We have sections for new or less experienced players: a "199er" on Wednesday and a "299er" on Saturday. Current Wednesday lesson topics can be found on the home page of the club website ([www.bridgewebs.com/lincolnhills](http://www.bridgewebs.com/lincolnhills)).

**Contact: John White 253-9882; Website: [www.bridgewebs.com/lincolnhills](http://www.bridgewebs.com/lincolnhills)**



**Bridge, Social**

We play every Friday from 1:00 to 4:00 PM in the Sierra Room (KS). Join us for a fun afternoon of Social Bridge. You must make a reservation to play. Please call if you need to cancel. You do not need a partner but must arrive *before* 12:45 PM to assure a place to play.

Winners for January 17 through February 14 — First: Joe Phelan, Neil Wilson (2xs); Jack Henricks and Judy Ganulin. Second: Lynda Sader, Jean Richards, Ralph Madsen and Bob Belknap (2xs); third: Alan Hazelwood, Joan Schabillion, Richard Lund, B.J. Parkinson and Peggy Schmidt; fourth: Jodi Deeley, Judy Ganulin, Chet Winton (2xs) and Ralph Madsen.

Reservations: March & April — Ralph Madsen, 408-7670, and Jim Busey, 408-0671.

Reservations: May & June — Rosey Peasley, 253-7414, and Chet Winton, 408-8708.

**Contact: Jodi Deeley 208-4086, [jodi@wavecable.com](mailto:jodi@wavecable.com)**



**Bunco**

February was full of life in the Cards Room (OC) as many were hooping and hollering as they got Buncos. For those of you not sure what a Bunco is you should join us sometime and find out.

The Bunco Club would like to extend a personal invite to you. We encourage and welcome both men and women. Please consider joining us the third Thursday of the month at 9:00 AM in the Cards Room (OC). Bring a friend or meet some new ones! Enjoy in the fun for only a \$5 play fee! Bunco games start promptly at 9:00 AM.

*February winners:* Most Buncos — Betty Wink; Most Wins — Sara Klesius; Most Losses — Sandy Pavlovich; Traveler — Sharon Chipman.

March Bunco: Thursday, March 20 at 9:00 AM in the Cards Room (OC).

**Contact: Kathy Sasabuchi 209-3089**



**Ceramic Arts**

Happy St. Patrick's Day! Reminder: CAG dues are now due and payable. You must be a CAG Member to participate in the Saturday and Sunday CAG Workshops after your third visit. See a Monitor or contact Ed Hanson at 253-3950 for more information.

CAG "Workshops" are held at OC on *Saturdays*, 9:00 AM-3:00 PM, and *Sundays*, 12:00-4:00 PM; KS workshops are *Mondays*, 1:00-4:00 PM for Earthenware and *Sundays*, 1:00-4:00 PM for Spanish Oils. "Open Stu-

dio" is available to all residents: *OC Fridays only*, 1:00-5:00 PM and *KS Sundays only*, 1:00-4:00 PM. Again, check the bulletin board and studio windows for any changes in times/closures.

**Contacts: OC Pottery Ed Hanson 253-3950; Mike Daley 474-0910; KS Earthenware Marty Berntsen 408-2110; KS Spanish Oils Margot Bruestle 434-9575 Website: [www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents), Groups, Ceramic Arts**



**Chorus**

Our spring concert is titled "We Love the '50s," and so will you when you come and revisit the great music most of us grew up with.



*We're loving the '50s at rehearsal*

We'll bring you songs like "Beyond the Sea," "Blue Moon," "Lipstick on Your Collar," "Love Potion Number 9," "Only You," and "Where or When." "Moments to Remember" and "Unforgettable" describe them all.

As a special bonus, the outstanding Lincoln High School Choir will join us to round out the program.

See page 45 for details about our three performances on May 4-6. They're sure to sell out, so get your tickets now!

**Contacts: Bill Sveglini 434-5655, [sveglini@gmail.com](mailto:sveglini@gmail.com); Sid Frame 408-1453, [sflincoln4fun@starstream.net](mailto:sflincoln4fun@starstream.net) Website: [www.lincolnhillschorus.org](http://www.lincolnhillschorus.org)**



**Computer**

Main Meeting: April 9, 6:30 PM — "Android & Internet Security" by Len Carniato. Using the Internet has become a way of life for most of us, and without it we would feel isolated and cut off from friends, email, texting, banking, medical, news, and more. With recent breaches of security at retailers like



*"Android & Internet Security" on April 9 presented by Len Carniato*

Target, LivingSocial, Evernote, and others, we should be at our best, in securing on-line accounts & passwords and lowering our risks.

- Clinic: April 11, 3:30 PM — Internet security conversation will continue with demonstrations, and Q&A, of password managers such as "RoboForm," "LastPass," and others. We'll also demonstrate easy ways to create "easy to remember," "hard to crack" passwords.

- Ask the Tech: April 25, 10:00 AM. Informal Q & A session for any and all technical questions. Multipurpose Room (OC).

*\*\*Note\*\* — Pay close attention! Times & places have changed for 2014!*

**Contact: Bob Ringo**

**president@sclhcc.org**

**Website: www.sclhcc.org**



### Mac User

If you like "All Things Apple," you will be glad to know that Apple is building a contemporary show-



*Ken Silverman's iPad presentation;  
Jeff Hanner creating video —  
Photos by Irwin Maloff*

room in Union Square, with two-story glass doors and a striking glass facade. It may become an architectural destination and a retail store.

Please note that the April 8 General Meeting will be held in the P-Hall (KS). Ken Silverman will explore Apple and other mail services, and show how to get them, keep them safe, and select the best one. This is also Opportunity Drawing Night, so bring your card for some exceptional prizes.

On March 27, Andy will present an Educational Seminar on the new iPhone 5-S, and dazzle you with its capabilities. On April 3, he will lead a Newbie Seminar on using Safari.

Your MUG support staff is all-volunteer, including Jeff Hanner (photo) who is taping our seminars to post on our website. Coming soon!

**Contact: Henry Sandigo (415) 716-**

**0666, [hsandigo@gmail.com](mailto:hsandigo@gmail.com);**

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



### Country Couples

March is extremely busy for the Country Couples (CC) dancers. Our St. Patty's Day dance was held March 7 with a capacity crowd enjoying the tunes of DJ Gordon Hunt. Festive leprechaun top-hats decorated each table with shamrocks, beer mugs, and gold coins gracing the green tablecloths, setting the mood for a festive evening. Participants contributed delicious potluck dishes, and several won novel door prizes. With one day of rest, many of the couples attended the first of the 2014 Sunday Dances at OC Ballroom.

With membership at 114, many have expressed interest in learning some line



*Instructor Jeanie Keener  
dancing with Ernie Wilson*

dances that are popular at several outside venues. Hence, Jeanie Keener, our CC dance instructor, is conducting Friday afternoon classes teaching old standard line dances.

The CC booth was one of the most popular at It's the Lifestyle! held March 13. Interest appeared high in our club which offers so much fun, exercise, and friendship.

**Contact: Kathy or René Lopez**

**434-5617**



### Cribbage

Cribbage Club plays 8:00 AM-12:00 PM Tuesdays at the Card Room (OC). A six-game mini-tournament starts at 9:00 AM. We play four-handed partner games, adding a two-handed or three-handed game when necessary or a sit-out when required by the number of players. We use a rotation system to mix players. We generally have 16 or more players so there is plenty of room for more to come and join the fun.

**Contact: Bob Frank 408-7444;**

**Ken Von Deylen, 599-6530**



### Cyclist

Some riders have problems shifting gears at the proper time.

Your bike could have as many as three chain rings in front and a cassette on the back wheel with up to eleven gears, so it can be confusing.

After riding for awhile you will get used to using the left shifter for the front derailleur and the right shifter for the rear derailleur.

When climbing hills, use the smaller chain rings in front and the larger gears in back to make it easier.

When shifting, slightly ease off on the pedals or your chain may jump off. Don't wait until you are into a climb to shift.

Never "cross chain." This is when you are using the biggest chain ring in front and the largest cassette gear. This will cause stress to the chain.

Inexperienced riders should pay attention to what gear the riders around them are using.

**Contacts: Steve Valeriote 408-5506,**

**[jillsteval@gmail.com](mailto:jillsteval@gmail.com)**

**Website: [www.LHcyclist.com](http://www.LHcyclist.com)**





## Dominoes

### Mexican Train

We play every Wednesday, 9:00 AM to 12:30 PM in the Card Room (OC). All skill levels are welcome. We always have a teacher available to introduce you to this fun game.

There are many variations of rules for Dominoes, we play tournament style and have written rules. Let's see who can get the lowest score in the group. Come for the fun.

**Contacts: Cora Peterson 543-7144;  
Sandy Pavlovich 543-0467**



## Eye Contact

### Low Vision Support

Next meeting: April 10, 1:00-3:00 PM, P-Hall (KS).

1:00 PM: Edward (Ned) Long of A&E Low Vision Products will introduce us to the latest in technology on the market.

2:00 PM: "Riding the Wave of Evolving Technology." New technology combined with blindness skills can replace eyesight in up to 99% of normal daily living activities.

Feature — "Sarah's Day" in her own words.

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



## Fibromyalgia/CFS

Our support group members are considering a reorganization. Due to the "It's the Lifestyle!" event (Clubs Expo) in March we are not meeting this month. Our hope is to continue offering residents of SCLH support, information and an opportunity to share your experience in living with Fibromyalgia, Chronic Fatigue and other chronic pain issues. If you are experiencing symptoms that include joint and muscle pain which seems to move from location to location and fatigue that does not go away, if you are often feeling "foggy" (we call it "fibro-fog"), you might be living with these conditions. If you would like to talk with one of our group members, we are happy to answer questions based on our experience. Please call Sandy, Shirley or Jackie.

Written by Sandy Barry.

**Contacts: Sandy Barry 209-3247;  
Shirley Lincoln 543-9480; Jackie  
Wilson 253-3744**



## Garden

General Meeting on March 27, 2:00-4:00 PM, (KS). "Plant Communication!" is sure to be a hot topic of conversation the next time you are alone in your garden or out with a group of your human friends! Our guest speaker will be Kevin Hocker, who is a certified arborist.



*Arborist at  
Work; Spring  
Flower Show*

If you have not renewed your Membership for 2014 by now, you will not be on the membership/check-in list for the March meeting. You will need to register as a new member. There will be a "Flower Display" before the meeting. Between 1:00-1:45 PM at KS, please check-in a flower, a bunch of flowers, or a floral display using flowers *grown in your own yard*. You will receive participation tickets for the Home Depot door prizes. Contact Arden Bendorf (408-4882) for details.

*Brown Bag Sales* available before the meeting. Contact: Madelynn Mossar (434-6153).

**Contact: Lorraine Immel 434-2918,  
limmel@ssctv.net; Virgil Dahl  
408-3748, hasbeenvd41@att.net**

## Bonsai Group

The Bonsai Group meets the third Thursday of each month (February through July) in the Multimedia Room (OC), 10:00 AM to 12:00 PM. Interested members are welcome! We are currently learning different *Bonsai Styles* and preparing for a Bonsai Display for the community.



*Bonsai  
Styles —  
Informal  
Upright*

**Contact: Larry Clark 409-5214,  
lkclark@surewest.net**



## Gem and Mineral Society

California gemstones are on display at the Orchard Creek Lodge display case.

In March, our meeting will be at 4:00 PM on the 31<sup>st</sup>.

Our club sponsors the Lapidary and Jewelry Lab. Mondays 8:00 AM to 12:00 PM. The charge is \$5 per each two hours spent in the lab. Funds go to refresh equipment and supplies. Shop Master is Dave Fisk.

Chuck DiFrenzo is available in the Monday Lapidary and Jewelry Labs to provide assistance in jewelry fabrication and repair. He starts at 9:00 AM. Those of you familiar with Chuck know that he has created custom jewelry for many years, and has taught the jewelry fabrication class here at Kilaga Springs Lodge.

We belong to the California and American Federation of Mineralogical Societies.

Lapidary and Lost Wax classes are no longer taught. If you're interested in these subjects, talk to Dave Fisk.

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

**Website: [http://sites.google.com/  
site/lincolnhillssuncitygems/home](http://sites.google.com/site/lincolnhillssuncitygems/home)**

## Gem and Jewelry Open Workshop

The Gem and Jewelry Workshop is open most Mondays, 8:00 AM to 12:00 PM. The shop has equipment to do lapidary (stone cutting and polishing), lost wax casting (gold or silver), metal enameling, and metal jewelry fabrication. This equipment is for use by residents, with assistance from a shop master or lab monitor. Cabochon gem cutting instruction is available by arrangement with the shop master.

Chuck DiFrenzo is available to assist in silversmithing during the labs starting at 9:00 AM.

This equipment is open to use by experienced persons (after orientation) or those who have completed the Intro to Gem Cutting, Lost Wax Casting or Jewelry Fabrication class.

Use lab and equipment including diamond saws, grinders, polishers and drill, and lost wax, jewelry enameling and jewelry fabrication equipment. Some projects may require purchase of expendable supplies.

Maintenance Fee \$5 per two-hour session. Shop Master: Dave Fisk.

**Contact: Dave Fisk 434-0747, [dave.fisk@yahoo.com](mailto:dave.fisk@yahoo.com)**



### Genealogy

The Genealogy Club monthly meeting (March 17) will feature guest speaker Pat Kinzie. The topic is "Internet Education for Genealogists" Improve Your Research Skills." The location remains the P-Hall (KS) at 6:30 PM. Ms. Kinzie, a professional genealogist, has a B.A. degree in History, University of California, Santa Barbara, a certificate in Genealogy from Boston University, and she is a member of the National Society of Daughters of the American Revolution.

Patricia Kinzie specializes in New England 1600's, migrations to Midwest in the 1800's to California. Pat is also a neighbor, a resident of Lincoln. She enjoys developing complete genealogy for the family, noting various social, political, economic and religious backgrounds, and showing the family's contribution to American history. Remember the date — March 17.

The door prize for members only is a Sony Cyber-Shot Digital Camera. Immediately following the meeting there will be a social gathering directly across the hall.  
**Contacts: Maureen Sausen 543-8594; Arlene Rond 408-3641;**  
**Website: [www.webflavors.com/lincoln](http://www.webflavors.com/lincoln)**

ture club activities. Committees are being set up for the events that are currently on the calendar: Bring a Friend Tournament in May and the annual club championship in September. A night golf event is being considered. Four board members attended the annual PWGA workshop in February to hear about new rules, procedures and techniques. Any new information learned at this workshop will be shared with the general membership at the next upcoming meeting. Wednesday afternoon play days continue to be popular when the weather is clear and dry. Monday morning Go-Away-Lincsters and Monday Mamas draw several foursomes each week. Ladies that would be interested in joining the Lincoln Hills Lincsters nine hole golf group are always welcome.

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

### Ladies XVIII

Multiple winners emerged during the first seven play days, for the 18-holers. Linda Anselmo, Ida Cicci, Bonnie Devers, Judy Emge, Judy Habecker, Candy Koropp, Susan Kort, Pat Lewis, Patt Page, Dell Parker and Pat Robinson took the top prize money more than once.

In the Closest-to-the-Pin competition, Reta Blanchard, Lissi Bedford, Kathi Botelho (two), Judy Dong, Habecker, Marguerite Hebert, Koropp, Pat McNiff, Karen Mello, Pat Morgan, Parker, Donna Sosko and Pat Watkins proved to be our closest flag hunters — scoring a free round!

A clear majority voted to name our new Low Net tournament, NetChix. Pat Lewis nominated this clever entry. Patt Page carded a net 64, in February, to be our newest qualifier. Monthly winners will vie in November.

"Family tees" were introduced in February. An index of 40.4 or age 75 qualifies. Bev Arnautou was our first winner among five players on this shorter yardage course.  
**Contact: Candice Koropp, 409-0607**  
**Website: [Ihlgxviii.com](http://Ihlgxviii.com)**



### Golf, Ladies

#### Lincster Lady Niners

As of the time of this writing, the Lincoln Hills Lincsters are still making plans for fu-



### Golf Men's

We started February with the ABCD Scramble on the 4th with 123 entries. This is a team event and lots of fun.

Congratulations to our winners. First place goes to team Golden Dragons — William A. Rapp, Dan Kramer, Darrell Rinde and Roy Craig. Second place goes to team Dragons; third place goes to team Knights; fourth place goes to team Banshees; fifth place goes to team Cobra; sixth place goes to team Big Foot; seventh place goes to team Gladiators.



*Men's Golf Club donations — Gene Andrews presenting a \$500 check to Paul Apfel for the Lincoln Hills Adaptive Golfers Program*

*Dan Kramer presenting a \$500 check to Eric Long of the Salt Mine to use for their food bank and other services*

Our next tournament was the NCGA Zone Qualifier & JFF on March 4. The format was best two balls of four net.

**Contacts: Roger Oswald, [rodgeroswald@gmail.com](mailto:rodgeroswald@gmail.com); Gen Andrews, [eandgolf@sbcglobal.net](mailto:eandgolf@sbcglobal.net); Karl Williams, [kwill78479@aol.com](mailto:kwill78479@aol.com)**  
**Website: [Ihmgc.org](http://Ihmgc.org)**



### Hand & Foot

Attention all Hand & Foot (H&F) Card players at SCLH. We are welcoming all new and old players to join us at the Card Room (OC). We play from 8:30 AM to 12:00 PM on the first, second, and fourth Thursdays.

H&F is a card game similar to Canasta, easy to learn, lots of fun.

**Contact: Gloria Iannello 543-6681**





### Healthy Eating

When we consume freshly-harvested local foods, which we can do 52 weeks a year here in Placer County, we maximize the benefits of a healthy diet and we advance the all-important cause of good health for ourselves and our families. The Healthy Eating Club's mission is to alert our members to the importance of healthy eating and to enhance our enjoyment of good, honest food. We are "foodies" indeed!



*Club members inspecting purple cabbage; colors we all love; healthy grains in bulk*

In March we will have two workshops where member volunteers prepare and serve healthy dishes for other members. Our next club potluck supper is in April.

Join us to explore new and healthy foods and better ways to prepare them. Our general meetings are on the fourth Monday of each month (the 24th in March) at 2:00 PM in P-Hall (KS), *guests welcome*. 2014 household dues are \$15.

**Contact: Don Rickgauer 253-3984, Healthy\_Eating\_Club@yahoo.com**



### Hiking and Walking

Our extraordinary group President Dennis Ratay died on February 5.

While we mourn his passing, we have a clear sense that his presence is still with us as we take our hikes and walks. We will always remember his amazing smile and very positive outlook on life. His legacy will continue as we do our best to make the Hiking-Walking Group a great one.

A note of thanks for all those who have stepped up to help in numerous ways, including everyone who so generously donated to Dennis' memorial bench. It will be placed at Hidden Falls County Park approximately in late April.

Visit the Hiking-Walking website (see below) and check out a hike or a walk which interests you and fits your skill level. As Dennis would say, "There is certainly one that you will enjoy!"

**Contacts: Hiking: Denny Fisher 434-5526, dfisher049@gmail.com; Walking: Louis Bobrowsky 434-5932, louisbobrowsky@yahoo.com Website: <http://lincolnhillshikers.org/>**



### Investors' Study

Joe Quinlan is the Chief Strategist for Ivy Funds. He has spoken all over the world on investments and is a regular guest on many financial radio and TV shows. He will comment on the markets on April 3 at the P-Hall (KS). Our monthly meetings are from 2:00 to 3:30 PM and are followed by refreshments in the Social Kitchen.



*ISG members talking with Black's Michael Alexander; photo courtesy of Joan Brenning*

Bring your questions to Joe Quinlan or Russ Abbott, our group's consultant. All residents are welcome. Come learn about the latest developments in the world of investments. Everyone is welcome.

Two subgroups are:

- Active Investors, who meet on the second Monday of each month at 3:00 PM in the Multimedia Room (OC). The

contact is Bill Ness, 434-6564

- Trading and Options, led by Steve Greenfield 408-5017, [steveg1943@gmail.com](mailto:steveg1943@gmail.com).

**Contact: John Noon 645-5600, [thenoons@att.net](mailto:thenoons@att.net)**



### Lavender Friends

Lavender Friends (LF) is a social organization serving the Lesbian, Gay, Bisexual and Transgender (LGBT) community and those in friendship in SCLH. Specifics of most activities are announced to members through email. Interested in joining? Please contact the members (below) for more information.

Members enjoyed conversation at the Meridians Breakfast and the Coffee at Kilaga Springs Café. We are looking forward to a Breakfast on March 25 and a possible member-hosted Breakfast April 9. Please check your email and RSVP so organizers can plan appropriately.

A data survey will be sent via email. Kate will use it as resource for future LF articles.

For those who are trying to understand and support a child, grandchild or friend that is dealing with LGBT issues, please know that Parents, Families & Friends of Lesbians and Gays (PFLAG National) meets in Auburn every month. Contact and other information can be found at [www.pflagplacercounty.org](http://www.pflagplacercounty.org).

**Contacts: Jacquie Hilton 543-9349, [jacquiehilton@starstream.net](mailto:jacquiehilton@starstream.net); Richard Wong 408-7549, [wong-r@sbcglobal.net](mailto:wong-r@sbcglobal.net) Website: [www.lavenderfriends.com](http://www.lavenderfriends.com)**



### Line Dance

Enrollment in our line dance classes has been in decline for the past year. Reminder: If you are going to sign up for class, make sure you do it on or before the RSVP date. If a class has



*Michael Barr and Michele Burton*

less than ten students after the RSVP date, you will not be able to sign up and the class will be cancelled.

Upcoming workshops:

- On Saturday, March 22 in Corning, hosted by Michael Barr and Michele Burton, we have a workshop called, "Boogie Till The Cows Come Home." This workshop is for experienced dancers and will be a lot of fun.
- Saturday, April 26, Scooter Lee is coming back to Rocklin. This workshop is geared toward the beginner and includes lunch, a snack and water. Expect over 200 dancers from all around the region. Scooter promotes health and exercise for seniors through line dancing. You won't be disappointed.

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



### LSV/NEV

#### Low Speed Vehicles/ Neighborhood Electric Vehicles

Often we hear about an organization in Lincoln called "Lighthouse," but do we know what it actually represents? Attend the Tuesday, March 18 membership meeting of the LSV/NEV Group, 10:00 AM at the P-Hall (KS), and you will be well informed about this organization.

Ana Ramirez of the Lighthouse, will be giving the presentation. Their mission is to strengthen families and improve the physical and emotional well-being of residents of Placer County. They provide counseling, education and easy access to community-based resources.

The remaining 2014 social calendar for our group (enter this on your home calendar):

May 21 — BBQ; August 15 — Ice Cream Social; September 17 — BBQ; December 1 — Christmas Party Dinner. And don't forget about our quarterly pre-meeting coffees.  
**Contact: Dan Gilliam 209-3946**

### Mah Jongg, Chinese

Winter is a good time to learn how to play Chinese Mah Jongg. We welcome the opportunity to teach you.

Chinese Mah Jongg is a game of strategy and, sometimes, luck. It is played with tiles

and is similar to playing rummy. If you are curious about learning this game, please plan to join us every Monday at 8:30 AM in the Card Room (OC). We hope to see you soon. If you have any questions, just call one of the contacts below.

**Contacts: Dianne Vincent 543-0543; Bruce Castle 408-7476**



### Mah Jongg, National

March is the last month to use your 2013 Standard Hands card for National Mah Jongg. It is not too late to order for the new year. Drop by the Card Room (OC) from 12:30-4:00 PM every Tuesday to play this fun and thoughtful game. We do not have a regular teaching table but Fran, one of our members, loves to teach and will do it in her home at no charge if you call her at 434-7061. We look forward to seeing you there. Call me for more details or Fran for lessons.

**Contact: Carol Vasconcellos, 209-3457; Fran Rivera 434-7061**



### Mixed Media Collage Arts

Once you have the elements, embellishments and ephemera you are going to use in your Mixed Media Collage art project, arrangement on the canvas begins and then you start to consider how you are going to attach these items. What to do when glue simply won't do?! Today there are multitudes of adhesives available including: matte medium, modge podge, fabric adhesive, tacky glue, spray adhesive, hot glue gun and (yes?) paste. Experiment and enjoy! Our club meets twice monthly: the third Wednesday from 1:00-5:00 PM and the fourth Tuesday from 6:00-8:30 PM. We share ideas, information, materials and techniques while working on individual projects.

**Contact: Frima Stewart 253-7659, frimastewart@gmail.com; Nina Mazzo 408-7620, ninamazzo@me.com;**

### Motorcycle

#### RoadRunners

Our Road Captains' planning session produced a great ride schedule for this year. Doug Sterne continues as VP/Head Road Captain and has put together an exciting agenda for this riding season.

Our first ride was dedicated to our recently departed VP/Head Road Captain David Fernandes. We had a great turnout!



RoadRunner on new ride; RoadRunners enjoying impromptu lunch



Riding activities include impromptu gatherings when the weather is agreeable. We enjoyed an impromptu tour of the Garden Hwy and Delta Sloughs in mid-February, led by our President, Dale Brinsley.

If you are interested in these activities and have a roadworthy motorcycle, please come to our meeting and check us out.

RoadRunners meet the fourth Thursday of the month at 6:00 PM in the Multimedia Room (OC). Guests are always welcome.

"Ride safe, ride with friends!"

**Contact: Patrick Chaves 408-1233; patmcspeed@gmail.com**  
**Website: www.brinz.net/roadrunners\_2013/roadrunners\_2013.html**



### Music

The Music Group will hold their regular monthly meeting on March 26 and on the fourth Wednesday throughout the year. Bring your instruments and/or voices and sign up to perform, or just relax, enjoy the music, and socialize. All are welcome: 6:30-8:00 PM, Fine Arts Room (OC).

The wildly popular, well attended Open Mic Night resumed on Friday, February 28 with an enjoyable assortment of entertainers. This next bi-monthly event will be April 25, P-Hall (KS), 6:00-8:30 PM. Sign-ups for those wishing to perform begin at 5:30 PM. Musicians and music



lovers mingle in a friendly, supportive atmosphere.

The L.H. Ukulele Group continues to grow and includes both seasoned and beginning players. Weekly jam sessions are held each Wednesday, 1:00-3:00 PM at OC. A class for beginners is offered and is intended for those planning to join the weekly sessions. Contact Ron or Molly (409-0463) for information.

**Contacts: Judy Skillings 253-7237, kenskillings@gmail.com; Julie Rigali 408-4579, jrigali@yahoo.com**  
**Website: www.suncity-lincolnhills.org/residents, Groups, Music**



## Needle Arts

### Threads of Friendship

Looking for an adventure to take you back to your childhood? Come to the Needle Arts General meeting, Tuesday, April 8 at P-Hall (KS) at 1:00 PM. Sondra Von Burg, an artist from the age of five, will be the guest speaker.

Sondra's summers abroad gave life to the stories she read and have led her to her love of fairy tale imagery. She will share her adventures using dolls and quilts to tell stories.

For inspiration, Sondra prefers the 16<sup>th</sup> and 17<sup>th</sup> century paintings in the Louvre and the Met in NYC. Visits to castles in Europe and intensive reading provide her with ideas for her art.

With a B.A. and M.F.A. in Studio Art, she continues to take classes and teach workshops to assist others in honing their personal skills.

Guests are always welcome, enrollment open. Join the fun. Call Joan Daley, 543-9449.

**Contact: Carol Matthews 543-7863, carol.matthews1929@sbcglobal.net**



## Neighborhood Watch

Assistant Executive Director Richard Moore has a unique perspective from 31 years of police work combined with Neighborhood Watch insights. "Many people see the police as a reactive force. However, the ultimate goal of the police is to establish preventative measures. In Lincoln Hills we have an ideal environment to make

this work!" explained Moore.

SCLH residents have the opportunity to take the responsibility for controlling crime through being alert to unusual events and reporting them immediately to the police. We know when someone or something is unusual because we know our neighbors, and some of us are frequently walking or driving in the area. In an average community most of the residents are away from home during the day and few know their neighbors.

"Our Neighborhood Watch is the best arrangement I have ever seen. When a community buys into the concept, we have the ultimate protective force," explained Moore.

**Contacts: Larry Wilson 408-0667, mvw6@sbcglobal.net; Pauline Watson 543-8436, fpawatson@sbcglobal.net**  
**Website: www.SCLHWatch.org**



## Painters

Many residents and guests attended and purchased works of art at our 10th Annual Fine Arts Show in February. Again, several artists painted small boxes which were auctioned to bring in money which was donated to the local Cancer Society.

Our February membership meeting featured a Drawing Demonstration by Michael Mikalon. We also enjoyed viewing paintings shared by Painters Club members, Bob Porter, Jim Brunk, Ron Bauer, Jack Cook, Rudi Franke, and Co-sette Augustin.

Our March membership meeting will feature Susan Sarbeck who will honor us with an oil or acrylic demo. Our annual Lincoln Hills Studio Tour will take place May 31 and June 1.

Members are reminded that at our May membership meeting we will have an art challenge featuring "Water." This conjures up a wide range of possibilities! So, artists, put on your thinking caps and come up with something that "strikes your fancy"! **Contacts: Joyce Bisbee, joybis@aol.com; Bob Porter, bob@aol.com; Jim Brunk (plein air paint-outs) 434-6317, brunk@starstream.net**  
**Website: http.lhpainters.org**



## Paper Arts

Our March project was led by a new member, Shirley Rainman, who created lovely designs using her own *Make an Impression* line of punches and stamps.

Last month's project has prompted another class in Zentangle — creative designs inspired by "doodling."

The "It's The Lifestyle" event was a fun way to share our members' talents and creations. Paper Arts had two tables to display a wide variety of cards and projects.

Several carpools of members will travel to Pleasanton this month in search of bargains at the Scrapbook Expo. And speaking of bargains, Paper Art's Group will share our Overstock Inventory with the public on June 6. More information to follow.

You won't want to miss our April 3 meeting as it is Demo Day. Remember, it will start at 10:00 AM and a variety of tools and techniques will be shared.

**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 Card 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; Doris DeRoss 253-7164, dorisdeross@gmail.com**



## Photography

High Definition Video is now common to low and high end digital single-lens reflex (DSLR) cameras as well as lightweight consumer-type video cameras. Sharing video on-line is growing at a phenomenal rate on sites like YouTube, Facebook and Vimeo, and it's entertaining, informing and instructing all generations. Whether you are an amateur or professional, your end goal is to produce video that others want to watch. Setting up your camera, controlling your environment, and using proven shooting



Canon  
Rebel  
DSLR; JVC  
VideoCam



techniques are essential to quality video. The fun in producing a video is taking it from concept to final product. Learn the basics with professional photographer/film maker Steve Hubbard of Gold Country Images and retired professional videographer Jeff Hanner. The presentation, "Basics of Shooting HD Video with DSLRs & Handycams," will be given at the P-Hall (KS) on April 9 at 8:30 AM.

**Contact: Gary Sloan 434-5445,**  
**Gsloan33@yahoo.com**  
**Website: SCLHphoto.com**



### Pickleball

Fourteen club members enjoyed vacation time in February while participating in the Palm Desert Senior Games & International Sports Festival. Richard Norman, Roger & Karen Lopossa, Craig & Lynn Fraser, Cal Meissen and Elizabeth Mallin won a total of nine medals for outstanding play in their respective age brackets. Check out [www.usapa.org](http://www.usapa.org) for upcoming out-of-area pickleball tournament information.

Our own Super Senior Tournament will be April 15 for current 2014 club members age 70 and above by the tournament's



Smiles on the courts for D Ladder play

date. Watch for specific information to be emailed and posted at the courts in mid-March with registration April 1-10.

The club's D Ladder stands strong with 25 players. It's a great way to learn this addictive, fun sport and meet neighbors playing at a similar skill level. D Ladder starts at 1:00 PM each Wednesday with spectators welcome!

Our next board meeting will be April 9 at 2:00 PM in the Ceramics Room (OC).  
**Contact: Scott Sutherland 253-3997,**  
**swsuther@sbcglobal.net**  
**Website: [www.lhpickleball.com](http://www.lhpickleball.com)**



### Players

Our year got off to a fantastic start! Enthusiastic audiences saw performances by Readers Theater and our production of "The Odd Couple."

Many stopped by our booth at the *It's the Lifestyle* event (formerly known as the Group Expo) to check us out. We hope you come to a meeting for more information. We are always looking for new thespians and/or behind the scene staff.

Your next opportunity may be the June 7 and 8 Readers Theater show. Auditions will be announced next month along with the play title. No need to learn lines for Readers Theater as the dialog is read rather than memorized. This is a chance to try something new; especially if you are new to Lincoln Hills.

For more information either come to our next meeting, on April 14, or contact the member listed below.

Players meetings: Second Mondays, 4:00 PM, P-Hall (KS).  
**Contact: Bob Murdock 408-8511,**  
**bamabc@sbcglobal.net**  
**Website: [www.lincolnhillsplayers.com](http://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 Friday, 1:00-4:30 PM in the Multipurpose 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, first served, as they usually fill up quickly with a 48-player cap. Our 2014 tournaments are April 12, July 12 and October 11.

Any questions, or to be added to our email distribution, please contact one of the following members:

**Contacts: Mike Goldstein 543-8238;**  
**Ginger Nickerson 253-3322;**  
**Joe Frenna 543-8634**



### Rummikub

"Escape to Rummikub," a game played with numerical tiles based on the card game, Rummy. Join us in the Card Room (OC) on Wednesdays at 1:00 PM. Beginners welcome.

Written by Dottie Olsen.

**Contact: Joan Cosme 622-5560**



### RV

Some of the RVers are getting in a good preview of things to come when baseball season opens this year. They are in Arizona taking in some of the exhibition baseball games, especially those games involving the Giants and A's.

Mike Genest is wagon master for the five-day rally which ends March 17 at Mesa Spirit RV Resort. Special dinners, hiking and golf are also on the group's agenda.

Applications are out for the next rally, May 4-8, at Jackson Rancheria RV Park in Jackson. Ken & Marge Klein and Dennis & Donna Benedict are wagon masters for this outing.

The group is still looking for new members, open to any Lincoln Hills residents with RVs. Monthly meetings are held on the second Thursdays, 4:00 PM — April in P-Hall (KS), the rest in Social Kitchen (KS).

**Contact: Rosie Eads 408-0129**  
**Website: [www.lhrvg.com](http://www.lhrvg.com)**



### SCHOOLS

#### Sun City Helping Our Outstanding Lincoln Schools

Thanks to all the residents who stopped by our display at *It's the Lifestyle*. Give tutoring a try! We are celebrating our tenth year and reflecting on results,



especially the win-win intergenerational experience. Retired K-1 teacher Barbara Appleby believes it is important to give back and use her skills/experience with students in Lincoln. She says the SCHOOLS program is seamless, organized and very flexible. Teachers are also organized, welcoming and appreciative. "I love to be with the kids and get their hugs. I also must mention the first and third Friday 'read aloud' at Sheridan school with K-1 students. We have two groups of volunteers that love reading with children from 10:00-11:00 AM. The kids are so excited about reading that they are now reading to us." Anyone that enjoys being with kids can motivate them to learn and inspire them to succeed — 80% of our volunteers did not teach.

**Contacts: Sandy Frame 408-1453, [sflincoln4fun@starstream.net](mailto:sflincoln4fun@starstream.net) (Elementary); Cindy Moore 408-1452, [cindymoore@me.com](mailto:cindymoore@me.com)**



## Scrabble

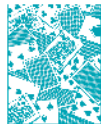
Did you know that we play ecological Scrabble at Lincoln Hills? To make classic Scrabble a bit more interesting we "recycle" the blank! A blank played on the board in one turn can be substituted (recycled) for the letter it represents by any player on a subsequent turn.

You *can* have too much of a good thing! Having two S's at once actually decreases the chances of scoring a bingo (using all seven of your tiles in one turn). If you are holding more than one S it is often best to play the extras as soon as possible.

Come have fun with your friends and neighbors at Scrabble on Mondays at 1:00 PM in the Cards Room (OC). Let's Scrabble!!

*Submitted by Connie Protto.*

**Contact: Joan Spurling 505-5000**



## Shanghai

Would you like to enjoy an inside activity with very friendly people? Try the card game of Shanghai. We play every Thursday in the Card Room (OC). We start at 12:30 PM, and you stay as long as you wish. We also play every second and fourth Friday nights from 5:45 to 8:45 PM. We offer free lessons, just call one of the names listed below.

**Contacts: Howard Beaumont 408-0395; Chuck Kaul 408-4153**



## Singles

### Dynamic Singles

There is so much happening in the singles world these days. Our Mardi Gras party was a big success and well attended. We had music, prizes and lots of fun. Sunday, April 6 at 4:00 PM is the birthday celebration for our April birthdays held at the Sports Bar in Meridians. Come and celebrate with us. There is also the second Saturday breakfast at the Sports Bar. Dining out on March 20 will be at Buonarotti's, and if you have treasures for sale, bring them on March 27 when we will have our Treasure Tag Sale. Hope to see you at these functions soon.

**Contact: Linda Bacon 628-5158**  
**Website: [www.singleslincolnhills.org](http://www.singleslincolnhills.org)**



## Ski

There was finally a decent storm and new snow in February. Most resorts had nearly all their terrain open, and as a result many more of us hit the slopes. Much of mid-February had very good spring skiing conditions. At the time of this writing, several storms were brewing which should have benefited our local mountains. The likely new snow was also just in time for the Club's Mammoth ski getaway trip, which will have just finished as you read this. Expect pictures in the April *Compass*.



*Reiner, Sylvie & Bob refuel at Sugar Bowl*

Our next general membership meeting will be Tuesday, March 18, at 4:00 PM in the Fine Arts Room (OC). Please join us for fun and planning for our end-of-season festivities.

**Contacts: Mike Hilton, Sue Worrall, Bob Vincent 258-2150, [lhskiclub@gmail.com](mailto:lhskiclub@gmail.com)**



## Softball, Senior League

Applications are in, the draft has been held, and approximately 170 players have been placed onto 12 teams and are preparing for competition. This year's draft was conducted like years ago — a committee created the teams rather than having the managers draft. It'll be interesting to see how it goes.

The League Jamboree, run by Jim Mi-kaelsen, will be held at Foskett Field next week, and League play will begin Wednesday, April 2. Then on Saturday, April 12, we will celebrate Fan Appreciation Day with a fun tournament, our parade of the teams, and the first of several Hot Dog Days. If you're looking for something fun to do, come help us celebrate and have a few hot dogs. Like we say, "Life don't get any better."

It's not too late if you want to play.



## SCOOP

### Sun City Organization of Pooches

Our kick-off General Meeting for the year was February 4 at Orchard Creek Lodge. Our new leaders started off our new year with a bang — lining up guest speakers, planning events, etc. Tune in for more information!

Kathy Cangelo was our guest speaker, the founder of Small Dog Rescue, Inc. Kathy has worked with dogs for many years and presently takes the most adoptable dogs from high-kill shelters and places them in foster homes for training, before adopting them out to forever homes. She is looking for volunteers in many capacities, [kathy@smalldogrescue.org](mailto:kathy@smalldogrescue.org).

Next Meeting – April 1 (OC). Dr. Ann from Sterling Clinic will be addressing some of the newest and most wonderful veterinary modern medicine miracles.

If you would like to become a SCOOP member, or if you haven't yet renewed your 2014 membership, go to our website and download our application. Only \$12 per household per year!

**Contact: [scoop@scih-scoop.com](mailto:scoop@scih-scoop.com)**  
**Website: [www.scih-scoop.com](http://www.scih-scoop.com)**

Send your application to Joann, and we will get you onto a team.

**Contact: Joann Hilton 408-0346**  
**[jhilton777@gmail.com](mailto:jhilton777@gmail.com)**  
**Website: [LHSSL.org](http://LHSSL.org)**

### Coyotes

The Winter League is winding down, with only one game remaining, so it's time to begin preparing for tournaments. The first road trip for any of the teams will be next week to Hayward, while for others it will be the first week of April, when they travel to Yuba City to compete.

As we did last year, we'll use the Thursday League to prepare for competition, hoping for a repeat of a very successful season.

This year we will only field four teams, in the 60-, 65-, 70-, and 75-year-old age groups. Several "older" members of last year's 55 team felt that they would be more competitive in the 60-year-old division, so we don't have enough "youngsters" to make up a 55 team – the only disadvantage to being limited to players from Lincoln Hills. But there are some tournaments where they can, and will, play for the 60s.

**Contact: Dave Rich**  
**[richerino@aol.com](mailto:richerino@aol.com)**

**Website: [LHSSL.org/Travel Teams](http://LHSSL.org/Travel Teams)**



*Fabulous Five; at China Garden*

bers send out an email a few days before and we get together to enjoy our sports cars.

**Contact: DiAnn Rooney 543-9474,**  
**[dvrooney@mac.com](mailto:dvrooney@mac.com)**  
**Website: [LHsportscars.com](http://LHsportscars.com)**



### Square & Round Dance

#### Sun City Squares

The Square Dance Club meets at 1:00 PM, (KS). We are always ready to welcome experienced Square Dancers. Feel free to come in and watch or join, times listed below. Meeting times:

- Beginner/Mainstream Level  
Mondays, 1:00-2:15 PM (KS)
- Plus Level  
Mondays, 2:15-3:30 PM (KS)
- Advanced Class Mondays,  
3:30-4:00 PM (KS)
- A-2 DBD Level – Thursdays,  
1:00-3:00 PM (KS)

Call Louis or Wanda to join today!!

**Contacts: Louis Bobrowsky 434-5932**  
**[louisbobrowsky@yahoo.com](mailto:louisbobrowsky@yahoo.com);**  
**Wanda Gentry 409-9002**  
**[wanda.gentry@att.net](mailto:wanda.gentry@att.net)**



### Table Tennis

The following is a current listing of our board members for the calendar year 2014: President, Peter Schaafsma; Treasurer, Gary Haight; Play Manager, Lawrence Spencer; Equipment, Valerie Green; Social, George Porzio and Yoshi Gassner; and *Compass*/Secretary, Ed Rocknich.

Since play is generally mixed doubles,

several advanced players have decided to add "spice" by playing challenge singles every Sunday starting at 3:00 PM. The first challenge singles was on February 16. To speed play the first player to reach 15 points (rather than 21) is the winner and the next two players take their place. Only two of the seven available tables are used for such play. To date approximately 10 to 14 players have participated and all players are welcome to challenge.

Play is on Sundays 12:30-4:30 PM; Tuesdays 6:00-9:00 PM; and Fridays 8:00-11:00 AM at Kilaga Springs Lodge.

**Contact: Ed Rocknich 434-1958,**  
**[rocknich@yahoo.com](mailto:rocknich@yahoo.com)**



### Tap Company

The Tap Company along with members of the Players Group and the Chorus are putting the final touches on our Show, "Rosie the Riveter." We have a large group of talented people participating in this year's show, and it is sure to be a major hit. Tickets have been selling very quickly, so if you wish to attend, you should purchase yours as soon as possible.



*Beginner Tap Class*

The pictures above are of our new beginner class and Coach, La Donna Cumiford. Check out the two men, Bill Becker and Lou Signer who enjoy being surrounded by lots of women. Bill even has a major part in Rosie. It has been a



### Sports Car

We have a lot of social activities and rolling trips planned this year. Socials include a day at the harness races, wine tasting, a River Cats game, a chili cook-off, miniature golf, Japanese gardens and, of course, our Christmas Party.

Our first party was a Chinese New Year's Dinner at China Villa. We had a great feast including Peking Duck! Nadine Miller, our social chair, gave a presentation about the history of Chinese New Years and their traditions. Guests were seated by which card of the deck they picked and we intermingled to get to know each other better. A good time was had by all.

Rolling trips will include Lockford Sausage and Pheasant Club, Pacific Grove, Thunderhill Raceway, Delta drive, Sonoma Raceway, Shenandoah Valley and Yosemite.

We also have impromptu drives. Mem-



while since we have had men participating in our tap classes, and we would like to see more. Therefore, if you recruit a man to tap you will receive two presents from our President, Janet Becker, instead of one.

**Contact: Janet Becker 543-3493, beckerjm1962@gmail.com; Natalie Grossner 209-3804, natalie\_g@msn.com**



**Tennis**

Results are in for the Valentine's Day Tournament: Winners: 7.5 Mark & Lisa Snapp, 7.0 Marc & Marie-Helene Praly, 6.5 Linda & David Mateer, 6.0 Bob Henning and Cecelia Champion.

Runner-ups: 7.5 Polly & Russ Smith, 7.0 Laurie & Ron Schuler, 6.5 Ginny Sprague and Jack Williams, 6.0 Pam Flaherty and Phil Meth.

Consolation: 7.0 Sally & Bob Sanquinet,

Sally, Helen, Dennis with Tournament Director Bob; Jack, Ginny, Dave with Social Director Linda; Greg (President), Lisa, Mark with Linda (Communications)



6.5 Janey & Steve Shafer, 6.0 Pam & David Rogers — who says married couples can't play MXD!

St. Patrick's Day Tournament was held Friday, March 14 – Results in next *Compass*. Up next is the Women's Doubles Event – April 25 details to follow.

LITT will begin April 2. More info is posted on the Bulletin Board at the Pavilion.  
**Contacts: Linda Burke 209-3463, scteam10s@aol.com; Greg Burke 316-3054, burkegbp@aol.com Website: http://sclhtg.com**



**Vaudeville Troupe**

The Vaudeville Troupe is holding auditions on April 8 and 9 from 6:00-8:00 PM in the Fine Arts Room (OC) for our upcoming July show. The theme is "Anything Goes!" — which means exactly that! We are looking for a wide variety of acts and we want to encourage our talented Lincoln Hills residents who haven't joined us yet to consider doing so now. We have a lot of fun! Contact our new Producer/Director



Ted Neely, Jim Henderson, Don Moran, Neil Dennis singing "Return to Me" in the January show

Yvonne Krause-Schenk (phone and email below) to schedule an audition date and time.

**Contact: Yvonne Krause-Schenk, ykrause@yahoo.com Website: YouTube.com/user/marinaeugenios**



**Veterans**

Catherine Morris, who has counseled over 7,000 veterans, guard members, reservists and family members at Sierra College, will be the featured speaker at the March 20 general membership meeting

at 1:00 PM in the P-Hall (KS).

She served a total of 15 years in the Marines and the California Army and Air National Guard. She was responsible for coordinating a nationally recognized Veterans' Center at Sierra College. This facility includes comprehensive counseling services, assistance with disability claims, peer mentoring and accommodation for community volunteers.

Morris developed the "At Ease" military competency workshop and the first "Road Home... from Combat to College and Beyond" symposium. She also regularly teaches a "Boots to Books" course.

**Contact: Malcolm Singer 645-8553, singerfamily1@me.com Website: lhvets.org.**



**Water Volleyball**

Good news! We have been allotted another night of playing time on Tuesday nights. We now have options to play on five days a week or up to seven different sessions! Tuesdays will be for miscellaneous events. Watch for further details.

Water volleyball is open to all Sun City residents of any skill level. Come and try it out. It's good exercise and a lot of fun, but it's not too strenuous for aging joints and muscles. Come try it out up to three times without joining. Annual dues are still only \$10.

Play available (KS):

- Open Play (all levels): Saturdays 8:50 AM; Mondays, Wednesdays 5:20 PM; Tuesdays 6:20 PM.
- Advanced Play (rated players only): Mondays, Wednesdays 6:45 PM, Thursdays 6:20 PM.

**Contacts: Steve Parke 716-5379, stevenparke@att.net; Jerry DiGiacomo 521-1904, itsmrd@sbcglobal.net Website: www.lincolnsuncity.org/residents**



**Woodcarvers**

Founded in January 2005, this shared interest group is dedicated to advancing all forms of woodcarving from knives and gouges, to mallet and chisel, to powered tools. They're also focus on

developing friendships. Members are encouraged to share their varied approaches with others who may be interested. Plenty of advice and a large support library are also available for members.

The Group was again honored at The Capital Woodcarvers show this past year; Novices and Master Carvers took home a number of ribbons. Woodcarver works have been featured at Orchard Creek Lodge and, in *Chip Chats*, a national woodcarving magazine.



Woodcarvers Group

Group Leader John Russell and Steering Committee members, Harvey Moss, Richard Madsen, and Joe Propersi are available to discuss the group or stop by any Wednesday between 1:00 and 5:00 PM, Sierra Room (KS), to observe or kabitz... visitors are always welcome!

Remember, Woodcarvers never die... they just keep chipping away!

**Contact: John Russell 543-6091,  
je\_russell62@hotmail.com  
Website: www.SCLHWoodcarvers.  
blogspot.com**



### Writers

The SCLH Writers Group shares writing from a wide range of genres including prose, fiction, non-fiction and poetry. The Writers Group is the perfect place for SCLH residents to sharpen their skills, and share their work in a friendly and supportive environment. Participation is an excellent way for prospective writers to get started and seasoned writers to keep on track and reach their goals.

Renowned American author Stephen King once advised, "If you want to be a writer, you must do two things above all others: read a lot and write a lot."

There are no fees to join, but you must be a SCLH resident. Meetings are on the second, fourth and fifth Mondays of each month at 6:30 PM in the Ceramics Room (OC). Bring 10-12 copies of your work to share (maximum 1,500 words).

**Contacts: Bev Brannon 434-6780,  
bevbrn49@aol.com; Linda Lucchetti  
253-9733, linnluu@aol.com**

### Authors Resource Group

The Authors Resource Group (ARG) met February 24 at Judie Panneton's home to discuss Press Releases; an aspect of book marketing that releases news about your book just before it's published, right after it's published or when it reaches a new height (e.g. winning an award). Members brought their renditions of a press release to the meeting and received help fine-tuning them.

In other exciting news, member Paul Goldstein, who writes under the pen name of Paul Worth, is just days away from publishing his novel, *The Incantation*. Paul has been working on *The Incantation* for years. He was "stuck," not knowing how to bring his work to fruition when he joined our group of merry authors and writers. ARG Vice President, Leo Craton, took him under his very patient and knowledgeable wing and guided him through the process.

Do you need help? Encouragement? Guidance? Join us! ARG meets monthly.  
**Contacts: Linda Bello-Ruiz 543-7952,  
lmbelloruiz@gmail.com; Leo Craton  
543-9012, cratonl@att.net**

## Aging Well

*Continued from page 9*

society. We stay up too late and get up too early. We interrupt our sleep with drugs, chemicals, and work, and we overstimulate ourselves with late-night activities such as television." Following are a list of some of the sleep hygiene suggestions extracted from a book by Mary O'Brien, M.D., *The Healing Power of Sleep*.

- Keep a regular routine.
- As soon as you wake up, expose yourself to sunshine or bright light.
- Spend some time outdoors in the late afternoon or early evening.
- Exercise on a regular basis, but avoid vigorous exercise within three hours of your bedtime.
- Do a routine that relaxes you before bedtime, such as meditation or a warm bath.
- Turn the clock away from you in bed

so that you cannot see the luminescent numbers.

- Resist napping. If you must nap, do it before 3:00 PM and not longer than 30 minutes.
- The optimum room temperature for sleep is 65-67° F, but keep your feet and hands warm.
- Avoid work (or thinking about work) for two hours before bedtime.
- Maintain quality bedding (good pillow, good mattress, and clean bed linens).
- Serenade yourself to sleep with music that is specifically composed to induce sleep.
- Avoid caffeine after mid-afternoon.
- (You will love this one.) Say "no" to cell phone and other communication devices for two hours before bedtime.
- Turn off the big screen TV early.  
Have a good sleep!

## Did You Know?

Neighborhood Watch reports that:

- Lincoln Hills streets are named Lanes, Loops, Parkways, Circles, or Courts. But there is only one Drive, which is Monument Drive.
- Lincoln Hills has four "Circle" streets: Crescent Circle, Gold Nugget Circle, Leavell Park Circle, and Stone House Circle.
- Lincoln Hills has 11 "Loop" streets: Barnswood Loop, Blue Heron Loop, Coopers Hawk Loop, Dogwood Loop, Fountain Hill Loop, Ginger Hill Loop, Lariat Loop, Longspur Loop, Saddlehorn Loop, Secret Lake Loop, and Sun Valley Loop.





# FOOTCARE ASS Shoe Store

"Where Comfort and Style Come Together  
To Heal The Sole"

Shoes, Sandals for Men & Women:  
Dress - Athletic - Comfort  
Casual - Work - Walking

We Feature:

SAS - ECCO - MEPHISTO  
CLARKS - ROCKPORT - DANSKO  
NAOT - BEAUTIFEEL - PIKOLINOS  
NEW BALANCE - BROOKS - MIZUNO

- On-site podiatrist for free consultation on most Saturdays (12-4 pm)
- Friendly, knowledgeable and courteous staff
- Specializing in comfort, style, stability, and fit (narrow & wide widths)
- Arch supports, footcare products, spa products, shoe horns, and accessories

805 S. Highway 65, Suite 10  
LINCOLN, CA 95648 (916)-543-0479  
(In the Sterling Pointe Shopping Center, next to Raley's.)

MON - SAT 10:30 - 5:30  
SUN 11:30 - 3:30  
[www.footcaress.com](http://www.footcaress.com)

## RETIREMENT IS NO TIME TO STOP PLANNING FOR RETIREMENT.

You've spent years saving and investing for the day when you can put work behind you and enjoy the things you love. But the only thing that should change on that day is your strategy.

At Edward Jones, we can create a plan to help ensure the money you've saved will be there for you throughout your retirement. So you may look forward to a steady, stable income for years to come.

To find out why it makes sense to talk with Edward Jones about your retirement savings, call today.



**Melanie A. Bergevin**

Financial Advisor

1500 Del Webb Blvd., Suite 104  
Lincoln, CA 95648  
(916) 408-4722

[www.edwardjones.com](http://www.edwardjones.com)  
Member SIPC

**Edward Jones**  
MAKING SENSE OF INVESTING

## Vision to Last a Lifetime - Complete Eye Care at Wilmarth Eye and Laser



### The Latest in Technology -

Dr. Wilmarth is the first in the Pacific Northwest to implant the **Vision ICL** for the correction of nearsightedness from -3.00 to -20.00. This is a great choice for those who do not qualify for LASIK due to thin corneas, high correction, or dry eyes.

**The Crystalens** is unique. This procedure replaces the natural lens in the eye with a new accommodating lens that allows patients to see near, far and everywhere in between. Cataract patients and those wearing reading glasses, bifocals, or trifocals are enjoying this amazing new technology.

### Advanced CustomVue Wave-Front LASIK

acknowledges that your vision is unique.



Dr. Wilmarth is a board-certified eye surgeon and the medical director of the Horizon Vision Center in Roseville.

The **VISX Star S4** is equipped with **WaveScan** technology and **Iris Registration** to insure accuracy. Your treatment is tailored to your individual needs. Custom LASIK can help individuals achieve their best possible vision, typically 20/20 or better.

### Cataract Surgery

Dr. Wilmarth has performed over 3500 cataract procedures at his Surgery Center over the past 20 years. He is on the forefront in lens replacement technology.

### Complimentary Consultations

Call today to schedule your consultation. Together we will determine which vision correction option is best suited for your lifestyle.

### Financing Options Available

**Stephen S. Wilmarth, M.D. - Vision Correction Specialist**  
1830 Sierra Gardens Dr. • Suite 100 • Roseville

[www.wilmartheye.com](http://www.wilmartheye.com)  
**916-782-2111**

## Bulletin Board

Please email your bulletin board articles to [shelvie.smith@sclhca.com](mailto:shelvie.smith@sclhca.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.

### AARP Tax Aide Volunteers: Ready to Assist You

Get Ready for the 2014 Tax Season! AARP Tax-Aide volunteers are ready to assist you! This joint IRS and AARP Foundation-administered program is staffed by volunteers from Lincoln who are trained in preparing income tax returns. These returns will be filed electronically (e-file) with the IRS and California Franchise Tax Board. This service will be available by appointment only this year at Lincoln City Hall, 3<sup>rd</sup> Floor, 6<sup>th</sup> and "F" Streets. Beginning January 16, people can make appointments by calling 878-6249. The Intake/Interview Sheet is required of all clients, and may be downloaded or completed online from [www.irs.gov](http://www.irs.gov) by entering Form 13614-c under Forms and Publications search box and pressing enter, then clicking on the form. The form is available in City Hall lobby, in the rack under the agenda cabinet in the Orchard Creek Lodge lobby, and in the Kilaga Springs Library.

### Cloggers

Welcome to clogging! If you want rhythm, beat, fast action, and a terrific selection of dancing music (Appalachian, country, banjo, contemporary), this is the group for you. Not to mention all the calories you'll burn while doing your double-toe steps! Clogging dance shoes have not one but *two* sets of metal taps on heel and toe, so the sound we produce is pretty impressive. Our professional teacher, Janice Hanzel, provides three classes here from beginning to performance level (see pages 63 and 65). Clogging is not only terrific fun with great fellow dancers and lively music, it is a marvelous way to stay physically and mentally healthy. For clogging, we need balance skills because of the fast-action footwork. And goodness knows, balance is one of the necessary skills that seems to, um, fail us as the years roll on. So, be

## You are invited to attend...

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

- Wednesday, March 19** • **6:30 PM** Spinal Aid Center Presentation, Dr. Zorich, Heights (OC)  
**Monday, March 24** • **3:00 PM** Nutritional Blood Analysis & Cardio Health Presentation, Oaks (OC)  
**Tuesday, April 22** • **10:30 AM** Nautilus Society, Oaks (OC)

happy and healthy and join the clogging group! Contact: Anita Tyson, 543-5330

### Glaucoma Support Group

Will meet on April 9 at 4:00 PM in the Multimedia Room (OC). All residents who are living with Glaucoma are encouraged to attend. Additional info: Bonnie Dale at 543-2133.

### Grief Recovery Support Group

GriefShare is a weekly seminar/support group for people grieving the death of someone close. It's a place where you can be around people who understand how you feel and the pain of your loss. At GriefShare, you'll learn valuable information that will help you through this difficult time in your life. A new group started in February and goes through May 6 from 9:30-11:30 AM at Granite Springs Church, 645-9620. Contact: Cheryl Edwards, 505-5777 or [LincCa.GS@gmail.com](mailto:LincCa.GS@gmail.com)

### Hellenic Greek Group

We welcome all those interested in Greek Culture, heritage, history and food. We are a social, fun loving group and welcome new members with the spirit of Zorba, Greek and non-Greek alike. Our meetings are the fourth Wednesday of the month at a members' home for fun and fellowship. Outings include local activities and a celebration of Greek Easter picnic. A good time is always had sharing experiences and making new friends. More info: Kathy Karavidas at (925) 872-0390.

### LH Foundation Bingo

Reserve the date of Wednesday, March 19 for fun and fellowship in the OC Ballroom. It will be a rousing afternoon of Bingo presented by the Lincoln Hills Foundation. Cash and door prizes will be given away. Doors open at 12:30 PM. The fun starts at

1:00 PM. Get seven or more of your friends and neighbors together at one table by calling Vern Chong at 408-0306. Or visit our website at [lincolnhillsfoundation.org](http://lincolnhillsfoundation.org) for a special bingo promotion.

### LH Italian Club (LHIC)

A "Welcome Mixer" in February for newer and prospective members proved to be successful with 20 new members signing up during the event. The mixer – the first one of its kind for the club, was the culmination of a dynamic campaign launched last October to attract new members and revitalize the club. In early March, the Venetian Carnevale presented at the Catta Verdera Country Club was a big hit. The dinner dance is a favorite that reflects the history and culture of Venice, featuring the beautifully decorated masks worn by many. Coming up on April 12 – "All Things Sicilian." Learn more about the lifestyle and culture of Sicily, the largest of the Italian islands. (More info to come.) Are you a SCLH resident of Italian heritage? Don't miss out on the fun and friendship. Club info and future events: [www.lhitalianclub.org](http://www.lhitalianclub.org) or Marie Berleghi, membership chair, at 543-3731.

*Continued on page 41*

### It's the Law

Douglas Thom



**Golf Carts/NEVs require a licensed driver when traveling on public roads, including SCLH streets.**

**Fine — \$237 minimum**





**20% OFF YOUR ENTIRE PURCHASE\***

SC12121\_cmpass\_0414

\*In-stock, regularly priced only, excludes special order & clearance items. Not valid on previously purchased items. Offer good while supplies last. Offer not to be combined with others. Discount not available in Calif. Expires 04/30/14.



# POTTERY WORLD

## *Celebrating Spring*

**Connect and Enjoy this Secret Gem**  
*The perfect place for friends to gather*

The Pottery World Café is a dining experience that is best enjoyed with others.

- Indoor & Outdoor seating areas.
- New Breakfast & Lunch menu. Special High Tea menu.
- Reserve our Café for your next Banquet or Special Event.

**Monday – Friday: 11:00-3:30 (Lunch)**  
**Sat & Sun: 9:00 – 3:30 (Breakfast & Lunch)**

High Tea every 3rd Thursday (Reservations Only).

Café - Rocklin location only



*Florals • Statuary • Fountains • Furniture • Area Rugs • Patio Furniture • Home & Garden Accessories • Boutique • Lighting • Pots • Textiles • More*

**ROCKLIN:** 4419 Granite Drive • Rocklin, CA 95677 • 916-624-8080

**EL DORADO HILLS:** Montano De El Dorado, 1006 White Rock Road • El Dorado Hills, CA 95762 • 916-358-8788

[www.potteryworld.com](http://www.potteryworld.com)



Continued from page 39

### LH Parkinson's Disease (PD) Group

Meets every third Tuesday, in the Raley's conference room. At our February 18 meeting, we had two speakers. Elaine Small informed us about a "Partners in Power" program, using a stationary tandem bicycle. We hope to have this program running soon. Our second speaker was Erin Vestal, physical therapist from Kaiser. She said that "exercise is the best way to delay symptoms of PD." She knows many patients being taken off their medications because of daily exercise. All exercise, be it bicycle riding, cardiovascular, Lee Silverman voice therapy, tai chi, qigong, yoga, Pilates, chair exercise or water aerobics, they are all good and will greatly reduce PD symptoms. Kaiser now offers a "Think Big" program. Call Erin at

784-5910 to participate. The bottom line is to keep moving and your symptoms will be minimum! More info: Sharon, 408-4869.

### LH Travel Group: [www.lh-travelgroup.com](http://www.lh-travelgroup.com)

The next meeting is Thursday, March 20, 7:00 PM (KS). Guest presenter: Joan Thornton, Grand Circle Tours. You don't have to be a member to attend our meetings. Friends and family may join our trips. Committee Member Contacts: Teena Fowler 543-3349, [sfowler@starstream.net](mailto:sfowler@starstream.net); Linda Frazier 434-8266, [fraz1774@sbcglobal.net](mailto:fraz1774@sbcglobal.net); Sheron Watkins 434-9504, [sheron55@att.net](mailto:sheron55@att.net); Louise Kuret 408-0554, [lkuret@sbcglobal.net](mailto:lkuret@sbcglobal.net); Judy Peck 543-0990, [judy@starstream.net](mailto:judy@starstream.net).

### Lincoln Democratic Club

The Lincoln Democratic Club will present

Einer Maisch of the Placer Water Agency at the club's March 20 meeting. Mr. Maisch will provide an overview of water issues in Placer County with a question and answer session to follow. The meeting will begin at 6:45 p.m. in Kilaga Springs Lodge. The public is invited. Independents are encouraged to attend. Questions: June Paquette at 408-2263.

### Racquetball Group

We play on Mondays and Thursdays at California Family Fitness Club (781-2323) in Roseville. Membership to the club is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play cut-throat, doubles and/or singles. Ladies are welcome. See you on the court!! Contact: Armando Mayorga, 408-4711

Continued on page 43

## ~ Community Perks ~

### KS at the Movies: "Breakfast at Tiffany's"

Monday, April 7 — Free

1:30 PM, P-Hall (KS). NR, 115 minutes — Comedy/Drama/Romance. Starring Audrey Hepburn, George Peppard, and Patricia Neal. This movie presentation is in cooperation with The Spa at Kilaga Springs.



### Document Destruction

Monday, April 14

10:00 AM-12:00 PM, OC Fitness Center Parking Lot. Cintas offers state-of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files okay but no plastics or cardboards. \$10 cash or check per average file box contents payable to Cintas. Just look for the big Cintas truck at the parking lot!



### Home, Health & Business Showcase

Thursday, April 17 — Free

Learn about the latest products and services for your home, health, garden, auto and personal/financial matters. Meet your *Compass* advertisers and other local businesses that will showcase their products. Please come by the Ballroom between 10:00 AM and 2:00 PM to thank them for supporting the *Compass* and many of our Association and club activities. Additional info: Judy Olson, 625-4014.



### e-Waste Recycling

Tuesday, April 22 — Free

9:00 AM-12:00 PM. OC Fitness Parking Lot. Free! Be good to our environment. To make it easier for you, Sims Recycling will be at OC Parking Lot (Fitness side) to accept unwanted electronic gadgets (working or broken) including: computers, laptops, TV, radios, etc. We will offer this service twice a year. The list of acceptable electronics for recycling will be available at the Activities Desks. Just look for the big Sims Recycling truck in the Parking Lot!



### Music Group Sponsored "Open Mic Night"

Friday, April 25 — Free

6:00-8:30 PM, sign-ups starting at 5:30 PM. Musicians and music lovers are invited to join the fun. Audience participation is encouraged and appreciated; no karaoke. P-Hall (KS).



### Parking Lot Sale

Saturday, May 17

7:30 AM-12:00 PM, Fitness Parking Lot (OC). Enjoy an early morning romp checking out unique items at low prices at our annual Parking Lot Sale. You'll never know what treasures and fun things you can discover at the sale. We also have doughnuts and coffee available! Come early for the best choices from your friends and neighbors.







**Handy Man Service**

**Robert Boyer** 39 Years Experience  
Licensed, Bonded, & Insured  
Calif. Lic #306162

PO Box 1165  
Lincoln CA 95648 **(916) 955-4909**



**KATHY SAATY**  
Hairstyling for Men and Women

**SENIOR DISCOUNTS**  
Tuesday - Saturday  
Perms \$60 (includes trim)  
Color Touch-ups \$60 (includes trim)  
Highlights (call for a quote)  
Haircuts \$10 discount off reg. price

Rocklin resident - 18 yrs  
Stylist - 45 yrs  
Colorist  
Perm Specialist  
Haircuts  
Shampoos & Sets  
Free Consultations

**ELITE SALON**  
6200 Stanford Ranch Rd., #300  
Rocklin, CA 95765  
**916-599-6014**



**Herb Hauke**  
License # 490908

**Accu Air & Electrical**  
Quality Heating & Air Conditioning  
Service, Repair and Installation

**(916) 783-8771**

[www.accuairroseville.com](http://www.accuairroseville.com)  
[accuairroseville@yahoo.com](mailto:accuairroseville@yahoo.com)

 Most Major Credit Cards Accepted 

*Add Style to Your Home With*

**CROWN MOULDING**  
*Roy West* Home Improvements

License #594004 Call For a FREE Estimate [www.roywest.biz](http://www.roywest.biz)

**530-368-2715**  
**530-367-3414**

also

- DOOR and TRIM UPGRADES •
- COMPREHENSIVE HOME MAINTENANCE •

**PROFESSIONAL PET SITTING!**

**A Pet's Paradise**  
916-408-3714

We give your pets loving care,  
in the best possible environment...  
**YOUR HOME!**



Insured, Bonded, Excellent References  
[www.apetsparadise.com](http://www.apetsparadise.com)

Resident of Sun City Lincoln Hills

**California's Finest Handyman**

- ✓ Install Ceiling Fans, Shelves, Pet Doors, Window Treatments
- ✓ Replace Light Bulbs & Fixtures, Smoke Alarm Batteries, Furnace / AC filters
- ✓ Re-Caulk Tubs, Sinks, Toilets
- ✓ Hang Pictures
- ✓ Repair Sprinklers
- ✓ And Much More!

**No Job Too Small**

**Patrick Holland, Contractor**  
License # B-813306  
**(916) 223-3330**  
e-mail: [patholland402@gmail.com](mailto:patholland402@gmail.com)  
website: [www.workswithtools.com](http://www.workswithtools.com)

**"All Aboard!"**  
**TRAVEL by TRAIN**

Roundtrip AMTRAK includes up to 3 Days & 3 Nights Hotel Lodging

**Fabulous Destinations Include:**  
Santa Barbara - Monterey  
Hearst Castle  
Paso Robles Wine Tasting  
Yosemite - Reno

Starting at **\$399** PP DC  
Prices and availability subject to change

Book your **GROUP TODAY!**  
Great Group Rates!

**CLUB CRUISE TRAVEL**  
"GOOD OLD-FASHIONED SERVICE - THE WAY IT USED TO BE"

**916 - 789 - 4100**  
Your Lincoln Hills neighbor at 851 Sterling Parkway  
(Near Firestone Tires - Across from Raley's) CST#2033380-4C

**Golf Cart Inspections at Orchard Creek Lodge**



**Golf Cart Registration**  
(City of Lincoln)  
at OC Lodge  
Thursday, March 20  
and April 3 & 17  
at 9:00 AM

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 9:00 AM.

Continued from page 41  
or amoon38@sbcglobal.net.

### Shooting Group

Our purpose is to make friends among the residents who are 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 are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays, and Thursdays for Skeet and Five Stand. During the winter months we meet at 9:00 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 at 408-3928 or johnnpat@sbcglobal.net.

## Finance

Continued from page 15

investments with durations of less than five years. This change will enable us to keep dues low and Reserves up over the long run. The Finance Committee will continue to closely monitor this program on a monthly basis.

Homes with past due assessments were at 240 compared to 229 at the end

of October. While this is a bit higher, the actual amount past due was \$117,200 compared to \$122,500. Not included in the total count were 110 homes that forgot the \$9 per quarter increase that went into effect in January.

Lastly, towards the end of this year we will be looking to fill two openings on the Finance Committee. If you have a background related to Finance or Ac-

counting please apply at the Orchard Creek desk.

If you have general questions or need information, please contact finance.committee@sclhca.com. The next regularly scheduled Finance Committee meeting will be held on Thursday, March 20 at 9:00 AM at the Presentation Hall (KS).

## In Memoriam

### Elsie Caceres

Born in San Francisco, Elsie was a Diplomat's wife and she enjoyed traveling with her husband, Raul, and living in many countries. Elsie worked as a secretary in the Cupertino School district for over 30 years. She lost her husband, Raul, in 2012, and she is survived by their two sons and their families, including three grandchildren, eight great-grandchildren and one great-great grandchild. Elsie is remembered as a beautiful, elegant lady, always properly attired!

### Richard Crosby

Richard grew up in a poor family during the Depression on a farm. By age nine he was bringing in an income raising chickens and rabbits. In high school he played football, wrestled and was a gymnast. And he was an accomplished auto mechanic. He worked in his grandfather's mine in Kern County and developed a lifelong interest in gemstones. Richard served as a Reserve Sergeant on the Police Force in Compton and Linwood, California. He retired from Pacific Bell and was widowed in 1998. He married Robin in 2001 and moved here where he was active in Neighborhood

Watch, the Shalom Group, and the LSV/NEV Group. He loved theater and travel. He will be especially missed by Robin, their children and 17 grandchildren.

### Gloria M. Daher

Gloria and her husband of 59 years, Paul, moved here in 2000. Gloria moved around a lot in her life and is survived by her husband, two sons, five grandchildren, and one great grandchild. She especially enjoyed the antiques group and the wine tasting group.

### Fil Espinoza

Fil was born and raised in Colorado but lived most of his adult life in the Salt Lake City area. After retirement from the Bureau of Reclamation, he and his wife, Judy, moved here in 1999. Fil was an avid tennis player, enjoyed wood carving, golf, fishing, travel, and spending time with family and friends. He leaves behind his wife and a special niece and her three children, who will miss him greatly.

### Dennis Ratay

Dennis grew up with his identical twin brother, Dave in the South and he attended Georgia Tech. He met his

wife of 42 years, Margaret, in Arizona and raised their two children in Massachusetts where he was President of the Little League. "Family first" was his motto, as he most enjoyed doing things with family. He was a hiker, serving as President of the LH Hiking Group and he also played softball. He loved golf, hiking and photography, and rooting for his teams. Dennis is survived by Margaret, two children and one grandchild besides his brothers and sister, and many friends and relatives.

### Alfred Kent White

Kent grew up in southern California and was an avid baseball player, playing varsity in High School and at U.C. Davis. He spent two years as an officer in the U.S. Army. After washing dishes at a restaurant, Kent ended up managing over 1,000 restaurants and spent 40 years in the business. His real passion was for Duplicate Bridge. He was a founder of the Lincoln Hills Duplicate Bridge group and won awards for his contributions to the game. He is survived by the love of his life, Sharon Neff, four children, ten grandchildren and two great-grandchildren.

*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.*



# SAVE THE DATE

SAVE THE DATE  
FOR THE  
**2014 SUMMER  
AMPHITHEATER  
CONCERT SERIES!**

MORE STARS, MORE  
MUSIC AND A  
**SURPRISE  
HEADLINER TO  
BE ANNOUNCED!**

???



THE MUSIC OF  
**BILLY JOEL**  
JUNE 27



TRIBUTE  
**THREE DOG NIGHT**  
JULY 29



TRIBUTE TO THE KING  
OF ROCK N' ROLL  
**ELVIS PRESLEY**  
SEPTEMBER 5



DISCO FEVER  
FEATURING  
**TOP SHELF**  
SEPTEMBER 19



Open To  
The Public



See complete Concert Series Line-Up next month  
in Compass, Facebook and Website.  
**Tickets go on sale April 17th.**

Tickets available at Activities Desk (OC/KS) and online,  
[www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents) "Lifestyle Online"





**Deborah Meyer**  
Lifestyle Entertainment Coordinator  
deborah.meyer@sclhca.com

## Entertainment

### —Club Performances—

**Tap Company's "Remembering Rosie"**  
Thursday, April 3 Evening — 5203-02A  
Friday, April 4 Evening — 5203-02B  
Saturday, April 5 Matinee — 5203-02C  
Saturday, April 5 Evening — 5203-02D

"Remembering Rosie," the next smash hit by the Lincoln Hills Tap Company, celebrates the American "We Can Do It" spirit. Share the experiences of our Rosie the Riveter, her friends and coworkers. Attend our War Bond Rally, a recreation of one of those massive events held all over the United States to finance the cost of beating the enemy. Our dancers and singers will entertain you with your favorite big band music and the periods moving and patriotic songs everyone loves. In the spirit of this year's show, audience members will be given the opportunity to contribute to the Wounded Warrior Project. All evening shows start promptly at 7:00 PM and the Saturday matinee performance begins at 2:00 PM. Ballroom (OC). Premium Reserved Section Seating, \$19. General admission, \$14.



**LH Community Chorus Spring Concert**  
"We Love the Fifties"

Sunday, May 4 — 5204-03A  
Monday, May 5 — 5205-03B  
Tuesday, May 6 — 5205-03C

All the good music from the 50's is right here in Lincoln Hills. The Lincoln Hills Community Chorus will be singing "SH-Boom," "Blue Moon," "Stand by Me," and many more favorites. The Lincoln High School Chorus will be our guest performers! The last concert series sold out, so buy your tickets early. May 4 show 2:00 PM, May 5 and 6 shows 7:00 PM. Ballroom (OC). Premium Reserved Section Seating \$18. General admission, \$13.



### —Comedy—

**Ballroom Comedy Show: George Burns Alive Again!**

Tuesday, April 15 — 5215-02

Straight from LA, join comedy impersonator Duffy as he takes

you on a stroll along nostalgia lane as the legendary George Burns. As we all know, George Burns sings, dances and tells stories like only George Burns can. This 75-minute, musical, comedy show of our beloved George Burns is sure to delight the audience with Duffy's uncanny performance. Seating limited to 200. Show 7:00 PM. Ballroom (OC). Premium Reserved Section Seating, \$14. General Admission, \$12.



**Comedy Night at KS: Brad Bonar Jr.**  
Tuesday, May 13

6:00 PM performance — 5213-03A

8:00 PM performance — 5213-03B

Back with new material! Brad is a double threat. One of the most talented magicians in the country, he is also a very gifted and funny stand-up comedian. His wealth of material springs from his observations of family life. Brad's comedy is universal in its appeal and along with the magic displayed in his shows, the audience is treated to one memorable evening. 6:00 PM and 8:00 PM performances. P-Hall (KS). Reserved seating discounted rate until April 14 \$10. After April 14, \$12.



### —Concerts—

**Tom Rigney and Flambeau in Concert**

Tuesday, March 25 — 5225-02

Back by popular request! Tom Rigney with his band Flambeau is back with a fiery and energetic program that is sure to have everyone entertained. Cajun and Zydeco two-steps, low-down blues, funky New Orleans grooves, and heartbreakingly beautiful ballads and waltzes take form with this highly celebrated group. Tom on violin and Caroline with her fast fingers on keyboard will bring to life original compositions and favorite musical numbers you have come to love. You don't want to miss their amazing arrangement of "Danny Boy"! 7:00 PM. Ballroom (OC). Premium Reserved Section Seating, \$19. General admission, \$15.



**Too Marvelous for Words:**  
"The Songs of Johnny Mercer"

Thursday, April 10 — 5210-02

Broadway/TV star Linda Purl ("Happy Days," "Matlock," "The Office") and award-winning Lee Lessack return to Lincoln Hills in a powerhouse show dedicated to the heartwarming music of Georgia's favorite son. Four-time Academy Award-winning songwriter Johnny Mercer comes to life as the two artists weave



*Continued on page 48*



little known stories with his timeless tunes, including “Moon River,” “Autumn Leaves,” “Black Magic,” “Come Rain or Come Shine” and more. 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$22.** General admission, \$18.

### Just Added!

#### Richard Glazier: From Gershwin to Garland!

**Monday, April 28 — 5228-03**

A musical journey with Richard Glazier features the award-winning pianist and master storyteller in a concert dedicated to the fabulous music that’s been written for the movies. The program includes songs from the earliest movie musicals, through the MGM “backyard musicals” starring Mickey Rooney and Judy Garland, to music from “Kiss Me Kate,” “An American in Paris,” and a medley of songs from 1964’s Best Picture, “My Fair Lady.” Glazier also demonstrates how music plays an important role in setting the mood of a film by performing two eerie and atmospheric themes from Alfred Hitchcock’s “Vertigo.” In-between songs, Glazier tells fascinating backstage stories about the composers, stars, and film makers, and shows exclusive interview footage and clips. Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$18.** General admission, \$14.



#### “Red White and Blue USO Revue”

##### The Swingin’ Blue Stars of the USS Hornet

**Friday, May 23 — 5223-03**

They are back! The Swingin’ Blue Stars of the USS Hornet take you back to the days of the USO! The Swingin’ Blue Stars is a group of ladies that specializes in performing songs from the 40’s and 50’s with a lot of swing! Fabulous, live music and fun dance routines, these gals know how to entertain. They have performed at Pearl Harbor for the dedication of the new Visitor’s Center and thrilled vets young and old with their repertoire of great music, including their tribute to the Andrew Sisters. This Memorial Day week-end, come let them take you back – to a simpler time – when the music told stories with rhythms got you up on your feet. Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$19.** General admission discounted rate until April 14, \$14. After April 14, \$16.



#### Rita Hosking Trio

**Thursday, May 29 — 5229-03**

“Authentic American folk-music to stir the soul” – *No Depression.* Rita Hosking, a northern California native, writes and sings classic country-folk originals. Her songs sound like they’ve been around for awhile and deserve to stay around for a lot

longer! “She’s been called the best kept secret in country-folk,” says the British newspaper *The Daily Mirror*, “and her razor-sharp songs and great live performances bear out the claim.” Rita’s band includes herself on guitar, Sean Feder on dobro (resophonic guitar) and banjo, and Jon O’Brien on upright bass. Concert 7:00 PM. P-Hall (KS). Reserved seating discounted rate until April 14, \$14. After April 14, \$16.



### —Dinner Dance—

#### Red Hot Dinner/Dance Party

**Thursday, April 24 — 5224-02**

Get ready for one red hot night of partying! DJ Tom will be playing your favorite dance tunes from the 60’s to the 90’s. Chef Roderick will complement the evening with a sumptuous dinner of either Honey Mustard Grilled Chicken Breast with Mashed Potatoes or Pistachio Crusted Tilapia with Rice Pilaf, both served with Seasonal Vegetables, Green Salad, Dessert and coffee/tea (complete menu available at the Activities Desks or online). As an added treat, watch dance competition winner and seasoned dance instructor Hye Archer and her partner perform a dance exhibition a la “Dancing with the Stars” at the start and middle of the party. Wear your favorite red hot outfit and spice up the dance floor! Cash bar available when doors open at 5:00 PM, dinner 5:30 PM, dancing 6:30-9:30 PM. Provide your meal selections at registration. For those who wish to enjoy dinner elsewhere, non-reserved seating available starting at 6:15 PM. Ballroom (OC). \$38 (includes dinner), \$13 (dance and entertainment only).



### —Community Event—

#### Annual Parking Lot Sale

**Saturday, May 17 — 5217-03**

Join us for a morning sale, 7:30 AM-12:00 PM either to shop or sell. The sale is intended for residents selling their unwanted household items. Limit of two spaces per household. A six-foot table & two chairs will be provided per space. The event will be advertised in local newspapers and online. Donuts and coffee will be on sale. Spaces go fast, reserve yours now. Vendors must abide by the guidelines received during sign-up process. Home or local businesses may purchase a booth for additional fee. Fitness Center Parking Lot (OC). \$28 per space. Limited spaces available for home or local business \$50. Vendor space exclusive to residents.



*Continued on page 48*

# \$99 Complete Golf Car Service

Free Pick-up and Delivery



- New & Used Sale
- Service
- Parts & Accessories
- Rentals



**ELECTRICK  
MOTORSPORTS INC.**

4670 Pacific St. Unit 300  
Rocklin, CA 95677

(916) 652-2222

[www.electrickmotorsports.com](http://www.electrickmotorsports.com)



## Are Dental Implants Right For You?

Find out with a Free  
Dental Implant Consultation



**Terrence E. Robbins, D.M.D., Inc.**

*Oral & Maxillofacial Surgery • Dental Implants*

(916) 435-5000

2241 Sunset Blvd., Suite B  
Rocklin, CA 95765

(916) 961-1902

6600 Madison Ave., Suite 10  
Carmichael, CA 95608

[www.RobbinsOralSurgery.com](http://www.RobbinsOralSurgery.com)

# MNM PAINTING

**916.765.7132**

See our new website —  
[www.mnmpainting.com](http://www.mnmpainting.com)  
for new Lincoln Hills color palettes  
or email [Mark@mnmpainting.com](mailto:Mark@mnmpainting.com)

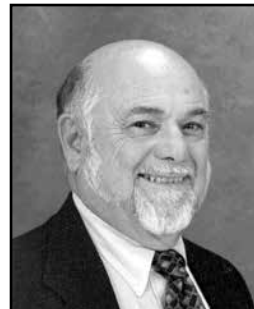
See our three most recent jobs  
with the new colors:

- 276 Staggs Leap Lane
- 709 Geary Lane
- 460 Hopkins Court



A+

Lincoln owned/operated  
CA Lic. #912348



Income Tax  
Preparation  
&  
Retirement  
Planning

PREPARE FOR A FINANCIALLY  
SECURE RETIREMENT

- Certified Financial Planner  
with a Masters in Economics
- Enrolled Agent — Licensed to Practice  
before the IRS
- Free E-filing & Home Visits

**CALL FOR A FREE ANALYSIS AND CONSULTATION**

**AL KOTTMAN, EA, CFP®**

**(916) 543-8151**

Lincoln Hills Resident • [www.ajkottman.com](http://www.ajkottman.com)





**Katrina Ferland**  
Lifestyle Trips Coordinator  
katrina.ferland@sclhca.com

## Day Trips

### —Casino/Racing—

#### Off to the Races

**Thursday, March 27 — 1846-01**

Time for spring horse-racing at Golden Gate Fields next to the San Francisco Bay! Enjoy the heart-pounding intensity of live horse racing and relax in the climate-controlled comfort and luxury of the Turf Club with an elaborate buffet while watching the races. Races go rain or shine. 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, buffet lunch served from 11:30 AM-3:00 PM and complimentary racing program. Leave OC at 10:00 AM, return ~ 7:00 PM. \$69. RSVP Now.



#### Reno — Boomtown — Cabela's

**Monday, May 19 — 1770-03**

By popular request, enjoy a day trip to Boomtown & Cabela's! This spring, receive \$5 gaming and \$5 food credit at Boomtown Casino and/or check out Cabela's Outfitter's Store next door. Cabela's is a 125,000 square-foot retail showroom that is also an educational and entertainment attraction, featuring décor of museum-quality animal displays, huge aquariums and trophy animals interacting in realistic recreations of their natural habitats. Leave OC at 8:30 AM, return ~ 6:30 PM. \$32. RSVP by 4/14.



### —Fair/Festival—

#### Stockton Asparagus Festival

**Friday, April 25 — 1821-02**

California's largest charitable festival and the Central Valley's largest food fest! *Sunset Magazine* rates it the Best of the West! Event is held in downtown Stockton at the Marina in a fenced off and controlled area. The festival features Asparagus Alley with the best deep-fried asparagus found anywhere, two performing stages, cooking demo kitchens, wine and beer pavilion, craft show with 600 booths, displays and exhibits. Enjoy four hours at the festival on opening day. Leave OC at 9:00 AM, return ~ 4:00 PM, \$32 (includes admission). RSVP Now.



*Continued on page 51*

## Important Information: Events, Trips, Classes

- **Reservations:** Required for all activities unless otherwise noted. Resident finger vein or I.D. is required for registration at the Desks. *All sales are final. No refunds unless activity is cancelled or request is received within 24 hours of purchase.*
- **Want to Sell:** Contact the Activities Desk (OC/KS) if unable to attend an event, trip or Activities Department class.
- **RSVP Date:** If RSVP date is shown, up until that date, registration for Trips, Events, and Classes are for residents only, two per household. After RSVP date, for **Trips:** Residents may purchase as many spaces 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 used to determine registration status. If minimum registration is met, students may register until first day of class. If not met, class will be cancelled.
- **Classes (except Fitness):** Register by RSVP 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.
- **Weather:** Association trips & events are held regardless of inclement weather.
- **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 residents have serious allergies exacerbated by scents.
- **Showtime:** For Entertainment, doors open 30 minutes prior to showtime unless noted.
- **Premium Reserved Section Seating:** No need to wait in line before a show. Limited premium seats available for all Ballroom shows.
- **Events that Include a Meal:** Ticket sales for Entertainment that includes a meal will close three business days prior to event date or upon sellout. All other Entertainment events are open for sale until show date unless sold out.
- **Special Accommodations:** We strive to make each event an enjoyable experience. For special accommodations, please inform the Monitor during registration. For **Entertainment**, 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 OC Fitness Center unless noted otherwise. Passengers are dropped off by the Fitness Center entrance on return.
- **Event Ticket for Trips:** Are handed to guests when boarding.

# Trusted, Comfortable & Affordable Dental Care

Little or No Out-of-Pocket Costs for Insured Patients!

Professionally Trained, Caring & Courteous Staff • Emergencies Welcome

The Latest Instruments & Techniques • Drill-Less Dentistry

 Dental Implants: Eat, Chew & Smile Naturally Again!

Heat-Sterilized Handpieces & Instruments • Sealants & Fluoride to Prevent Decay

Conscious Sedation Available • Complete Orthodontic Care With Our Specialists





Personalized  
**Dental Care**

Roseville • Lincoln

[www.LincolnDentists.com](http://www.LincolnDentists.com)

Tim Herman, D.D.S.  
Flaviane Petersen, D.D.S.  
Chris Cooper, D.D.S.  
Abdon Manaloto, D.D.S.

Orthodontist  
Thais Booms, D.D.S., M.S.

Periodontist  
Brad Townsend, D.D.S., M.S.

Copyright © 2012, ehow.com



945 Orchard Creek Ln., Ste. 200, Sun City • Lincoln • (916) 408-5557

## Shari McGrail

916-396-9216

[www.SunCityShari.com](http://www.SunCityShari.com)

Resident Since 2004

Top Producing Realtor-  
annually since 2005

**E**xperience

**C**ompetence

**I**ntegrity

**F**ollow-Thru

CalBRE# 01436301



SHOPPING FOR CAR INSURANCE?  
CALL ME FIRST.

AVERAGE ANNUAL SAVINGS: **\$375\***

DRIVERS WHO SWITCHED FROM:

Geico	saved \$532* on average with Allstate
Progressive	saved \$298* on average with Allstate
State Farm	saved \$310* on average with Allstate

Save even more than before with Allstate.

Drivers who switched to Allstate saved an average of \$375\* a year. So when you're shopping for car insurance, call me first. You could be surprised by how much you'll save.



**Julie L. Domenick**  
Insurance Agent

**(916) 434-5250**

821 Sterling Parkway, Suite 100

Lincoln

[juliedomenick@allstate.com](mailto:juliedomenick@allstate.com)

CA Lic: 0712097, 0C79803



**Allstate**  
You're in good hands.

Auto Home Life Retirement

Annual savings based on information reported nationally by new Allstate auto customers for policies written in 2011. Actual savings will vary. Northbrook, IL. © 2012 Allstate Insurance Company



- FREE Estimates on Replacements
- FREE Second Opinion On Major Repairs
- Repairs\* • Remodels\*
- All Makes & Models
- Utility Rebates
- Senior Discounts
- \$20 off any service with \*
- No extra charge for Saturdays & Sundays

**Class ACT**  
**PLUMBING HEATING & AIR DRAIN CLEANING**  
*Quality Passed Thru Generations P.T., Dick & Hans Since 1928*

VISA MasterCard  
*Proud Member of the Rocklin Chamber of Commerce*

www.goclassact.com  
 Contractor License #962592 **624-7999**

## CARPET CLEANING

**OUR SERVICES INCLUDE:**

- Pre-Spotting Spray
- Pre-Conditioning
- High Power Truck Mount Hot Steam Extraction

**ADDITIONAL SERVICES:**

- Upholstery Cleaning
- Teflon® Carpet Protector
- Pet Odor Removal
- Carpet Repair & Stretching

**2 ROOMS & HALL\* \$59<sup>99</sup>**  
 save \$20 • no hidden fees  
 combo rooms or rooms over 200 sq. ft. count as 2 rooms; add'l. rooms \$30 ea.

**4 ROOMS & HALL\* \$99<sup>99</sup>**  
 save \$55 • no hidden fees  
 combo rooms or rooms over 200 sq. ft. count as 2 rooms; add'l. rooms \$30 ea.

**TILE & GROUT CLEANING & SEALING\***  
 from 50¢ sq. ft.  
 Call for details

**FREE DEODORIZER!**

**916-303-6910**  
 Owner David Jones, Lincoln resident/businessman, all work guaranteed.

\*Coupon Instructions: Must present coupon at time of estimate. Not valid with other offers or discounts.

## NEW LEGACY LANDSCAPING

**20% OFF Landscaping Packet**

Concrete (All Types) • Pavers • Koi Ponds  
 Waterfalls • Fences & Gates  
 Sprinkler System - installation & repair  
 Sod • Plants • Patio Covers • Gazebos  
 Drainage System • Tree Pruning  
 Hillside Cleanup • Retaining Walls  
 New Bark or Rocks • Gardening Service (monthly & weekly)

Call Mr. Andy Le for a FREE Estimate!  
**916-213-9003 cell**  
**916-363-1948 office**

Lic. # 988769  
 Bonded & Insured

**The Genuine. The Original.**

**OVERHEAD DOOR**

**Overhead Door Company of Sacramento, Inc.**  
 "The Largest Selection of Garage Doors in Northern California Since 1953"

**Sales \* Installation\* Service**

Residential \* Commercial \* Garage Doors \* Operators  
 Free Estimates \* Installed & Serviced by Professionals

**916-421-3747**  
 6756 Franklin Blvd., Sacramento, CA 95823

**Estate Tax and Business Planning**

**RCB | LAW**  
 Law Offices of Robin C. Bevier  
 A Professional Law Corporation

**Certified Specialist:**  
 Estate Planning, Trust and Probate

Estate Tax Planning, Business and Succession Planning, Trust Administration, Probate, Conservatorship

2260 Douglas Blvd.  
 Suite 290  
 Roseville, CA 95661  
 (916) 787-0904  
 robin@bevier.net  
 www.robinbevier.com

**COLDWELL BANKER**

**SUN RIDGE REAL ESTATE**

Over 28 years experience  
 Call for a free quote.

1500 Del Webb Blvd., Suite 101  
 Lincoln, CA 95648  
 Fax (916) 543-5223  
 www.lincolnactiveadult.com

**Donna Judah**  
 Member Master's Club  
 RESIDENT REALTOR®  
**Direct (916) 412-9190**  
 djudah@sbcglobal.net

Each office is Independently Owned and Operated.

Please tell our advertisers that you saw their ad in the *Compass*

**GREAT OUTDOORS**  
 Landscaping & Tree Service

**Landscape Design, Installation & Maintenance**

*Free Design with any Signed Project*

Lic. #746085  
 Licensed & Insured

**916-899-7126**  
 greatoutdoors1ts4@yahoo.com

Thoughtful Caring Landscaping

**Lodi Street Faire****Sunday, May 4 — 1820-02**

By popular request, we're going back to the Lodi Street Faire! Attracting more than 600 vendors from throughout California, this biannual event features antiques, arts & crafts and commercial items occupying a 10-square block area of downtown Lodi. While shopping, visitors can satisfy their appetite with their choice from 25 food vendors offering everything from hamburgers to hot dogs, sausages to pizza. Mexican, Chinese and Filipino dishes are also available for those craving a more international fare. You'll have four hours to shop and lunch (on your own) and explore downtown Lodi. Leave OC at 8:00 AM, return ~ 3:00 PM. \$26. RSVP Now.

**—Food/Wine—****Sierra Nevada Brewery Tour & Lunch****Thursday, May 1 — 1813-02**

Learn how beer is made! We're heading up to Chico to visit the original "Craft Brewery" Sierra Nevada. There will be a 90-minute walking tour of the entire beer-making process in the West Brew House, before finishing with educational tastings of Sierra Nevada beers. Closed-toe shoes required for tour. Enjoy an included lunch in the Taproom with a choice of *Bacon Cheeseburger*, *Chicken Sandwich*, *Chicken Caesar Salad* or *Fettuccine and tea, coffee or soda*. Beer & alcohol purchases on own. (Complete menu at Activities Desks.) Lunch choice to be given at time of seating. The trip back home includes a stop and tasting (included) at the up-and-coming GoatHouse Micro-Brewery in Lincoln on Wise Road. Trip size limited to 34 people. Leave OC at 7:30 AM, return ~ 4:30 PM. \$76. RSVP Now.

**Lincoln Wine Tasting & Lunch****Wednesday, June 4 — 1811-03**

Let us be your designated driver while you enjoy some of Lincoln's up-and-coming wineries! We're including stops featuring wines from Meridian's Wine Dinners, Wise Villa Winery and Davis-Dean Cellars. We'll start the day at Wise Villa with a tour, tasting and an included lunch with choice of *Tri-Tip Sandwich on a Brioche Roll, with Small Salad, or Chicken Caesar Salad and iced tea or coffee* (choose at registration). We'll then visit a new vineyard and tasting room, River Rock Ranch-Lindemann Winery and finish the day at Davis-Dean Cellars. Tastings included. Trip size limited to 30. Shuttle bus does not have a restroom. Leave OC at 10:30 AM, return ~ 3:30 PM. \$68. RSVP by 4/15.

**—Museums—****Legion of Honor — Intimate Impressionism from the National Gallery of Art****Thursday, June 19 — 1763-03**

Intimate Impressionism, showcases approximately 70 Impressionist and Post-Impressionist landscapes, seascapes, still lifes, interiors, and portraits, from the collections of the National Gallery of Art in Washington, DC. Includes artists such as Degas, Gauguin, Renoir, Cezanne and many more. The temporary closure of the National Gallery's East Building for major renovation and expansion has made possible the rare opportunity to see this select group of paintings in San Francisco, the exhibition's first venue. For more information on this and other currently running exhibits, please go to <http://legionofhonor.famsf.org/legion/exhibitions>. Lunch on your own at the museum's café or bring your own. Leave OC at 8:15 AM, return ~ 6:00 PM. \$62. RSVP by 4/15.

**—Performances—****Peter & the Starcatcher****at Harris Center Folsom****Wednesday, March 26 — 4550-12**

The national tour of Peter & the Starcatcher takes a hilarious romp through the Neverland you never knew. The winner of five Tony Awards, this swashbuckling prequel to Peter Pan will have you hooked from the moment you let your imagination take flight. Peter and the Starcatcher is the innovative and imaginative musical play based on the best-selling novel by Dave Barry and Ridley Pearson. A company of a dozen actors play more than 100 unforgettable characters, all on a journey to answer the century-old question: How did Peter Pan become The Boy Who Never Grew Up? Mid-orchestra seating. (This is the same show that was in San Francisco.) Depart OC at 12:30 PM, return 5:30 PM. \$90. RSVP Now.

**Second Bus! Broadway Sacramento — Wicked!****Tuesday, June 3 — Sold Out**

Long before that girl from Kansas arrives in Munchkinland, two girls meet in the Land of Oz. One – born with emerald green skin – is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. Winner of 35 major awards, including a Grammy and three Tony Awards, this cultural phenomenon broke box office records and sold out in record time. Performance held at the Sacramento Community Theatre at 8:00 PM. Trip includes Reserved Orchestra seating, coach transportation and driver gratuity. Leave OC at 6:45 PM, return ~ 11:00 PM. \$96.

*Continued on page 53*



# Take Your Game to the Next Level

with the Player Development Program

*at Lincoln Hills Golf Course*

**Only \$39 per Month**

Unlimited use of Driving Range and Practice Facility  
at 12pm & Unlimited \$19 Rounds at Twilight

**Range Improvements Complete!**

We have recently completed construction on our new 300' state-of-the-art hitting mat and have leveled and re-sodded the grass tees. Come out today and experience one of the best practice facilities around!

Call or Visit the Golf Shop for Details.



**Ring of Fire — Eldorado Hotel & Casino****Wednesday, April 9 — 1777-01**

Ring of Fire is a musical based on the music of American singer-songwriter Johnny



Cash. The production, while not a biography of Cash, uses 38 of his songs to celebrate the essence of an American experience. These iconic songs tell stories of a hard life lived in the heartland, about love of partner, family, home and land. Featuring a cast of six principles paired off to make three couples at various stages of Johnny and June's life, the Cash lyrics conjure life experiences that are then applied to the characters. "Ring of Fire" includes some of Cash's most beloved songs such as "Ring of Fire," "I Walk the Line," and his final hit, "Hurt." Arrive with plenty of time for gaming and an included buffet dinner (gratuity included) prior to the 7:00 PM show. Leave OC at 12:00 PM, return ~ 11:00 PM. \$83. RSVP Now.

**Alasdair Fraser & the SF Scottish Fiddlers at Harris Center Folsom****Wednesday, April 16 — 4580-01**

Picture a stage with 50 fiddlers backed by piano, drums and guitars, projecting a sound as lively as a dance band, as majestic as a symphony orchestra; a group that creates a raucous sampling of authentic music from Scotland. Founded in 1986 by Master Scottish Fiddler Alasdair Fraser, the group honors the ability to play by ear and be enough in the moment to follow spontaneous changes of direction during performances! They don't sound as brash as bagpipes, but the massed San Francisco Scottish Fiddlers are an experience not to be missed. Wear your kilt! Depart OC at 6:00 PM, return 11:00 PM. \$52. RSVP Now.

**2014 Music Circus Series**

This year's Music Circus summer season at the air-conditioned Wells Fargo Pavilion in Sacramento has lined up some exciting classic musicals that are performed in a "Theatre in the Round." Please note performance time of 7:30 PM for all performances below so you will have time to purchase food and beverages prior to the show. Our group gets complimentary access to the air-conditioned subscribers lounge with cash bar, restrooms and tables and chairs. Date and time of "Mary Poppins" to be announced in future *Compass*. \$83 each show.

**A Chorus Line****Wednesday, June 25 — 4531-031**

Featuring music by Marvin Hamlisch, this emotional behind-the-scenes look at the Broadway world is a celebration of what it means to be a professional dancer, pursuing the passion to perform onstage. Featuring the songs "What I Did For Love" and "One." (This backstage look at the audition process includes mature subject



matter, profanity and suggestive language in both dialogue and song lyrics.) Leave OC at 6:00 PM, return ~ 10:45 PM. RSVP by 4/14.

**Mary Poppins****Date TBA**

Using a little bit of discipline, a spoonful of sugar and a whole lot of magic, the quintessential nanny reacquaints the Banks family with the things that really matter in life. This show is more loyal to the book by P.L. Travers and has something for both adults and children alike! Enjoy the songs "Chim Chim Cher-ee" and "Supercalifragilistic-expialidocious." Leave OC at 6:00 PM, return ~ 10:45 PM.

**South Pacific****Wednesday, July 23 — 4531-033**

This Rodgers and Hammerstein classic features some of the most beautiful music ever composed for theater. Love transcends both the harsh realities of war and social stereotypes in this sweeping tale that won 10 Tony awards. Featuring the songs "Some Enchanted Evening," "Bali Ha'i" and "I'm Gonna Wash That Man Right Outta My Hair." Leave OC at 6:00 PM, return ~ 10:45 PM. RSVP by 4/14.

**Brigadoon****Wednesday, August 6 — 4531-034**

Travel to the mystical Scottish Highlands village of Brigadoon where, with true love, anything is possible, even miracles. The traditions of two worlds collide in this enchanting tale by Lerner and Loewe with a score featuring "Almost Like Being in Love" and "From This Day On." (A love story in a mystical village includes the accidental death of one of the characters and the anguish it causes.) Leave OC at 6:00 PM, return ~ 10:45 PM. RSVP by 4/14.

**La Cage Aux Folies****Wednesday, August 20 — 4531-035**

This hilarious, bawdy musical comedy by Jerry Herman and Harvey Fierstein won six Tony's in 1984 and the subsequent productions won for best revivals. Centered in a bustling nightclub on the French Riviera teeming with song, dance and laughter, it features "The Best of Times" and "I Am What I Am." (Tells the story of a gay couple and their drag nightclub. The content includes explicit language and mature situations.) Leave OC at 6:00 PM, return ~ 10:45 PM. RSVP by 4/14.

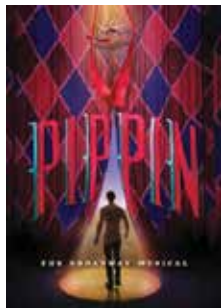
**Pippin — Golden Gate Theater, San Francisco****Wednesday, October 15 — 4550-01**

"Pippin" tells the story of a young prince on a death-defying journey to find meaning in his existence. Will he choose a happy but simple life? Or will he risk everything for a singular flash of glory? Direct from Broadway, "Pippin" is the 2013 Tony

*Continued on page 54*



Award winner for Best Musical Revival. This captivating production features sizzling choreography in the style of Bob Fosse and breathtaking acrobatics. Join us for a magical, unforgettable new "Pippin." Following the 2:00 PM performance, the coach will drop you in Union Square (Post & Powell) for shopping/dining on your own. Bring your own lunch to eat en route to theater. Leave OC 10:45 AM, return ~ 9:45 PM. \$121. RSVP Now.



—Shopping—

**San Francisco for the Day**  
**Wednesday, April 2 — 1841-02**

Enjoy a day trip to the heart of San Francisco in Union Square without the hassle of driving, tolls and parking. It's your time to shop and find that perfect spring/summer wardrobe, or meet friends and partake of a nice lunch. (10% off Macy's coupon included.) To make your shopping more comfortable, our bus 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 purchases so you can do more shopping. You are free to do with the time as you wish. Leave OC at 8:00 AM, return ~ 8:00 PM. \$38. RSVP Now.



**The Charm of Healdsburg**  
**Thursday, May 15 — 1780-03**

Head to the beautiful lush valley of Healdsburg in Sonoma County. Watch the scenery unfold as we drive through acres of vineyards. Enjoy the day on your own in this charming town



that offers tasting rooms for the wine lovers, excellent restaurants for lunch, and unique stores for the shoppers. Healdsburg is also home to the Sonoma County Wine Library. Drop off and pick up at Healdsburg Plaza on Healdsburg Avenue. Leave OC at 8:00 AM, return ~ 6:00 PM. \$39. RSVP by 4/14.

—Sports—

**Oakland A's**

We're going back to see the American League West champs Oakland A's for two games in 2014. First we'll enjoy a pre-season game against the San Francisco Giants. Our second visit will be against the World Series Champions Boston Red Sox! Both day games will provide you ample time to enjoy pre-game festivities and some ballpark munchies and settle in for some great baseball! Game time 1:05 PM. Depart OC at 9:30



AM, Return ~ 7:00 PM. RSVP Now.

- **Oakland A's vs. San Francisco Giants • \$63**  
 (Seats located Field Level Section 108)  
**Saturday, March 29 — 6320-12A**
- **Oakland A's vs. Boston Red Sox • \$67**  
 (Seats located Field Level Section 107)  
**Sunday, June 22 — 6320-12B**

**River Cats**

The River Cats are the Oakland A's AAA farm team with up and coming future stars! We have four River Cats games to enjoy at beautiful Raley Field in West Sacramento. We've moved our seats one section closer to home plate in Senate Box 111 with two day games this upcoming season! Please note departure & game times listed with each game. RSVP Now.



- **River Cats vs. Salt Lake Bees (Los Angeles Angels)**  
**Tuesday, May 13 — 6271-01A**  
 \$42. Depart OC 10:30 AM (12:05 PM game time).  
 Return 4:30 PM.
- **River Cats vs. Iowa Cubs (Chicago Cubs)**  
**Monday, June 16 — 6271-01B**  
 \$42. Depart OC 10:30 AM (12:05 PM game time).  
 Return 4:30 PM.
- **River Cats vs. Fresno Grizzlies (San Francisco Giants)**  
**Tuesday, July 1 — 6271-01C**  
 \$42. Depart OC 5:30 PM (7:05 PM game time).  
 Return 11:30 PM.
- **River Cats vs. Albuquerque Isotopes (Los Angeles Dodgers)**  
**Friday, August 1 — 6271-01D**  
 \$42. Depart OC 5:30 PM (7:05 PM game time).  
 Return 11:30 PM.

**San Francisco Giants**

We're moving on up to Club Level seats for the 2014 season! Club level gives you extra comforts like tables and chairs in the food areas with flat-screen TVs, access to the memorabilia displays, shorter food and restroom waits and a nice carpeted walk over to McCovey Cove if you desire to check out the rest of the stadium and private escalator access and elevator. Portions of the club level are protected from the elements and allow fans to watch the game while standing behind sheltered glass partitions in climate-controlled areas. Based on your feedback, we are also going to depart earlier from the Lodge to allow time to watch pre-game festivities. No cans, glass bottles, alcohol, or hard-sided coolers allowed inside ballpark. Wear layers for SF weather and a cap for sun protection. See individual games for departure and pricing. RSVP Now.



- **Giants vs. Los Angeles Dodgers**  
**Thursday, April 17 — Sold out**

*Continued on page 57*



**Gail Cirata**  
**(916) 206-3503**  
 Gail@GailCirata.com  
**Resident ~ Broker**  
 License #00481659

- Over 35 years Brokering your Real Estate needs
- Twelve years living and selling in Sun City Lincoln Hills
- Experienced in Short Sales, Foreclosures & Exchanges, Simple and Tough Transactions
- Focused on your needs as my client

**COLDWELL BANKER**  
**SUNRIDGE REAL ESTATE**

*"TAKE IT EASY ...  
 Let ME do the work ..."*

[www.homesinlincolnhills.com](http://www.homesinlincolnhills.com)

Each office independently owned & operated.

**Whisper**  
  
 Hearing Center

Dr. Carol Trussell  
 Dr. Tracy Volkman  
 Doctors of Audiology

- Audiology Services
- Hearing Devices

Raley's Shopping Ctr.  
 900 Sterling Pkwy Ste 30  
 Lincoln CA 94648  
 (916) 434-1110

**I LOVE WHAT I HEAR**  
 Whispers and children's voices



[www.WhisperHearing.com](http://www.WhisperHearing.com)

**22,000-Plus Satisfied Customers!**  
**Hundreds of Customers in Lincoln Hills!**

**THE BEST SUNROOMS AND PATIO ROOMS!**

- Solid or Glass Roofs
- CONSERVAGLASS™ - Keeps the Heat Out and the Warmth In.

**Durawood™ Patio Covers**

- Looks like wood, but is maintenance free!
- Will not dry-rot, warp, suffer termite damage or require painting.
- Available in lattice or solid styles.
- More affordable than wood.

**YOUR FULL SERVICE HOME PRODUCTS COMPANY**

- Bathroom Remodels
- Kitchens
- Landscaping
- Windows & Doors
- Room Additions

**PETKUS BROTHERS**  
 Sunrooms & Patio Covers  
[www.PetkusBrothers.com](http://www.PetkusBrothers.com)

**30 YEARS**  
 OF EXCELLENCE IN THE HOME IMPROVEMENT INDUSTRY

**BEST VALUE...BEST PRICE...GUARANTEED EVERYDAY**  
 4760 Rocklin Road, Rocklin, CA 95677 • 916-415-9966  
 Showroom Hours: Mondays-Fridays, 8-5 / Saturdays 11-3 / Closed Sundays



**PROFESSIONAL COUNSELING SERVICES**  
 Need support? Dealing with changes?  
 Let me help!

**COUNSELING:**  
 Individuals  
 Couples  
 Extended Family  
 Singles  
 Youth

**TREATMENT OF:**  
 • Anxiety • Depression  
 • Stress • Addictions  
 • Grief • Relationship Issues  
 • Anger • Life's Challenges



Marvin R. Savlov  
 LCSW  
 Psychotherapist  
 Lic. #3878

**OVER 30 YEARS EXPERIENCE!**  
 Lincoln Professional Center, 1530 Third St., Ste 110  
 Lincoln, CA 95648

Day & Evening Appts • Flexible Fees • Medicare and Insurance Provider

**Call (916) 390-0083 for an appointment**  
 marvin@starstream.net

**HALLSTEAD TREE SERVICE**

- Pruning
- Removals
- Stump Grinding
- Landscape Maintenance



**Rich Hallstead • I.S.A. Certified Arborist**  
**Insured ~ Free Estimate**

Cont. Lic. # 803847 **(916) 773-4596**

**BBB**  
 MEMBER  
 N.E. CALIF.

**Gas Fireplace Service**

- Parts Replacement and Repair
- Remote Control Installation
- Glass, Firebox and Log Cleaning



**Chim Chimney:**  
 Professional Chimney Services, Inc.  
 Wood • Gas • Pellet

**(916) 725-5000**  
 office@chimchimney.net  
 Masonry Contractor License #544749 **www.chimchimney.net**

**Clothes taking too long to dry?**  
 Call us today to have your Dryer Vent Cleaned!

**CERTIFIED CHIMNEY SWEEP** **NFI CERTIFIED**

**WP WESTPAC INC.**  
 CONTRACTING SERVICES  
 License #: 921871

JOSEPH ARCARO  
 PRESIDENT  
 JOSEPHARCARO@WESTPACCS.COM

435 MANDARIN HILL RD  
 NEWCASTLE, CA 95658  
 PHONE: (855) WP-BUILT  
 (855) 975-8458  
 WWW.WESTPACCS.COM

REMODEL RENOVATION REPAIR

**TAHOE LAKEFRONT HOME FOR RENT**  
 4000 sq. ft. on Lake Blvd., Carnelian Bay



Lake view at sunrise

North Shore, weekends or weekly, 6 bedrooms, 4-1/2 baths, 2-car garage, 2 lg. furnished decks, hot tub, private pier, entertainment room, bar, fireplace, window seats, fully furnished & equipped, all-year access, spectacular lake views from every room, accommodates 10 persons comfortably, ideal for large families or 2 families.

**Call for pictures & details**  
**Shannon 530-570-9573 or Richard 530-277-4147**

**GARY'S REFINISHING**

- Complete Refinishing for all Fine Woods
- Specializing in Furniture, Cabinets, Doors, Antiques
- Free In-Home Estimates, Pick up & Delivery



**(916) 759-8950**

Over 30 years in business!

**SunDance Interiors**

CONT. LIC. #67243

**Custom Draperies & Upholstery**  
 Slipcovers • Shutters  
 Blinds • Bedspreads

Workroom & Showroom **781-2424**

400 Washington Blvd., Ste. C • Roseville  
 www.sundanceinteriors.com

Ask for a senior discount

**HOME SOLUTIONS**

offering home improvement, maintenance and repairs including a full-service design studio to satisfy all your decorating needs

**A complete home solutions company bringing you a multitude of trades done well.**

**A-R Smit & Associates**  
 Excellent References • License #919645  
**(916) 997-4600**

Lincoln based family-owned & operated business



- **Giants vs. Chicago Cubs**  
**Wednesday, May 28 — 6280-01B**  
Seats located in Club Level 230, \$110.  
Depart OC 9:00 AM (12:45 PM game time).  
Return 7:00 PM.
- **Giants vs. St. Louis Cardinals**  
**Thursday, July 3 — 6280-01C**  
Seats located in Club Level 230, \$128.  
Depart OC 9:00 AM (12:45 PM game time).  
Return 7:00 PM.
- **Giants vs. Los Angeles Dodgers**  
**Sunday, September 14 — 6280-01D**  
Seats located in Club Level 231, \$128.  
Depart OC 9:15 AM (1:05 PM game time). Return 7:15 PM.

### —Tours—

#### **Alcatraz Island-San Francisco Fisherman's Wharf** **Tuesday, April 22 — 1760-02**

Experience "The Rock," originally a military reservation and then a famous federal prison housing criminals that included the likes of Al Capone, "Machine-Gun" Kelly and the "Bird-man of Alcatraz." The visit includes a cell house audio tour



that brings history alive through the actual voices of the correctional officers and inmates who lived on the island. Much of Alcatraz is steep and hilly, so be prepared for walking long distances uphill. The distance from the dock to the prison at the top of the island is about 1/4 mile and the elevation change is 130 feet. (Equivalent to climbing a 13-story building). You will be walking the same route the prisoners took. (Small tram is available to those with a health condition or physical disability which limits mobility.) You'll have plenty of time to enjoy lunch on your own at Fisherman's Wharf before we head out for the tour. Leave OC at 8:15 AM, return ~ 7:15 PM. \$71. RSVP Now.

#### **McClellan Aerospace Museum** **Wednesday, May 14 — 1765-02**

In cooperation with the Lincoln Hills Veterans Club, we offer a trip to The Aerospace Museum of California at McClellan Business Park in Sacramento. The Museum provides a world class opportunity to learn about and celebrate aviation's past, present and future. The Museum's 37,500 square-foot Aerospace Pavilion includes a massive exhibit hall and a four acre Air Park featuring a variety of historic aircraft. It's your chance to view static displays of thrilling jets like a



US Navy Blue Angels' fighter, A-10 Thunderbolt, or a famous "Top Gun" F-14 Tomcat just like the movie! Learn about space exploration and see the future of manned and unmanned flight and space exploration. We have reserved a private room for our group to relax in and enjoy an included boxed lunch from Meridians. Choice of turkey, roast beef or veggie sandwich with fruit, cookie and a bottle of water (choose at registration). Depart OC at 9:15 AM, return ~ 3:15 PM. \$49. RSVP Now.

### Overnight & Extended Travel

#### **Overnight Casino Adventure — Graton & Cache Creek!** **Monday, April 28 to Tuesday, April 29 — 1970-01**

Many have asked for a visit to the new Graton Casino in Rohnert Park, and we've arranged not only for a visit, but an overnight stay at the nearby Rohnert Park Best Western Inn with breakfast included! Dinner on your own from many restaurant choices at the casino. On the way home we will stop at another highly requested casino, Cache Creek, for more gaming and lunch on your own. Graton Casino Bonus: Option of \$10 free play or \$15 match play. Cache Creek Bonus: Option of \$10 free play or \$20 match play and \$5 food credit, plus any additional casino promotions for the month of April. Leave OC 9:00 AM, Monday, April 28, return Tuesday, April 29 ~ 5:00 PM. *A signed liability waiver is required for each participant.* \$125 per person double occupancy. \$178 single. RSVP Now.



#### **Wild Magic! Reno Overnight** **Thursday, May 8-Friday, May 9 — 1971-03**

Due to a date change of the previously scheduled show, "I Love Lucy Live" at the Pioneer Center in Reno, we will be watching a different show on our Reno overnight outing in May. "Wild Magic" features magician Dirk Arthur in Harrah's Showroom performing dazzling illusions with some of the rarest animals in the world. Experience fast-paced breathtaking big cat magic interwoven with comedy, beautiful dancers and large scale illusions, including a helicopter that appears out of nowhere! We will be staying in the remodeled West Tower at Harrah's Reno (closer to the casino floor and showroom) and you'll receive a coupon book valued at over \$240 featuring food, drink and gaming offers. Dinner on your own. Breakfast included at Hash House a Go Go, with a choice of one of the following at time of seating, "The Basic" two-eggs, with choice of bacon, ham or sausage, biscuit or toast and fruit, or Hash House famous 16" flapjack, or a vanilla waffle, coffee or tea included. Leave OC 1:00 PM, return ~ 1:00 PM. *A signed liability waiver is required for each participant.* \$137 per person double occupancy. \$171 single. RSVP by 3/31.



*Continued on page 58*



### Overnight Trip: Fort Bragg/Skunk Train Tuesday, June 10 to Wednesday, June 11 — 1970-03

Join us on this popular trip as we head around Clear Lake and through the coastal redwoods for a visit to Fort Bragg and a ride on the Skunk Train. We'll stop at Running Creek Casino in Upper Lake for an included buffet lunch and some time for gaming. Check out Glass Beach upon arrival in Fort Bragg followed by exploration and dinner on your own downtown. Once again, we'll stay at the Emerald Dolphin Inn with an exclusive complimentary continental plus breakfast in a private area for our group on Thursday morning. Board the World-Famous Skunk Train for a leisurely trip through the redwoods, with a stop for a BBQ buffet lunch (included) and then on to Willits, to meet our bus for the return trip home. Stop at Colusa Casino for gaming and an included buffet dinner on way home. Both casinos offer gaming credits if you sign up for their rewards card. Wear comfortable shoes and bring a warm sweater or jacket. *A signed liability waiver is required for each participant.* Leave OC at 8:30 AM June 10, return ~ 9:00 PM June 11. \$252 per person double occupancy. \$307 single. RSVP by 4/14.



show with a choice of *Tri-Tip Sandwich* or *Roasted Turkey, Brie & Cranberry on Ciabatta*. Vegetarian option available on request. (Complete menu available at the desk. Food choice is required at registration.) Enjoy coffee & dessert at intermission! We'll be staying at Harvey's Lake Tahoe with an included \$120 value coupon book for specials on meals, drinks and more! Trip includes a free day in South Shore to experience many optional activities, i.e., relaxing by the pool, a walk to the beach, golf, Gondola ride to the top of Heavenly, hike and more! We'll enjoy an included luncheon deli buffet cruise on the MS Dixie II out of Zephyr Cove across Lake Tahoe before we head home on Tuesday. *A signed liability waiver is required for each participant.* Leave OC at 1:00 PM August 24, return ~ 5:00 PM August 26. \$352 per person double occupancy. \$453 single. RSVP by 4/14.



### Sold Out Trips thru April 20

#### Trip • Date • Departure Time

- Palm Springs Multi-night Bus #1 & #2 — Tuesday, March 18, 7:00 AM
- Speaker Series — Ina Garten — Tuesday, April 1, 6:45 PM
- Ironstone Winery — Thursday, April 3, 8:30 AM
- Sister Act — Tuesday, April 8, 6:45 PM
- Giants vs. Dodgers — Thursday, April 17, 9:00 AM

### Multi-Night! Lake Tahoe Shakespeare & Lake Cruise Sunday, August 24-Tuesday, August 26 — 1971-03

Experience the enchantment of the Lake Tahoe Shakespeare Festival at Sand Harbor State Park with Lake Tahoe as the backdrop! This year's show is "As You Like It," a romantic comedy. Enjoy reserved seats, an included boxed dinner before the

### Activities Department Classes



**Betty Maxie**  
Lifestyle Class Coordinator  
[betty.maxie@sclhca.com](mailto:betty.maxie@sclhca.com)

### Art

#### —Drawing—

### Beginner Drawing Thursdays, April 10-24 — 132214-03

9:00 AM-12:00 PM (OC). \$39 (three sessions). Instructor Michael Mikolon. The artistic journey starts with the basics of drawing. In this beginner class, we will focus on materials and techniques and developing your sense of design. Drawing is about observing. Learn how to look at the shapes that make up your subject and translate what you see into an



accurate depiction with the understanding of measurement and proportions, use of line and shadow and developing good daily drawing habits. Live demos will be performed weekly showing how to use the materials first hand with one-on-one instruction. *About the Instructor:* Artist Michael Mikolon is an accomplished artist and owner of 12th & S Art in downtown Sacramento teaching and running figure drawing sessions. He lives in California as a full-time artist with a focus on landscape and figure. Request supply list at registration. RSVP by 3/27.

#### —Oils, Pastels & Acrylics—

### Painting Pastels and Oils with Barry Mondays, April 7-28

9:00-11:30 AM Class — 105114-03  
Or 1:30-4:00 PM Class — 105214-03

(OC). \$52 (four sessions). Instructor: Barry Jamison. Let out your creative soul! Learn pastelling and oil painting with Barry

*Continued on page 61*

Wills, Trusts & Estate Planning  
**GIBSON & GIBSON**  
 A Law Corporation

Guy R. Gibson has over 34 years experience and is a certified specialist in probate, estate planning and trust law by the State Bar of California since 1992

- Estate Planning
- Trust Administration
- Wills/Trusts
- Probate
- Elder Law
- Powers of Attorney
- Health Care Directives
- Tax Planning
- Conservatorships
- Guardianships



**(916) 782-4402**

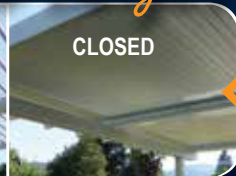
100 Estates Drive, Roseville, CA 95678

[www.GibsonandGibsonEstatePlanning.com](http://www.GibsonandGibsonEstatePlanning.com)

**PATIO COVERS & OPENING ROOF SYSTEMS**



*Make Your Backyard an Oasis!*



ADJUSTABLE  
 APOLLO Opening  
 Roof System...  
 keep the rain out!

Virtually maintenance free • Lifetime products  
 PLUS Cabanas • Decks • Balconies • Decorative Concrete

**PATIO PERFECTIONS INC**

Perfecting the Standard of Quality and Craftsmanship  
 Call for a FREE in-home estimate



**888-453-6066** | [www.PatioPerfections.com](http://www.PatioPerfections.com)

Lic #894189



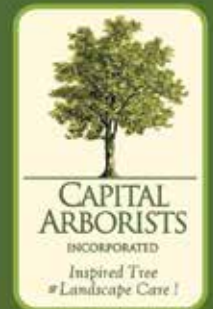
**Inspired Tree & Landscape Care!**

- Tree & shrub pruning
- Planting
- Seasonal maintenance programs
- Pest & disease management
- Fertilizations
- Irrigation system updates & replacements
- Water management programs
- Landscape lighting
- Custom-designed landscape packages

**(916) 412-1077**

[capitalarborists.com](http://capitalarborists.com)

ISA certified arborists



Lic.# 951344



**House Cleaning**

Weekly  
Bi-Monthly  
Monthly

Rich Haley  
Diane Haley  
**(916) 543-7015**

References Available • Since 1985 • Lincoln Hills Residents

**COLDWELL BANKER**  
SUN RIDGE REAL ESTATE

**Don Gerring**  
Lincoln Hills Resident Agent  
30+ Yrs R.E. Experience  
**(916) 747-5050**

**Buying or Selling?**  
*Low Inventory! High Demand!*

Lic#00631339 dgerring@starstream.net Each office independently owned & operated

**GARY'S SPRINKLER REPAIR SERVICE**



Residential Experts  
23 Years Experience  
Troubleshooting & Repairs

- Water Conservation
- Bad Valves
- Drip Systems
- Broken Pipes
- Clocks (installed & set)
- All Work Guaranteed

H2orepair@hotmail.com  
Lic. # 869624

**(916) 223-3706**

Lic. # 669316

**DURAN LANDSCAPING**  
INSTALLATION & DESIGN

- Waterfall Specialist
- Sprinkler Systems
- Drainage Systems
- Lawns & Sod
- Rototilling & Soil Prep
- Decorative Concrete
- Putting Greens & Artificial Sod
- Drip Systems
- Dry Creeks
- Planting & Bark
- Low Maintenance Gardens

**QUALITY GUARANTEED**

FREE ESTIMATES **(916)660-1835**  
Ask for Victor Duran [www.duranlandscape.com](http://www.duranlandscape.com)

**Quality Flooring & Installation at Outstanding Prices**  
We Specialize In Great Service

**FREE Estimates**

**Carpet Discounters**



931 Washington Blvd., Ste. 111  
Roseville, CA 95678  
**(916) 784-3727**  
[www.carpetdiscountersstore.com](http://www.carpetdiscountersstore.com)  
Mon-Tues 10am-4pm • Weds-Thurs 10am-6pm  
Fri 10am-2pm • OR by Appointment

**Carpet, Hardwood, Laminate, Cork & Vinyl**  
CA Contr. Lic. No. 830649 Licensed, Bonded & Insured

**B Z Plumbing Co.**  
INCORPORATED

At Your Service

Superior service and quality workmanship  
at a fair price for all your plumbing needs

Repair or replace existing fixtures • Video camera pipe  
inspection • Install new fixtures • Sewer & drain cleaning

**916-645-1600**  
**www.bzplumbing.com**  
CONTRACTORS LICENSE # 577219

ALL WORK GUARANTEED. Locally owned and operated since 1990

**MICALLEF ELECTRIC**  
**916-872-7463**  
License # 940951

Rope Lighting w/Outlet & Switch - LED High Efficiency Lights  
Wall Mounted Flat Screen TV w/ Recessed Cables & Outlet  
Ceiling Fans -Can Lights - Exterior Outlets - Spa Hookup  
I Specialize in Electrical for Patio Covers & Sunrooms




Care Coordination and Resource Referrals

- In-Home Care, Assisted Living
- Memory Care, Independent Living
- Veteran's Aid and Attendance Allowance

Phone: 916-209-8471  
Cell: 916-798-7347  
Judy@JudithPayne.com  
SCLH resident

**Senior Care Consulting**  
*FREE Phone Consultation and Guidance*

Jamison. Start to finish, for beginners thru advanced, Barry will guide you through an enjoyable process of creating attention-getting works. New students: Ask for supply list at registration. *About the instructor:* Barry has 45 years painting explorations in various media. He studied nationally with a number of pastel and oil painters including our own artist and instructor Joan Jordan.



He has 11 years experience teaching and encouraging artistic expression to a wide range of ages, and owns a studio in Folsom. RSVP by 3/31.

### Paint Your Vision in Oils or Acrylics

Wednesdays, April 2, 9 & 16

9:00-11:30 AM Class — 113114-03

Or 1:30-4:00 PM Class — 113214-03

AM and PM sessions are not interchangeable. (OC). \$39 (three sessions).

Instructor: Marilyn Rose. Students receive expert guidance in creating original paintings of their chosen subjects, whether landscape, still life, portrait or a clothed figure. Those with little or no art training can gain a solid grounding in the basic principles and techniques of fine art painting. Experienced students are encouraged to develop their own voices as artists. Demonstrations, masterwork examples and individual instruction are used to advance students' understanding and implementation of techniques. *About the Instructor:* Marilyn has over 20 years experience in landscape, portrait, figure and still life painting, with hundreds of her works in private collections across the U.S. More info: [www.artistmarilynrose.com](http://www.artistmarilynrose.com). Call Marilyn at 409-0397 with any question, and ask at Activities Desk (OC/KS) for suggested supplies list upon registration. RSVP by 3/26.



### —Watercolor—

#### Beginner Watercolor Painting

Thursdays, April 3-24 — 132114-03

1:00-4:00 PM (OC). \$52 (four sessions). Instructor: Michael Mikolon. Learn the basics of painting with watercolors. In this beginner class, we will focus on materials and painting techniques and developing your sense of color: looking into the basics of color theory; how to use the color wheel; and mixing fresh and vibrant color with the use of a well organized palette. Learn to create your own voice in art by discussing design, composition, and value controlling the focal point. We will also discuss master colorists: the Dutch, English, Impressionists, Post Impressionists and late 19th and early 20th century painters. Live demos performed weekly showing how to use the medium first hand with one-on-one instruction provided by the teacher during class. *About the Instructor:* Artist Michael Mikolon is an accomplished watercolorist and owner



of 12th & S Art in downtown Sacramento. Request supply list at registration. RSVP by 3/27.

### Ceramics

#### —Lladro—

#### Spanish Oil Painting

Wednesdays, April 2-30 — 206114-03

1:00-4:00 PM (KS). \$48 (five sessions). Instructor: Barbara Bartling. A beginning and continuing class on how to paint porcelain figurines. **Prerequisite:** Lladro requires a steady hand and concentration. Learn basics painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order. RSVP by 3/26.

#### Lladro Workshop

Wednesdays — Ladd3

1:00-4:00 PM (KS). \$12 per session. Moderator: Barbara Bartling. Drop-in sessions for Lladro hobbyists who can work independently. Held in conjunction with the ongoing Lladro class, workshop is not for beginners and does not provide moderator instruction. No lockers provided for workshop attendees but there will be a locker for all "work in progress." 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

Tuesdays April 1-29 — 212114-03

1:00-4:00 PM (OC). \$67 (five sessions). Instructor: Jim Alvis. Introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Course covers basic hand building and wheel throwing techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list provided at first meeting for future classes. RSVP by 3/25.



#### Advanced Ceramics

Tuesdays, April 1-29 — 212214-03

9:00 AM-12:30 PM (OC). \$67 (five sessions). Instructor: Jim Alvis. For self-motivated students/artists with established ceramic skills. Experience and continuing education in Ceramics Arts from workshops nationwide provides Jim with the expertise to

*Continued on page 63*



**The 2014  
Club Car  
Models are  
in Stock!**



Club Car

*Come in and check out the new State-of-the-Art charging system on the new Club Cars.*

**877-666-5864**

**Nick's  
CUSTOM GOLF CARS**

SALES • SERVICE • PARTS • RENTALS

*Authorized Club Car Dealer*

*Service and Repair — All Makes & Models*

4325 Dominguez Rd., Rocklin, CA 95677

[www.NicksGolfCarts.com](http://www.NicksGolfCarts.com)

**B**uilding wealth for generations of growth



**Overwhelmed with managing your own Investments?**

If you have five hundred thousand dollars or more to invest, call us for a preliminary financial review. No obligation.

We are an independent advisory firm and do not sell any financial products.

**RSS**

ROSENBLUM  
SILVERMAN  
SUTTON  
INVESTMENT  
COUNSEL

Est. 1983

Call us at 415-771-2631 or visit our web site:

[www.RSSIC.com](http://www.RSSIC.com)

**INITIAL  
VISIT  
ONLY  
\$79.95**

**Complete Pest Control**

**\$60 Every Other Month**

(Under 1500 sf)



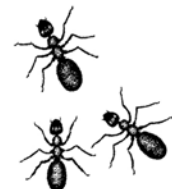
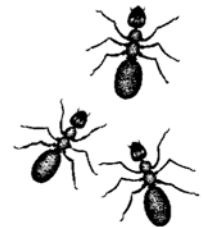
**One-Time Services Available**

**PEST CONTROL**



*Your satisfaction is guaranteed!*

Miles Noble, President



**349-2044**

**Free Pest Estimates**

guide and provide critiques of students' works. Assignments and demonstrations will be given by the instructor as well as individual guidance to further refine techniques and projects. RSVP by 3/25.

### Ceramics — All Levels

**Thursdays, April 3-24 — 221114-03**

1:00-4:00 PM (OC). \$52 (four sessions). Instructor: Terry Accomando. Open to all skill levels. The 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 goals on any project 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 when you register. RSVP by 3/27.



### Ceramics Vacation Drop-In Session

**Tuesdays — CERD1**

**Thursdays — CERD2**

Tuesdays 9:00 AM-12:30 PM; Thursdays 1:00-4:00 PM (OC). \$17 per session. Tuesday Moderator: Jim Alvis; Thursday Moderator: Terry Accomando. For pottery students who can work on their own but are unable to attend class full-time. **Prerequisite:** Previous enrollment in Advanced Ceramics class with Mike or All 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. Sessions 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 ensuring everyone follows guidelines and safety procedures. Class space is first-come, first-served. Students must check with instructor to make sure space is available and that they have met class prerequisite prior to registration at the Activities Desks. Registration for drop-in sessions is only available within the hour prior to class start.

## Crafts

### —Card Making—

#### Intro to Card Making 101

**Tuesdays, April 8-29 — 317114-03**

1:00-4:00 PM (KS). \$38 (four sessions). Instructor: Dottie Macken. Have you ever wanted to make a greeting card but weren't sure how to get started? This class is for you! Class will teach you all the "ins and outs" of making greeting cards and more. You will be making and



taking home with you at least two cards and/or projects at each session. This is a fun three-hour class. Class size is limited, sign up early to reserve your space. All supplies will be provided. RSVP by 3/28.

#### Card Making Level 2 — Intermediate

**Tuesdays, April 8-29 — 317414-03**

9:00 AM-12:00 PM (KS). \$38 (four sessions). Instructor: Dottie Macken.

**Prerequisite:** Completion of at least three-to-four months of Intro to Card Making 101 or have instructor's approval. This class will build on your card making skills, while introducing you to new and different card making and paper craft techniques. Not for beginners. Class size limited, sign-up early. All supplies will be provided. RSVP by 3/28.



#### Card Making Level 3 — Intermediate-Advanced

**Mondays, April 7-28 — 317214-03**

**Or Fridays, April 4-25 — 317224-03**

9:00 AM-12:00 PM. Mondays & Fridays (KS). \$38 (four sessions) each class. Instructor: Dottie Macken. **Prerequisite:** Completion of Intro to Card Making 101 and Level Two class or instructor's approval. For the more experienced card maker, will continue to build and explore different card making techniques, die cutting machines, much more. Class size limited, sign-up early. All supplies and equipment will be provided. RSVP by 3/31 or 3/28.

### —Cooking—

#### New Day! Cooking with Chef Roderick: Petite Desserts

**Thursday, April 10 — 322114-03**

9:00-11:00 AM (KS). Instructor: Chef Roderick. \$18. Petite desserts are mini desserts and can encompass everything from petite pies to dainty cakes and tiny tarts. The chef will demonstrate four favorites: crème brulee, semi freddos, chocolate pot de crème and seasonal cheesecake. With these desserts you can be as creative as your imagination allows. Recipes will be available at the class. RSVP by 4/3.



## Dance

*For a smooth transition between classes, dance instruction will finish five minutes prior to advertised ending time. Please clear the room ASAP for the next class. Thank you.*

### —Clogging—

#### Beginning Clogging

**Tuesdays, April 1-29 — 332114-03**

10:00-11:00 AM (KS). \$28 (four sessions; no class April 15).

*Continued on page 65*



# \$1 BREWED COFFEE

Everyday.  
All The Time.



Stay Connected with  
Free Wi-Fi Access  
for all customers.



CHECK OUT OUR "TO-GO" MENU AT:  
[www.MeridiansRestaurant.com](http://www.MeridiansRestaurant.com)

CALL TO ORDER: 916.408.1682 • 1187 SUN CITY BOULEVARD  
LINCOLN, CA 95648



Instructor: Janice Hanzel. New beginners — come dance and learn clogging with us. Bring your friends. Low impact, not as hard as you think. Class will move through the eight basic traditional clogging movements at a relaxed pace. Learn fun clogging dances with basic and easy level clogging steps. Special attention to balance skills is part of the lessons. Come join us and move to the music! No special shoes required; flat-soled shoes recommended. RSVP by 3/25.



### Easy-to-Intermediate Clogging

**Tuesdays, April 1-29 — 332214-03**

11:00 AM-12:00 PM (KS). \$28 (four sessions; no class April 15). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We'll also learn new dances from all levels to Intermediate from recent workshops and conventions. Come join the fun. All levels encouraged to participate. RSVP by 3/25.

### Intermediate Plus Clogging

**Tuesdays, April 1-29 — 332314-03**

12:00-1:00 PM (KS). \$28 (four sessions; no class April 15). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval. Students are strongly encouraged to take 11:00 AM class. Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events. RSVP by 3/25.

## —Country Western Dance—

### Country Couples Western Dance

**Beginner Level One & Two**

**Mondays, April 7-28 — 344214-03**

7:00-8:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. Western dancing is done to many types of music, country being the most popular. Many of the dances are done in circles with some being mixers. Instruction will be at a slower pace for beginners. RSVP by 3/31.

### Country Couples Western Dance Beginner/Intermediate Level Three & Four

**Mondays, April 7-28 — 344414-03**

8:00-9:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. **Prerequisite:** Beginner level Country Couples for at least six months. After you have completed your Country Couples Beginner Class, join us for a fun-filled hour of more challenging beginner dances and some easier intermediate dances. You've learned some of the basics, now it's time to add a few more steps and turns. Dance to be taught are horseshoe, the Wanderer, Ten step — Texas Style. RSVP by 3/31.



### Country Couples Line Dancing

**Fridays, April 4-25 — 346114-03**

3:00-4:00 PM (KS). \$20 (four sessions). Instructor: Jim & Jeanie Keener. This class will feature the popular "old" line dances that are done at country dances all around the area. No partner required. Everyone welcome. RSVP by 3/28.

## —Dancing with Dolly—

### Ballet/Lyrical

**Thursdays, April 3-24 — 353564-03**

5:00-6:30 PM, (OC Fitness). \$50 (four sessions). Instructor: Dolly Schumacher James. "We were all born to move to music. It's in our souls and bodies." Remember the abandon of letting music move through your body — feeling free? Master teacher Dolly Schumacher James encourages the "dancer within" as students learn the fundamentals of ballet and lyrical dance, in a gentle yet challenging way. Using music as motivation, students will learn to express themselves through movement. Both styles of dance develop core strength, flexibility, co-ordination, and grace. Classes are designed for beginning as well as intermediate students. Feel the joy as your body moves to beautiful music and your spirit soars! RSVP by 3/27.



### Performance Dance

**Fridays, April 4-25 — 353574-03**

2:00-3:30 PM, (OC Fitness). \$50 (four sessions). Instructor: Dolly Schumacher James. Class is designed for the dancer who loves to perform. Advanced dancers learn choreography in Jazz, Lyrical, Comedy, Funk, and Musical Theater. **Prerequisite:** By audition or teacher's approval only. RSVP by 3/28.



## —Hula—

### Hula

**Thursdays, April 3-24 — 390214-03**

1:15-2:15 PM (KS). \$32 (four sessions). Instructor: Pam Akina. Begin or continue your study of hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical and cultural information surrounding each of the dances. Hula is good for mind, body, and spirit! Performance techniques are also shared and occasional performance opportunities are available for students. New students, more info: Pamahoa@hulapono.com or 521-0474. RSVP by 3/27.



*Continued on page 71*



## JIM SCOVILL CONSTRUCTION

General Contractor

Lic. #702024

*Specializing in Home Additions, Remodels,  
and New Construction*

*40 years local experience;  
10 years on Del Webb projects*

*Service & Repairs*

**(530) 885-5749**

**Cell (530) 333-3882**



## PET SITTING IN YOUR HOME

Serving Placer County  
Licensed • Insured

Dale McCoy  
(916) 622-PETS (7387)

P.O. Box 1577 • Loomis, CA 95650  
www.a-pets-world.com



## The Royal Cleaning Company

Give your home the royal  
treatment!

**(916) 663-8718**

## Lime Shuttle

**Airport ■ Casino ■ Events ■ Others**

**Carlo F. Martinez**

Owner/Operator

Reservation Number: **916-622-0585**

Email: **limeshuttle@wavecable.com**

License # PSC-22060

to celebrate, take

**\$30**  
off your  
next visit

MAKI HEATING AND AIR CONDITIONING, INC.  
**(916) 782-9242**

## Every Tile Roof Needs To Be Serviced!



- Your Tile Roof Specialists
- Service and Maintenance
- Emergency Repairs
- 25 Years of Experience
- Customer Satisfaction Guaranteed
- Free Detailed Inspections & Estimates

**(916) 595-4660**

Family owned and operated

CSLB #987296

**CAL-ROX  
ROOFING, INC.**

- Window Cleaning
- Gutter Cleaning
- Solar Panel Cleaning
- Hard Water Stain Removal



"Prompt • Professional • Quality Work"

**(916) 541.6508**

**cleanwindows.arwc@gmail.com**

Insured and Licensed

PO Box 2352 • Rocklin, CA 95677

## PC & Mac Resources

**Terry Rooney**  
Lincoln Hills Resident  
Microsoft Business Partner



- Mac and Windows computer installations and upgrades
- Assistance with iPads & iPhones, Android tablets & phones
- Wireless (Wi-Fi) networking, plus file & printer sharing
- Computer tuneups, removal of spyware, viruses, malware

Phone: 916-543-9474

Email: **tarooney@gmail.com**

2425 Swainson Lane, Lincoln, CA 95648

## —Jazz—

### Jazz Class for the Beginner

**Thursdays, April 3-24 — 353014-03**

11:00 AM-12:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. Beginner class, no experience necessary. This class will leave your mind, body, and spirit feeling empowered, energized, and more flexible. Melanie will demonstrate different styles of Jazz to ensure proper execution in a fun and positive way. She started teaching at 16-years-old and turned professional at 18. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, Reno, Nashville, Branson, Tokyo Disneyland, as well as on TV and video. Come join her! You'll leave with a smile on your face and a love of jazz dancing in your heart. RSVP by 3/27.

### Jazz Technique 1

**Saturdays, April 5-26 — 353124-03**

3:00-4:00 PM (OC). \$32 (four sessions). Instructor: Melanie Greenwood. If you are a dancer, singer, or actor, this class will enhance performance skills in a fun, positive way. Have fun learning different styles of jazz dancing emphasizing proper technique. Melanie will demonstrate various dance steps to insure proper execution. For all skill levels. Melanie danced professionally across the U.S. and Canada and choreographed for such artists as Dolly Parton, Louise Mandrell, and Lucy Arnaz. RSVP by 3/29.



### Jazz Technique 2

**Tuesdays, April 1-29 — 353114-03**

1:00-2:00 PM (KS). \$40 (five sessions). Instructor: Melanie Greenwood. This class is for dancers with some basic dance training. Melanie has taught dancers from beginners to professionals. She has danced professionally across the U.S. and Canada. Performing in USO shows in Europe, her favorite was on the USS Nimitz. You will laugh and smile while dancing to fun music that makes you move like nobody is watching. Come join us! We dance to live and live to dance. RSVP by 3/25.

## —Line Dance—

*We offer various levels of Line Dance classes taught by three different instructors. Choose the skill level, schedule and instructor that will best fit your needs. Listed below are the instructors and classes listed in order of difficulty.*

### Intro to Line Dance

The first step to learning line dancing! This class is for real beginners introducing basic line dance steps, dances and terminology at a very slow and easy pace. Join Yvonne and Audrey for a fun class that will prepare you to advance to more challenging line dance classes in the future.



- **Mondays, April 7-28 — 360014-03**  
4:00-5:00 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. RSVP by 3/31.
- **New Time! Thursdays, April 3-24 — 370014-03**  
9:00-10:00 (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. RSVP by 3/27.

### Line Dance I Beginner

Class reviews fundamentals of line dance, including basic steps such as Grapevine, Jazz Box, Shuffle Quarter and Half Turns at a slow tempo. Not for newbies, students must be familiar with line dance terminology.

- **Mondays, April 7-28 — 370114-03**  
9:00-10:00 AM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. RSVP by 3/31.
- **Mondays, April 7-28 — 370124-03**  
6:00-7:00 PM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. RSVP by 3/31.
- **Thursdays, April 3-24 — 360114-03**  
2:30-3:30 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. RSVP by 3/27.
- **Fridays, April 4-25 — 380114-03**  
12:00-1:00 PM (KS). \$24 (four sessions). Instructor: Sandy Garetto. RSVP by 3/28.

### Line Dance II — Beginner / Intermediate

**Prerequisite:** Completion of Line Dance I/Beginning Line Dance for at least six months. Offers more challenging beginning, and some easier intermediate dances with more turns and combinations of steps connected together, done to faster music. Dances include Full Turns, Three Quarter Turns, Sailor Steps, Syncopated Vines, etc.

- **Mondays, April 7-28 — 360214-03**  
5:00-6:00 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. RSVP by 3/31.
- **Wednesdays, April 2-30 — 380214-03**  
9:00-10:00 AM (KS). \$30 (five sessions). Instructor: Sandy Garetto. RSVP by 3/26.

### Line Dance III — Intermediate

Steps 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. 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. Teaches mostly intermediate and some advanced line dances.

- **Wednesdays, April 2-30 — 380314-03**  
10:00-11:00 AM (KS). \$30 (five sessions). Instructor: Sandy Garetto. RSVP by 3/26.
- **Thursdays, April 3-24 — 360314-03**  
3:30-4:30 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. RSVP by 3/27.

*Continued on page 68*



### Line Dance Instructors

- **Audrey Fish**

Audrey started teaching line dance at SCLH in September 2000. With an undergraduate degree in Exercise Science, and a Masters degree in Kinesiology/Sport Performance from California State University, Sacramento, her Masters' thesis study, "The Effect of Line Dancing on Balance and Mobility in Adults over the age of 55," showed a significant improvement in balance after completing an eight-week line dancing intervention.



- **Sandy Gardetto**

Sandy has been line dancing for over 14 years, teaching in Sun City Roseville for 11 years and seven years in our community. Sandy teaches in workshops in California and Hawaii.



- **Yvonne Krause**

A Lincoln Hills resident, Yvonne started dancing at an early age and has been line dancing since the 90's. She loves to teach and finds joy in seeing her students' progress. She thinks it is so important to keep moving and stay healthy as we age and line dancing provides that opportunity in a fun way.



### —Tap Dance—

#### Tap Classes with Alyson

Enjoy tap classes, make new friends, challenge your mind and body. Alyson Meador is a highly accomplished educator in the art of tap dance whose successes as a choreographer and mentor have brought her a great deal of prestige and recognition. As the daughter of a Radio City Rockette and an Arthur Murray ballroom instructor, her exposure to the dance world was inevitable. She has been instructing for over 30 years. She is currently Artistic Director of the Leighton Dance Project Tap Company and has served the SCLH community since 2000.



- **Beginning Tap**

**Tuesday, April 1-29 — 410114-03**

9:00-10:00 AM (KS). \$32 (four sessions; no class April 15). It's the perfect time to discover the joy of tapping. Class introduces students to basic steps and terminology of tap dance.



This class begins every January and runs as a beginning class through November at which time individuals will move into one of four already existing tech classes. Minimum of 10 students required for the class. RSVP by 3/25.

- **Advanced Performance**

**Mondays, April 7-28 — 410714-03**

12:00-1:00 PM (KS). \$24 (three sessions; no class April 14). RSVP by 3/31.

### Technique Classes

- **Advanced Technique Class**

**Mondays, April 7-28 — 410514-03**

11:00 AM-12:00 PM (KS). \$24 (three sessions; no class April 14). Class is geared more for tappers with advanced skill level but class is open to all who want a more challenging routine and dance steps. RSVP by 3/27.

- **Technique Classes**

**Tuesdays, April 1-29 — 410524-03**

10:00-11:00 AM (KS). \$32 (four sessions; no class April 15). RSVP by 3/25.

**Thursdays, April 3-24 — 410534-03**

11:00 AM-12:00 PM (KS). \$24 (three sessions; no class April 17). RSVP by 3/27.

#### Tap for Fun with Judy

Judy's tap classes are meant for fun and students will not be having any stage performances. Judy was raised in a dancing family. Her mentor was her mother who had many studios in New York. She has been dancing, teaching and choreographing for many years.



- **Mondays, April 7-28 — 420114-03**

4:45-5:45 PM (KS). \$24 (four sessions). Instructor: Judy Young. From warm-up to wrap-up, this class is a high energy, fast tapping experience with challenging tap dynamics. RSVP by 3/31.

- **Fridays, April 4-25 — 420124-03**

1:00-2:00 PM (KS). \$24 (four sessions). Instructor: Judy Young. Dust off your tap shoes, or buy your first pair. Basic steps and combos create dances with flair. Join us for fun and exercise, too. A toe-tapping time. RSVP by 3/28.

### —West Coast Swing—

#### Introduction to West Coast Swing

**Wednesdays, April 2-23 — 318114-03**

8:00-9:00 PM (KS). \$32 (four weeks). Instructor: Dottie Macken. Learn the basics of this great dance from veteran WCS instructor Dottie, and how it can be applied to various types & styles of music. Join this fun and very social dance class. RSVP by 3/26.

#### Intermediate I and II West Coast Swing

**Wednesdays, April 2-23 — 318214-03**

7:00-8:00 PM (KS). \$32 (four weeks). Instructor: Dottie Macken. **Prerequisite:** Must have completed at least three sessions of the four-week classes of the "Introduction to West Coast Swing," or have instructor's approval. RSVP by 3/26.



#### Intermediate/Advanced West Coast Swing

**Wednesdays, April 2-23 — 318314-03**

6:00-7:00 PM (KS). \$32 (four weeks). Instructor: Dottie Macken.

*Continued on page 71*

*Family Owned and Operated for 25 Years*

ROSEVILLE, CA  
Est. 1975

AUTOS PICK-UPS VANS FOREIGN & DOMESTIC



3 FRAME RACKS WITH MEASURING SYSTEM  
3 EXCLUSIVE DOWN-DRAFT SPRAY BOOTHS

FREE ESTIMATES INSURANCE WORK  
*Free Shuttle for Sun City Residents*

**783-5552**  
FAX: (916) 783-5576  
50 DARLING WAY AT RIVERSIDE, 1/2 MILE NORTH OF I-80



**Shelley Weisman**  
Selling Sun City homes since 1999

The market is getting stronger and prices are up! Call me for your free market evaluation today.

**LYON REAL ESTATE**  
916.595.0130  
sweisman@golygon.com  
BuyLincolnHills.com

DRE #00892873

**Introducing the Coronado Vein Center**



**If you experience...**

- Aching, tired or weak legs
- Burning or itching of the skin
- Poorly healing wounds or leg ulcers
- Swollen legs
- Skin discoloration
- Varicose Veins

*You could be suffering from Venous Insufficiency*



Dr. Robert Coronado is a board certified vascular specialist, performing simple treatments using local anesthetic and radio frequency, allowing for a fast recovery with very little down time.

Covered by Medicare, Medi-cal and most private insurances.

**FREE VEIN SCREENING**  
(when you mention this ad)  
at 874 Plumas Street, Suite 100, Yuba City  
Please call for an appointment, space is limited  
**530.790.7788**

**SIBERT & SULLIVAN, LLC**  
*A Home Management Service*



Call MaryAnne for your *free* phone consultation  
**(916) 308-3240**

**SimplifyAt55.com**

- ❖ Aging in Place
- ❖ Healthy Living
- ❖ Organizing
- ❖ Reducing Paper
- ❖ Spring Cleaning
- ❖ Closing a Home
- ❖ Helping Packrats
- ❖ Helping Boomers & their Families

 @ThriftyBoomer



# JOINER PARKWAY SELF STORAGE

Rent a Unit from us and  
receive a \$20.00 Reward!\*

- Free Move-in Truck\*\*
- Moving Supplies



We Treasure  
Our Customers!



\*Must present this ad & may not be combined with other offers. \*\*Some restrictions may apply.

**JOINER PARKWAY  
SELF STORAGE**  
**645-2737**  
108 Joiner Parkway, Lincoln

# AllSlopes ROOFING

lic. # 723930

Roofing Maintenance  
and Repairs

- Since 1978
- Free Estimates
- Inspections
- All work guaranteed

**916-663-4036**

Email [info@allslopesroofing.com](mailto:info@allslopesroofing.com)

SCLH References Available

# TERRAZAS LANDSCAPE

Family Owned Since 1998

- Complete Landscape Maintenance
- Complete Landscape Installation
- Sprinkler Installation & Repair
- One Time Clean-Ups
- New Lawns
- Artificial Turf



- Drainage Systems
- Retaining Walls
- New Bark, Shredded Redwood, Rock, etc.
- Planter Beds (Re-Designed)
- Drip System (Tune-ups)
- Lawn Aeration

Call Isaac for a Free Estimate

**(916) 247-2748**

Licensed & Insured • Contractor's License # 877722

# CRUISEONE<sup>SM</sup>

*Dream Vacations Start Here*

Come Join CruiseOne® as we sail the **Grand Mediterranean** on board the newest ship the **Regal Princess®** September 23, 2014 from Venice, Italy to Barcelona, Spain for 12 days.

Few regions can lay claim to so many must-see places. The ruins of Rome, Renaissance treasures in Florence, the magic of Venice, cosmopolitan Barcelona, ancient city of Ephesus/Kusadasi, Turkey; as well as hidden jewels Dubrovnik and much more are not to be missed.



Interior Stateroom starting from:

**\$2,539.00\*** USD

per person

Taxes, Fees and Port Expenses additional:  
\$154.00\*

**CALL TODAY AND BOOK THIS GREAT  
VACATION WITH YOUR LOCAL LINCOLN  
HILLS RESIDENT, MARILEE SWANSON**  
Independent Vacation Specialist  
**(916) 258-7370**

Gomes and Associates – Los Banos, CA Toll Free: 877-826-2584  
Website: [BestDreamVacation.com](http://BestDreamVacation.com)

\*Fares are per person, based on double occupancy, subject to availability and capacity controlled. Taxes, Fees and Port Expenses are per person, additional and subject to change. A Service Fee of \$19.95 may be charged. Not responsible for last minute changes of prices or itinerary by cruise line or any errors or omissions in the content of this ad. Some restrictions and cancellation penalties may apply. See applicable Princess® brochures for terms, conditions and definitions that will apply to your booking. Offer available to residents of the U.S. and Canada. Ships Registry: Bermuda. California Seller of Travel Number CA2006278-40

**Prerequisite:** Must know and be able to dance the basics and basic variations of West Coast Swing and have attended both the “Introduction” and “Intermediate I and II Levels of West Coast Swing,” and/or have instructor’s approval. RSVP by 3/26.

## Training

### —Dog Training—

#### **New Class! Introduction to the World of Positive Dog Training Lecture** Wednesdays, April 23 — 483014-03

9:00-11:00 AM (KS). \$31. Instructor Cindy Smith. This lecture will introduce you to Lead Trainer, Owner, and Certified Nose Work Instructor of The Right Steps Dog Training. Take the valuable opportunity to meet your trainer before taking a Group Class here at SCLH. Sample topics to be covered: positive dog training & reward-based training methods. Problem areas like: house training, management, play biting, jumping, physical & mental exercise and stimulation, and how nutrition affects behavior. Aggression and/or reactivity issues. To learn more about the Trainer: [www.therightsteps.com/about\\_us.html](http://www.therightsteps.com/about_us.html). Lecture is followed by a brief Q & A session. RSVP by 4/16.

#### **New Class! Basic Dog Training for Adolescent & Adult Dogs**

Wednesdays, May 7-June 4 — 484014-03

9:30-10:30 AM (Sports Pavilion). \$155 (five sessions). Trainer Cindy Smith, will introduce you to the fun exciting world of Positive Reward Based Dog Training. **Prerequisite:** Dog must be five months or older and must be dog and people friendly/safe working on leash around dogs and people. **The Basics:** How to best use rewards, program a Reward Marker, learn to capture good behavior and reward. Begin eye contact, name recognition, sit, downs, stays, recalls (come), loose leash walking, and attention walking heel. Hand signals first, then learning verbal cues last. **Excluded:** These classes are not appropriate for dogs with dog and/or human aggression/leash reactivity issues. To learn more about your Trainer: [www.therightsteps.com/about\\_us.html](http://www.therightsteps.com/about_us.html). Space is limited to seven dogs. RSVP by 4/30.



### —Driver Training—

#### **AARP Driver Safety Training** Monday & Tuesday, April 21 & 22 — 481014-03

9:00 AM-1:30 PM (OC). Instructor: Jim Thomson: AARP members \$25, non-members \$30. Fee includes a \$10 Association administrative fee. AARP Driver Safety Training, is geared to the “over 50” driver, and covers how to adjust driving to age-related changes in our bodies, as well as common sense ways to drive more



safely. Course instruction uses videos, lively interactive discussions, and provides workbooks for a balanced review of safe driving. As with the full course, there are no tests to pass. Present your AARP membership card at registration and bring to the class in order to receive the discounted rate. Bring a valid driver’s license to class in order to receive a Certificate of Completion (required by many insurance companies to qualify for premium discounts). This course does not replace Traffic School for violations, nor is it specifically geared to help you pass the DMV driver’s test. Class space is limited. RSVP by 4/14.

## Glass Art

#### **Fusing Glass and Stained Glass Workshop** Monday, April 7 — GLASS

4:00-6:30 PM, Sierra Room (KS). \$12. Moderator: Jordan Gorell. Workshop is held once a month; for experienced students only. A moderator is present to supervise safe use of equipment but will not teach new methods. Fusing and stained glass enthusiasts share workshop time. Fusing enthusiasts: fee includes firing of items limited to a six-inch square kiln space. Pay extra if projects require more kiln space. Pay at Activities Desk before workshop.



## Jewelry

#### **Easy-Peasy Plus Necklace** Tuesdays, March 25 & April 1 — 513824-02

9:00 AM-12:00 PM (KS). \$25 (two sessions). Instructor: Cathie Szabo. Perfect for those new to beading as well as experienced bead makers. The necklace blends larger beads with an “Easy-Peasy Necklace.” Make it casual, make it dressy – either way the look works and it’s all so “Easy-Peasy.” Class will cover how to design with the beads and how to space beads in a multi-strand necklace. If you missed the Easy-Peasy Necklace class in January, no problem. Cathie will review the basic spiral technique that’s easily learned in the first class. Check the samples in the Lodges for ideas to spark your creativity. Be sure you get the proper materials list when you register — look for the name and code # for Easy-Peasy Plus Necklace as well as the photo of the necklace. RSVP Now.



#### **Glistening Garland Necklace** Tuesdays, April 8 — 513824-03

9:00 AM-12:00 PM (KS). \$20 (one session). Instructor: Cathie Szabo. A project perfect for beginners and different enough for experienced bead makers to add to their repertoire! If you can make a knot, you can make this necklace. Your choice of various shapes of seed beads makes

*Continued on page 73*







**JNT BUILDING & REMODELING**  
**DONE RIGHT.**

Additions • Home Remodeling & Repair • Outdoor Living



**FREE**  
Installation  
of Interior  
Wood Design  
Cabinets!\*

*Interior*  
**WOOD DESIGN**<sup>INC.</sup>

Call for a free estimate  
**916-878-6792**

BBB **A** RATING

jntbuild.com

\*Bathroom remodels, kitchen remodels, or additions only. Some exclusions apply. Exp 7/15/13. LIC #926956



Family Owned and Operated Since 1982



**Your Dreams — Our Passion**

- Kitchens, Fireplaces Niches and More
- Complete Showroom
- Bathrooms

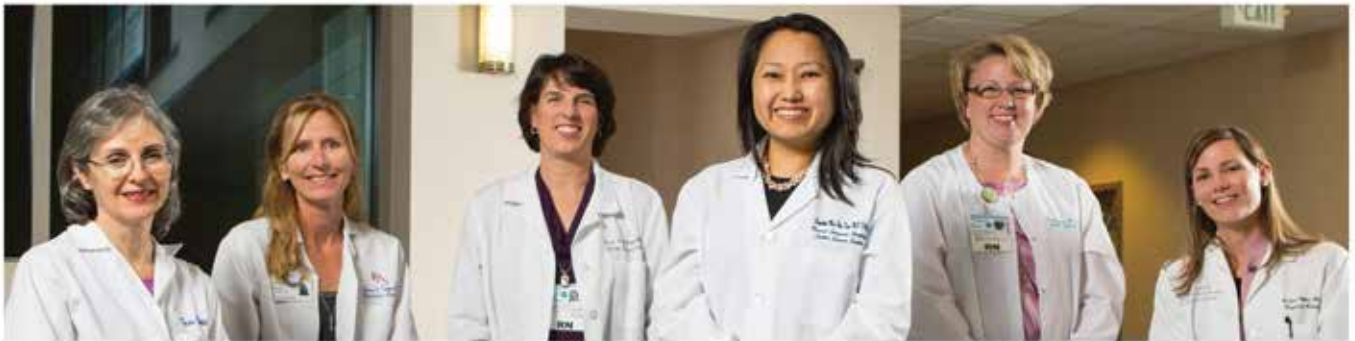


Made in the USA



**Master Cabinet Builders**

[www.InteriorWoodDesign.com](http://www.InteriorWoodDesign.com)  
334 Sacramento Street • Auburn • 530.888.7707  
Lic. #540107 



## PARTNERING TOGETHER FOR YOUR BREAST HEALTH

At Sutter Cancer Center, Roseville, we know our patients heal faster when they have a dedicated team by their side. That's why we've brought together specialists from radiology and medical, surgical and radiation oncology, as well as our genetic counselor and breast cancer navigator. Working together, we empower our patients to make the best choice for their breast care. And that's another way we plus you.

(916) 781-5000  
[sutterroseville.org](http://sutterroseville.org)



**Sutter Health**  
Sutter Cancer Centers  
Roseville Campus  
**We Plus You**

this necklace your own. Experienced beaders – here’s a way to use up that stash! Check the samples in the Lodges for ideas to spark your creativity. Be sure you get the proper materials list when you register — look for the name and code # for Glistening Garland Necklace as well as the photo of the necklace. RSVP by 4/1.

### Tree of Life Lariat

**Tuesdays, April 22 & 29 — 513924-03**

9:00 AM-12:00 PM (KS). \$25 (two sessions). Instructor: Cathie Szabo. A project so pretty and so easy. A simple string of beads gets transformed into a “tree of life” with branching fringes. Choose your favorite color family for your “tree of life.” Beginners – you can do this if you can sew and handle smaller beads! Check the samples in the Lodges for ideas to spark your creativity. Be sure you get the proper materials list when you register — look for the name and code # for Tree of Life Lariat as well as the photo of the necklace. RSVP by 4/15.



## Movies

### If It’s Spring, It Must be Baseball!

**Wednesdays, April 23-May 14 — 521314-03**

1:00- 4:00 PM (KS). \$25 (four sessions). Instructor: Ray Ashton. Now we are in store for four great movies about the great American Pastime. The magical “Field of Dreams,” the kid’s perspective of legends in “The Sandlot,” a baseball movie from an adult perspective in “Bull Durham,” and the inspiring story of Jackie Robinson in “42.” So, grab your peanuts and Cracker Jacks as we discuss the nature of this 19th century game and why it gives us such great movies. RSVP by 4/16.



### Create Your Legacy — A Video Biography

**Tuesday, May 13 — 541114-03**

9:30-11:00 AM (KS). \$15. Instructor: Nancy McDonald and Joe Gotch. Learn how a *Video Biography* will create excitement for your family and friends to see and hear you on TV or a computer. The primary reason to tell your life story is to leave a legacy. And the best way is with *video*. This introduction to Video Storytelling will demonstrate how to collect and combine different elements of your story. Today’s technologies make it easy to assemble live interviews, home movies, and videos, with photos, graphics, and narrations into a creative and cherished program that will last forever. We will demonstrate how easy, effective and fun telling your story with video can be in three additional classes. Classes will cover collecting materials; audio and video recording techniques; writing narrations; editing techniques; designing graphics; prepping visual elements, photos, and illustrations; selecting background music; and more. Your story is of great value and through video,

your story may be an inspirational tale, a simple life lesson with observations and opinions, or a historical record. RSVP by 5/6.

## Music

### —Guitar—

#### Guitar 2A — Beginner Level

**Wednesdays April 2-30 — 535114-03**

8:00-10:00 AM (KS). \$44 (five sessions). Instructor: Bill Sveglini. No new students. Although students register on a month-to-month basis, Guitar I will be offered as an eight-week session with a new session starting every other month. 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, 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 can advise students on the purchase of a guitar if needed. Most supplies will be available for purchase from instructor the first day of class. Questions? Please call Bill at 899-8383. RSVP by 3/25.



#### Guitar 2B — Guitar Intro Continuation

**Wednesdays, April 2-30 — 535214-03**

10:15 AM-12:15 PM (KS). \$44 (five sessions). Instructor: Bill Sveglini. Class continues to cover note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Questions? Please call Bill at 899-8383. RSVP by 3/25.

#### Guitar III — Intermediate

**Thursdays, April 3-24 — 535314-03**

8:00-10:00 AM (OC). \$35 (four sessions). Instructor: Bill Sveglini. This class continues the course of study in Guitar II. 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. RSVP by 3/27.

#### Guitar IV — Advanced

**Thursdays, April 3-24 — 535414-03**

10:00 AM-12:00 PM (OC). \$35 (four sessions). Instructor: Bill Sveglini. **Prerequisite:** 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 also introduces students to various types of ensemble playing, duets, trios, and quartets. RSVP by 3/27.

*Continued on page 74*



## —Voice—

**Beginner Singers Vocal Boot Camp**  
**Fridays, April 4-25 — 536114-03**

8:30-10:30 AM (KS). \$35 (four sessions). Instructor: Bill Sveglini. This is a continuing class. This session is open to new students. Although students register on a month-to-month basis, class will be offered as an eight-week session with a new session starting every other month. 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 vocalists. This is a beginner's class for people who do not know how to sing. We will focus on learning how to read and follow sheet music. If you are a new student, please contact Bill at 899-8383 before enrolling. RSVP by 3/28.

**Singer Vocal Boot Camp Continuation**  
**Fridays, April 4-25 — 536214-03**

10:30 AM-12:30 PM (KS). \$35 (four sessions). Instructor: Bill Sveglini. **Prerequisite:** Completion of first "Vocal Boot Camp" or have studied music. This is a continuation class of "Vocal Boot Camp." Continue to learn and improve on reading and following sheet music. We will study rhythm and work hard on notation recognition in treble and bass clefs. RSVP by 3/28.

## Sewing

## Quilting

**Funky Chick Class****Monday, April 14 — 594414-03**

10:00 AM-2:00 PM(OC). \$45. Instructor Sylvia Feldman. These hip chicks are sure to give you a chuckle. Using a fun technique, make the double prairie points used for dimensional wings and beaks. Size: 17½" x 49½" (including prairie points). Rating: Beginning Intermediate. **Prerequisite.** Basic quilt and appliqué techniques while learning how to make prairie points to embellish your projects. Very easy project. You will make more than one, can use different animals for appliqué. Bring your sewing machine, materials from supply list, scissors, pins, and thread. Make sure you pick up a copy of class supply list from the Activities Desk. Questions? Contact Sylvia Feldman 543-3403. RSVP by 4/7.



## Technology

## —General—

**Android 101 Smart Phone and Tablet**  
**Monday, April 14 — 255114-03**

9:00 AM-12:00 PM (OC). \$40. Instructor: Len Carniato. Google's "Android" is outstanding on phones and tablet computers. Come to this seminar, bring your tablet or phone, connect to our Wi-Fi, and discover how to customize your device to perform "your way." We'll go thru many of the settings that let your phone and/or tablet do amazing things, plus how to sync mail, calendar, data and much more. In class, on the large screen, you'll be able to easily see the "Apps" we'll be recommending and discussing and then set up on your own device. **Prerequisite:** Be an Android device owner and have a "Gmail" account. RSVP by 4/7.

**Super Searching with Google Search**  
**Tuesday, April 22 — 288214-03**

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. 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 records on the Internet literally exploded. Today Google is the most-used search engine on the Internet. Google Search provides more than 22 special features beyond the original word-search capability. These include synonyms, weather forecasts, time zones, stock quotes, maps, earthquake data, movie show times, airports, home listings, and sports scores. There are special features for dates, prices, temperatures, money/unit conversions, calculations, package tracking, area codes, and language translation of displayed pages. In this class you will learn how to use these mind boggling capabilities of Google to assist you in your searching. RSVP by 4/15.

**Getting the Most Out of Gmail****Monday, March 24 — 285314-02****Or Thursday, April 24 — 285314-03**

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. Gmail, also known as Google Mail, is probably the best free email service in the world. Many users rely on Gmail as their primary email address. If you don't have a Gmail account, it is time to get one. Gmail is available wherever you are, from any device — desktop, laptop, phone, or tablet. Reading email from your current email service provider is no problem with Gmail. Learn to create a Gmail account and use the many features and options available in Gmail that make it a great email service. With the power of Google Search in your inbox, learn

*Continued on page 77*

# CR Moving Services

(916) 966-8745

CAL PUC T-190789



- ✓ Full Service Moving Company (Local & Long Distance)
- ✓ Downsizing/Organizing
- ✓ Estate Clearance
- ✓ Emergency/Short Notice Moves
- ✓ Special Needs
- ✓ Packing/Unpacking
- ✓ Move Management
- ✓ Veteran/Family Owned Business



**" CR Moving is your one stop solution for all your moving needs."**

## GRIFF'S JOHNNY ON THE SPOT! CARPET CLEANING TILE & GROUT CLEANING



**LINCOLN HILLS RESIDENT**

**IICRC Certified • Licensed • Insured**

**Three rooms of  
carpet cleaning for only \$69**

**FREE ESTIMATES 916-290-2550**

Biggest truck-mounted unit for hot water extraction  
High efficiency & faster drying

## Denzler Family Dentistry

*New Patients Welcome*

- General & Cosmetic Dentistry
- Preventive & Hygiene Care
- Implant Dentistry
- Crowns & Bridges
- Porcelain Veneers
- Root Canal Therapy
- Dentures & Partial
- Emergency Care
- Friendly & Caring Atmosphere



Paul Denzler, DDS

### General & Esthetic Dentistry

Insurance, Credit Cards, Payment Plans Acceptable  
Digital X-Rays, Private Computerized Treatment Rooms,  
Senior Discounts

**(916) 645-2131**

[www.mylincolndentist.com](http://www.mylincolndentist.com)

588 First Street (Corner of First & F Street)

## Estate Planning & Elder Law

Settling an estate and administering a trust can be overwhelming during an already difficult time.

Rely on us to expertly navigate you through the process of complex legal, tax and family issues — while honoring the last wishes of your loved one.



Lynn Dean, Attorney at Law  
30 years serving Sacramento and Placer Counties  
Member, National Academy of Elder Law Attorneys

Call Lynn today for all of your trust administration needs.

**LAD** LAW OFFICE OF  
**LYNN A. DEAN**  
Estate Planning & Elder Law

916.786.7515

1410 Rocky Ridge Dr., Ste 340

Roseville, CA 95661

[www.LynnDeanLaw.com](http://www.LynnDeanLaw.com)



Compassionate listeners. Experienced advisors.





## GOLD PROPERTIES OF LINCOLN



Lincoln Hills Property Management Specialists  
Also serving Lincoln, Rocklin & Roseville



Full Residential  
Property Management  
Over 40 Years  
Experience

**(916) 408-4444**

[www.goldpropertiesoflincoln.com](http://www.goldpropertiesoflincoln.com)



*Sunday March 30, 9:30am*  
Terry and Debra Luna are based out of Mississippi. A blend of Country and Southern Gospel. They recently won Duo of the Year, Song of the Year and Male Vocalist of the Year from the Gospel Music Artists Association.  
Please join us for this special hour of musical worship.

*loving God... loving each other*

**Please join us...** Communion & our Coffee Social  
1st Sunday of each month.



Pastor Joe & Barbara Riley  
**(916) 253-7341**

[www.valleyviewchurch.us](http://www.valleyviewchurch.us)

**Valley View Church**  
*Lincoln Hills*

Sundays 9:30 AM  
Kilaga Springs



Jim & Phyllis Miller  
Music & Prayer Directors

**Golden State Tree Care**

[www.goldenstatetreecare.com](http://www.goldenstatetreecare.com)



**DAVE MULLEN**  
Certified Arborist  
WE1374A  
Qualified Applicator  
License #131243

Family Owned & Operated

Tree & Shrub Pruning • Tree & Shrub Removals • Stump Grinding • Deep Root Feeding • Insect Control



**Golden State Tree Care Inc.**

PROFESSIONAL TREE CARE • 25 YEARS' EXPERIENCE

Lic. #936958

Fully Insured

Free Consultation

**Time to Prune and Shape Your Trees**



**Let Our Team Work For You!**

**916-652-9090**

[www.goldenstatetreecare.com](http://www.goldenstatetreecare.com)

how easy it is to find what you are looking for. Learn to create special groups from your Gmail contacts that will make it easy to send announcements to the different groups in your Village. **Prerequisites:** Should have an individual Google or Gmail account set up before coming to class. RSVP by 4/17.

### iPad/iPhoto Workshop

**Monday & Tuesday, May 12 & 13 — 265114-03**

9:00 AM-12:00 PM (OC). \$60. \$5 materials fee paid to instructor. Instructor: Andy Petro. Learn iPhoto by doing! If you know the basics of your iPad and want to learn iPhoto Web Journaling, Slideshows, and Photo Books, then this workshop is for you. “Hands On” experience in making your own creations in class. Day One: Edit photos (provided by instructor) for Web Journals and Slideshows. Learn to create, edit, enhance, save to the iCloud, and send iCloud links. Homework assignment. Day Two: Review all homework and correct problems in the workshop. Learn to create beautiful photo books. **Prerequisites:** iPads with iOS 7.0.4 or later, “iPhoto Version 2.0” app from App Store (\$4.99). If you have any specific questions about the prerequisites or workshop call Andy Petro: 474-1544. RSVP by 5/5.

—Mac—

### Beginning Macintosh — Level 1

**Tuesday & Wednesday, April 29 & 30 — 263114-02**

9:00-11:00 AM (OC). \$40 (two sessions). Class Material: \$5. Instructors: Andy Petro & Henry Sandigo. Are you new to the world of Apple computers or want a review of Mac’s OS X Mavericks? Then this class is for you. **Prerequisite:** Have an Apple computer. We will review the Mac OS X Mavericks (Version 10.9 or later) system and all the items that appear on your computer Desktop. We will also show you how to organize, navigate, and personalize your Mac Desktop. There are 10 iMac’s in the lab, one for every participant. If you have any specific questions about the class, call Andy Petro at 474-1544 or Henry Sandigo at 434-7792. RSVP by 4/22.



### How to Create a Video with Still Photos and Videos using iMovie on your iPad

**Wednesday & Thursday, May 21 & 22 — 232014-03**

1:00-3:00 PM (OC). \$40 (two sessions). \$5 Materials Fee. Instructor: Vicki White. In iMovie on the iPad, you will use your photos and videos and turn them into a great movie. We will choose a theme for our movie and add video and photos. We’ll edit the videos, improving their quality, including shortening them to eliminate unwanted segments. We will add sound, titles, transitions, and special effects. You will finish your movie at home and on



the Day 2 we will review it and the entire process and publish our video to iTunes, Facebook, or YouTube. We will use iMovie 11 for the class. Bring your iPad and be sure to have four or five photos and two or three video segments on your iPad. Question? Call Vicki White at 408-2148. RSVP by 5/14.

### Mac Pages 5.0 Basics and Beyond

**Thursday & Friday, May 29 & 30 — 267114-03**

9:00-11:00 AM (OC). \$40 (two sessions). Class Material fee \$5 payable to instructor. Instructor: Helen Rains. Is the new Pages 5.0 installed on your Mac? This class is where you can learn more about Mac Pages 5.0 — the newly-designed full featured word processing and page layout application compatible with Mac OS X Mavericks. You can edit your Pages document everywhere Pages runs and the iCloud reaches. Learn how to apply the text editing and formatting tools and to easily add images, tables, and media. This class will take you through the basic steps of new document creation and help you practice adding your own content so it looks the way you pictured it. Choose ways to share, and move documents beyond to iCloud and they are automatically available. Whatever you write, you will create gorgeous documents with ease. RSVP by 4/22.



—PC—

### Windows 8.1 Training and Tips

**Monday, Tuesday and Wednesday,**

**March 24-26 — 295114-02**

**Or April 14, 15, & 16 — 295114-03**

March class, 2:00-4:00 PM; April class, 3:00-5:00 PM (OC). \$60 (three sessions). \$5 class material fee payable to instructor. Instructor: Rita Wronkiewicz. Windows 8.1 is a faster, less intrusive, touch screen-friendly operating system with access to thousands of useful and fun applications. With the same desktop as Windows 7, it introduces “Start Screen” features with the look and feel of a phone or tablet. Class shows how to personalize Windows 8.1 devices so that they are organized and you can navigate between tablet-like processes and desktop functionality. You will be able to sync Windows 8.1 PCs with other devices and use Windows 8.1 to do the same things you did before. Rita will teach you how to use built-in applications (apps) and download more from the store. Bring your 8.1 laptop if you have one. Handout will reinforce class work. Questions? Call Rita Wronkiewicz at 543-6962. RSVP by 4/8.



—Genealogy—

### Getting Started with Family Tree Maker 2014

**Monday, March 17 — 285114-02**

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo \$15. If

*Continued on page 81*





**YES!**  
A wallbed that's made of real wood ... attractive, movable furniture.

- Available in a variety of woods, stains and styles
- Largest selection of wallbeds/murphybeds in the greater Sacramento area
- The modern Murphy bed



Also see the amazing desk/bed!

Showroom located at 4415 Granite Drive, Rocklin, CA 95677

Call (916) **753-4966**  
www.wallbedsnmore.com

Showroom hours: Mon-Sat 10am-3pm



**Wise Villa Winery**  
Food & Pairing Bistro

**Escape The Ordinary For Your Next Team Meeting or Special Event!**

Open:  
Wednesday-Sunday 11am - 5pm  
Friday 11am - 9pm  
Gate closes at 7:30pm

**EXTENDED HOURS ON FRIDAY**

Please call for Reservations  
Live Music Friday Night

916.543.0323 www.wisevillawinery.com

Wise Villa is located at 4100 Wise Road  
4 Miles east of Old Highway 65  
@ Garden Bar & Wise



**"Your Neighborhood Real Estate Office"**  
**(916) 543-5222**

1500 Del Webb Blvd., Suite 101 · Sun City Lincoln Hills  
Property Management Services Available (916) 408-4444



**SUN RIDGE REAL ESTATE**  
Each Office Independently Owned and Operated. Lic. #01441035

 Nick Brooks	 Keneta Sanchez	 Sharon Brevik 580-7140	 Gail Cirata 206-3503	 Andra Cowles 295-9360	 Michelle Cowles 295-8532	 Don Gerring 747-5050	 Maria Herrera 782-7266		
 Gail Hubbard 919-5727	 Donna Judah 412-9190	 Jill Mallory 201-3855	 Paula Nelson 240-3736	 Wendy Olsen 275-1502	 Tara Pinder 600-2836	 Peggy Poole 765-3434	 Ann Renyer 408-7008	 Michael Renyer 343-6044	 Bill & Jan Rexrode 408-3997
 Loree Risi 716-0854	 Lisa Snapp 770-9200	 Gay Sprague 316-6845	 Holly Stryker-Katz 960-3949	 Kathy Sullivan 761-4502	 Margaret & Karl Thompson 508-0152	 Doreen Traxel 698-0801	 Tony Williams 521-3400	 Sharon Workman 408-1555	

Visit our Website at [www.CBSunRidge.com](http://www.CBSunRidge.com) for all current listings.

you find that your children and grandchildren are making inquiries about their family history, it's time for you to create and publish what you know about your family history before it is lost forever. Using today's computer hardware and software technology, it has never been easier to collect, organize, and publish your family history. Family Tree Maker (FTM) 2014 is a genealogy program designed to assist you in creating and publishing your family history. FTM 2014 is incredibly easy to use. Even adding movies and pictures is a snap. After the class, you should be able to sit down and get started using FTM 2014. What makes FTM 2014 unique is its ability to work seamlessly with Ancestry.com's vast genealogy database to help you fill in the blanks in your family tree. RSVP Now.



### Using Evernote to Become a Better Genealogist Monday, April 28 — 286114-03

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo. \$15. *Evernote* is a free program that helps you organize and retrieve your genealogy information. Using *Evernote*, you can easily store and retrieve all of your genealogy documents, sound, images, videos, web pages, and more. If you own more than one computer, *Evernote* makes certain that all of your genealogy data is available simultaneously on all your computers. Further, your genealogy data is available to any web browser at all times and on any Computer — Windows, Macintosh, Blackberry, Android, iPhones, and the like. *Evernote* also makes backups of your genealogy data in the Cloud for security purposes. It even has an option to encrypt your sensitive information. Storage is free for up to one gigabyte of new data added each month. Instructor will demonstrate how you can easily access all of your genealogy information from anywhere at any time. RSVP by 4/21.



### GEDCOM – Exchanging Data Between Family History Programs Tuesday, April 29 — 289114-03

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo. \$15. GEDCOM, an acronym for GENEalogical Data COMMunication, is a specification to provide a flexible, uniform format for exchanging computerized genealogical data. The purpose of a GEDCOM file is to foster the development of a wide range of inter-operable software products to assist genealogists, historians, and researchers. Most popular genealogy family history programs support importing from and/or exporting to the GEDCOM format. In this class you will learn how to import and export information between the three most popular family history programs — Family Tree Maker, Legacy Family Tree, and RootsMagic. RSVP by 4/22.

## —Photo & Movies—

### Picasa

Wednesday, Thursday & Friday, April 16, 17 & 18 — 256114-03

1:00-3:00 PM (OC). \$60 (three sessions). Instructor: Len Carniato. 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. Picasa is a free and intuitive program designed for the “amateur” digital photographer that can be installed in any computer. Combining lecture with hands-on class time, you will take home the skills to do almost everything with your amateur photos. Learn to crop, fix red-eye, lighten/darken, touch-up defects, repair colors, email, print, and much more. Sign up now and get started. **Prerequisite:** Be comfortable using your home PC and know basic skills. RSVP by 4/9.



### Movie Maker Magic – With “Window Live Movie Maker” Monday, Tuesday, Wednesday, April 21, 22 & 23 — 255514-03

1:00-3:00 PM (OC). \$60 (three sessions). Instructor: Len Carniato. With “Windows Live Movie Maker” (free from Microsoft) you can turn photos and videos into polished Movies and DVD's. Learn to tell your story in your way. In this lecture/lab class, you'll get plenty of hands-on experience learning to make your own movie memory. Bring your vacation, party or even topical or memorial photos to class and leave with a finished movie on DVD that will play on any TV, or share via email, YouTube, and others! **Prerequisite:** Comfortable using your Vista or Win7 PC and know basic computer skills. RSVP by 4/14.

### Basic Digital SLR Photography

Mondays, April 28, May 5 — 266114-02

10:00 AM-1:00 PM (OC). Class Fee: \$39 (two sessions). Instructor: Roy Salisbury. The class will focus on mastering the key features of your Single-lens Reflex (SLR) camera. You will learn about Aperture and f/stops and what impact they have on your pictures' depth of field. You will finally be able to move beyond automatic to the creative modes of shutter priority, aperture priority, program, and manual. ISO, white balance, and bracketing will also be discussed. The goal of the class is to have you walk away understanding many of the advantages you have with an SLR camera so that you can get those special photos that mean so much to you. Micro four thirds cameras are welcome too. An SLR camera has a removable lens, plus the ability to control speed and exposure separately (such as S or Tv, A or Av, M). Bring along your owner's manual for better learning. Hand-outs will be provided. RSVP by 4/21.



Continued on page 81





# Rejuvenate Your Lifestyle® THROUGH WELLNESS DAYS

## MONDAY MAY 19 BRAIN DAY: GET YOUR MIND WORKING

- 9:00-10:45AM PRESENTATION ON HEALTHY AGING,  
WITH FOCUS ON THE BRAIN SPEAKER DR. LINDA J. TRETTIN
- 11:00AM-1:30PM GAME DAY

## TUESDAY MAY 20 MIND AND BODY CONNECTION: PRESENTATIONS AND SAMPLE CLASSES

- 8:00AM-TAI CHI/QIGONG
- 9:00AM-YOGA
- 10:00AM-VINYASA YOGA
- 11:00AM-PILATES MAT
- 12:00PM-NATURE SCAVENGER HUNT

## WEDNESDAY MAY 21 NUTRITION & EXERCISE: 5K RUN/WALK AND MARKET DAY

- 8:00AM 5K RUN/WALK FOR COLON CANCER ALLIANCE
- 9:15AM COOKING DEMO WITH CHEF RODERICK USING  
PRODUCE FROM FARMERS MARKET
- 10:30AM COOKING DEMO WITH CHEF RODERICK.

**MORE INFORMATION ON EACH DAY CONTACT  
ORCHARD CREEK OR KILAGA FITNESS FACILITIES OR VISIT:  
[WWW.SUNCITY-LINCOLNHILLS.ORG/RESIDENTS/](http://WWW.SUNCITY-LINCOLNHILLS.ORG/RESIDENTS/)**



## WellFit

Register for these classes at the Fitness Centers starting March 17 at 10:00 AM.

Classes incorporating physical movement are designated with a level. Level 1 is designed for the beginner or returning exerciser. Level 2 is designed for an intermediate exerciser with established exercise ability and Level 3 is a class designed for the advanced exerciser.

### —Environmental—

*Experiences that involve caring for and appreciating nature. Encompasses not just our relationship with the planet and nature, but our relationship with our personal surroundings.*

#### Nordixx Pole Walking

**Tuesday & Thursday, March 25 & 27 — 750000-02**

1:00-2:30 PM. Meet in the OC Fitness Center. \$45 (two outdoor sessions). Instructor: Dr. Richard Del Balso. Benefits of learning optimal use of poles for walking, hiking, exercise & mobility: Power & endurance on uphill; save your knees on downhill; achieve, maintain, even regain mobility; use of upper body muscles improves strength and helps preserve your joints; achieve a more rhythmic gait and reduce risk of falling; WD-40 your spine; maintain and restore spine function — walk with *attitude*; improve balance, confidence, coordination, bone density and posture — feel taller! Poles are sporty (and *fun*), so encourage compliance. Weight management: studies have shown you can burn up to 46% more calories over regular walking. The Triple Win: enjoy the outdoors, connect with your buddies and get great exercise! Register: Fitness Desks or online. RSVP by 3/18.

### —Disease Prevention & Management—

*Opportunities that provide education and management of diseases in order to achieve and maintain optimal health.*

#### Diabetes Exercise Program (DEP 1)

**Mondays & Wednesdays, April 7-May 14 — 878000-03**

3:00 PM-4:15 PM, Aerobics Room (OC). Six-week program, \$99. Diabetes Exercise Program is a class especially designed for those with diabetes. All classes taught by at least one certified diabetes instructor. DEP1 is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio. Each class contains the exercise portion, core and balance, and an education section on everything from Foot Care to Nutrition. Exercise is one of the best things you can do to help manage type 1 or type 2 diabetes — and you don't need a prescription for it. One of the most important benefits is that exercise can help manage your blood glucose levels — even hours after you've stopped exercising. Another significant benefit is that it builds muscles, the tissues in your body that use the most glucose, and they can help keep blood glucose levels from soaring. Ad-

ditional benefits are that exercise boosts your body's use of insulin, creates a feeling of well-being and fosters a positive attitude, decreases blood pressure, helps you lose weight and maintain your weight and lowers your overall body fat. Register: Fitness Desks or online. RSVP by 4/11.

#### Workshop “If There's Strain, There's No Gain”

**Thursday, March 27 — 820703-03**

2:15-3:30 PM, Aerobics Room (KS). \$25: Instructor Sherry Remez. Shift into a new paradigm, join the Wellness Revolution of the 21<sup>st</sup> century going deeper into topics presented in weekly classes by *Healing with Chi*. This workshop opens new doors to the possibility of enjoying better health and energized longevity activated by common sense wisdom, willingness and self-prescribed doses of *relaxation*. The old way of mentally pushing ourselves beyond what is beneficial to the body only serves to create blockages in the free flow of life energy, causing or reinforcing pain and engendering depression and other forms of suffering. Compassionately and with humor, we will acknowledge some of the long-held emotions and ideas that are unbeneficial to our overall health and release them. Methods include Meditation, Gentle Movement, Visualization, Forgiveness/Letting Go, Sound of Music, and the Power of Words. Register: Fitness Desks or online. RSVP by 3/20.

#### New! Stepping On Workshop,

**Building Confidence and Reducing Falls**

**Tuesdays March 18-April 29 — 820705-02**

1:00-3:00 PM, Multipurpose Room (OC). Cost \$45 (seven sessions). Instructor: Renee Charleston MPH, RD. Stepping On is a new evidence-based program for falls prevention. This is a seven-week course, for two hours each week designed to improve balance and prevent falls. The program is designed for people who have fallen in the past, or who limit their activities due to a fear of falling. The participatory program will cover exercise, home hazards, and other topics related to falls prevention. Participants should be able to stand without the use of a walker or cane to safely participate in activities. Register: Fitness Desks or online. RSVP by 3/11.

### Disease Prevention & Management Punch Card Classes

#### Arthritis Foundation Aqua Class L1

Mondays, Wednesdays, Fridays. 11:30 AM-12:15 PM (OC). \$4 per class. Instructors: Cathy Keller and Marie McCluskey. This class is specially designed for people with arthritis; we will put your joints through their range of motion as well as some gentle cardio. Between the good music, friendly people and laughter, you can't miss with this class! Purchase a Disease Prevention & Management Punch Pass at the Fitness Desks or renew (add more classes) online.

*Continued on page 83*





**3 rooms & Hall for  
\$75.00 + FREE**

Whole House Deodorizer  
Free estimates

Weekend Appointments Available  
Powerful Truck Mounted

**916-580-5182**

Additional Services:  
Tile Cleaning  
Upholstery Cleaning  
Yard Maintenance  
Owner Operated Joe Avelar

Let my Dad take care of your Carpet!



Licensed & insured



**See Ahead.**

All seniors should have regular, comprehensive eye exams to detect signs of serious vision problems and prevent further deterioration of sight.

With regular eye exams, Dr. Adkins can detect problems early and prescribe proper treatments to delay or prevent vision loss.

Call us today to schedule a comprehensive eye exam.



2295 Fieldstone Dr., Suite 130  
Lincoln, CA 95648  
916-408-0039



## 68 Day Circle South America & Antarctica Cruise



Sailing January 3, 2015 from Ft. Lauderdale

Interior	Ocean View	Balcony
fares from \$13,999	fares from \$15,699	fares from \$25,499

### ***These special Club Cruise Prices Include:***

- Round Trip Airfare from Sacramento
- Round Trip Airport Shuttle from Lincoln
- 1 Night Prior Hotel Stay in Ft. Lauderdale (4 Star Hotel accommodations)

**Don't miss the boat!  
Call us to book your passage today!**



Government Taxes & Port Expenses are \$2,050.81 additional. Additional Visitor's Visa fees are required for Brazil and Chile. Fares are per person, based on double occupancy and subject to availability at the time of booking.

**CLUB CRUISE & Travel 916-789-4100**  
Located at 851 Sterling Parkway, Lincoln CA



**New! Diabetes Exercise Program (DEP 2) L1**

Tuesdays and Thursdays 3:35-4:30 PM. Fitness Room (OC). \$4 per class. Instructor: Cathy Keller, a certified diabetes instructor. Diabetes Exercise Program Two is a class especially designed for those with diabetes who have completed either the Diabetes Exercise Program One or other education-based diabetes class. DEP2 is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio including the ever popular drum sticks and Endura sticks as well as various ball games. With such success from the DEP 1 class you will want to make sure to buy your passes early and make sure to come to each class! Purchase a Disease Prevention and Management Punch Pass at the Fitness Desks or renew (add more classes) online.

**New Time! Arthritis Foundation Land Class L1-L2**

Thursdays 12:45-1:30 PM, Aerobics Room (OC). \$4 per class. Instructor: Cathy Keller. This exercise class is designed especially for those with arthritis, fibromyalgia, osteoarthritis, rheumatoid arthritis or those wanting to prevent arthritis. This class uses range of motion, endurance and resistance exercise to improve balance, increase flexibility and strengthen the body. Participants are encouraged to work at their own pace and be in or near a chair for exercising. This instructor has been specializing in senior fitness and arthritis programs for 13 years. Come prepared to improve your body, balance, and have fun! Purchase a Disease Prevention and Management Punch Pass at the Fitness Desks or renew (add more classes) online.

**Arthritis Class L2**

Tuesdays, April 1-29 — 803000-03

Thursdays, April 3-24 — 803100-03

11:15 AM-12:15 PM, Aerobics Room (OC).

Tuesdays \$37.50 (five sessions) Thursdays

\$30 (four sessions). Instructor: Lin Hunter.

This class will boost your stamina, improve your flexibility, and strengthen your core

muscles. Gentle strengthening of the muscles around the joints will help decrease joint pain. Some standing, balance, and marching is incorporated. We will end each class with relaxing guided imagery and breathing exercises. Class includes cardio and strength. Register: Fitness Desks or online. RSVP by 3/25.

**Arthritis Class L2**

Wednesdays, April 2-30 — 805000-03

Fridays, April 04-25 — 801000-03

Wednesdays 12:00-1:00 PM, Fridays 12:00-12:55 PM, Aerobics Room (OC). Wednesdays 37.50 (Five sessions) Fridays \$30 (four sessions). Instructor: Lin Hunter. This class will boost your stamina, improve your flexibility, and strengthen your core muscles. Gentle strengthening of the muscles around

the joints will help decrease joint pain. Some standing, balance, and marching is incorporated. We will end each class with relaxing guided imagery and breathing exercises. Class includes cardio and strength. Register: Fitness Desks or online. RSVP by 3/26.

**New! Qigong (“chee-gong”) L1**

Thursday, April 3-24 — 820706-03

1:00-2:00 PM. Aerobics Room (KS) \$30 (four sessions) Instructor: Sherry Remez. **Self-sustainability** — *activating your inner resources for profound wellness and energized longevity.* Learn to effectively use your inner resources to manage and release pain, stress and suffering as you increase energy, prevent and cure disease, strengthen immune response — **and have fun doing it!** Ongoing classes provide gentle physical methods proven to increase life energy, QiGong (“chee-gong”) provides self-care skills for living life more fully, a re-awakening of your innate healing wisdom for emotional independence. You will develop enhanced optimism as you become proficient in employing energetic wellness tools of Meditation, Gratitude, Letting-Go, Compassion, Word Power, and Forgiveness. Methodology is approved by Kaiser Permanente, The Mayo Clinic, Harvard Medical School, Stanford Center for Integrative Medicine and Disease Prevention, and the Veterans Administration. Class is guided by Sherry Remez, a 28-year holistic healing practitioner, wellness coach, inspirational speaker and certified Qigong instructor. Appropriate for any age or fitness level. Register: Fitness Desks or online. RSVP by 3/26.

**—Group Exercise—**

*A detailed explanation of these classes, locations, days and times can be found at the Fitness Centers. Purchase a Group Exercise Punch Pass for these classes. \$2.75 per class.*

**—Lessons—****Masters Swim Class**

Mondays & Wednesdays March 31-April 23 — 780200-04

12:00-1:00 PM, Indoor Pool (KS). Cost: \$84 (eight sessions) plus optional one-time US Masters Registration of \$48 paid to instructor. Instructor: Joan Marenger. Masters swimming is a great way for Triathletes to get help with efficiency on the swim portion of their Tri. Beginning swimmers can learn to make swimming fun and easy, like “skating on water” instead of battling each stroke. This is also great for swimmers looking to get strength and cardio while having fun learning the proper biomechanics of all swim strokes. All levels welcome!

*Continued on page 84*



## Pro Tennis Lessons

Sundays, March 23-April 27

Beginner 8:00-8:50 AM — 790700-03

Intermediate 9:00-9:50 AM — 790600-03

Advanced 10:00-10:50 AM — 790500-03

Courts #10/11. \$75 (six sessions). Instructor: Mike Gardetto. Mike is USPTA-certified and has been giving SCLH tennis lessons for the past eight years. Group lessons with four to 12 participants per group. Focus: Basics of forehand, backhand, and serves. Proper doubles strategies are also covered. Register: Fitness Desks or online. RSVP by 3/16.



### —Mind & Body Connection—

*Experiences with mindful movement of the body that help create a link between the mind and body that quiet our thoughts, unwanted feelings, and prepare us for creating positive behaviors.*

## Mind & Body Punch Card Classes

### Pilates Fit L2

Thursdays, 10:30-11:30 AM, Aerobics Room (KS). \$3.50 per class. Instructor: Domine Trosky. The ultimate mind-body workout. Build a strong core center, longer and leaner muscles, and a balanced physique with Pilates Fit. Based on original Pilates exercises. You will feel the benefits after your first workout and keep them for a lifetime. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.



### Piloga L2

Mondays, Wednesdays & Fridays. 11:00 AM-12:00 PM, Aerobics Room (OC). \$3.50 per class. Instructor: Lola Lundquist. Piloga blends Pilates and yoga. Lola welcomes residents seeking to strengthen their core — back and belly muscles — using the well-known work of Joseph Pilates. This mixes seamlessly into yoga poses which improve balance and flexibility. To deepen your relaxation and help relieve stress, we focus on deep breathing techniques and often add a dash of humor. For variety, we integrate bands, balls, gliders and weights. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.



### Piloga Flow L2

Tuesdays, 10:30-11:30 AM, Aerobics Room (KS). \$3.50 per class. Instructor: Joanie Martin. Piloga Flow is a unique non-impact class which combines Pilates and yoga. This class is designed to develop the strength, toning and body align-

ment of Pilates with the balance, flexibility, inner focus and calmness of yoga. Imagine this combination of yoga postures and core Pilates exercises set to beautiful world music and ending with meditation to relieve stress and connect mind and body. Ahhhh! Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.



### New Time! Mind Training for Sleep L1

Wednesdays, 1:30-2:25 PM, Aerobics Room (KS). \$3.50 per class. Instructor: Iram Khan. Deep relaxation training is a practice of breathing exercises, progressive muscle relaxation, mindfulness and guided imagery. This program is based on well established scientific principles. It benefits individuals with sleep problems, anxiety, chronic pain and fatigue as well as many other common health problems. The program is offered by trained instructors and backed by a board certified sleep specialist physician. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

### Beginning Yoga L1

Mondays, 1:25-2:25 PM, Aerobics Room (KS). \$3.50 per class. Instructor: Susan Hayes. Come see what the “buzz” is all about! Yoga starting from scratch for the uninitiated — although all aspiring yogis are invited to attend. This is an easy, safe and fun-filled hour of basic yoga postures and deep breathing exercises. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.



### Yoga Basics L1

Saturdays, 9:00-10:00 AM. Aerobics Room (OC). \$3.50 per class. Instructor: Susan Hayes. Come learn the fundamentals of yoga. This class is designed for those with no yoga experience and will help you improve balance, flexibility and stress reduction. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

### Yoga Flow L2

Tuesdays & Thursdays, 10:00-11:00 AM, Aerobics Room (OC). \$3.50 per class. Instructor: Ashley Freeman. Designed using the relaxing and powerful techniques of yoga to tone, strengthen, improve balance, and increase flexibility. These exercises can reduce risk of injury and help with chronic pain. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

### Aqua Yoga L1

Monday April 7-28 — 832001-03

12:30-1:30 PM, Indoor Pool (OC). \$32 (four sessions). Instruc-

*Continued on page 87*

## Pat's Medical Insurance Counseling

- Medicare Part D Policy Comparison and Enrollment

- Supplemental and HMO Comparison
- Medicare & Supplemental Claims Mgt.
- Free Phone Consultation ...  
I Do Not Sell Insurance
- Assist with Billing Issues
- Patient Advocacy
- Affordable Care Act



**Pat Johnson**

patstoby@aol.com • Since 1977

www.patsmedicalinsurancecounseling.com (916) 408-0411

## Double the Service & Experience



**Gail**  
916.919.5727

**Tara**  
916.600.2836



Gail Lic. # 00885381 Tara Lic. # 00898876

Buying or Selling ~ Call Gail & Tara

## Andra & Michelle Cowles

REALTORS® | DRE #00556444 & DRE #01821892

"Don't make a move without us!"

**(916) 434-8655**

**(916) 295-8532**



SUN RIDGE  
REAL ESTATE

1500 Del Webb Blvd.  
Suite 101  
Lincoln, CA 95648



www.TheRealtyExperts.com  
Homes@TheRealtyExperts.com

Owned and Operated by NRT LLC

## Knock on Wood

Distinctive Designs in Cabinetry

Kitchens ~ Vanities ~ Baths  
Offices ~ Media Centers  
Wall Beds ~ Libraries

**Bruce R. Wallace**

**916.622.0294**

knockwood@gmail.com



CSLB: 970076

FAMILY OWNED  
AND OPERATED



10% SENIOR  
DISCOUNT

RESIDENTIAL AND COMMERCIAL - GARAGE DOORS, GATES & OPENERS

Service, Repair, Replacement, Welding & Fencing

FREE ESTIMATES • EMERGENCY SERVICE 24/7

**(916) 740-4948**

Serving: Rocklin, Roseville, Lincoln, Granite Bay, Sacramento & more

www.RocklinOverheadDoorAndGate.com

CL#851651

## ✓ Personal Care Provider



**Jennifer Guttman**

Providing quality care in your home including surgery recovery, med management, daily living skills, physical therapy, companionship, transportation to appointments, shopping or outings.

✓ Over 20 years of caring for the senior population

✓ Former owner of an Assisted Living Home

✓ Former manager of an Independent Retirement Community

**Call**  
**276-0241**

## Golf Cart Inspections at Orchard Creek Lodge



**Golf Cart Registration**  
**(City of Lincoln)**  
**at OC Lodge**  
**Thursday, March 20**  
**and April 3 & 17**  
**at 9:00 AM**

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 9:00 AM.



**Holly Stryker, Realtor®**

"Helping People Find Their Way Home"

**Call: (916) 960-3949**

1500 Del Webb Blvd # 101  
Lincoln, CA 95648

strykerhomes@gmail.com  
www.LiveLincolnHills.com

Buying or Selling? Call Me!



CA BRE# 01900767  
Each office independently owned & operated



# CITADEL DENTAL

GENERAL DENTISTRY

Cosmetic Restorations • Veneers • Invisalign • Implants

## NEW PATIENT OFFER

Exam • X-rays • Cleaning

**\$39**

Limited to one per person.  
Not combined with other offers.



F. Gogani, DDS

Open Saturdays  
for Your  
Convenience  
**(916) 408-8585**

941 Sterling Parkway  
Suite 100  
Lincoln, CA 95648

www.CitadelDental.com

# UNITED PEST CONTROL

Family owned and owner operated • No start-up fees • Fast, dependable service • All common pests included • Mail notification made prior to upcoming services  
State license #PR6823



Diana & Andy  
Ulricksen, Owners



## SPECIAL OFFER

**\$60.00**

Every Two Months

**916-416-7587**



**Firestone COMPLETE AUTO CARE**  
since 1926  
maintenance repairs tires

Together, we'll keep your car running newer longer!"

**Firestone Complete Auto Care at:**  
951 Sterling Pkwy. • Lincoln  
**(916) 409-0911**

monday-friday 7:00 am-6:00 pm  
saturday 7:00 am-6:00 pm • sunday 8:00 am-5:00 pm  
**savings at all area locations!**



**NO INTEREST IF PAID IN FULL WITHIN 6 MONTHS!**

\$299 minimum purchase required. Interest will be charged to your account from the purchase date if the purchase balance is not paid in full within 6 months or if you make a late payment.

**FAST ONLINE CREDIT. MANY BENEFITS.**

Go to [www.FirestoneCompleteAutoCare.com](http://www.FirestoneCompleteAutoCare.com) and apply today.

Multi-application purchase within 60 seconds. Subject to approval.



together, we'll keep your car running newer, longer.



[FirestoneCompleteAutoCare.com](http://FirestoneCompleteAutoCare.com)  
1-800-LOCATE-4S (916) 409-0911

Shop supply charges in the amount of 6% of labor charges will be added to invoices greater than \$35. These charges will not exceed \$25 and represent costs and profits. Shop supply charges not applicable in CA or NY. Non-mandatory disposal or recycling charges, if any are disclosed above, may also represent costs and profits. Specific product offerings and tread designs may vary. Prices, warranties, car service, credit plans and other offers available at Firestone Complete Auto Care, are affiliated for their respective offers and warranties. \*If you do not achieve guaranteed mileage, your Firestone retailer will replace your tires on a pro-rated basis. Actual tread life may vary. All warranties apply only to original owner on originally installed vehicle. See retailer for details, restrictions and copy of each limited warranty. **MINIMUM MONTHLY PAYMENTS REQUIRED.** Applicable to purchases made January 1, 2014 through June 30, 2014. APR: 22.8%. Minimum Finance Charge \$1.00. CFAA reserves the right to change APR, fees and other terms unilaterally.

## Standard Oil Change

install new filter, refill up to 5 qts motor oil, lubricate chassis (if applicable)

**\$21.99**

Most vehicles.

Price includes oil filter recycling fee.



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

**save now thru 4/30/14**

## FREE Alignment Check

with the purchase of 2 or more tires



Not to be combined with another offer on same product and not to be used to reduce outstanding debt. No cash value. Offer good at participating Firestone Complete Auto Care stores. See store for full details. In-store installation required.

**save now thru 4/30/14**

## Coolant Fluid Service

A cool serve. For one cool system

**\$10 OFF**

Most vehicles.

We'll inspect vehicle's radiator system, pressure test for any leaks, power flush system to remove contaminants, refill radiator system with the required amount of new or recycled anti-freeze. Savings off regular price.



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

**save now thru 4/30/14**

## FREE Brake Inspection

no purchase necessary



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

**save now thru 4/30/14**

tor: Joanie Martin. Refreshing water supports your body making it an amazing environment to experience yoga benefits. Increase blood flow and range of motion; develop strength and static balance while loosening tense muscles, joints and renewing energy. This is accomplished in coordination with breathing techniques to improve respiratory capacity allowing for a deeper sense of mind-body connection. Beneficial for those normally challenged on a yoga mat, with physical limitations or for de-stressing. Experienced yogis will notice the release of gravity and find a new element for the restorative practice to unwind and relax. Register: Fitness Desks or online. RSVP by 3/31.

### **Aqua Pilates L1**

**Wednesdays, April 2-30 — 832011-3A**

12:30-1:30 PM, Indoor Pool (OC). \$40 (five sessions). Instructor: Joanie Martin is a certified fitness professional with over 17 years of experience. Her areas of expertise include certified Pilates reformer trainer, yoga, aerial yoga, Pilates and aqua aerobics. The pool has become a new destination for mind-body classes and is a wonderful medium for performing Pilates techniques that gently improve alignment, posture, and balance. This practice gains additional benefits with water resistance to improve core strength and stabilization, muscle tone and coordination. Exercises are done in different positions — standing, floating and using the wall for assistance. Noodles, water weights, balls and belts are used. This non-impact setting is suitable for most levels and beneficial for people with arthritis, osteoporosis and other conditions that can limit traditional exercises or those with balance challenges on land. Relaxation and rhythmic breathing techniques are incorporated to increase mind/body awareness and reduce stress. Register: Fitness Desks or online. RSVP by 3/26.



### **Evening Hatha Yoga L2**

**Tuesdays April 1-29 — 711000-03**

6:00-7:15 PM, Aerobics Room (KS). \$55 (five sessions). Instructor: Susan Hayes. Get your body ready for spring cleaning with this fun-filled, informative early evening yoga class. Yoga will increase your energy and reduce your stress, and it's good for your health! Everybody is welcome to this fun-filled, informative class, although it is Level 2, so it is challenging. Register: Fitness Desks or online. RSVP by 3/25.



### **Healing Yoga and Meditation L1**

**Thursdays, April 3-17 — 711100-03**

6:00-7:30 PM, Aerobics Room (KS). \$33 (three sessions). Instructor: Susan Hayes. This early evening yoga class consists of restful and healing yoga postures, done on the floor, that are held a bit longer and use yoga props. This effect is a deeper stretch which releases and relaxes the body. A restorative deep relaxation, followed by a brief meditation, rounds

out the experience. Each student receives individual attention, so enrollment is limited to 10. Register: Fitness Desks or online. RSVP by 3/27.

### **Extra Gentle Yoga L1**

**Tuesdays, April 1-22 — 710000-03**

12:45-1:45 PM, Aerobics Room (OC). \$44 (four sessions). Instructor: Julie Boone. This extra gentle class is an hour long and is adaptable to meet the needs of any student.



We use a chair for about half of the class. The chair is used for some seated postures and to assist balance while standing. Some floor exercises are included but modifications will be offered. Practice will include gentle stretching, energizing breathing exercises, and guided relaxation. Julie's motto is "yoga is not supposed to hurt." If you've been curious about yoga but a bit intimidated, this class will leave you feeling comfortable and capable. Register: Fitness Desks or online. RSVP by 3/25.

### **Traditional Hatha Yoga L2**

**Tuesdays, April 1-22 — 710100-03**

**Thursdays, April 3-24 — 710120-03**

2:00-3:30 PM, Aerobics Room (OC). \$44 (four sessions). Instructor: Julie Boone. This longer yoga class is intended for those with some prior yoga experience. Students can expect to practice warm-ups, standing and floor poses which challenge balance and strength, and inversions, followed by guided deep relaxation. These classes end with pranayama (breathing exercises) and meditation. Students describe feeling challenged as well as nurtured; they also report improvements in vitality and overall wellbeing after this class. Register: Fitness Desks or online. RSVP by 3/25.

### **Tai Chi L1**

**Tuesdays, April 1-29 — 730100-03**

**Saturdays, April 5-26 — 730200-03**

Tuesdays 1:30-2:30 PM, Aerobics Room (KS). Saturdays 10:00-11:00 AM, Aerobics Room (OC). \$50 (five sessions) Tuesdays; \$40 (four sessions) Saturdays. 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 brings about harmony of spirit and mind, known as the moving meditation. Tai chi and Qigong can be studied by anyone regardless of age, gender, or athletic ability. Peli Fong has been a teacher of tai chi and Qigong for over 15 years and teaches how to combine the mental and physical practices of both arts together. Register: Fitness Desks or online. RSVP by 3/25.

### **Tai Chi Intermediate L2**

**Tuesdays, April 1-29 — 730300-03**

2:45-3:45 PM, Aerobics Room (KS). \$50 (five sessions). In-

*Continued on page 89*



# Your Old Photos Restored!



I live in Lincoln Hills and will gladly do free estimates in your home.




**Patrick J Osborne**  
 Visionary Design  
**916-408-4152**  
 email [chilemon@starstream.net](mailto:chilemon@starstream.net)



**ALL PRO WINDOW CLEANING**

Residential & Commercial  
 Hard Water Spots  
 Screens & Blinds • Mirrors & Gutters

*Adam & Nicole Perry*

Family Owned & Operated      Insured & Bonded

**(916) 765-5623**

## STEVEN POPE LANDSCAPING

CSL#656957

*Roof gutter cleaning • Yearly pruning  
 Installation & removal of Christmas lights*

- Irrigation
- Ponds
- Landscape design
- Sod lawns
- Moss rocks
- Outdoor lighting
- Trenching
- Renovation
- Consultations

P.O. Box 7766 • Auburn, CA 95604

**(916) 730-7256**

## CLEANED WHERE THEY HANG

### SIERRA HOME & COMMERCIAL SERVICES

We Safely Clean Any Fabric  
 Window Treatment In Any Configuration,  
 Right Where It Hangs

**Remove That**  
 Smoke • Nicotine • Mildew  
 We Will Remove & Rehang For Remodels

**We Clean All Fabric Window Treatments**  
 Including: Drapes, Laminettes, Duettes, Silhouettes, Swags, Jabobs,  
 Balloons, Verticals, Valances, Fragile Fabrics, Upholstery, and Fine Leather Furniture

[www.sierrahcservices.com](http://www.sierrahcservices.com)

We Are A Certified Hunter/Douglas Cleaning Service & Repair Company

**Call For Your Free In-Home Estimate Today**

**(530) 637-4517** Licensed - Insured **(916) 956-6774**

## ICS Tile & Grout Services

**RegROUT**  
 Existing Tile

**Renew**  
 Grout Color

**Seal**  
 New Grout & Stone

**We Install**  
 Granite Countertops  
 Tile of All Types



**Free Estimates**  
**916-802-5043**






Lic # 793886

## L&D HANDYMAN SERVICES

### LENNY 916.622.7544

L & D HANDYMAN SERVICES

- ✓ FENCING, PAINTING
- ✓ GUTTER CLEANING
- ✓ PRESSURE WASHING
- ✓ YARD WORK
- ✓ HOUSEHOLD REPAIRS



Business License: Jobs no more than \$500

**AND MUCH MORE!!!**

**Don't trust your system to a handyman!**

## Brown's Quality Electric

**Residential • Commercial**

- Attic Fans
- New Circuits Added
- Phone and TV
- Smoke Detectors
- Appliance Hookup
- Security, Track, & Recessed Lighting
- Ceiling Fans
- Hot Tubs/Spas

**Call Today!**  
**(916) 600-2024**

**10% OFF Any Service**  
 With coupon.  
 Not valid with any other offer.

**Lic. #824668**

### San Diego Condo

Available for Vacation Rental  
**Beat the Summer Heat**

Attractive, one bedroom, fully furnished, privately owned Condo, located in a quiet, gated community very close to La Jolla and the beaches. Location has easy access to all San Diego attractions and is close to two high-end outdoor shopping areas (La Jolla Village and UTC Mall). This is an ideal Condo for a senior couple who would like to visit San Diego during the cool summer months. Weekly rental is \$550 or \$1995 per month and \$60 cleaning fee.

**To make inquiries and check for available weeks, call 530-392-5542.**

structor: Peli Fong. Designed for students of Ms. Fong's tai chi class who have studied with her for over six sessions. The class will continue perfecting the 24 Yang-style postures. The emphasis will be towards building a healthy, stronger body and focused mind leading to a peaceful spirit for a better quality of life. To accomplish this, student will learn two White Crane Qigong sets designed to focus on chi movement throughout the body to release stress and revitalize the internal organs. The high level students will be introduced to the tai chi 64 long form and begin moving towards more advanced levels. Register: Fitness Desks or online. RSVP by 3/25.



**Yoga for Osteoporosis L1**  
**Mondays, April 7-21 — 711200-03**  
**Fridays, April 4-18 — 710200-03**

Mondays 6:00-7:15 PM, Aerobics Room (OC).  
 Fridays 5:30-6:45 PM, Aerobics Room (KS).  
 Mondays \$33 (three sessions); Fridays \$33 (three sessions). Instructor: Susan Hayes. This class is designed to help maintain bone strength, balance and flexibility. We lift small hand weights, sitting in chairs, to strengthen the upper arms and keep the wrists supple. Then, we do standing poses at the wall that are weight-bearing, to strengthen the bones of the hips and legs and maintain balance. We end the class on the floor, where we stretch to bring flexibility and agility to the joints. We also do deep breathing exercises, and finish with a restorative deep relaxation. Register: Fitness Desks or online. RSVP by 3/31.



**—Money Matters—**

*Classes that encourage a healthy state of well-being while preparing financially for the future.*

**New! Investment Math:**  
**Explaining the Important Statistics**  
**Tuesday, April 22 — 870000-03**

How much are you up, down, sideways in your investments and when do statistics lie, misrepresent, or just plain give us an incorrect impression of our performance or utility of portfolios. Come learn some basic math on how to best gauge your investments or what others are telling you. Russ Abbott leads this timely discussion. Register: Fitness/Activities Desks or online. RSVP Now.



**All About IRA's: Beneficiary Planning; Distribution; Investing; and More**  
**Tuesday, March 25 — 870000-2A**

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Thirty years ago, IRA's used to be an investment you put \$2000 into and hoped a few bucks might be there at retirement. Since then, they have grown to be a much bigger part of people's retirement plans and unfortunately, more compli-

cated. Come to this class to learn all you need to know about IRA's, how to maximize their value for you now, and how set them up for the future. What you will learn may cause you to rethink your strategy on your IRA. Register: Fitness/Activities Desk or online. RSVP by 3/18.

**Let's Talk About Advance Health Care Directives**  
**Tuesday, April 8 — 863100-02**

9:00 AM-12:00 PM, Fine Arts Room (OC). \$10. Instructor: Marcia VanWagner. Every adult needs an Advance Health Care Directive. Regardless of age or health, none of us knows when a future event may leave us unable to speak for ourselves. What should I consider before completing an Advance Directive? What scenarios might I encounter that having an Advance Directive would help? How do I choose an agent? What is a POLST? Do I need one? How do I talk to my family about my wishes? This interactive class will explore all these questions with handouts and resource materials. Register: Fitness Desks, Activities Desks or online. RSVP by 4/1.



**—Personal Growth—**

*Programs that provide learning and development in areas of life that are unique to each individual.*

**How Would You Like to Learn Real World Practical Self-Defense and Martial Arts?**  
**Tuesdays, April 1-29 — 815000-03**

6:00-7:30 PM, Aerobics Room (OC). \$60 (five sessions). Instructor: Paul Rossi. Paul, a black belt martial artist with 18 years of experience, teaches this self-defense system based on physics and proper body mechanics — allowing any person to generate a tremendous amount of power. Paul has taught self-defense to a variety of individuals and groups from law enforcement professionals to children. He is highly energetic, and keeps a laser focus on teaching real world techniques that anyone can learn and use to defend themselves. Previous experience not needed, just a strong desire to learn and have fun. Come join Paul to learn how to protect you and your family. Register: Fitness Desks or online. RSVP by 3/25.



**The Sudoku Series**  
**Tuesday, March 25 — 870000-3A**  
**Or Tuesday, April 22 — 870000-04**

9:00-10:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. The Sudoku Series will run from January to June, starting with the basics and progressing to advanced, even a bit of extreme towards the end. Each class will be valuable to both the beginner as well as the seasoned as the instructor, Russ Abbott, will teach his own personal "Box Rule of Two" sys-



*Continued on page 93*



# Rebark Time, Inc.

- Year round services
- Our color enhanced material holds its color for years!
- Ask about our weed Abatement programs



- We also offer:
- Complete landscape design
  - All tree and plant installation
  - Tree and shrub fertilization
  - Pruning and thinning
  - Irrigation and lighting

Easily understandable irrigation drip timers

Call for a free estimate  
(916)-764-7650  
www.rebarktime.com



Helping you Buy and Sell the Del Webb Lifestyle Since 1997!

Price per Square Foot?  
**PRICELESS!!!**



"Put my 12 years Del Webb experience, Legal Education and Internet Marketing to work for you."

**Paula Nelson**  
Broker Associate

**916-240-3736**  
REALTOR@PaulaNelson.net



SUN RIDGE  
REAL ESTATE

DRE No. 01156846



Each Office Independently  
Owned and Operated.

# Placer Dermatology



**MEDICAL \* SURGICAL \* COSMETIC  
DERMATOLOGY FOR YOUR ENTIRE FAMILY**

"Survival rates for certain skin cancers can be 99% IF diagnosed early"...

Make it a priority to schedule yourself or a loved one for a skin check today!



**ARTUR HENKE, MD**  
American Board of Dermatology Certified

**(916)784-3376**

**9285 Sierra College Blvd  
Roseville, CA 95661**

[www.placerdermatology.com](http://www.placerdermatology.com)



# ADAMS & HAYES LAW

Wills & Trusts,  
Special Needs Trusts,  
Conservatorships,  
Probate and Trust  
Administration



Therese Adams, Esq.  
Juliette T. Robertson, Esq.  
Marilyn Clark, Esq.

916.434.2550

570 Fifth Street, Lincoln, Ca 95648  
adams@AdamsHayesLaw.com

www.AdamsHayesLaw.com



# SOLAR UNIVERSE™

**STOP PAYING YOUR ELECTRIC BILL!**

We are now installing solar for less than you may think. Call today for a free quote.

866-SUN-2121

10600 Industrial Ave Ste. 100  
Roseville, CA 95678

SolarUniverse.com  
CL: #939976

## Planning a trip to Maui?

Affordable Maui Oceanfront Condos...

For rent from \$185/night by  
SCLH resident Gil Van Valkenburg.  
See Website Photos & Call 408-1188.  
2BR [www.homeaway.com/368171](http://www.homeaway.com/368171)



## Share the Journey With Us



- Award-winning Assisted Living care team
- Named "Dementia Program of Distinction" by the Alzheimer's Foundation of America
- Warm, Intimate Community Setting
- Diabetes Wellness Program
- Short Term and Respite Stays



Call 916.303.2011 or visit us today and join us for lunch.

 Casa de Santa Fe  
MBK SENIOR LIVING

3201 Santa Fe Way, Rocklin, CA 95765  
www.MBKSeniorLiving.com

License #315002144

Three generations - serving the Greater Sacramento area since 1977



**Due to popular demand we are extending our special into Spring**

We are a family business that has earned the trust of the local community by providing quality and ethical service to our customers for 35 years. Call us today for your family's home comfort needs.

Spring  
Tune Up Special  
**\$49.50**

• SALES • SERVICE • INSTALLATION



**PECK**  
HEATING & AIR  
CONDITIONING

Lic #566294

916-409-0768

www.PeckHeatingAndAir.com | 4265 Duluth Ave., Rocklin, CA



## Affordable Computer Help

PC Help IN YOUR HOME

- Remove Viruses
- Fix Spyware
- Wireless Setup
- Customized Training
- Memory Upgrades
- All your Computer Help Needs
- 15% Senior Discount
- DSL setup
- Speed up your PC
- Friendly Personal Service, E-mail Help
- New PC Setup & Transfer Files



Your Fulltime Computer Specialist  
**Jerry Shores 663-4500**  
 PO Box 981, Lincoln, CA 95648. Reg No. 85117

## MILLER Heating & Air Conditioning

Service • Installation • Repair

Stacy Miller

916-799-8692

Over 20 years experience in  
 Placer & Sacramento Counties

SENIOR DISCOUNTS  
 Lic. #824723

916-778-7985

*Diane's*

## Helping Hand

24 HOUR PERSONAL CARE

Medication Mgmt., Errands,  
 Shopping, Pet Care, Meal Prep,  
 Recovery Assistance, Dr Appt...

[dbeninger@att.net](mailto:dbeninger@att.net)



Michael J. Donovan  
 Attorney at Law



Wills, Trusts  
 & Probate

(916) 295-9714

Over 800 Living Trusts prepared  
 for Lincoln Hills residents

~ Living Trust Portfolio \$700 ~

SF-JUNEAU-SKAGWAY-TRACY ARM-KETCHIKAN-INSIDE PASSAGE-VICTORIA-SF

**ALASKA** FROM **\$997\*** PP DO  
 Plus Taxes & Fees Inside Cabin

11-DAYS  
 RT FROM  
 SAN FRANCISCO

LINCOLN  
 BUS TO SHIP  
 AVAILABLE

\*Sailing MAY 23, 2014  
 Also Available 6/3, 6/25, 8/30  
 ADD \$200 for OCEAN VIEW!  
 ADD \$900 for BALCONY!  
Fares subject to availability

**CLUB CRUISE TRAVEL**  
 "GOOD OLD-FASHIONED SERVICE - THE WAY IT USED TO BE"

**916 - 789 - 4100**

Your Lincoln Hills neighbor at 851 Sterling Parkway  
 (Near Firestone Tires - Across from Raley's) CST#2033380-40



CARPET CLEANING • TILE & GROUT • EMERGENCY SERVICES

\*Tile and Grout cleaning \*Carpet Cleaning  
 \*Window Cleaning \*Pet stain removal \*Area rugs

We are a family owned and operated business for over 23  
 years. Let our Family help your family.

Experience and customer service is why we stand out!

Visit our website to request services  
 (916) 989-3942 [www.centurycarpctandtile.com](http://www.centurycarpctandtile.com)

## WAYNE'S FIX-ALL SERVICE

- Ceiling Fans
  - Recessed Lighting
  - Tile Work
  - Electrical Outlets
  - Remodeling
  - Interior / Exterior Painting
  - Circulating Water Pumps
  - Phone / Cable Jacks
  - Shelving
  - Drywall & Texture
  - Carpentry
- (916) 773-5352  
 General Contractor  
 Lic. # 749040  
 Insured and Bonded  
 Old fashioned handyman  
 specializing in your needs  
 Established 1996

## Andes Custom Upholstery

Since 1977

For Lincoln Hills Residents Only:

**40% OFF ALL FABRICS**

Great Prices on Fabrics  
 & Labor

Call Jay  
**645-8697**

New Foam Inserts

Free Estimates

Many Lincoln Hills Referrals

tem that will help you do any puzzle much faster than you thought. Each class starts with a basic review and subject matter advances as the months pass. February builds on the basics of January by mastering the “Medium” in the local newspapers. Students will become very familiar with Sudoku shortcuts and moves. Come join us. Register: Fitness/Activities Desks or online. RSVP by seven days prior to class start date. 03/25.

### —Training Services—

*All trainers are independent contractors.  
Please check the Fitness Centers or website under Fitness  
for a complete listing and contact information.*

**One-on-One Training:** One client and one trainer.

**Two-on-One Training:** Two clients and one trainer.

**Small Group Training:** Classes designed for specific goals in mind, working directly with a personal trainer in a small group setting with no more than six people.



#### SGT — TRX Express L1

**Mondays & Wednesdays, March 31-April 23 — 835210-A4**

3:30-4:00 PM. Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. Are you curious about small group training? This class teaches the basic moves of the TRX with a sampling of bootcamp, all in 30 minutes. Have a safe/effective workout while getting oriented with new equipment. Register: Fitness Desk or online. RSVP by seven days prior to class start date.

#### SGT TRX Express L2

**Tuesday & Thursdays, April 1-24 — 835211-A4**

5:30-6:00 PM. Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. This is 30-minute intermediate progression from TRX Express L1 workout. You will develop strength and stability needed in the core, hips and throughout the body. Register: Fitness Desk or online. RSVP by seven days prior to class start date.

#### SGT — Bootcamp L2

**Tuesdays & Thursdays, April 1-24 — 835100-A4**

6:15-7:15 AM; Aerobics Room (KS). \$135 (eight sessions.). Instructor: Robert Sanchez. This challenging SGT will take a back-to-basics approach with a full body workout. A variety of equipment will be introduced and used for a workout you’ve never seen before. Register: Fitness Desks or online. RSVP by seven days prior to class start date.

#### SGT — Bootcamp L3

**Mondays & Wednesdays, April 7-30 — 835400-A4**

5:00-6:00 PM. Aerobics Room (KS). \$135 (eight sessions).

Instructor: Lisa Smith. 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. Register: Fitness Desks or online. RSVP by seven days prior to class start date.

#### New! SGT — Softball Spring Training L2

**Tuesdays & Thursdays, April 1-24 — 835190-A4**

4:30-5:30 PM. Aerobics Room (KS). \$135 (eight sessions).

Instructor: Richie Anderson. Want to improve your softball performance? Do you also want to stay healthy and injury free during the season? This class will put emphasis on exercises that will increase your rotational output when hitting or throwing, along with strengthening the muscles that sustain common injuries in softball and other overhead sports. Class will also include cardiovascular conditioning to encompass everything needed to step up your game. Register: Fitness Desks or online. RSVP by seven days prior to class start date.



#### SGT — Fit 101 L1

**Mondays & Wednesdays, April 7-30 — 835500-A4**

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions).

Instructor: Robert Sanchez. Starting a new experience may seem a little overwhelming. That’s why Fit 101 is a perfect place to start. This class will incorporate a little of everything. It will give you chance to work on the TRX, weights, exercise bands walking, stretching and more. This format is a great opportunity to work with a trainer and meet friends that share the same fitness goals. Register: Fitness Desks or online. RSVP by seven days prior to class start date.



#### SGT — “Fun”ctional Fitness L2

**Tuesdays & Thursdays, April 1-24 — 835600-A4**

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions.).

Instructor: Deanne Griffin. Join us for a fun-filled strength training class, great for anyone looking for a new method of training. This team-oriented class focuses on “Functional Fitness” using a variety of equipment including TRX suspension training. TRX is a revolutionary method of leveraged body-weight exercises. In this small group training you will safely perform exercises that effectively build strength, and cardiovascular health. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting

*Continued on page 95*



# April Specials

Be prepared this spring with our selection of facial specials that will brighten and ready your skin for the upcoming sunny months!



## \$85 SENSITIVE SKIN FACIAL

Skincare will debut a new "Sensitive Skin" Facial to cater to Rosacea since April is National Rosacea Month. This facial will feature holistic teas with rose hips, heather, lavender, elderberry, a soothing balm, a blueberry mask and peel, and will appeal to any and all dealing with sensitive skin issues, be it compromised health, affects from medications and Rosacea itself.



## MASSAGE

Our massage team created a special massage that compliments "Breakfast at Tiffany's" showing on April 7th at the Presentation Hall at 1:30pm. The Kilaga Spa team will be at the doors with coupon handouts prior to the showing!



## \$65 MASSAGE SAMPLER

This service will include 15 minutes each of Hot Stone, Swedish, and Reflexology techniques including a Dead Sea Salt and Cane Sugar Hand Scrub/Treatment.

*Open to the Public*

**916.408.4290 | KILAGASPRINGSSPA.COM**  
OPEN TO THE PUBLIC 1187 SUN CITY BOULEVARD, LINCOLN



bored! The intensity is up to each individual, intermediate to advanced fitness levels encouraged. Register: Fitness Desks or online. RSVP by seven days prior to class start date.

### **SGT — Morning Burst Bootcamp L2**

**Mondays & Wednesday, April 7-30 — 835300-B4**

6:45-7:45 AM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Lisa Smith. Rise and shine to enjoy a challenging, but fun SGT. A total body approach will be used to develop and strengthen your body from head to toe. Various pieces of equipment will be used including TRX, Bosu and more! Register: Fitness Desks or online. RSVP by seven days prior to class start date.



### **SGT — Healthy Back L1**

**Monday & Wednesday, April 21-May 14 — 835700-A4**

11:30-12:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Kathryn Shambre. This class is designed to teach core strengthening with minimal strain and pressure to the lumbar spine and discs. Class will include flexibility (stretching correctly), lifting and squatting correctly, and education regarding the spine and mechanics. All levels welcome. Register: Fitness Desks or online. RSVP by seven days prior to class start date.



### **SGT — Healthy Back L2.**

**Mondays & Wednesdays, April 21-May 14 — 835701-A4**

4:00-5:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Kathryn Shambre. This class is designed for students who have taken Healthy Back L1 and have been approved by Kathryn for the next level. Class will move at a more advanced pace but still cover the same principles as Healthy Back L1. Register: Fitness Desk or online. RSVP by seven days prior to class start date.

### **SGT — TRX Interval Training L3**

**Mondays & Wednesdays, April 7-30 — 835800-A4**

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions). 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 builds power, strength, flexibility, balance, mobility, and prevents 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! Register: Fitness Desks or online. RSVP by seven days prior to the class start date.

## **Pilates Reformer Section**

### **SGT — Introductory Reformer Session L1**

**Continuous Dates — 835110-A4**

Fitness Floor (KS). \$30 (one session). Instructors: Paula Ainsleigh, Robert Sanchez, Janine Colson, Joanie Martin, Domine Trosky and Eve Webber. This session is a prerequisite for Pilates Reformer L1.



You will work one-on-one with a trainer during this time to teach you proper breathing techniques, go over any limitations / goals you may have, set you up on your proper spring loads, go over basic exercises, and answer any questions. Once you have completed this introductory class, you can sign up for any small group trainings (SGT). When registering, you may request a trainer or one will be appointed to you. The trainers will call you to set up appointment. Register: Fitness Desks or online.

### **SGT —The Basics L1**

**Mondays & Fridays, April 7-May 2 — 835120-A4**

7:00-8:00 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Paula Ainsleigh.

**Monday & Wednesday, March 31-April 30 — 835120-C4**

10:30-11:30 AM, Fitness Floor (KS). \$135 (eight sessions; no class 4/14 & 4/16). Instructor: Janine Colson.

**Tuesday & Fridays, March 31-April 25 — 835120-B4**

8:30-9:30 AM, Fitness floor (KS). \$135 (eight sessions). Instructor: Robert Sanchez. This is your Level 1 reformer class; this class allows one to work very precisely to develop good alignment, core strength, muscular strength, and flexibility. By utilizing the reformer, you will see faster body changing results and feel and look thinner in just four sessions! The springs on the reformer provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer session L1 (above). Register: Fitness Desks or online. RSVP by seven days prior to class start date.



### **SGT — Bootcamp Reformer L2**

**Tuesday & Thursday, April 1-24 — 835300-B4**

3:30-4:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. This class builds on the Basics using more intense exercises, the TRX, medicine balls and more! Have fun while taking your workout to the next level. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 above.) Register:



*Continued on page 96*



Fitness Desks or online. RSVP by seven days prior to class date.

### **SGT — Intermediate L2**

**Tuesday & Thursday, April 1-24 — 835130-D4**

7:30-8:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Robert Sanchez. This class builds on The Basics L1 Reformer, adding more complex variations and longer sets. New exercises will be introduced to continue to refine your form and take you to the next level. Please note: Instructors reserve the right to suggest you continue with the Basic L1 if appropriate. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 93.) Register: Fitness Desks or online. RSVP by seven days prior to class date.



### **SGT — Total Body Reformer L3**

**Tuesday & Thursday, April 1-24 — 835170-A4**

10:30-11:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. This advanced reformer Level 3 class is for seasoned Pilates participants, who have mastered both the Basics L1 and Intermediate L2 workouts. This class will challenge strength and endurance. Please note: For safety purposes, participants must be given instructor approval before attending the advanced class. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 93.) Register: Fitness Desks or online. RSVP by seven days prior to class date.



### **SGT — Fit for Golf L2**

**Monday & Wednesday, April 7-30 — 835180-A4**

2:30-3:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Robert Sanchez. Do you want to be able to hit the ball farther, straighter and with less chance of injury like back, elbow and knee? Turn to the conditioning program golf pros use such as Tiger Woods and Annika Sorensen. They choose to stay fit, finesse their technique and stay off the injured list by training with the Pilates Reformer. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 93.) Register: Fitness Desks or online. RSVP by seven days prior to class date.

### **SGT— Bootcamp Reformer L3**

**Mondays & Wednesdays, March 31-April 23 — 835140-A4**

11:30-12:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. This class builds on the L2 Reformer adding more intense exercises, the use of intervals, TRX, Medicine Ball and more. This class will accommodate up

to six participants. Instructor approval needed to register for class. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 93.) Register: Fitness Desks or online. RSVP by seven days prior to class date.

### **SGT— Special Populations Reformer L1**

**Mondays & Wednesdays, March 31-April 23 — 835160-A4**

9:30-10:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. The Reformer is an invaluable tool for anyone with Scoliosis, Osteoporosis, Spinal Stenosis, Stroke and/or Cardiovascular Rehabilitation, and more. Spinal elongation, breathing exercises, with strength and endurance work, to reduce pain improve lung and heart health for these special populations. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 93.) Register: Fitness Desks or online. RSVP by seven days prior to class date.

### **SGT — Special Populations Reformer L2**

**Tuesdays & Thursdays, April 1-24 — 835150-A4**

4:30-5:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. This class is the next step up from Special Populations Level 1. This class is for more experienced people who have had a good amount of training in Level 1. This class will move at a slightly faster pace than level 1 and will introduce a few new exercises. For full description refer back to Level 1. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 93.) Register: Fitness Desks or online. RSVP by seven days prior to class date.

### **—Wellness Services—**




*Services are provided by independent contractors and the fees will vary depending on the service. All services provided take place in the Wellness corner located in the OC Fitness Center. For more detailed information please contact the service provider directly.*

- **Emotional Counseling**  
Carol Karkazis, MA: 672-8533.
- **Estate/Financial Planning**  
Russ Abbott, Wealth Advisor: 797-7760.

See class grids on  
pages 97-99.



**OC Aqua WellFit Class Schedule March 15 - April 15, 2014**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Water Works L3 - Deanne	OC	Water Works L3- Annamarie	OC	Water Works L3- Roman	OC	OC
8:30	 L2 Annamarie		 L2 - Annamarie		Water Works L3- Roman		
9:30		Water Works L3 - Deanne	* Core n More L3- Annette	Water Works L3 - Deanne			
10:30	Splash Dance L3- Roman	Water Works L3 - Deanne	* Splash Dance L2- Annette	Water Works L3 - Deanne	 L2 Lisa		
11:30	AF Aqua L1- Cathy		* AF Aqua L1- Marie		AF Aqua L1- Cathy		
12:30	Aqua Yoga L1- Joanie		** Aqua Pilates L1- Joanie				
2:00							
3:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00		Water Works L3- Roman		Water Works L3- Roman			
6:00							

*For class details please refer to the Wellness & Fitness section*

**Wellness Classes (session based)**  
 Disease P & M (punch card) \$4.00  
 Group Exercise (punch card) \$2.75

**\* New instructor**

**\*\* New Class**



OC WellFit Class Schedule March 15 - April 15 2014

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Stretch Exp. L1 - Jeri		Stretch Exp. L1 - Jeri		Stretch Exp. L1 - Jeri		
8:00	Low Impact L3 - Jeri	Step It Up L3 - Kim	Low Impact L3 - Jeri	Step It Up L3 - Kim	Low Impact L3 - Jeri	Low Impact L3 - Jeri	
9:00	Zumba L3 - Domine	Core & Strength L2 - Julia	Zumba L3 - Andi	Core & Strength L2 - Julia	Step & Sculpt L2 - Jeri	Yoga Basics L1 - Susan	Cardio Strength L3 - Kim
10:00	Cardio Strength L3 - Annamarie	*Yoga Flow L2 - Ashley	Cardio Strength L3 - Annamarie	*Yoga Flow L2 - Ashley	Cardio Dance & Sculpt L3 - Domine	Tai Chi L1 - Pelii	Zumba L3 - Carrie
11:00	Piloga L2 - Lola	11:15-12:15 Arthritis L2 - Lin	Piloga L2 - Lola	11:15-12:15 Arthritis L2 - Lin	Piloga L2 - Lola		
12:00	Basic Low Impact L1 - Cindy	12:45-1:45 Extra Gentle Yoga L1 - Julie	Arthritis L1/2 - Lin	Arthritis L2 - Lin	***Arthritis L1/2 - 12:00-12:55 Lin		
12:45				***AF Land L1-L2 12:45-1:30 Cathy			
1:00	Chair with Flair L1 - Cindy		* Chair with Flair L1 - Kathryn		Basic Chair L1 - Lola		
2:00	Balance Exp L1 - Cindy	2:00-3:30pm Traditional Hatha Yoga L2 - Julie	* Balance Exp L1 - Kathryn	2:00-3:30pm Traditional Hatha Yoga L2 - Julie			
2:30							
3:30	3:00-4:00pm MoveWell Today - Christine/Cathy	**Diabetes (DEP 2) L1 Cathy	3:00-4:00pm MoveWell Today - Christine/Cathy	**Diabetes (DEP 2) L1 Cathy			
5:00	Zumba L3 - Andi	4:30 Interval Strength - Lisa	Zumba L3 - Andi				
6:00	Yoga for Osteo L1 - Susan	Self Defense - Paul					
7:00							
8:00							

Wellness Classes (session based)  
 Small Group Training (session based)  
 \* New instructor  
 \*\* New instructor & Class  
 \*\*\* New Time

Group Exercise Classes (punch pass) \$2.75  
 Disease P & M (punch pass) \$4.00  
 Mind & Body Classes (punch pass) \$3.50

KS WellFit Class Schedule March 15-April 15, 2014

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR
6:15												
6:45am	SGT Morning Burst		6:15am SGT- Bootcamp L2- Robert		6:45am SGT- Morning Burst Bootcamp L3- Lisa		6:15am SGT- Bootcamp L2- Robert		SGT - Ref. The Basics L1- Paula			
7:00	SGT Lisa	SGT - Ref. The Basics L1- Paula	Mixed Level Cycle L2 - Deanne	SGT - Ref. Intermediate L2 Robert	8:00am HI NRG Cycle L3- David		Mixed Level Cycle L2- Deanne	SGT - Ref. Intermediate L2 Robert		SGT - Ref. The Basics L1- Paula		
7:30												
8:30	Everybody Can L2 - Jeannette		Low Impact L3 - Annamarie	SGT - Ref. The Basics L1- Robert			Low Impact L3- Annamarie			SGT - Ref. The Basics L1- Robert		
9:30	Circuit L3 - Roman	SGT - Ref Special Pop. L1- Eve	Strictly Strength L2 - Lin		Circuit L3-David		Strictly Strength L2- Lin	SGT - Reformer Special Pop L1- Eve				
10:30	Strictly Strength L2 - Jeri	SGT - Ref. The Basics L1- Janine	Piloga Flow L2 - Jeannie	SGT - Ref. Total Body L3 Eve	Everybody Can L2- Lin		Pilates Fit L2 - Domine	SGT Ref. Total Body L3- Eve		Cardio Strength L3- Annamarie		Strictly Strength L2 - Jeri
11:30	SGT - Healthy Back L1- Kathryn	Ref. BootCamp L3 Eve			SGT - Healthy Back L1- Kathryn			SGT - Ref. BootCamp L3 Eve				
12:30	SGT - Fit 101 L1- Robert		12:00pm SGT- Functional Fit L2- Deanne		SGT - Fit 101 L1- Robert		12:00pm SGT- Functional Fit L2- Deanne					
1:30	Begin. Yoga L1- Susan		Tai Chi L1- Peff		1:30-2:45pm Mind Training for Sleep L1- Tram		1:00pm Qigong L1 - Sherry					
2:30	SGT - TRX Interval L2- Julia	SGT - Ref. Fit for Golf L2 Robert	Tai Chi L2 (2:45-3:45)- Peff		SGT - TRX Interval L2- Julia		Sherry Remez Workshop					
3:30	SGT-TRX Express L1- Julia			SGT -Ref. Boot Camp L2 Eve	SGT - TRX Exp. L1- Julia		Basic Conditioning L1 Kathryn	SGT -Ref. Boot Camp L2 Eve				
4:30	4:00pm SGT Healthy Back L2-Kathryn		SGT - Softball Spring Training L2- Richie	SGT - Ref. Special Pop. L2-Eve	4:00pm SGT Healthy Back L2- Kathryn		SGT - Softball Spring Training L2- Richie	SGT - Ref. Special Pop. L2-Eve				
5:00	SGT- Bootcamp L3- Lisa	SGT -Coming soon	SGT -TRX Exp. L2-Julia		SGT - Bootcamp L3- Lisa		SGT -TRX Exp. L2-Julia					
6:00			Evening Yoga Flow L2- Susan				Healing Yoga & Meditation L1 - Susan					
7:00												

Group Exercise Classes (punch pass) \$2.75  
 Disease P & M (punch pass) \$4.00  
 Mind & Body Classes (punch pass) \$3.50

Wellness Classes (session based)  
 Small Group Training (session based)  
 \* New Instructor  
 \*\* New class





### It's Saudi Duty Time!

**Tuesday, March 18 — Free**

2:00-3:30 PM, Front Ballroom (OC). SCLH resident Marcia VanWagner served in the First Gulf War, 1990-1991 as the Chief Nurse of the 1000-bed 50<sup>th</sup> General Hospital in Riyadh, Saudi Arabia. Her presentation details her experiences as a female officer in a command position during the war. Colonel VanWagner will discuss how the Saudi Arabian culture and religion impacted the practice of US Army medicine and nursing, and how the unit lived and worked in a chemical environment. She will end with the real story of why the Ground War was delayed!



### Don't Lose Sleep Over It!

#### A Closer Look at Sleep Disorders

**Wednesday, March 26 — Free**

7:00-8:30 PM, Ballroom (OC). Good sleep is a must for good health. In fact, sleep is just as important for overall health as diet and exercise. More and more studies are showing correlations between poor quality sleep and a variety of diseases, including stroke, heart disease, diabetes, obesity, and depression. Common sleep disorders include sleep apnea and snoring, insomnia, restless leg syndrome, and narcolepsy. During this lively presentation by Dr. Richard Stack, Medical Director of the Mercy Sleep Center, you will gain tips to get better quality sleep as well as causes and latest treatment options for sleep disorders.



### The Donner Party: Weathering the Storm

**Wednesday, April 9 — Free**

1:00-3:00 PM, Front Ballroom (OC). The 1846 entrapment of the pioneer wagon train known as the Donner Party is one of the West's greatest tales. Mark McLaughlin, a prolific author, historian and professional speaker will present in-depth research revealing the accomplishments and personalities of early Argonauts. Cannibalism has historically been the focus for most writers regarding the Donner Party, but the story is best told from the viewpoint of their challenges and success on the trail. Based on Mark's award-winning book, you will gain a unique insight on this famous event. Focused on how extreme weather challenged the snow-bound emigrants and their heroic rescuers, his story



dives into the pre-Gold Rush mentality and the concept of Manifest Destiny that drew the members of the Donner Party on their journey west. We expect a large attendance, so be sure to come early. Video will be recorded for website.

### Personal Holocaust Survivor

**Thursday, April 17 — Free**

1:00-3:00 PM, P-Hall (KS). Elizabeth Irga and her mother survived Nazi persecution by escaping from a Polish ghetto. They walked across Czechoslovakia to Hungary where they hid until the end of WWII. Following a career as an educator in the Elk Grove School District, today, "Liz" is the president and founder of the Central Valley Holocaust Educational Network (CVHEN). CVHEN is dedicated to Holocaust education. Liz believes that sharing her personal story can provide an understanding of the roots and ramifications of prejudice, the dangers of apathy, and the fragility of democracy. She also hopes that it will instill a sense of personal responsibility for promoting and preserving pluralism.



### Snakes: Facts, Fictions, and Phobias

**Tuesday, April 29 — Free**

2:00-3:30 PM, Front Ballroom (OC). If knowledge is the best cure for fear, then this could be one of the most important presentations offered. Residents David Rich and John Parks, retired Vet (DVM), will present their highly acclaimed forum on snakes. Both use humor and facts to help you understand the important role snakes play in our lives. Learn how to tell snakes apart, especially gophersnakes and rattlesnakes; how to protect your pets; the truth behind many myths about snakes; and what to expect if you are bitten by a rattlesnake. Historically, this is a very popular forum, so bring your friends and come early.



### Vitamins and Supplements: Nutrition in a Pill?

**Wednesday, April 30 — Free**

7:00-8:30 PM, Ballroom (OC). At the heart of good health is good nutrition. The Dietary Guidelines for Americans make it clear that your nutritional needs should be met primarily through your diet. For some people, however, vitamins and supplements may be a useful way to get the nutrients which they may otherwise be lacking. But before you go shopping for supplements, get the facts on what they will and won't do for you. Join us for an informative and interesting discussion with Racquel Livoni, MD, Family Medicine and Integrated



Medicine at Mercy San Juan Medical Center. There will be a question and answer period following Dr. Livoni's presentation.

**The Magic of Google**  
**Monday, May 12 — Free**

2:00-3:30 PM, Ballroom (OC). This presentation by SCLH resident Bob Ringo will give you familiarity with everything Google related. Google has



been an integral part of each of our lives for many years. Starting life as a search engine, Google quickly dominated all of its rivals. Now Google has added so many extra services and conveniences that it has become synonymous with convenience and quality. From Google Search to Gmail to Google Calendar to Google Maps, there is a Google tool for everyone. Most of the fantastic services offered by Google are completely free. Every single service is so full of features that you can fill a book on each one of them. So give yourself a treat, find the spare time to attend this presentation to explore some new things from Google.

**Community Forums, Date, Time, Location**

<ul style="list-style-type: none"> <li>• <b>It's Saudi Duty Time</b> Tuesday, March 18, 2:00 PM, Front Ballroom (OC)</li> <li>• <b>Don't Lose Sleep Over It: A Closer Look at Sleep Disorders</b> Wednesday, March 26, 7:00 PM, Ballroom (OC)</li> <li>• <b>The Donner Party: Weathering the Storm</b> Wednesday, April 9, 1:00 PM, Front Ballroom (OC)</li> <li>• <b>Personal Holocaust Survivor</b> Thursday, April 17, 1:00 PM, Presentation Hall (KS)</li> <li>• <b>Snakes: Facts, Fiction and Fears</b> Tuesday, April 29, 2:00 PM, Front Ballroom (OC)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Vitamins and Supplements: Nutrition in a Pill?</b> Wednesday, April 30, 7:00 PM, Ballroom (OC)</li> <li>• <b>Magic of Google</b> Monday, May 12, 2:00 PM, Ballroom (OC)</li> <li>• <b>Traffic Situation in Sun City Lincoln Hills</b> Tuesday, May 20, 2:00 PM, Ballroom (OC)</li> <li>• <b>What's New in Astronomy</b> Wednesday, June 4, 7:00 PM, Front Ballroom (OC)</li> <li>• <b>Watch for more Community Forums in next month's Compass</b></li> </ul>
---	--

# Make Our Backyard Your Backyard!

- Largest Selection in Northern CA
- Factory-Trained Representatives
- We Guarantee What We Sell
- Special Orders Are Welcome!
- We Service & Deliver Ourselves
- 4 Convenient Area Locations

*Patio Sets & Accessories*

*Outdoor Kitchens*

*Portable Weber Gas Grills*

*Portable Spas*

**California BACKYARD**

[www.CaliforniaBackyard.com](http://www.CaliforniaBackyard.com)

**ROSEVILLE**  
1529 Eureka Rd.  
773-4800

**GOLD RIVER**  
Hazel & Hwy 50  
353-5100

OPEN  
7 DAYS  
A WEEK

**ARDEN**  
2901 Arden Way  
488-5100

**NATOMAS**  
4720 Natomas Blvd.  
515-4800

*Gift Certificate*  
Available at all locations



## 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)

### •Administration•

Executive Director

Robert Cook 625-4060 [robert.cook@slhca.com](mailto:robert.cook@slhca.com)

Sr. Director, Lifestyle & Communications

Jeannine Balcombe 625-4020

[jeannine.balcombe@slhca.com](mailto:jeannine.balcombe@slhca.com)

Sr. Director, Facilities & Maintenance

Chris O'Keefe 645-4500 [chris.okeefe@slhca.com](mailto:chris.okeefe@slhca.com)

### Accounting

Director of Finance

Bruce Baldwin 625-4013 [bruce.baldwin@slhca.com](mailto:bruce.baldwin@slhca.com)

### Advertising & Promotions

Advertising & Promotions Manager

Ben Baker 625-4057

[ben.baker@slhca.com](mailto:ben.baker@slhca.com)

### Community Standards

Community Standards Manager

Cece Dirstine 625-4006 [cecelia.dirstine@slhca.com](mailto:cecelia.dirstine@slhca.com)

### Membership

Membership Clerk

Bertha Mendez 625-4000 [bertha.mendez@slhca.com](mailto:bertha.mendez@slhca.com)

### Room Booking

Room Booking Coordinator

Shelvie Smith 625-4021 [shelvie.smith@slhca.com](mailto:shelvie.smith@slhca.com)

### •Lifestyle•

Activities Desks

Orchard Creek 625-4022

Kilaga Springs 408-4013

### Activities

Lifestyle Manager

Lavina Samoy 625-4073 [lavina.samoy@slhca.com](mailto:lavina.samoy@slhca.com)

Lifestyle Assistant Manager

Lily Ross 408-4609 [lily.ross@slhca.com](mailto:lily.ross@slhca.com)

Lifestyle Class Coordinator

Betty Maxie 408-7859 [betty.maxie@slhca.com](mailto:betty.maxie@slhca.com)

Lifestyle Trip Coordinator Katrina Ferland

625-4002 [katrina.ferland@slhca.com](mailto:katrina.ferland@slhca.com)

### Clubs

Administrative & Club Support

Christy Condell 625-4003 [christy.condell@slhca.com](mailto:christy.condell@slhca.com)

### Compass

Editor • Jeannine Balcombe

625-4020 [jeannine.balcombe@slhca.com](mailto:jeannine.balcombe@slhca.com)

Compass Advertising Coordinator

Judy Olson 625-4014 [judy.olson@slhca.com](mailto:judy.olson@slhca.com)

Compass Bulletin Board

Shelvie Smith 625-4021 [shelvie.smith@slhca.com](mailto:shelvie.smith@slhca.com)

Club Article Editor

Wendy Slater 786-5955 [wslater@surewest.net](mailto:wslater@surewest.net)

### Fitness/Wellness

OC Fitness Center 625-4030

KS Fitness Center 408-4683

Wellness & Fitness Manager

Deborah McIvain 625-4031 [deborah.mclvain@slhca.com](mailto:deborah.mclvain@slhca.com)

Wellness & Fitness Assistant Manager

Lisa S. Smith 258-8289 [lisa.smith@slhca.com](mailto:lisa.smith@slhca.com)

### •Food & Beverage•

Meridians Reservations 625-4040

Kilaga Springs Café 408-1682

Director of Food & Beverage

Jerry McCarthy 625-4049 [jerry.mccarthy@slhca.com](mailto:jerry.mccarthy@slhca.com)

### Catering

Banquet Sales Manager

Meghan Louder 625-4043 [meghan.louder@slhca.com](mailto:meghan.louder@slhca.com)

### •The Spa at Kilaga Springs•

408-4290

Spa Manager

Tina Ginnetti [tina.ginnetti@slhca.com](mailto:tina.ginnetti@slhca.com)

## Hours

### Orchard Creek & Kilaga Springs Lodges

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

Saturday 8:00 AM-9:00 PM

Sunday 8:00 AM-5:00 PM

### Activities Registration: OC & KS

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

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

Saturday/Sunday — OC 7:00 AM-8:00 PM

Saturday/Sunday — 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 Restaurant

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-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

### The Spa at Kilaga Springs

Monday-Friday 9:00 AM-6:00 PM

Saturday 9:00 AM-5:00 PM

## General Numbers

Curator Security, Inc.

(916) 771-7185

Golf Shop

Website: [lincolnhillsgolfclub.com](http://lincolnhillsgolfclub.com)

Regional Manager, LH Golf Club

Bob Geppert 543-9200, ext. 4

[bgeppert@billycaspergolf.com](mailto:bgeppert@billycaspergolf.com)

Lincoln Police & Fire 645-4040

Neighbors InDeed 223-2763

Pulte Homes Customer Care

[Norcal@delwebb.com](mailto:Norcal@delwebb.com)

## Board of Directors

Ken Silverman, President

[Ken.Silverman@slhca.com](mailto:Ken.Silverman@slhca.com)

John Snyder, Vice President

[John.Snyder@slhca.com](mailto:John.Snyder@slhca.com)

Gay Mackintosh, Secretary

[Gay.Mackintosh@slhca.com](mailto:Gay.Mackintosh@slhca.com)

Jim Leonhard, Treasurer

[Jim.Leonhard@slhca.com](mailto:Jim.Leonhard@slhca.com)

Martin Rubin, Director

[Marty.Rubin@slhca.com](mailto:Marty.Rubin@slhca.com)

Denny Valentine, Director

[Denny.Valentine@slhca.com](mailto:Denny.Valentine@slhca.com)

Marcia VanWagner, Director

[Marcia.VanWagner@slhca.com](mailto:Marcia.VanWagner@slhca.com)

## Committee Chairs

Architectural Review Committee

[arc@slhca.com](mailto:arc@slhca.com)

Clubs & Community Organizations Committee

[ccoc@slhca.com](mailto:ccoc@slhca.com)

Communications & Community

Relations Committee

[crc@slhca.com](mailto:crc@slhca.com)

Compliance Committee

[compliance.committee@slhca.com](mailto:compliance.committee@slhca.com)

Elections Committee

[elections.committee@slhca.com](mailto:elections.committee@slhca.com)

Finance Committee

[finance.committee@slhca.com](mailto:finance.committee@slhca.com)

Properties Committee

[properties.committee@slhca.com](mailto:properties.committee@slhca.com)

Please thank your advertisers and tell them you saw their ad in the *Compass*.

Advertisers listed in this issue are shown here by category followed by the page number (bolded) location of the ad.

**ACCOUNTING/TAX**

AJ Kottman, **47**  
Riolo, Roberts and Freddi, **8**

**AUTOMOBILE SALES/SERVICE**

Firestone, **86**  
J & J Body Shop, **69**  
R & S Auto Repair, **18**

**BEAUTY**

Face Works, **14**

**CARE FACILITIES**

Casa de Santa Fe, **91**

**CARPET CLEANING**

Century Carpet Care, **92**  
Gold Coast Carpet & Uph., **6**  
Joe's Carpet Cleaning, **82**  
Johnny on the Spot, **75**  
SpeedDee's Carpet Cleaning, **50**

**CHURCHES**

Valley View Church, **76**

**COMPUTER SERVICES**

Affordable Computer Help, **92**  
Compsolve Computers, **14**  
PC & Mac Resources, **66**

**DAY SPA**

The Spa at Kilaga Springs, **11, 94**

**DENTAL**

Bella Vista Dental, **20**  
Citadel Dental, **86**  
Denzler Family Dentistry, **75**  
Life Enhancing Dental Care, **8**  
Personalized Dental Care, **49**  
Terrence Robbins, DMD, Inc., **47**

**ELECTRICAL SERVICES**

Brown's Quality Electric, **88**  
Dodge Electric, **14**  
KIP Electric, **20**  
Micallef Electric, **60**

**EYE CARE**

Eye Q Optometry, **22**  
Jeffery Adkins, MD, **82**  
Wilmarth Eye/Laser Clinic, **38**

**FINANCIAL/INVESTMENT**

Edward Jones, **38**  
Melton Financial, **22**  
Rosenblum, Silverman, Sutton, **62**  
Stifel Nicolaus, **6**

**FIREPLACE SERVICES**

Chim Chimney, **56**

**FOOT CARE**

Lincoln Podiatry Center, **6**

**GOLF CARS—SALES/SERVICE**

Electrick Motorsports Inc., **47**

Nick's Custom Golf Cars, **62**

**GOLF CLUB**

Lincoln Hills Golf Club, **52**

**HAIR CARE**

Kathy Saaty, **42**

**HANDYMAN SERVICES**

A-R Smit & Associates, **56**  
Bartley Home Repair, **14**  
CA Finest Handyman, **42**  
L&D Handyman, **88**  
Robert Boyer, **42**  
Wayne's Fix-all Service, **92**

**HEALTHCARE**

Coronado Vein Center, **69**  
Placer Dermatology, **90**  
Sutter Roseville Med. Center, **72**

**HEALTHCARE REFERRAL SVCS.**

Senior Care Consulting, **60**

**HEARING**

Whisper Hearing Center, **55**

**HEATING/AIR CONDITIONING**

Accu Air & Electrical, **42**  
Good Value Heating & Air, **20**  
Maki Heating & Air, **66**  
Miller Heating & Air, **92**  
Peck Heating & Air, **91**

**HOME CARE SERVICES**

Right At Home, **6**  
Senior Care Clinic House Calls, **22**

**HOME FURNISHINGS**

Andes Custom Upholstery, **92**  
California Backyard, **101**  
Gary's Refinishing, **56**  
Pottery World, **40**

**HOME IMPROVEMENTS**

All Slopes Roofing, **70**  
Cal-Rox Roofing, **66**  
Carpet Discounters, **60**  
Don's Awnings, **104**  
Findley Iron Works, **18**  
ICS Tile & Grout Services, **88**  
Interior Wood Design, **72**  
Jim Scovill Construction, **66**  
JNT Building & Remodeling, **72**  
Knock on Wood, **85**  
Ken Moller Construction, **4**  
Overhead Door Co., **50**  
Patio Perfections, **59**  
Petkus Brothers, **55**  
Rocklin Overhead Door & Gate, **85**  
Roy West, **42**  
Solar Universe, **91**  
SUNnection Solar Power, **20**

The Closet Doctor, **16**  
Wallbeds & More, **78**  
WestPac Inc. Contracting Svcs., **56**

**HOME SERVICES**

Diane's Helping Hand, **92**  
Jennifer Guttman, **85**  
Sibert & Sullivan, **69**

**HOUSE CLEANING**

Rich & Diane Haley House Cleaning, **60**  
Royal Cleaning Company, **66**

**INSURANCE/INSURANCE SVCS.**

Allstate Insurance, **49**  
Julie O'Leary Medical Solutions, **14**  
Pat's Med. Ins. Counseling, **85**  
State Farm Insurance, **20**  
Sullivan Insurance Group, **22**

**INT. DESIGN, WINDOW COVERS**

Guchi Interior Design, **8**  
SunDance Interiors, **56**

**LANDSCAPING**

Duran Landscaping, **60**  
Great Outdoors Landscaping, **50**  
Martinez Landscaping, **14**  
New Legacy Landscaping, **50**  
Rebark Time, Inc., **90**  
Steven Pope Landscaping, **88**  
Terrazas Landscape, **70**

**LAUNDRY SERVICE**

Lincoln Laundry Service, **16**

**LEGAL**

Adams & Hayes, **91**  
Law Office Robin C. Bevier, **50**  
Law Office Lynn Dean, **75**  
Michael Donovan, **92**  
Gibson & Gibson, Inc., **59**

**MORTUARY SERVICES**

Cochrane Wagemann, **14**

**MOVING SERVICES**

CR Moving Services, **75**

**PAINTING CONTRACTORS**

Dynamic Painting, **18**  
MNM Painting & Drywall, **47**  
Sorin's Painting, **22**

**PEST CONTROL**

The Noble Way Pest Control, **62**  
United Pest Control, **86**

**PETS**

A Pet's Paradise, **42**  
A Pet's World, **66**

**PHOTOS**

Visionary Design, **88**

**PLUMBING**

BZ Plumbing Co. Inc., **60**  
Class Act, **50**  
Eagle Plumbing, **20**

**PROPERTY MANAGEMENT**

Gold Properties of Lincoln, **76**

**PSYCHOTHERAPY/PSYCHOLOGIST**

Marvin Savlov, Psychotherapist, **56**

**REAL ESTATE**

Coldwell Banker/Sun Ridge, **78**  
- Andra & Michelle Cowles, **85**  
- Anne Weins, **20**  
- Don Gerring, **60**  
- Donna Judah, **50**  
- Gail Cirata, **55**  
- Gail Hubbard & Tara Pinder, **85**  
- Holly Stryker, **85**  
- Lenora Harrison, **20**  
- Paula Nelson, **90**  
- Sharon Worman, **4**  
Grupp & Assocs. Real Estate, **18**  
Keller Williams - Carolan Properties, **16**  
- Shari McGrail, **49**  
Keller Williams - John Perez, **14**  
Lyon Real Estate - Shelley Weisman, **69**

**RESTAURANTS**

Meridians, **10, 64**

**SHOES**

Footcaress Shoe Store, **38**

**SHUTTLE SERVICES**

Lime Shuttle, **66**

**SPRINKLER REPAIR**

Gary's Sprinkler Repair Service, **60**

**STORAGE**

Joiner Parkway Self Storage, **70**

**TRAVEL**

Club Cruise, **42, 82, 92**  
Cruise One, **70**

**TREE SERVICE**

Acorn Arboricultural Svcs. Inc, **4**  
Capitol Arborists, **59**  
Golden State Tree Care, **76**  
Hallstead Tree Service, **56**

**VACATION RENTALS**

Maui Condos, **91**  
Lake Tahoe Home, **56**  
San Diego Condo, **88**

**WINDOW CLEANING**

All Pro, **88**  
American River, **66**

**WINDOW TREATMENT CLEANING**

Sierra Home & Comm. Svcs., **88**

**WINERY**

Wise Villa Winery, **78**

*Compass* — A monthly magazine established August 1999 **Editor:** Jeannine Balcombe 625-4020

**Associate Editor/Club Article Editor:** Wendy Slater wslater@surrewest.net **Resident Editor:** Doug Brown **Advertising:** Judy Olson 625-4014

**Resident Writers:** Doug Brown, Pat Evans, Dee Hynes, Joan Logue, Al Roten, Shirley Schultz, Gay Sprague

**Layout/Design:** Aspen TypoGraphix **Printing:** Fruitridge Printing

Submitted articles may be edited and republished in any format. All articles submitted become the property of Sun City Lincoln Hills Community Association. The Association reserves the right to make an Editor's response or to comment on submitted articles. Copyright © 2014 by Sun City Lincoln Hills. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any information storage and retrieval system without express permission in writing from the publisher. The Association provides this publication for informational purposes only. Sun City

Lincoln Hills does not guarantee, endorse or promote any of the products or services advertised herein and assumes no responsibility or liability for the statements made in this publication.

*Compass*



March 2014

103



**Solid Patio Covers**



An ultra flat pan solid roof with deep woodgrain look — provides complete protection from sun or rain.

**Lattice Patio Covers**



Ultra lattice transforms an ordinary patio into a shady retreat where you can relax and enjoy the beauty of your own backyard.



Since 1981

**Retractable Patio Covers**



Retractable patio awnings create an outdoor entertainment area while protecting you, your furniture, and your plants from the hot sun.

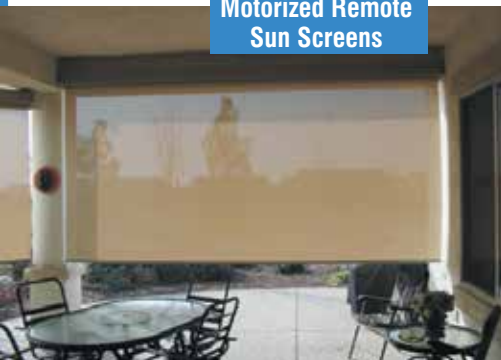
- Full Design Recommendations
- Familiar with SCLH Design Guidelines
- Lincoln Hills References
- Locally Owned & Operated
- Personalized Service
- More info on products—



**Retractable Window Awnings On Sunrooms**

Retractable window awnings allow you to take control of hot sun while enhancing the beauty of your sunroom.

**Motorized Remote Sun Screens**



With shade screens at a 6% openness, you won't feel boxed in and your plants will love the diffused light.



**UV Protection Sun Screens**



Sollette sun screens allow afternoon entertaining without you and your guests having to retreat indoors because of bright, hot summer sun.

[www.donsawnings.com](http://www.donsawnings.com)

**Don's Awnings, Inc.**

(916) 773-7616

Roseville, CA

Lic. #408203

Financing available OAC



**Combination Lattice & Sun Screens**



**Don Libolt Owner-Builder**

