



# Compass

The Official Magazine of Sun City Lincoln Hills

March 2013



**Introducing Your 2013  
Board of Directors ... page 5**

**Improved Online Registration — Choose Your Seat,  
Put Items in Your Shopping Cart ... page 5**

**Introducing Remodeled Features &  
New Services at The Spa at Kilaga Springs ... page 3**

## In This Issue

|                                                 |        |
|-------------------------------------------------|--------|
| 2014 Budget Timeline .....                      | 17     |
| Ad Directory / <i>Compass</i> Advertisers ..... | 95     |
| Aging Well: Perspective on Cancer .....         | 21     |
| Association Contacts & Hours Directory .....    | 94     |
| Board of Directors Report.....                  | 5      |
| Bulletin Board .....                            | 39     |
| • You Are Invited .....                         | 39     |
| • Lincoln Hills Foundation Bingo .....          | 39     |
| Calendar of Events .....                        | 3      |
| CERT/Community Emergency Response Team ...      | 17     |
| Changing Rings around Our Trees .....           | 6      |
| Classes, Activities Department .....            | 59     |
| Classes, Wellness & Fitness .....               | 81     |
| Club Advertisement: Community Chorus .....      | 11     |
| Club Advertisement: Garden Group .....          | 11     |
| Club News .....                                 | 23     |
| Committee Opening / Election Committee .....    | 5      |
| Community Forums .....                          | 92     |
| Connections .....                               | 6      |
| Day Trips & Extended Travel .....               | 49     |
| Did You Know? .....                             | 39     |
| Election Committee Opening .....                | 5      |
| Entertainment .....                             | 43     |
| Finance Committee .....                         | 17     |
| Food & Beverage Department.....                 | 15, 71 |
| Golf Cart Inspections .....                     | 50     |
| How to Use the <i>Compass</i> .....             | 2      |
| In Memoriam .....                               | 41     |
| It's the Law .....                              | 41     |
| Lifestyle Manager .....                         | 10     |
| Neighborhood Watch .....                        | 19     |
| Neighbors InDeed .....                          | 19     |
| Online Registration Upgrade .....               | 6      |
| "Presenting Simply Broadway" .....              | 21     |
| Properties Committee .....                      | 10     |
| The Spa at Kilaga Springs .....                 | 3, 18  |
| Upcoming Meetings .....                         | 3      |
| Wellness & Fitness News .....                   | 15     |

### On the cover

Visit The Spa at Kilaga Springs —  
engage our expert staff and experience  
the benefits and pleasures of our Spa

## How to Use the *Compass*

Find it fast: flip to the section you want using the header color.

### Activities Department Classes

Activities Department classes

### Advertisers' Directory

Advertisers' listing by category by page

### Association Contacts & Hours

Names, numbers, websites, hours

### Association News

Association, Board & committee articles

### Bulletin Board & Announcements

General or non-association club news

### Club Advertisements

Annual Association club ads

### Club News

Association **club** & **support club** articles

### Community Forums

CCRC-sponsored presentations

### Community Profiles

Articles about community people, programs

### Day Trips & Extended Travel

Activities Department trips/travel by category

### Entertainment

Activities Department events by category

### Wellness & Fitness Classes

Wellness & Fitness classes

### In This Issue: page 2

Table of contents.

### Association News and Community Profiles: pages 2-21

Articles about Association people, places and things.

### Upcoming Association-Related Meetings: page 3

Association Board and Committee meetings for the next 45 days. Listing includes Golf Inspection and Listening Post.

### Calendar of Events: page 3

Items listed chronologically here are Association-sponsored club activities, events, trips and presentations shown throughout the *Compass*. These entries are highlighted with a yellow screen on the page number shown.

### Annual Association Club Advertisements: page 11

Clubs have the opportunity to run a half page annually in the *Compass*.

### Club News: pages 23-37

All submitted club articles are included and separated into clubs (in teal) and (support clubs) in burgundy.

### You Are Invited: page 39

Vendors who have rented rooms within Association facilities in order to give a presentation to SCLH residents.

### Bulletin Board: pages 39-41

Short advertisements for non-Association-sponsored clubs and organizations.

### In Memoriam: page 41

Information provided by loved ones about Lincoln Hills residents who have recently passed away.

### Entertainment, Day Trips & Extended Travel, Activities Department Classes, Wellness & Fitness Classes: pages 43-90 (Table of Contents, page 43)

Activities & Wellness/Fitness Department events, trips, and classes.

### Community Forums: pages 92-93

Health, education and informational presentations sponsored by members from the Communications & Community Relations Committee (CCRC) subcommittee.

### Association Contacts & Hours Directory: page 94

Association addresses, contacts, phone numbers, email addresses and hours. Also included: alarm company, Golf Club Manager, Lincoln Police & Fire, Neighbors InDeed, and Pulte Homes Customer Care.

### Ad Directory: page 95

Advertisers shown in this issue are listed in this directory with the page numbers on which they appear.

Cover Story

# The Spa at Kilaga Springs Introducing Our New Services for 2013

Tina Ginnetti, Manager, The Spa at Kilaga Springs



This month The Spa will open its newest section, "The Sanctuary." This expansion enables us to accommodate

to compliment our existing health and beauty services.

The Sanctuary will house our "Full Spectrum Far Infrared Sauna." Unlike a dry or steam sauna, one may comfortably sit in the sauna and experience clinically proven effects. The Sunlighten Sauna is endorsed by the American Cancer Society, as well as the American Heart Association. Some of the health benefits of the sauna include cell health/immunity, pain relief, wound healing, skin rejuvenation, improved circulation, detoxification, weight loss, blood pressure reduction, and relaxation. Walk-ins will be charged \$15 for 20 minutes, or you can purchase an unlimited monthly program for \$99. Swim suits should be worn; The Spa will provide towels/robes if needed.

The Light-Emitting Diode (LED) Light, non-invasive, non-ablative, is primarily a skin rejuvenation treatment, however, it can also be used to reduce pain and

*Please see "The Spa" on page 37*



*A serene and calming area before a massage*

more guests, spa events, and group spa days, and continues to expand our vision of creating a Holistic Wellness destination

# Calendar of Events

March 15-April 20

| Date     | Event                                               | Page # |
|----------|-----------------------------------------------------|--------|
| 03/15    | Bus Trip: Andre Rieu 59*                            |        |
| 03/18    | "Online Registration — Live Review" 6               |        |
| 03/18    | "Shortcuts Through the Universe & Beyond" 23        |        |
| 03/18    | "Interviewing Before It Is Too Late" 29             |        |
| 03/18    | Forum: "Fire Away! Placer County Issues" 34, 92     |        |
| 03/19    | Comedy Night at KS: Dennis Gaxiola 45               |        |
| 03/20    | Author Speaker: "Traveling, Writing & Marketing" 37 |        |
| 03/20    | Forum: "Controlling for Cancer" 21, 92              |        |
| 03/21    | Book Discussion: <i>Moloka'i</i> 25                 |        |
| 03/21    | Speaker: Former Fighter Pilot/Top Gun Instructor 36 |        |
| 03/22    | Spring Fashion Show Model Call 46                   |        |
| 03/23    | Spring "Egg Hunt" 46                                |        |
| 03/25    | "Online Registration — Live Review" 6               |        |
| 03/26    | Annual Club/Group Expo 6, 15, 44                    |        |
| 03/26    | Bus Trip: Crocker Art Museum 59*                    |        |
| 03/27    | "Online Registration — Live Review" 6               |        |
| 03/27    | Bus Trip: "Jersey Boys" 59*                         |        |
| 03/28    | "Panel of Placer County Master Gardeners" 28        |        |
| 03/28-29 | Flower Show 28                                      |        |
| 04/01    | KS at the Movies: "Grumpy Old Men" 44               |        |
| 04/02    | Comedy Night at KS: Sean Peabody 45                 |        |
| 04/02    | Bus Trip: Speaker Series 59*                        |        |
| 04/03    | "Space Shuttle Spinoffs" 23                         |        |
| 04/04    | Bus Trip: Reno Eldorado "Magique" 49                |        |
| 04/04    | Forum: "Andy's First Death" 92                      |        |
| 04/09    | "Folk Art Wool Applique" 31                         |        |
| 04/09    | Bus Trip: "Billy Elliott" 59*                       |        |
| 04/10    | "Astronomy Apps" 27                                 |        |
| 04/11    | "Overcoming 'Obstacle' of Blindness" 28             |        |
| 04/11-12 | Bus Trip: Lord of the Dance at Three Stages 49, 59* |        |
| 04/11-13 | Tap Company "Presenting Simply Broadway" 43         |        |
| 04/12    | "Astronomy Apps" including demos and Q&A 27         |        |
| 04/12    | West Coast Swing Dance 37                           |        |
| 04/13    | Bus Trip: Oakland A's vs. Detroit Tigers 54         |        |
| 04/14    | Bus Trip: Auburn Symphony at Mondavi Center 51      |        |
| 04/15    | "What Can a Genealogist Use from DNA?" 29           |        |
| 04/15    | Document Destruction 44                             |        |
| 04/16    | Bus Trip: San Francisco, Pier 39 54                 |        |
| 04/16    | E-waste Recycling 44                                |        |
| 04/16    | New Resident Orientation 44                         |        |
| 04/17    | "Home, Health & Business Showcase" 44               |        |
| 04/18    | Book Discussion: <i>Dreams of Joy</i> 25            |        |
| 04/19    | Fashion Show: "Fashion is Blooming" 46              |        |

*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

|                                      |                                                      |
|--------------------------------------|------------------------------------------------------|
| Finance Committee Meeting            | Thursday, March 21, 9:00 AM, Oaks                    |
| Golf Cart Registration               | Thursday, March 21, April 4 & 18, 8:00 AM, OC Lodge  |
| ARC/Architectural Review Committee   | Monday, March 25, 9:00 AM, Heights                   |
| Board of Directors Meeting           | Thursday, March 28, 9:00 AM, Presentation Hall (KS)  |
| Board of Directors Special Meeting   | Thursday, March 28, 10:30 AM, Presentation Hall (KS) |
| Board of Directors Executive Session | Thursday, March 28, 11:00 AM, Oaks                   |
| CCOC/Chartered Clubs&Community Orgs. | Tuesday, April 2, 9:30 AM, Oaks                      |
| CCRC/Communications&Community Rel.   | Tuesday, April 2, 1:30 PM, Solarium                  |
| Compliance Committee Meeting         | Wednesday, April 3, 10:30 AM, Oaks                   |
| Elections Committee Meeting          | Friday, April 5, 10:00 AM, Fine Arts                 |
| ARC/Architectural Review Committee   | Monday, April 8, 9:00 AM, Heights                    |
| Properties Committee Meeting         | Tuesday, April 9, 1:00 PM, Fine Arts                 |
| Listening Post                       | Wednesday, April 10, 9:00 AM, Solarium               |
| New Resident Orientation             | Tuesday, April 16, 1:00 PM, Solarium                 |
| Finance Committee Meeting            | Thursday, April 18, 9:00 AM, Oaks                    |
| ARC/Architectural Review Committee   | Monday, April 22, 9:00 AM, Heights                   |
| Board of Directors Meeting           | Thursday, April 25, 9:00 AM, Presentation Hall (KS)  |
| Board of Directors Special Meeting   | Thursday, April 25, 10:30 AM, Presentation Hall (KS) |
| Board of Directors Executive Session | Thursday, April 25, 11:00 AM, Oaks                   |

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

The **Plumbery** plumbery.com  
 LUXURY BATH, KITCHEN & MORE

**F**inest Quality Plumbing  
 & Appliances

Exceptional service & quality products at competitive pricing for over twenty five years. Escape the Ordinary Today at The Plumbery.

**4467 Granite Drive. Rocklin 916 315-8700**




**STATE FARM**<sup>®</sup>  
*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 www.ChristineTaylor.com

**916-408-1408**

 **State Farm**<sup>™</sup>

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

Auto Home Life Health Financial Services

 **GOLD PROPERTIES OF LINCOLN**



**Lincoln Hills Property Management Specialists**  
 Also serving Lincoln, Rocklin & Roseville

 **2008-2012 BEST OF THE BEST**  
 By The Readers Of The LINCOLN NEWS MESSENGER

**Full Residential Property Management Over 40 Years Experience**

**(916) 408-4444**

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



**The Best Sunrooms!**

- #1 Rated Sunrooms in America.
- CONSERVAGLASS<sup>™</sup> - Keeps the Heat Out and the Warmth in.

**Durawood<sup>™</sup> Patio Covers**

- Look like wood, but are maintenance free!
- Will not dry-rot, warp, suffer termite damage or require painting.
- Available in lattice or solid styles.
- More affordable than wood.

**PETKUS BROTHERS**

**29 YEARS**

**YOUR FULL SERVICE HOME PRODUCTS COMPANY**

- One Day Bath Remodels
- Kitchens
- Landscaping
- Window & Doors
- Room Additions

**BEST VALUE...BEST PRICE...GUARANTEED EVERYDAY**  
 Ranch Cordova, 3600 Sunrise Blvd • 635- 9966 / 800- 473- 8567  
 Showrooms Hours: Mon-Sat 10-5/Closed Sunday - Rocklin by Appointment Only

**Sunrooms, Spas & Patio Covers**  
[www.Petkus Brothers.com](http://www.Petkus Brothers.com)



## Board of Directors Report

Marcia VanWagner, Treasurer, SCLH Board of Directors

On February 21, at the Annual Membership Meeting of the Lincoln Hills Community Association, the Big Day when ballots are usually counted to find out who our new directors will be, about 30 residents gathered as the 2012 Board appointed four Directors to the Board because we didn't have an election. We've been keeping calm and carrying on. The community looks beautiful, there is a lot to do, Meridians is busy every night, management is humming along; if it isn't broke don't fix it!

Maybe we need a new paradigm! The 2013 Board of Directors began working on February 28 and every month, on the fourth Thursday, will meet with you, the residents, to do just that: get excited and change things! Most of us get a bit uneasy when someone mentions change, but

remember, the Board now has the Strategic Advisory Committee's Final Report. That report, found in the Community Living Room at Orchard Creek Lodge or online in the Library on the Resident website, is full of opportunities for Sun City Lincoln Hills and will be a focus of work for your 2013 Board.

Ken Silverman returns as President of the Board and John Snyder, as Vice President. Ken and John, as our Chief Executives, usually Keep Calm and Carry On! They focus our energy, center our efforts, lead us from the front!

Gay Mackintosh is Secretary of the Board, and Marcia VanWagner is the

Treasurer of the Association. In those roles, they will endeavor to Keep Calm and Carry On!

But don't forget the new paradigm... Get Excited and Change Things! The entire Board, to include Directors Marty Rubin, Denny Valentine, and Jim Leonhard, is ready to work. Part of our work is serving as liaisons to the Association Committees. Marcia will interface with the Finance Committee, Jim will work with the Properties Committee, Gay will attend the Clubs & Community Organizations Committee (CCOC), Marty will be the liaison to

the Communications & Community Relations Committee (CCRC), and Denny will work with the Elections Committee and return as our government liaison. We expect to have workshops as we delve into the Strategic Advisory Committee (SAC) Report. We'll probably Keep Calm and Carry On, but challenge us to Get Excited and Change Things!



## Elections Committee Opening

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

The Board is accepting applications for the 2014 Elections Committee. The Term of the appointment is April 1, 2013 through March 30, 2014. The Board will interview applicants and appoint the 2014 Committee and Chair. Applications are available at the Activities Desks (OC/KS) or download the committee application from the Association Resident Form folder in the Document Library on the Resident website.

Top: Outgoing Board of Directors John Kightlinger, left, and David Conner receive a jacket and plaque in recognition for their years of service; 2013 Board of Directors, from left, Denny Valentine, Ken Silverman, Marcia VanWagner, John Snyder, Gay Mackintosh, Jim Leonhard and Marty Rubin



## Connections

*Jeannine Balcombe, Senior Director of Lifestyle and Communications*

As many of you know we said adieu to Judy Hogan, our Club and Room Booking Coordinator for the past four years, staff person for the past six years. Judy was well respected by our club leaders and those working with her to book our facilities and equipment. Thank you Judy for your years of service! We wish you well in your second retirement.

**Shelvie Smith is now in the position of Room Booking and Club Coordination.**



*Shelvie Smith  
Club & Room  
Booking Coordinaor*

Shelvie brings vast experience working in a fast-paced, customer service-focused environment that requires the ability to work on multiple jobs at one time and pay attention to details. Shelvie will provide the structure

needed to work within Association rules and regulations and established proce-

dures to ensure accurate bookings and outstanding customer service. She is off to a great start, and you are encouraged to contact Shelvie with your room booking requests and club support. Please be sure to complete a room booking request form to make known your room preferences and equipment/layout needs. If interested in starting a new club, revising current club guidelines, or if you have an interest in renting a room for a non-association sponsored club or event, please contact Shelvie at [Shelvie.Smith@sclhca.com](mailto:Shelvie.Smith@sclhca.com) or 625-4021. Room booking request forms and information related to all Association clubs can be found on our resident website under the Library heading/Association Groups and Clubs.

Both Shelvie and I and CCOC Chair, Bob Murdock, will be at the March 26 annual Club Expo. We look forward to introducing Shelvie to you and we will be available to assist with your Club and Room Booking questions. Over 50 of our Clubs will be in attendance at the Expo. This is a great opportunity to talk with a variety  
*Please see "Connections" on page 41*

## Online Registration Upgrade

*Lily Ross, Lifestyle Assistant Manager*

We're excited to unveil our much-anticipated online sales system.

If you are already registered with our website, great! You're ready to use the new features. New to the website? No problem, go to [www.suncity-lincolnhills.org](http://www.suncity-lincolnhills.org), and follow these step-by-step directions:

First, click on "Register" and fill in the boxes as indicated. Your "Member Number" can be found on your Resident ID card. (It's your Village number and lot number. Households with multiple residents may have an A or B suffix after the lot number.) Once requested, your registration will be reviewed by the Webmaster and you will be approved for access to the site. Next, once logged in, here are a few of the features you will enjoy:

You can now **enroll** in classes, **buy** concert tickets, and **renew** punch passes — all in a single transaction!

Once you make a purchase, it will show on your "Household Calendar," which you can print or import into an Outlook/Google calendar.

Long gone are the days of printing out an e-confirmation and bringing it to a performance. With the new system, tickets will be available at Will Call beginning at 2:00 PM on the date of the performance at the location of the performance. If you buy multiple performances, you will pick up tickets at each specific performance.

You'll be pleased to see that Presentation Hall (KS) events are now being sold by seat numbers. By purchasing online, you may view the seating diagram and choose your exact seat. For events in the Ballroom you will be able to purchase seats within a specific row or table.

New features like "Shopping Cart" and "Wishlist" make enrollment in multiple classes and activities a breeze. Shopping Cart is a tool used by many online retailers which allows you to place multiple items

## Changing Rings around Our Trees To Preserve Trees in Our Common Areas

*Al Roten, Roving Reporter*

Beginning in mid-February you may have seen a phenomenon developing around trees in grassy areas of our many landscaped common areas. At first, circles of close-cut grass appeared, then the grass died, then was cut out and bark appeared. Why was this happening?



Chris O'Keefe, Senior Director of Facilities provided this logical explanation:

Our arborist recently completed a detailed tree management plan. One of the recommendations was to install mulch rings around trees planted in turf areas to accomplish the following:

- Reduce the potential for damage from landscape equipment;
- Help retain moisture and cool tree roots;
- Move nutrients from the mulch into the tree root zone.

*Please see "Changing Rings" on page 10*

in your "Shopping Cart" and pay for everything in a single transaction. "Wishlist" is a feature that allows you to save a registration for the future. For example, if you are reviewing new events on the 15<sup>th</sup> and they don't go on sale until the 17<sup>th</sup>, no problem, just add them to your Wishlist and register after 8:00 AM on the 17<sup>th</sup>!



Other added conveniences of the website include "My Account," which has tools like "My History" and "Reprint A Receipt," which show all purchases you have made through the Activities/Fitness Desks or from this new sales system. "Evaluations" enables you to submit a confidential review of a class to the staff coordinator, upon completion of the class.

We welcome you to attend one of three live review sessions for online registration which will be held at Presentation Hall (KS): Monday, March 18, 1:00-2:00 PM; Monday, March 25, 6:30-7:30 PM; and Wednesday, March 27, 9:00 to 10:00 AM.

fresh & easy

STILL FIGHTING  
THE  
**GOOD FOOD  
FIGHT**

Check out our **EVERYDAY LOW PRICES**

**\$2.49**



fresh&easy™  
**assorted pork chops**  
family pack

**98¢**



fresh&easy™  
**pasta**  
select varieties  
16 oz

**\$2.99**



**California Ranch Fresh eggs**  
18 count / Large / Grade AA

**\$2.99**



fresh&easy™  
**orange juice**  
pasteurized, not from concentrate  
pulp or no pulp  
59 fl oz

**\$1.99**



fresh&easy™  
**cereal or granola bars**  
6 count

**98¢**



fresh&easy™  
**frozen vegetables**  
peas, corn, green beans or mixed vegetables  
16 oz

**\$1.99**



fresh&easy™  
**frozen quick & easy entrées**  
10 oz

**98¢**

produce packs



20 varieties guaranteed every day

**\$1.99**



**Big Kahuna**  
750 mL



Neighborhood Market

**Sterling & Joiner**

741 E. Joiner Parkway  
Lincoln, CA

Expires 4/20/13

**\$5 off**

when you spend  
\$25 or more\*

Offer excludes alcohol, dairy and  
gift card purchases.



Neighborhood Market



9 950000 028195

\*Coupon valid at 741 E. Joiner Parkway, Lincoln, CA, only; not valid for online transactions. Prices valid through 4/20/13. This coupon can only be used in a single transaction. Copied, altered or expired coupons will not be accepted. No cash value. Coupons are not valid toward previous purchases, gift cards, alcohol, paper checkout bags, dairy products (CA and NV), or other products subject to legal regulations. Sales tax and CRF may apply. This coupon remains property of Fresh & Easy Neighborhood Market Inc. and is not for resale or publication. Coupon expires 4/20/13.

## Home Away From Home Pet Care

- High quality, affordable care for your pet during vacations, business trips or just a play day while you do errands
- Located just 1 mile from SCLH/transportation available
- 24/7 supervised care and structured exercise programs
- Immaculate grounds • K-9 agility playtime course
- Calm energy for your pet's comfort
- Safe, clean, carpet free indoor facilities (no cages/kennels)



Amy Edmonds (my passion is pet care)  
1929 Virginiatown Road, Lincoln • 916.770.5762



### MEDICARE Approved Licensed Psychotherapist in Lincoln

- Specializing in anxiety, depression, and stress.
- Medicare billed directly for professional counseling services.
- No upfront fees.

**Sally B. Watkins L.C.S.W.**

#LCS14533 • 23 years experience  
620 3rd Street, Suite 100A  
Lincoln, CA 95648  
sallywatkins@att.net  
www.healingwords.net

Call for an appointment or to discuss treatment. 916-939-8249

## 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

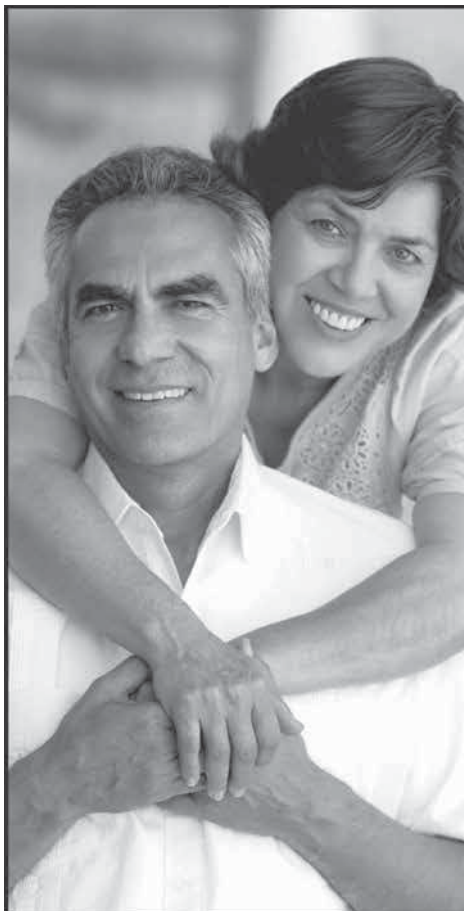
— Cell —  
(916) 996-4718

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



## Complete care for our community

UC Davis Medical Group – Rocklin offers comprehensive care for you, your family, friends and neighbors. Here, you'll find internal medicine and family practice physicians who focus on preventive care and healthy aging, and specialists in sleep medicine, hematology/oncology, vascular medicine and more. We also offer convenient onsite services, including laboratory, imaging and infusion.

Call us today at **800-2-UCDAVIS** (800-282-3287) or visit [medicalgroup.ucdavis.edu](http://medicalgroup.ucdavis.edu) to choose UC Davis Medical Group – Rocklin for your care.

**UCDAVIS**  
MEDICAL GROUP

550 West Ranch View Drive  
Suite 2005, in the Placer Center for Health.  
WE ACCEPT MOST MAJOR HEALTH PLANS





**JOE'S CARPET CLEANING**  
Honest & Reliable Quality Service  
**916-580-5182**  
Free Estimates  
No Hidden Fees  
Residential • Commercial • Industrial

**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 Licensed & insured

Let my Dad take care of your Carpet!



**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

**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**



**Free Exterior Maintenance Program**



**DYNAMIC PAINTING, Inc.**  
Commercial • Residential • Industrial

VISA MasterCard  
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](http://www.dynamicpaintinginc.net)

**Activities News & Happenings**

**Spring Forward!**

*Lavina Samoy, Lifestyle Manager*

March 20 marks the official start of spring: the season for regrowth, rebirth, and rejuvenation. But for the Activities Department, spring is eternal. We are always looking for ways to bring spring into your step and move you forward in a fulfilling lifestyle. So, what's new and exciting?



- Meet our new **Lifestyle Assistant Manager, Lily Ross**. You probably have encountered her before at one of our events when she worked as our Special Events Assistant. Lily will oversee customer service at the Activities Desks and manage our Point of Sale and Online systems in addition to providing oversight of Kilaga Springs Lodge where her office is located. Please say hello and give Lily your feedback on how our Activities Desks are doing. Contact her at Lily.Ross@sclhca.com.
- Get ready to be wowed by the new look and ease of navigation of our **new online system**. The new system offers a lot of user-friendly features that will make your online purchasing experience satisfying. Refer to Lily's article on page 6 for the exciting features it offers.
- We now have **numbered seats in Presentation Hall (KS)**. You may choose your seats for any shows held there when purchasing online or from the Activities Desks. The best available seats will be offered to buyers. Tickets will indicate the row and seat number. So no need to line up early to get the best seat in the house!
- Your **online purchase now offers Premium Reserved Section Seating** for Orchard Creek Ballroom.
- We have implemented a simplified coding system for Activities Department classes to create **one look for both Activities and Fitness classes**.
- Finally, we have **rebranded our in-house Special Events as "Entertainment."** This is in line with our goal of offering quality and exceptional entertainment at

the best value. Please contact Tamara Coil (tamara.coil@sclhca.com) for any questions, suggestions, and feedback regarding Entertainment.

Speaking of entertainment, don't miss the **Swingin' Blue Stars of the USS Hornet Concert, May 30** (page 46), **Grandkids Pavilion Picnic, May 4** (page 49) and in collaboration with the Fitness Department, **"I Do" Again, May 23** (page 49). Check out

the **Summer Amphitheater Concert Series** ad (page 58) and save the dates. The exciting line up will be revealed next month! Connect with your children and grandkids with two new classes: **Facebook 101** (page 65) and **Twitter 101** (page 65). Hop on with Gary Holloway as he leads a guided tour to **Lands End Lookout, May 29** (page 54).

Now, isn't that a spring to look forward to?

**Changing Rings**

*Continued from page 6*

It should be noted that in nature, leaves fall from the tree and provide this mulch base naturally, which provides nutrients essential to the tree's health. We also find that in narrow turf strips the competition for water between the trees and the turf leads to the spread of subsurface tree roots which in turn inhibits the ability of the turf to establish itself.

This is another example of our membership dues being put to work to keep our community of Lincoln Hills beautiful — a place we may enjoy with pride.



*Roots in need of relief (top); a happy tree*

**Many Things New — and Sheep Too!**

*Pete Savoia, Properties Committee Chair*

**W**e would like to introduce our newest member, Natalie Zeek, who will be joining the committee this month. She has been nominated from an excellent group of five volunteers, and was appointed by our Board of Directors at the February board meeting. Natalie has over a decade's experience with a corporation that operated 275 senior residences. She worked in the maintenance department, which managed the physical buildings, equipment, and grounds for these residences. The committee is now at full strength with Chuck Vickers, Vice Chair; John Schulte, Liaison to the Finance Committee; and committee members Dan Hardesty, Jim Luckey, Alain Girard, and Natalie Zeek.

You have probably noticed that several improvement projects are underway. The most visible of these projects is the upgrade of the Amphitheater, which is expected to be completed around April 1.

Improvements include raising and replacing the stage, leveling the concrete area in front of the stage, and creating a central walkway in the first tier of lawn. At Kilaga Springs, the enclosure of the outdoor atrium in The Spa is scheduled for completion later this month. This addition will enable a more complete menu of services, thereby increasing the benefits and profitability of our Spa. The work to maintain the health of our beautiful boulevard trees is covered by Roving Reporter, Al Roten, on page 6.



Two other projects will be underway in the near future. The tile floor at the Orchard Creek indoor pool will be replaced with non-slip materials. This project will start later this month and take 10 days to complete. The addition of three more pickleball courts will begin about April 10, and will require six-to-eight weeks to complete.

Finally, if the sheep and goats are not here by the time you read this article, they should be grazing in our open space before the end of March.

# SUN CITY LINCOLN HILLS COMMUNITY CHORUS

## SPRING CONCERT

### AN AMERICAN FANFARE

MAY 5th AT 2:00 PM

MAY 6th AND 7th AT 7:00 PM

ORCHARD CREEK BALLROOM

Come hear the SCLH Chorus present many favorite American standards plus some new songs that you may not know. The concert will include a medley of Irving Berlin's "America," "Danny Boy," "Save the Last Dance for Me" and "Every Time We Say Goodbye" plus many others. Tickets cost \$13 for General Seating and \$18 for Priority Seating.

# Garden Group

**Monthly Fourth Thursday • 2:00 PM • KS**

**Lectures • Demos • Tours • Events**

**Socials • Classes • Camaraderie**

**Plant Sale**

**Pavilion • April 12 • 9:00 AM-12:00 PM**

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

Over 1500 SCLH Installations



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)

- 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

Visit our Showroom or CALL for a FREE In-house Consultation!

**(916) 258-7564**

**\$250 OFF**  
Deluxe Queen Size Murphy Bed

**FREE Queen Size Mattress**  
\$350 Value

**FREE GIFT**  
Deluxe Hardware or Crown Moulding, Your Choice!

**OVER \$725 in savings!**

**Don't miss out on this limited time special!**



CA 757092

## 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](http://www.787tree.com) • [www.acornarbicultural.com](http://www.acornarbicultural.com)

## Top Real Estate Agent in Lincoln Hills in 2012\*

\* Market Data compiled from MetroList MLS and the Placer County Tax Assessor

- Not all Agents and Companies are the same
- You Deserve customized real estate service and I Deliver It
- The Market Has Changed and so have I
- My website averages 2,000 unique (new) visitors each month
- I have been representing Sellers and Buyers exclusively in Lincoln Hills since 1999
- Over 40% of my business comes from Repeat Clients and Referrals
- Having an Office In Your Neighborhood puts me right in the heart of things



**Penny Carolan, Broker**

CA DRE # 01053722

**916.871.3860**

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



*Carolyn Properties Group*

945 Orchard Creek Lane, Suite 300  
Lincoln, CA 95648

## 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



**CAPITAL CITY SOLAR**

**(916) 624-0535**

**Celebrating  
10 Years in  
the Solar  
Industry**

**\$0 MONEY DOWN**

**Now you can pay less for solar electricity than you're paying the utility company!**

**Don't Miss Out, Call Today! (916) 624-0535**

- ✦ Protect Yourself Against Rising Energy Costs
- ✦ We Install the Highest Efficiency Modules with Guaranteed Performance
- ✦ Extensive List of Satisfied Customers in SCLH



*"Last year, our December PG&E electric bill was \$124.79 & this year it was \$11.63. A monthly comparative savings, to us, of \$113.16 or 90.7%, with solar."*

Dan & Carol Larsen, Sun City Lincoln Hills

**SUNPOWER  
ELITE DEALER**

VISIT US AT:

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

4095 Del Mar Ave, Ste 3, Rocklin, CA 95677

**(916) 624-0535**

CCL# 817001

## 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. We are a private practice located in the heart of Sun City Lincoln Hills across the street from the Orchard Creek Lodge. Our fees are reasonable and we deliver dentistry in a gentle, caring environment.

- New patients welcome
- Everything from cleanings to full mouth restorations
- Natural looking dentures that stay in place & allow you to eat those "forbidden foods"
- We Are Your Local Implant Center!
- Porcelain veneers — results in two visits — as seen on Extreme Makeover
- State-of-the-art digital x-rays — low radiation, no chemical waste
- High tech but NOT high priced
- Gum problems? Laser gum therapy may help you avoid surgery



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



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

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.

**Experience the Joy of Color!**

*Interior Specialist!*



**KERR PAINTING**

Free Estimates

*No Job Too Small*



*Owner Does All Work*

**Neat • Reliable • Punctual**

Tel/Fax (916) 434-6210 **DON KERR**  
 Cont. License #338225 *Lincoln Hills Resident*

**The CABINET DOCTORS**  
 INCORPORATED  
 CDI

**Your Complete Kitchen & Bath Contractor**

Cabinets • Refacing • Roll Out Shelves  
 Countertops • Tile • Lighting • Windows

**Special Senior Discounts**

916-632-8299 • 2200 Sierra Meadows Dr., Rocklin  
 www.thecabinetdoctors.com Lic. #779523, 922544

**STEVEN POPE LANDSCAPING**  
 CSL#656957

*Roof gutter cleaning • Yearly pruning*

- Irrigation
- Ponds
- Landscape design
- Sod lawns
- Moss rocks
- Outdoor lighting
- Trenching
- Renovation
- Consultations

P.O. Box 7766 • Auburn, CA 95604

**(916) 730-7256**

**JIM SCOVILL CONSTRUCTION**  
 General Contractor Lic. #702024

Specializing in Kitchen & Bath Remodels, and additions

40 years local experience;  
 10 years on Del Webb projects

Service & Repairs

**(530) 367-4799 Cell (530) 333-3882**

**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**

VISA MasterCard Discover American Express

Lic # 793886

**Penny-Pinch Handyman**

**STEVE SILVIA**  
**(916) 616-5875**

ELECTRICAL, PLUMBING AND SPRINKLERS.  
 CEILING FANS, LIGHTS, DISPOSALS, FAUCETS,  
 GARAGE DOOR OPENERS/REMOTES AND FENCE/GATE REPAIR.  
 PLEASE ASK ABOUT OTHER SERVICES NEEDED.

**Licensed locksmith services.**  
 SUN CITY LINCOLN HILLS RESIDENT

**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**

**CENTURY**  
 CARPET & TILE CARE



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.centurycarpetandtile.com**



## Wellness & Fitness News

### Cruise into Wellness

Christine Epperson, Wellness Program Coordinator

Lincoln Hills Wellness and Fitness staff would like to invite you to the ultimate cruise of your life: a cruise into wellness. This cruise incorporates a holistic path to personal harmony and well being. We have dedicated three days in May that will allow all residents to cruise through the dimensions of wellness. On May 21, 22, and 23 we will be having Wellness Days to introduce all of the wonderful programs and classes we offer in our department.

**Tuesday, May 21:** We will be holding a Health Screening day with a guest speaker Dr. Fran Fisher, R.N., Ph.D., presenting “Older – Wiser – Sexier: Improving Intimacy.”

**Wednesday, May 22:** Fitness Palooza

at Kilaga Springs Fitness Center and Guest speaker Debbie Myers, Olympic Gold Medalist, will talk about “Being Fit For Life.”

**Thursday, May 23:** “Celebrate your Vows” ceremony and reception, presented with the Activities Department (see page 49 for details).

Our department staff has also created an assessment tool to help you determine how well your “Wellness Wheel” rolls. By taking this assessment you will see the areas that you need to nurture. To take your assessment, please visit the resident website and look for the Wellness Wheel link. Take a look on pages 81-90 to see which classes will help your Wellness Wheel roll a little better. If you have questions about your wheel, please don’t hesitate to ask.

**Wellness & Fitness Classes: pages 81-90**



## Join Our Spring Festivities at Meridians

Jerry McCarthy, Director of Food & Beverage

Spring is here – the season of rebirth, renewal, and re-growth! And in that spirit, Chef Roderick has created a new menu to highlight the flavors and ingredients that celebrate this time of year. He has masterfully combined fresh seasonal items and blended them with some of your favorite choices. **Starting the third week of March, come and experience new and exciting dishes** such as: artichoke salad, strawberry salad, Beef Stroganoff, grilled swordfish, rib eye steak, Herb Crusted Lamb Chops, Asparagus Risotto, or a Grasshopper Pie petite dessert. The new spring menu will also highlight gluten-free options. In addition, we will be starting our new **Spring Mediterranean Dinner Menu on Thursday nights**. Enjoy the fresh, authentic tastes of: baba ghanoush, grilled pita bread, grilled vegetables, tzatziki, falafel, and your choices of shrimp, chicken, or lamb kabobs.

You will continue to see Meridians renew its commitment to excellent food and friendly service on a consistent basis.

Meridians continues to surprise and please our guests with new concepts created especially for our residents. Don’t forget that **St. Patrick’s Day** will be extremely popular and to make your reservations so you don’t miss out on the fun, food, and drink!

Upcoming festive Meridians events include:

- **Easter Brunch Buffet** – Sunday, March 31. 10:00 AM-3:00 PM. Reservations and prepayment are requested. Omelet Station, Carving Station, Hot & Cold Buffet, Eggs Benedict Station, and Chocolate Fountain & Dessert Extravaganza! Don’t miss out and make your reservations now.
- **Wise Villa Wine Maker’s Dinner** – Thursday, April 25. Reservations highly recommended. A five-course dinner perfectly paired with five wines from our local Wise Villa Winery. \$85 (inclusive). Doors open at 5:30 PM. Reservations and prepayment are requested
- **Murder Mystery Dinner** – *Murder at the Juice Joint* – Tuesday, April 30. Join

## Club/Group Expo

Tuesday, March 26

10:00 AM-2:00 PM

Did you know that back when Lincoln Hills was “born,” newly formed groups and clubs were featured in our model homes? Clubs were able to publicize their activities in a designated model to show prospective residents what a variety of activities we enjoy here.

Joan Logue recalls “taking a friend through the models one Saturday and the Bird Club was ‘roosting’ in one small model. They had photos and flyers advertising their group and tried to tempt me into joining. It was great fun walking from one model to another and wondering which group would be in the next house.”

Thirteen years later our annual Club/Group Expo has expanded to fill Orchard Creek Ballroom and adjacent hallway with 76+ clubs and a dozen service groups. Come on over on **Tuesday, March 26, from 10:00 AM to 2:00 PM** and explore the abundance of activities and opportunities right here in Lincoln Hills. Bring a neighbor!

us for a Roaring 20’s interactive Murder Mystery Dinner! Each guest will be right in the middle of the action. Only \$65 (inclusive) which includes a complimentary cocktail and buffet dinner. The first 40 guests will receive their character assignments and all the details. Costumes are encouraged. Reservations and prepayment are requested.

- **Cinco de Mayo** – Sunday, May 5. Join us for many food and drink specials all day long. Live Mariachi music during lunch. Reservations strongly encouraged.

For all details and complete menus please go to [www.meridiansrestaurant.com](http://www.meridiansrestaurant.com) or ask at the front desk of Meridians.

~ Please see our ad on page 71. ~



### Shari McGrail

Cell and Text: **916-396-9216**  
Email: [shari@mcgrailTeam.com](mailto:shari@mcgrailTeam.com)  
Website: [www.SunCityShari.com](http://www.SunCityShari.com)

- FULL-TIME REALTOR®
- RESULTS oriented
- TOP PERFORMANCE proven
- With HONESTY & INTEGRITY
- Eight-year LINCOLN HILLS RESIDENT

Lifetime



*Carolyn Properties Group*

945 Orchard Creek Ln., Lincoln 95648 DRE# 01436301

### 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](mailto:knockwood@gmail.com)



CSLB: 970076

## 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](http://www.rebarktime.com)



## 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

Nobel Biocare 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.



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

## MEDICARE HEALTH INSURANCE

### AT ALL TYPES INSURANCE AGENCY

Specializing in the Senior Market

#### Health Plans

- Medicare Supplements
- Medicare Advantage Plans
- Medicare Part D
- Dental/Vision Plans

#### Retirement Planning

- Long Term Care
- Annuities
- Final Expense
- Term Life

Free Insurance Review!

- Turning 65?
- New to Medicare?
- Reduce your monthly premiums?



Call Today 916-408-7665

Conveniently located in Lincoln Village at Twelve Bridges  
(Next to Waffle Farm)

★ Walk-Ins Welcome ★

805 Twelve Bridges Dr. #15, Lincoln CA 95648

Lic#0G72993





## A Few Adjustments to 2012 and a Good Start to the New Year

Hank Lipschitz, Finance Committee Chair

The Finance Committee this month received the 2012 Audited Financial Statements from our new CPA firm, Levy, Erlanger & Company. The report had a few adjustments that decreased our positive variance to budget by \$45,798 for the year. The adjustments were caused by a loss on disposal of retired gym equipment, late billing for water (from Golf Course) Unemployment Tax accruals and adjustment of vacation accruals. These adjustments brought the total favorable variance to budget for 2012 to \$250,861.

January results show a \$55,082 variance favorable to budget. Administrative expense was favorable because of lower postage, computer and professional services. Fitness had strong revenues and lower wage expenses, Rec Center/Maintenance favorable results were from lower personnel costs and lower utilities. Landscape Maintenance was positive because of lower Preserve Maintenance and lower than expected Utilities. Activities had a very strong month, with revenue 47% ahead of budget and 58% better than last year. We sold out on seven of ten trips and excellent results from shows generated lots of interest from our residents. Food & Beverage was close to budget with higher than Plan sales. We had an exceptional turnout for New Year's Day brunch.

The Operating Fund had a balance of \$5,547,313 at month end including \$921,376 in restricted Building/Capital Enhancement Fund and \$1,578,100 in the Settlement Proceeds Fund. Reserve Fund had a balance was \$4,873,078. All of our funds are in FDIC-insured accounts or US Treasuries per our policy.

The number of homes past due jumped to 271 likely tied to some members feeling too much of a New Year hangover (I hope). The amount past due increased to \$126,600 which is not too far from our recent history. I recommend that you enroll in the auto bill pay. Forms can be downloaded from the website or ask at the Orchard Creek Membership Desk.

If you have general questions or need information on the article or chart, I may be reached at [finance.committee@scfhca.com](mailto:finance.committee@scfhca.com). The monthly and year-to-date financial statements are available on the Association's website under Document Library/Financial.

The next regularly scheduled Finance Committee meeting will be held on Thursday, March 21, at 9:00 AM.

## 2014 BUDGET TIMELINE

| 2013                                                                                      | Date      | Time    | Room           |
|-------------------------------------------------------------------------------------------|-----------|---------|----------------|
| Finance Meeting<br>(Approval of Budget Timeline)                                          | Feb 20    | 9:00AM  | Oaks           |
| Board Meeting<br>(Approval of Budget Timeline)                                            | Feb 28    | 9:00AM  | Kilaga Springs |
| Capital Project Announcement to Membership                                                | Jun 14    |         |                |
| Staff Meeting to Discuss Capital Projects                                                 | Jul 22    |         |                |
| Closing Date for Capital Projects from Membership                                         | Jul 22    |         |                |
| Workshop Presentation of Capitals and Large Reserves to the Properties/Finance Task Force | Jul 26    |         |                |
| Budget Shells to the Managers/Directors                                                   | Aug 20    |         |                |
| First Budget Meeting                                                                      | Sep 10    | 9:00AM  |                |
| Joint Properties/Finance Committee Workshop for Capital and Reserve Projects              | Sep 10    | 11:00AM |                |
| Joint Properties and Finance Committee Meeting on Capitals and Reserves                   | Sep 19    | 9:00AM  |                |
| Second Budget Meeting (Following Regular Finance Committee Meeting)                       | Sep 19    | 11:00AM |                |
| Finance Committee Approval of Budget Roll-Up                                              | Sep 24    | 9:00AM  |                |
| Board of Directors Budget Approval                                                        | Sep 26    | 9:00AM  | Kilaga Springs |
| Budget Mailing                                                                            | By Nov 26 |         |                |

### CERT

## Disaster Preparedness: Part Three What to Buy and How to Store It

Bill Beal



After a disaster strikes, grocery stores may be closed and water service could be disrupted. As a general rule, you should store two weeks worth of non-perishable food and water in your house.

Here are a few of the things I like to keep on hand.

- Water – minimum of one gallon per person, per day. I recommend 50 gallons for a family of two.
- Store foods that are pre-cooked such as canned hams, chicken breast, tuna, and everyone's favorite, Spam.
- Round out meals by using a variety of canned fruits and vegetables.
- Dried beans and whole grain rice can supplement meals made with canned meats and vegetables; consider 25 pound sacks of each.

Please see "CERT" on page 90

### Statement of Operations YTD — 1/31/13

| Budget vs Actual<br>Departments & Activity | Revenue > Expense<br>(Expense > Revenues) |            | Favorable<br>(Unfavorable)<br>Variance |
|--------------------------------------------|-------------------------------------------|------------|----------------------------------------|
|                                            | Actual                                    | Budget     |                                        |
| Homeowner Assessments & Other              | \$627,353                                 | \$629,822  | (\$2,469)                              |
| Administration (Expense)                   | (168,816)                                 | (185,388)  | 16,572                                 |
| The Spa at Kilaga Springs                  | (1,465)                                   | (3,820)    | 2,355                                  |
| Fitness                                    | (31,106)                                  | (37,991)   | 6,885                                  |
| Activities                                 | (27,411)                                  | (30,405)   | 2,994                                  |
| Rec. Center / Maintenance                  | (175,121)                                 | (196,360)  | 21,239                                 |
| Landscape Maintenance                      | (157,213)                                 | (167,062)  | 9,849                                  |
| Food & Beverage                            | (47,972)                                  | (45,629)   | (2,343)                                |
| Capital Asset                              | 0                                         | 0          | 0                                      |
| Net Revenues (Expense)                     | \$18,249                                  | (\$36,833) | \$55,082                               |



UNVEILS

# The Sanctuary



HYDRATING/  
DETOXIFYING  
BODY TREATMENTS



LED  
LIGHT THERAPY



FULL SPECTRUM  
FAR INFRARED SAUNA



ONCOLOGY  
SKIN THERAPY

## A NEW SPACE & NEW SERVICES

THE SPA AT KILAGA SPRINGS HAS EXPANDED  
TO BRING YOU STATE-OF-THE-ART SERVICES.

*The Sanctuary* is a tranquil space enclosed with a glass ceiling atrium, housing our new LED Light Therapy, Full Spectrum Far Infrared Sauna and a couples' massage room. We invite you to schedule an appointment today to try out our new services!



*Your destination for Health & Wellness*

1187 Sun City Blvd. Lincoln CA 95648 | 916 408.4290 | KILAGASPRINGSSPA.COM

Connect with us!  



## Neighborhood Watch

### Strengthening Our Neighborhood Links

Patricia Evans



"A chain is only as strong as its weakest link," and at Neighborhood Watch our goal is to keep all of our safety and security positions filled. How do we do this? When there is a Mail Box Captain vacancy, their Village Coordinator substitutes. When a Village Coordinator vacancy occurs, a NW Board Member takes over.

The five pictured Coordinators are all veterans of this "double duty." JoAnn Beard, Village 30B, is substituting for five Mail Box Captains, and Bill Helm, Village 39, is handling three vacancies. "Finding new Captains is a challenge" said JoAnn, "but I encourage sharing the position to make it easier and more fun."

"Most of our Captains find that our well organized process takes less time than they anticipate," explained Jill Mal-

lory, who substitutes for a Captain in Village 31C. James Dimapasoc, Village 44 (The Villas), recently filled a Mail Box Captain vacancy with a volunteer at their Village meeting.

An experienced sleuth in the hunt for new Captains, Pauline Watson has filled over 35 positions in a variety of Villages. In addition, she is substituting for two Captains as Coordinator of adopted Villages 1AB and 42A.

These five Coordinators agree that an active Neighborhood Watch can produce a warm, caring community where people look after each other. And in case of a medical or house emergency the Mail Box Captain has the telephone numbers of relatives and friends.



These Village Coordinators also act as Mail Box Captains: (clockwise from back left) Pauline Watson, Bill Helm, James Dimapasoc, Jill Mallory, JoAnn Beard

To learn more about how Mail Box Captains promote safety and security, please turn to page 31.

#### 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)

## Golf Cart/NEV Drive-thru Clinic April 25

### Neighbors InDeed's Fourth Annual Free Event

Doug Brown, Resident Editor

Lincoln Hills prides itself in our friendly accommodation of the many golf carts and NEVs (Neighborhood Electric Vehicles) in our neighborhoods and parking lots. These vehicles are convenient, quiet, ecologically responsible, and save on our gas budgets.

Are they worry-free? Well, not really. They require regular maintenance and care for the sake of both safety and longevity. Ryan Kugel of Electrck Motorsports in Rocklin recommends:

- Monthly battery (fluid levels, terminals, connections) and tire pressure checks.
- Semiannual inspection of brakes, front suspension, and battery charger.
- Annual professional inspection, lubrication, and performance of needed repairs.

Is your electric vehicle regularly maintained? Any concerns that worry you a bit?

A great way to get a quick reading on your vehicle is coming up **Thursday, April 25 at the Sports Pavilion, from 12:00 to 4:00 PM.** Neighbors InDeed (NID) is sponsoring its **free** drive-through clinic, which will alert you to common wear-and-tear issues.

At the event, trained NID volunteers will team up with professionally-licensed NEV mechanics to quickly inspect your vehicle's battery terminals and connections, parking brakes, transmission (for leaks), brake lights, and tire pressure. Minor issues (corroded battery terminals, tire pressure that's too low or too high) will be taken care of on the spot. You will be alerted to any major repairs or issues (leaks, electrical problems, etc.) requiring further professional service, with advice from technicians from Electrck Motorsports.

At the last clinic, words of apprecia-

tion flowed from the 60+ golf cart/NEV owners who stopped by. "I had no idea my batteries were so old that they needed to be replaced," said one of the 10 grateful clients whose batteries needed replacement. "A nail in my tire?" questioned another, "I never knew." And one of the eight people whose vehicles were found to have transmission leaks exclaimed, "Wow! A leaking transmission on a golf cart? Thanks for finding that."

NID Handy Helper Coordinator Larry Schurr will coordinate the April 26 clinic, and be assisted by other NID volunteers. "I think we did some good," said Larry, at the last event, "and of course, Neighbors InDeed is all about being a good neighbor."

Be sure to call Neighbors InDeed at 223-2763 to sign up for a **reserved time slot** for your free check-up. NID of course always appreciates any tax-deductible donations you can make. Spread the word!



# Bailey & Sons, Inc.

ELECTRICAL CONTRACTORS

Lincoln Resident  916-543-2027

FREE ESTIMATES • NO HIDDEN COSTS

ENERGY EFFICIENT SOLUTIONS

LIGHTING • CEILING FANS • SPAS • YARDSCAPE LIGHTING


Family Owned Dependability You Can Count On LIC #866541

## Gary's Sprinkler Repair Service



### Additional Services

- Lawn Maintenance Phone: **(916) 223-3706**
- Lawn Re-seeding
- Rose and Shrub Pruning Lic. # 869624
- Winterizing Pipes (insulate) 22 years experience



FD Box 865, Roseville, CA 95678  
License # 91140

Name Sun City Resident

**Rx** Your Prescription for a Healthier & Happier Home!

- Locally Prescribed
- Germ killing, environmentally friendly cleaning solutions
- Custom cleaning plans for your cleaning needs
- Fully licensed/insured and pre-screened employees
- Same cleaning team every visit
- We put more time back in your life

Call for your free in-home cleaning consultation!

**\$25 off your third refill (cleaning)**

MD Dr. Clean

Refills Weekly - Bi-Weekly - Monthly - One Time

**(916) 787-9999**  
[www.AppleHouseCleaning.com](http://www.AppleHouseCleaning.com)

# Luxury Senior Living

Assisted Living • Memory Care



Developed by Oakmont Senior Living, Oakmont of Roseville provides exceptional quality, comfort and care with five star services and amenities. A wellness center and full-time nurse are available to assist with all of your daily living needs in the privacy of your own home.

- |                                                                                                             |                                                                                                                 |
|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
|  Indoor & Outdoor Dining |  Pet Park & Walking Paths  |
|  Private Movie Theater   |  Daily Activities          |
|  Wellness Center         |  Transportation            |
|  Full-time Nurse         |  Diabetes Wellness Program |

For more information or to schedule a tour call 916-415-8219.

 **Oakmont**  
of Roseville

1101 Secret Ravine Pkwy  
Roseville, CA 95661  
(adjacent to Sutter Medical Center)  
**916-415-8219**  
[oakmontofroseville.com](http://oakmontofroseville.com)





## "Presenting Simply Broadway"

Tap Company offers new Talent Show format  
Doug Brown, Resident Editor

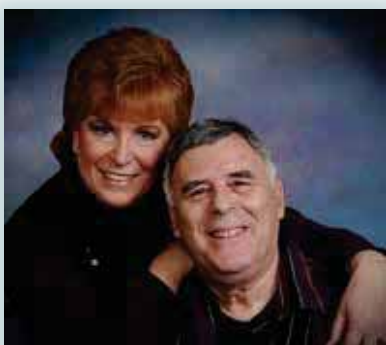
Who doesn't break into a broad grin and tap your toes when you hear songs like "Anything Goes," "Put on a Happy Face," and "Nothing Like a Dame"? You can't beat Broadway music for lifting your spirit! So you won't want to miss the Tap Company's "Presenting Simply Broadway," April 11, 12, and 13 in the Orchard Creek Ballroom.

People have been wondering, is this the annual Talent Show?

Not exactly. Lincoln Hills audiences have been enjoying the marvelous performing talents of our residents for 11 years in the Tap Company's Talent Show, featuring a delightful variety of vocal and instrumental music and dancing. This year, according to Tap Company President Becky Sprong, "we wanted to bring something new and fresh to the community, and thought an

original Broadway style show that links an interesting story with singing and dancing would give a new face to our annual event."

What's new, say playwrights Peggy and Paul Schechter, is "a show that includes as many Tap Company members as possible in featured roles to showcase their multifaceted talents." Relying



Peggy & Paul Schechter



Toga-clad dancers from "Comedy Tonight" in ancient Rome

on their experience developing their own cabaret shows, Peggy (who is co-directing with Janet Becker) and Paul have created a delightful, comedic story line and have woven in high-energy hit

songs from favorite Broadway musicals.

In the story, the cast of *Simply Broadway* is preparing for its New York opening. But soon trouble brews in a dispute about the show's leading actress, and the sparks fly.

Meanwhile, sparks of a romantic kind are kindled between two other actors, complete with meddling members of the cast's chorus. The cleverly written script, sure to bring laughter to audiences, features solo and ensemble singers presenting more than 20 classic Broadway numbers, along with dances including tap, jazz, line dancing, and even hula to the tune of "Bali Hai."

Starring roles in the cast of 70+ performers in "Presenting Simply Broadway" are portrayed by Lincoln Hills favorites Paul Krow, Isobel Hersch, Vic Albertazzi, Becky Sprong, and Jim Jones.

They are joined by Tap Company notables Janet Becker, Meryle Bloom, Celeste Morris, Ninette Murray, Jackie Wilson, and many others.

Also in key leadership roles are choreographers

Alyson Meador, Melanie Greenwood, Carol Rose, and Joyce Curry; producers Janet Becker and Craig Stults; and Claudia Moelk, stage manager.

Tickets for "Presenting Simply Broadway" are now on sale (see page 43). You'll love this thoroughly entertaining show!



Isobel Hersch with the "Hello Dolly" male ensemble, from left: Steve Garavito, Ron Morin, Chuck Kaul, Isobel, Jim Jones, Ron Hanson, Jim Henderson



Pick-A-Little Ladies, clockwise from back left: Meryl Bloom, Janet Becker, Celeste Morris, Ninette Murray, Jackie Wilson

## Aging Well

### Perspective on Cancer

Shirley Schultz, Health Reporter

When it comes to discussing cancer, one size does not fit all. Cancer is a general name for over 100 diseases all of which start because abnormal cells grow out of control. As with most health problems, prevention is best, and there are lifestyle practices that lead towards preventing many cancers. However, if one does get cancer, early screening and detection can often lead to treatment

that will halt or even cure the cancer. For example, testicular cancer is one of the most curable forms of cancer with a 95% 5-year relative survival rate for all men.

Knowledge and positive attitude are two of the most important strengths that one can have in facing cancer or any health condition. If you were told that you had to make a decision on the spur of the moment

Please see "Cancer" on page 41



Interested in Selling? Call us today.



**Lenora Harrison, Broker**  
Life Masters Club Member, CNE  
SRES, GRI  
(916) 765-4188

**Anne Wiens, Broker**  
Life Masters Club Member, CNE  
SRES, e-PRO  
(916) 847-6006



Don't Just Hire an Agent, Hire a **TEAM** with  
39 Years of Experience Selling Real Estate.

*Each office independently owned and operated.*



**PLUMBING  
HEATING & AIR  
DRAIN CLEANING**

*Quality Passed Thru Generations  
P.T., Dick & Hans Since 1928*



- FREE Estimates On Replacements
- FREE Second Opinion On Major Repairs
- Repairs • Remodels
- Sewer & Drain
- All Makes & Models
- Heating & Air Conditioning
- No Extra Charge for Saturdays & Sundays

**Proud Member of the Lincoln Chamber of Commerce**

[www.classactplum.com](http://www.classactplum.com)  
Contractor License #962592

**645-4628**

Protection for your  
favorite mode  
of transportation.



Talk to me about Golf Cart Insurance.

Did you know that you can get a policy for about \$8 a month? Call me and I can help you select the right coverage to fit your needs and your driving preference.



**Julie L. Domenick**  
Insurance Agent  
(916) 434-5250  
821 Sterling Parkway, Suite 100  
Lincoln  
juliedomenick@allstate.com  
CA Lic: 0712097, OC79803



National average monthly premium amount based on policies in force as of 12/1/08. Actual premium will vary based on state, amount of insurance purchased and other factors. Insurance subject to terms, conditions and availability. Allstate Fire and Casualty Insurance Company, Northbrook, IL. © 2008 Allstate Insurance Company

## ADAMS & HAYES LAW

Estate Planning, Probate  
Trust Administration

Ms. Marilyn Clark  
presented with Pro-Bono  
Volunteer Attorney of the Year

For over two years, Ms. Clark has assisted the Court every Friday with cases. Many of them involve helping grandparents become guardians for minor children whose parents have had their parental rights terminated. Ms. Clark is an Associate Attorney with Adams and Hayes Law, Lincoln Ca., where she focuses on Conservatorships and Estate Planning.



The Honorable Mark Curry  
presents award to Ms. Marilyn Clark

**916.434.2550**

570 Fifth Street, Lincoln, Ca 95648  
adams@AdamsHayesLaw.com

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

Looking  
for  
**GOLF  
CART  
SERVICE?**



Call Gilchrist Golf Cars today and  
discover what so many Lincoln Hills'  
residents already know:

- At-home, on-site service
- Friendly, knowledgeable staff
- Affordable pricing
- Mention this ad for \$10 off your next service through 4-15-13

Only at:

**GILCHRIST**  
GOLF CARS

(916) 652-9078



4361 Pacific Street  
Rocklin, CA 95677

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



## Club News



### Alzheimer's/Dementia

#### Caregivers Support Group

We will meet on Wednesday, March 27, at 1:00 PM in the Multipurpose Room, (OC) with Elizabeth Rawson from Del Oro Caregivers Resource Center leading the discussion.

Becoming a caregiver for a person with memory impairment may mean changing your role in the family. You may need to take over new jobs which could include taking care of legal matters, learning about medications, making certain the home is safe, developing a backup plan in case something happens to you, learning about respite opportunities and figuring out how to take care of yourself.

If you are able to participate in our support group you will learn tips and tricks, answers to your questions, suggestions for daily living issues and hear from experts on important matters. In addition you will find relevant books and DVDs to borrow to read at home and share with family and friends.

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

**Cathy VanVelzen 409-9322;**

**Maria Stahl 409-0349**



### Antiques Appreciation

One of our members put on the program for the March meeting on antique silver serving pieces. She brought in many lovely pieces from her collection and it was a wonderful opportunity for us to see and handle items that many of us had never seen before. It's always a treat to see and hear about the many collections our members have! And many times it gives us an idea of what to look for when we're browsing through an antique shop! The more we know, the more fun it is! Be sure to walk by our meeting room to see our beautiful antiques club window next time you're in OC Lodge!

If you collect or just appreciate antiques we would love to have you join us on the first Monday of every month at our new time of 10:00 AM in the Multipurpose Room (OC)!

**Contacts: Jan Robinson 408-8737;**

**Jane Delno 543-6855**

**Antique Appraisals 408-4004**



### Astronomy

Monday, March 18. Cosmology Interest Group, Fine Arts Room (OC) at 6:45 PM. DVD Series Lecture 9, "Shortcuts Through the Universe and Beyond." Contact Morey Lewis (408-4469) for more information.

Tuesday, March 26. Groups Expo at OC Ballroom, 10:00 AM to 2:00 PM. Visit our LHAG booth and the other exhibits.

Wednesday, April 3. 6:45 PM at P-Hall (KS). Nina Mazzo will present "Space Shuttle Spinoffs."



Morey Lewis  
presenting  
"Seeing the  
Unseen,  
The Hidden  
Treasures"  
at the  
February 6  
Meeting

Wednesday, May 1. 7:00 PM. SCLH Community Forum at OC Ballroom. Nick Poppelreiter, guest speaker, will present "The Race Back to Space."

Meetings: Astronomy Group meetings are held at P-Hall (KS). What's Up in the Night Sky / Activities / Q&A: 6:45 PM, program at 7:15 PM. Bring your questions about astronomy during the Q&A period.

**Contacts: Ron Olson 408-1435,**

**rolson@starstream.net;**

**Nina Mazzo 408-7620**

**ninamazzo@me.com**

**Website: www.lhag.org**



### Ballroom Dance

Come and join us for the beautiful Waltz. The Ballroom Dance Group's classes are Tuesdays at KS. Experienced instructors teach at the beginning level from 2:00 to 3:00 PM. There is a variety of music for general dancing from 3:00 to 4:00 PM. Instruction at the intermediate level is from 4:00 to 5:00 PM. The classes are free for members of the Ballroom Dance Group. Annual dues are just \$7 per year per person.



Bob & Carol Stanton

The dance taught for the month of March is Waltz, and for April is East Coast Swing. Students experience a social atmosphere of relaxed learning and fun. The club also holds potlucks and supports other local dance events. Dancing confers mental, social, and physical health benefits. You'll enjoy the easy-learning environment and be able to dance to popular songs.

**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 March 20 and April 17. 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 Thursday, April 11 at Woody's. We meet in front of OC Lodge and leave at 11:30 AM to car pool to the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan.

**Contact: Joan Logue 434-0749,**

**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  
Tournament Winners:

Eight-Ball Singles February 6 — Winner: Jim Immel; Runner-up: Ted Komaki.

Nine-Ball Singles February 12 — Winner: Dave Craig; Runners-up: Rich Runyon and Phil Delaney.

Eight-Ball Doubles February 20 — Winners: Chet Lelio and Bob Wehner; Runners-up: Bob Doney and Jim Fulton, Rich Runyon and Tony Felice.

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

### Challengers Billiards

Almost two months into the new year and Valentine's Day just behind us, we are looking forward to some awesome pool playing.

We are a group of mid-level to advanced players; the high quality of play and competition is fun and great to watch.

New players are welcome. We play Fridays from 10:00 AM to 12:00 PM at KS.

The last Friday of each month is sign-up day for the following month.

Last month winners:

First place — six of seven games: Ken Klein, Joe Perez, Bob Wehner, Willie Wright; five of seven games: Bill Kim, Bob Rand, Margie Kim, Ed Welch, Joe Hobby, Sherry Weech.

Second place — five of seven games: Rita Baikauskas, Doyle Coker, Ron Weech, Dan Oden, Del Torres; four-and-a-half of seven games: Bob Soriano; four of seven games: Dave Craig, Gail Harmon, Chiquita Fratto.

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

### Couples Billiards

Four teams tied with five wins on the first play day. Those teams were Dan Oden/Gail Harmon, Al/Betty Jones, Joe/Nicki Hobby and Ron/Sherry Weech.

The second week Bob Soriano/Doyle Coker, were the only team to win five games. Joe/Shirley Varner won four along with Al/Betty Jones.

Week three Ron/Sherry Weech were the only team to win five games. There was a five-way tie with four wins. Those teams were: Bob Soriano/Doyle Coker, Joe/Nicki Hobby, Dale Houck/Chiquita Fratto, Bob

Rand/Lydia King and Al/Betty Jones.

Week four Ron/Sherry Weech won six games. Howard Skulnick/Peshu Irani won five games.

The last week of the playing period Joe/Nicki Hobby won five games. There were five teams that won four games. Those teams were Roger Bryan/Sandy Pavlovich, Joe/Shirley Varner, Bob Hodge/Sylvia Gutierrez, Al/Betty Jones and Dan Oden/Chiquita Fratto.

The games are always so close and there are many tie games. Good job everyone!

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

### Players Billiards

Come join in the fun every Thursday, 2:15-4:30 PM, Billiards Room (KS) as mid-level skilled players enjoy six games of Eight Ball! Applause occurs as someone runs the table like Willie Wright did in January!

Arrive at least 10 minutes early if you haven't signed up in advance to see if we have slots available for play. Advance sign-up is the last Thursday of the month — the binder is kept on the fireplace.

We play APA rules; rules binder is on the fireplace. It's fun and free!

Congratulations recent winners — Six games: Willie Wright, Doyle Coker; five of six games: Lisa Pabst, Dave Craig, Dennis Dreiling, Dan Oden, Willie Wright, Ken Hawley, Jennie Wright; four of six games: Rita Baikauskas, Phil Berlenghi, Doyle Coker, Bob Wehner, Sean Brancato, Bob Soriano, Howard Skulnick, Chiquita Fratto, Bob Bienkowski, Jack Fabian, Dave Manwaring, Dale Houck, Ed Welch, Del Torres, Larry White, Peshu Irani.

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

### Upstarts Billiards

*"Stripes and solids, on a sea of green; Where they will fall remains to be seen."*

How long has it been since you played Billiards? Our Upstarts Billiards is a group of beginners-to-average players, playing standard Eight Ball every Thursday from 11:45 AM to 2:00 PM at the Billiards Room (KS). Don't be shy — come on down and see what the fun is all about!

Winners — Six games: Ron Farebrother, Sandy Greer, Connie Hoetger, Larry Koenig; five games: Phyllis Borrelli, Frank DeMasi, Ray Hinkley, Phyllis Papagiannis, Randy Ransdell, Hart Sissingh, Gary Smith.

Sign-ups are the last Thursday of each month, at 11:30 AM, Billiards Room (KS).

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

### Instruction Group

Learn to play pool or sharpen your games. Take advantage of expert help the second and fourth Mondays, 9:15-11:00 AM. Sign up in advance, Billiards Room (OC).

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



### Bird

With spring just days away, the Bird Group is looking forward to three Friday outings. March 22, we will be at the Turkey Creek Golf Course. Carol Perry has arranged a beautiful morning of birding followed by lunch. We are limited in the number of people who can attend, so please sign up with Paul Mac Garvey at pmac1411@aol.com. March 29, we will enjoy the Twelve Bridges Trail. This walk has a wonderful variety of birds... American Wigeons, Northern Flickers, Ruby-crowned Kinglets and the White-breasted Nuthatch, just to name a few! Then April 12, we drive down to Vic Fazio Yolo Wildlife Area, where we consistently see Black Necked Stilts, Gadwalls, Northern Harriers and White-faced Ibis. Lunch will be at our favorite Mexican restaurant in Davis.

Next month's meeting is on Monday, April 8, at 1:30 PM at P-Hall (KS). Look forward to seeing you there.

**Contacts: Kathi Ridley 253-7086, kathiridley@yahoo.com Lh\_bird\_group@yahoo.com Website: www.suncity-lincolnhills.org/residents**



### Bocce Ball, Mad Hatters

Bob and Carol and Frank and Ralph have agreed to host our Mad Hatters table at the Club Expo on March 26. If you've been thinking about playing Bocce or joining our group please stop



by and see them. They are prepared to provide you with the information you need to start playing Bocce in Lincoln Hills. Members of our group should keep their eyes on the monitors in the Ballroom during the Expo. You may see yourself or the group up on the big screen. If you can't make it to the Expo please feel free to join us at the Bocce Courts every Thursday morning.

We are currently playing Bocce at 10:00 AM but will switch to our summer start time of 8:00 AM on May 2.

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



### Book Group, OC

Moloka'i by Allen Brennert will be the topic of discussion at our Thursday, March 21 meeting. This historically based novel reveals an account of life on the island where Hawaiians with leprosy were forced to live in the late 1800s to mid 1900s. The story follows the life of one young girl from her diagnosis through her time of confinement.

We meet on the third Thursday of the month at 1:00 PM in the Multipurpose Room (OC). Newcomers are always welcome!

Remaining Schedule:

- April 18 Dreams of Joy by Lisa See
- May 16 Shadow of the Silk Road by Colin Thubron
- June 20 Steve Jobs by Walter Isaacson
- July 18 The Columbus Affair by Steve Berry
- August 15 Gone Girl by Gillian Flynn
- September 19 The Tennis Partner by Abraham Verghese
- October 17 The Queen of Water by Laura Resau
- November 21 The Coffee Trader by David Liss
- December 19 Holiday Luncheon

**Contacts: Penny Pearl 409-0510;**  
**Darlis Beale 408-0269;**  
**Dale Nater 543-8755**  
**Website: <http://lhocbookgroup.blogspot.com/>**  
**Wiki: [http://ocbook\\_group.pbwiki.com/](http://ocbook_group.pbwiki.com/)**



### Bosom Buddies

#### Breast Cancer Survivors

It was such a fun day — our February meeting with another “get acquainted” day was very successful. It was great to meet new/old friends and learn more about each other. Our March meeting was very informative. Dr. Martinez, an oncology surgeon from U.C. Davis, was our speaker. He gave an interesting presentation and there was a question and answer period. We look forward to guests at any meeting. We are a caring, fun group and we're here for you.

**Contacts: Marianne Smith**  
408-1818; **Sally Lewis 434-7381**  
**Website: [www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents)**



### Bowling

My sincere apologies for error, Lou Pansky's wife's name was Enid.

We have completed another Position Round. Between the top four positions there is only a margin of one game difference! The final quarter should really be interesting.

First place, Hilltopers, Stillman/ Joan Gates, Al/Betty Jones. Second place, High Hopes, Don/Terry Jones, John/Diane Bensi. Third place, All Spares, Betty Heavingham, Kathy Bannon, Marilyn Dunger, Don Walker. Fourth place, Pin Strikers, Kathy Chapin, Barbara Kurmas, Betty Curtis, Steve Kriner.

Team High Scratch Game/Series, Rock N Roll, Horace/Dolores Snowden, Davis/Margaret Peyton.. Team High Handicap Game/Series, Rock N Roll, Horace/Dolores Snowden, Davis/Margaret Peyton, High Hopes, Don/Terry Jones, John/Diane Bensi. Men's High Game/Series, Dave Quirante. Men's High Handicap Game/Series, Stillman Gates/Don Jones. Women's High Game/Series, Betty Tucker. Women's High Handicap Game/Series, Barbara Banks/Betty Tucker.

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



### Bridge, Partners

#### Thursday Evening First & Third

If you are interested in playing partners' bridge with a relaxed, fun group of people, please join us. Give us a call and we will put 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 Terra Cotta Room (KS) and we finish at 8:30 PM. Please arrive a little early.

February 7 winners include — First: Edith Kesting & Ericka Wolf; second: Joe & Rose Phelan who had a high round of 1,580; third: Marleen Harner and Basil Molony; fourth: Stanley Mutnick and Bruce Fink.

February 21 winners include — First: Stanley Mutnick and Bruce Fink who had a high round of 2,830; second: Edith Kesting and Erica Wolf; third: Alan & Joanna Haselwood; fourth: Leif & Darlene Andersen.

**Contact: Lorraine or Bob Minke**  
408-4009, [tahoebob1@sbcglobal.net](mailto:tahoebob1@sbcglobal.net)

#### Thursday Evening Second & Fourth

If anyone is interested in playing, give Warren & Jerry Sonnenburg a call and sign up. The Jacobson's will be back the first part of April. Winners for January 24 were — first place: Bev Dwyer and Carol Mayeur; second: Nora Charles and Olga Hayden; third: Bev & Allen Blaine; fourth: Marisa Stone and Barbara Bryan. Winners for February 14 were — first place: Bruce Fink and Hal McMillan; second: Rose & Joe Phelan; third: Nadine Buckmiller and Reta Blanchard; fourth: Edith Kesting and Erika Wolf. We play in the Terra Cotta Room (KS) at 6:00 PM.

**Contacts: Chris & Ken Jacobson**  
408-8709; **Warren & Jerry Sonnenburg 253-3882**



### Bridge, Duplicate

Wednesday bridge lessons commence at 11:45 AM. Topics on the upcoming schedule include:

- March 20 Squeak Conner — Cue Bids
- March 27 Dave Russell or Jim McElfresh — Weak Two Bids

- April 3 Panel — Barbara Loweree and Laurie Vath
- April 10 Doug Allan or Jack Uppal — Play of the Hand

Duplicate bridge sessions are played three times weekly in the Multipurpose Room (KS):

- 12:30 PM Wednesdays;
- 5:00 PM Fridays;
- 12:30 PM Saturdays.

We have sections for newer players: a “199er” on Wednesdays, and a “299er” on Saturdays. All residents are cordially invited especially those alumni of the Association-sponsored bridge classes.

New: Our “Monthly Meet & Greet:” Are you thinking about playing duplicate bridge for the first time? Do you have questions about bidding boxes, convention cards, the ACBL, duplicate etiquette, anything else? We’re here for you! Reserve your place at our “Welcoming Table” for four. Call Dede Ranahan at 408-4541 for details.

**Contacts: 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 Terra Cotta Room (KS). Join us for a fun afternoon of Social Bridge. You must make a reservation to play and please call if you need to cancel. You do not need a partner but must arrive by 12:50 PM.

Winners for January 18 to February 8 are — first: Randy Rasmussen, B.J. Parkinson, Helen Helm, Marie Holland; second: Neil Wilson, Helen Helm, Dolores Marchand, Neil Wilson; third: Minnie Lou Fouts, Chet Winton, Bev Van Der Beets, B.J. Parkinson; fourth: Ed Page, Rosie Peasley, Eleanor Amar, Chet Winton.

Reserve in April: Helen Helm 408-0428. Reserve in May: Rosie Peasley 253-7414  
**Contact: Jodi Deeley 208-4086**



### Bunco

With the blossoms of spring already appearing, we can hardly believe that it is still so chilly outdoors. Laughter is a central part of the enjoyment of Bunco and laughter will warm you up very quickly.

We welcomed four new players (and a couple of ghosts) to our games in February. The more the merrier as they say. This is a game where luck is all you need and you don’t have to be Irish. Join us every third Thursday at 9:00 AM in the Cards Room (OC). The entry fee is only \$5 and membership fees are never required.

January winners: Most Buncos Janet DeWitt; High Score Phyllis Papagiannis; Most Wins Kathy Sasabuchi; Low Score Ann Stults; Most Losses Claudette Rhoads-Kinman; Traveler Andie Aguirre.

February winners: Most Buncos Joy Shoe; High Score Donna Bishop; Most Wins Diane Hooper; Low Score Sudie Moreland; Most Losses Bea Angel; Traveler Ann Stults.

**Contact: Ann Stults 543-6782**



### Ceramic Arts

Dues are 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, 253-3950, for more information. The CAG would like to thank the following members for their time and efforts spent on Annual Clean Up Day on February 4: Sherri Melchner, Linda Moon, Kathy Hazel, John Castro, Janet Roberts, Russ Quinn, Paul Aldrete, Bobbi Frantti, Joanne & Oscar Enstrom, and Mike Daley. We appreciate your time and help in making our space more beautiful.

CAG “Workshops” are held at OC on Saturdays, 9:00-3:00 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 Studio” is available to all residents: OC Fridays only, 1:00-5:00 PM and KS Sundays only, 1:00-4:00 PM. Check bulletin board and studio windows for any changes in times/closures.

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



### Chorus

Conductor Bill Sveglini is known to all who have attended Lincoln Hills Community Chorus concerts, dined at Meridians when he’s playing his guitar, or taken his music classes. You’re probably less familiar with the Chorus’s piano accompanist, Paul Melkonian.

Holding bachelor’s and master’s degrees in music and piano pedagogy, Paul has been teaching piano in the Sacramento area for more than 20 years. He also directs Sun City Roseville’s Singers and accompanies the Capital Christian High School choir.



*Paul Melkonian accompanies a Chorus rehearsal*

Paul works closely with Bill at our weekly Chorus rehearsals, helping us master our concert repertoire. He accompanied our Spring and December Concerts last year, and you’ll see and hear him again at our forthcoming Spring Concert, “An American Fanfare,” on May 5-7.

See page 43 for more about this exceptional choral program. When you come and applaud, be sure to recognize Paul’s outstanding contribution to our performance.

**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)**



### Cloggers

The Beginner class is underway but it’s not too late to join it. Basic steps of clogging is being introduced and repeated. To be a good clogger means having good basic training; Janice Hanzel, instructor, makes sure you do! The foundation of clogging is eight basic steps. Difficult steps are basic steps put together

in various ways and given a name i.e., “Turkey, High Horse, or Vine Over.” Do you have to be a good dancer? No, but Janice will guide you to become one.



*Intermediate Cloggers: Clockwise from back left: Barbara Riddle, Jeri Ferris, Susie Crawford, Wendy Iannico, Shelly Black, Joan Watson, Instructor Janice Hanzel, Barbara Sowers, Zetta Lee Noga, Alma Pellerin, Carol McGovern, Ruth Ann MacIntosh*

The Intermediate class members were Beginners who advanced. At this level, a clogger can consider performing and advancing into competition. Janice has been very active in the National programs and served as a judge frequently. A clogger should keep check on their taps; make sure they are secure and smooth. If you need help, check in class.

Men and women don't be shy, join us!

**Contact: Anita Tyson 543-5330**



### Computer

Main Meeting April 10, 6:30 PM “Astronomy Apps” by Dave Wood and Jim Wronkiewicz.

Astronomy seems to be something that everyone likes to dabble in. There are a number of astronomy-related Apps available for Android devices. Many are free, and there are, of course, more advanced Apps one can pay for. The same situation holds true for Windows computers – free software, as well as advanced expensive software. David Wood will describe these Apps and programs. Jim will show us Planetary views, star finders and phases of the moon.

Clinic April 12, 3:30 PM will continue this discussion, including some demos, and lots of Q&A.

Ask the Tech. April 22, 10:00 AM Our



*Dave Wood and Jim Wronkiewicz*

regular monthly meeting where all members can come to get solutions to their technical and non-technical Windows PC and Android Phone and Android Tablet problems. Come, listen and learn from others. Meetings at P-Hall (KS).

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



### Mac User

LHMUG is dedicated to providing enthusiastic support, education and training to members for all Apple products, including Macintosh, iPad, iPhone, and iPod.

To get better acquainted with this group, take a tour of the website at [www.lhmug.org](http://www.lhmug.org). The club webmaster, Doug Thom, has designed a comprehensive site that is frequently updated and easy to navigate to find useful information:

- The “Home” page announces the next General Meeting — date, time, place, and topic.
- Click on the “News” tab for security and software release instructions.
- Read the club’s mission statement by clicking “About.”
- To preview meetings in the month ahead, select “Calendar.”
- “Seminars” tab describes each meeting focus.



*MAC User Group club webmaster Doug Thom, left, and website below*

- To review seminar notes, click on “Handouts.”
- Look up past issues of the club publication, “Apple Seeds,” and “Help” for tutors and support are listed here as well.
- And when you are ready to become a member select “Join” for more information on membership.

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



### Country Couples

Country Couples Club membership has increased to 100 in 2013. The new members and beginners are busy attending lessons and practices, honing their skills to display at the many dances that take place in our area on a monthly basis. As a reminder, a good practice tool can be found at [songcatcher.com](http://songcatcher.com) where most of the dances are demonstrated as a walkthrough with Step Sheets, and/or with music. Another reminder to beginners is to wear shoes specifically designed for dancing, with either leather or felt soles, or dancing boots for a real Western touch.

The Country Couples Dance Club will participate in Club Expo on March 26 in the OC Ballroom. Those interested are invited to stop by and talk to our representatives about our dances and club activities. The next Country Couples dance will be March 23 from 12:00-4:00 at KS. Tickets are \$7 for members, \$9 for non-members.

**Contacts: Kathy Lopez 434-5617;**  
**Rene Lopez 434-5617**



### Cribbage

The club plays from 8:30 AM to 12:00 PM on Tuesdays in the Cards Room (OC). The first half hour is warm-up practice followed by a six game mini-tournament starting at 9:00 AM. We play mostly four-handed partner games and rotate so we have a continual rotational mix of players.

Come and join the group.



**Contact: Bob Frank 408-7444;  
Ken Von Deylen, 599-6530**



### Cyclist

When putting together cycling trips to other countries. I am sometimes asked, "Why are you going to that country? The people there are so unfriendly?"

There was a traveler who came upon the gates of city. He asked an old man, what are the people like in this city? The old man asked, what are you like? The traveler replied, I am very friendly and enjoy meeting new people. The old man said, that is exactly what the people here are like. And they were!

Later, another traveler came upon the same city and also asked the old man the same question. The old man again asked, what are you like? The traveler responded, I do not enjoy meeting new people and am a very unfriendly person. The old man's response was, the people in this city are just like you. And they were!

Which traveler are you?

**Contacts: Steve Valeriote 408-5506,  
jillsteval@sbcglobal.net  
Website: www.LHcyclist.com**



### Dominoes

#### Mexican Train

Please join us for a spirited game of Mexican Train Dominoes. We have two sessions. They are on each Wednesday at 9:00 AM and 12:30 PM. You are cordially invited to join one of our times. It's a great time for fun and social interaction. Come for free lessons at 9:00 AM, or call Cora at home for more information.

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



### Eye Contact

#### Low Vision Support

FDA approved the Argus II (SmartSight) on February 14, retinal prosthesis implantable system (a bionic eye) for patients with severe advanced retinitis pigmentosa (RP).

Next meeting: Thursday, April 11 —

1:00 PM: "Overcoming 'Obstacle' of Blindness." Eric Weihenmayer, the only blind man to climb all seven summits, will give a speech about using adversity

to achieve progress. Adversity can help.

2:00 PM: Many months ago, the Eye Contact newsletter articles reported UCLA was seeking volunteers for the Gron study on dry AMD. One member, June Meredith, volunteered and was accepted. She may tell us about the ins-and-outs of participating in studies and about her trip to Spain to attend a conference.

Mark your calendar for the Clubs Expo on March 26, 10:00 AM-2:00 PM.

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



### Fibromyalgia/CFS

#### Chronic Fatigue Syndrome

If you, a friend, or a loved one is living with Fibromyalgia or Chronic Fatigue Syndrome (CFS), please join us on Thursday, March 28, from 1:00-3:00 PM in the Multimedia Room (OC). We will have an open discussion meeting with suggested topics. This is an opportunity for you to share a bit about your own journey and ask questions.

Our April meeting will feature an overview and tour of the OC Fitness Center and the new punch system with Christine Epperson. In May, Jackie will present information on irritable bowel syndrome. Each of us has our own unique experience beginning with just wondering why our bodies just don't seem to function the way we want them to. If you would like to be a presenter or have a particular area of interest you would like to see discussed or have presented, please let us know. We want to address your areas of concern.

New attendees are encouraged to share a brief history of their experience with and diagnosis of Fibromyalgia and/or CFS. Our goal is to provide positive emotional support and information, along with suggestions for mental and physical well-being. We're here for you whether you are able to attend our meeting or not! For questions, please call:

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



### Garden

**Flower Show: March 28/29,** Foyer (KS). Members are encouraged to bring flowers or a floral arrangement from your garden (between 1:00-1:45 PM — before the General Meeting). Please bring them in a disposable container (or vase that you plan to pick up the next day by 4:00 PM). Participation opportunity drawing tickets will be given. Contact: Annie Herbert, 408-0107.

**General Meeting: March 28, KS, 2:00-4:00 PM,** "Panel of Placer County Master Gardeners." Elaine Applebaum will give a review of California native plants. Frances Brandon will speak on container gardening. Diane Arnold will discuss interesting succulents for your yards. Marie Salers will MC the panel and your pre-submitted garden questions will be answered. Email/call Marie at msalers@pacbell.net (408-3895) with your questions.

Pre-Plant Sale drawing tickets will be available at the general meeting (one for \$1, six for \$5, 20 for \$10, 50 for \$20). Contact: Joyce Thomsen, 434-1786.



*Flower Show; one of many plant sale drawing prizes!*

**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 the month at 10:00 AM. Last month the participants attended a clinic with Hiro Matsuda at his nursery. Along with a pruning demonstration, many tips were given on how to select, propagate, plant, and care for Bonsai plants.

**Contact: Joyce Thomsen 434-1786**



### Gem and Mineral Society

Our program for March will be presented by Dave Fisk.

We will view a film and some samples of thundereggs, the mysterious balls filled with a variety of minerals. I am sure we all enjoyed Dave Polson's agate presentation last month.

We are still looking for at least six other programs, so send your names and ideas to Dave Polson at [dcpolson@mac.com](mailto:dcpolson@mac.com), or email or call Dave Fisk.

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

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

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

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

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



### Genealogy

The next general meeting of the Genealogy Club will be March 18 at the P-Hall (KS), 6:30 PM. The guest speaker will be Linda Lucky whose featured topic is "Interviewing Before It Is Too Late." A social gathering follows the general meeting.

The Genealogy Club features Computer Workshops on the first Monday of each month. This class is limited so you must sign up to attend... no "walk-ins." Check your email and/or the web page for details. The class starts promptly at 6:30 PM in the Computer Room (OC). Nick Covell will present an interesting topic, "Using Facebook for Genealogy" at the next workshop on April 1.

"What Can a Genealogist Use from DNA Test Results?" That will be the presentation at the general meeting on April 15 with guest speaker, Jim Rader.

**Contacts: Maureen Sausen 543-8594; Joanne Schumacher 209-3366; Website: [www.webflavors.com/lincoln](http://www.webflavors.com/lincoln)**



### Golf, Ladies

#### Lincster Lady Niners

Carol Golbranson is captain of the Linc-



Carol Golbranson

sters. She keeps us organized and informed. This is Carol's third year as captain. Carol moved to Rocklin from the Bay Area nine years ago. After living in Rocklin for two years she moved to Sun City Lincoln Hills. She retired from Wells Fargo where she was the Vice President of the Business Banking Training Group. She had 32 years with the company. In addition to golf, Carol belongs to a bowling league, plays Cut Throat Canasta, Hand & Foot and Mah Jongg. She is looking forward to some interesting travel in the future. She has one son, one daughter, and seven grandchildren.

On January 16, Shirley Elkins made a birdie on the par three hole #4 of the Orchard Course by chipping in from 60/70 yards out. Lots of cheering went on by all who witnessed this fantastic shot.

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

### Ladies XVIII

We are starting 2013 with a Bang!

Chris Jacobson is in the Palm Desert. She had two Holes-in-One at the Outdoor Resorts course four days apart. One on hole #7 and another on hole #10.

Candy Koropp also had an Eagle on Hole #4 Hills course. She was about 115 yards from the pin for her second shot, and she had the pleasure of watching it roll into the hole.

Jeanne Reinhardt had a Hole-in-One on #16 hole on Orchard Course. A 133-yard drive and she used her #4 Hybrid Club, and this is her first hole in one. Candy Koropp's ball was already on the green when Jeanne's ball landed on the green, striking Candy's ball, and careening into the hole.

Entry form on website required for Spring Fling, April 25.

**Contact: Beverly Ansbro 645-4399 Website: [lhlxviii.com](http://lhlxviii.com)**



### Hand & Foot

Hand & Foot is a fun and easy-to-learn card game and we are

always happy to teach new players. We meet Thursdays. 8:30 AM to 12:00 PM, Terra Cotta and Sierra Rooms (KS).

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



### Healthy Eating

Our club's mission is to improve our relationship with food. We gather and share information about healthy food and its preparation and the importance of healthy eating.

Mr. Gordon Paulsen, owner of Willow Creek Ranch from nearby Penryn, made a terrific presentation at our February meeting. We now have a much greater appreciation for Placer County farming, and in particular for the loving care Gordon puts into his farming. Willow Creek Ranch is a regular at the Lincoln Hills farmers market, to begin this year in late May.

Recent workshops include the following: making Asian spring rolls from all fresh ingredients, olive oil tasting/sauce making, making your own spice/herb blends for everyday use and a primer on vinegar uses including the balsamics.

March meeting is the 29 in the Fine Arts Room (OC) at 10:00 AM. Dues for 2013 are \$15 per household.

**Contact: Don Rickgauer 253-3984**



### Hiking and Walking

Walkers: Wednesday walks begin at 8:00 AM. Begin your day with a refreshing walk. Check the website for weekly starting locations.

Hikers: The hiking season is revving up as we completed adventures to Fairy Falls in Spenceville, hilly Mt. Diablo and a walk through downtown Folsom. More recently we trekked across the Golden Gate, explored Hidden Falls and its plans for expansion, and enjoyed the wildlife at the Consumnes River Preserve. Upcoming hikes include a Capital Walk in Sacramento, and new hikes at Sugar Pine Mountain in Winchester and Table Mountain in Oroville. Join us!

The club's efforts to contribute vol-



*On the Mt. Diablo trail; Vista de Madera Hike; Fairy Falls in Spenceville*

unteer labor to support the Hidden Falls expansion continue. With the opening of the current expansion planned for April, club volunteers led by Clark Smith and Dick Mayeur are busy routing, cutting, and painting upwards of 100 trail signs to mark the new trails.

Check the website for upcoming hikes!

**Contacts: Hiking: Dennis Ratay 543-9935, [Denratay@sbcglobal.net](mailto:Denratay@sbcglobal.net)  
Walking: Glynn Widdows 408-4819, [glynwiddows@gmail.com](mailto:glynwiddows@gmail.com)  
Website: <http://lincolnhillshikers.org/>**



**Investors' Study**

In April, we have the honor for the second time this year to have a real live portfolio manager speak at our meeting. Marc Halle is the Senior Portfolio Manager for all global real estate securities investments for Prudential Real Estate Investors. His REIT fund is a five star fund, and he will be here in person to give us insights into the interesting world of Real Estate Invest-

ment Trusts. He has been widely quoted in the financial media including CNBC, *The Wall Street Journal*, *Forbes*, *Barron's* and *The Institutional Real Estate Letter*.



*Bill Nolin, Mid Cap Manager of Principal Funds (in suit), and others in the group socializing after the meeting*

Russ Abbott, our consultant, will speak on the markets and the playbook. Please join us on Thursday, April 4, from 2:00 to 3:30 PM in the P-Hall (KS). Refreshments will be served afterwards.

The Active Investors will meet on April 8 at 3:00 PM in the Fine Arts Room (OC).

**Contact: Nicki Koch, [nicki.k@sbcglobal.net](mailto:nicki.k@sbcglobal.net)**



**Lavender Friends**

Robyn and Sharon are on this year's PFLAG Gay Straight Alliance Scholarship Committee. Their first meeting was to review and finalize the scholarship information and applications forms. Their meeting in April will evaluate applications received, and make final selections of scholarship recipients. They will make a few follow-up telephone calls to persons listed as references on the students' scholarship applications. Several members are

looking forward to our next breakfast and game night. I believe we will be playing Pictionary. Hopefully we will have members who can draw. It should be a fun time again. If you want more information about our club, stop by our table at the Club Expo on March 26 at Orchard Creek Lodge or our website at [www.lavenderfriends.com](http://www.lavenderfriends.com) or contact Jacquie Hilton or Richard Wong.

**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**

In February, the Wine Country Line Dance Workshop hosted a very popular and world-renowned choreographer from Denmark, Niels Poulsen. His musical interpretation and interesting steps for different levels have endeared him to the line dance community and also make some of his dances quite challenging.

Four line dancers from Lincoln Hills and instructor, Audrey Fish attended the fun filled two-day event staged in the lovely town of Sonoma. It was a thrill to spend time with this great instructor, learning many of his newest dances, as well as some



*From left, Helen Rains, Katie Christiansen, Audrey Fish, Anne Sterling, Sheridan Brown with Niels Poulson*

of his favorites.

Flyers are out for the workshop to be held here at Kilaga Springs Lodge in July. Be sure to sign up early since no tickets will be sold at the door and limited space is available.

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



## LSV/NEV

### Low Speed Vehicles/ Neighborhood Electric Vehicles

Many thanks to Larry & Kathie Yaggi for preparing a great list of parking locations for LSV/NEVs in the city of Lincoln. There are 32 parking locations, 168 parking spaces, 53 charging stations and 108 charging plugs. Sad to say that after looking around in Sun City Lincoln Hills not one charging station was found and this is where most of the LSV/NEVs call home... can some be added?

Tuesday, March 19 at 10 AM in P-Hall (KS), Shirley Russell, Executive Director for the Lincoln Museum will have a video/talk presentation regarding our own Lincoln Museum and some history of the area. Oh, yes, to receive a list of the parking spaces, contact Larry Yaggi at 543-5344 and he will send you a PDF file. New members and visitors are always welcome at our meetings. Wear your name tags, please.

**Contact: Larry Yaggi 543-5344;  
Gerry Lammerding 408-0999**

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



## Motorcycle

### RoadRunners

Our Road Captains' planning session has produced a great ride schedule for this year. We started our touring season with a ride to Williams area/ Capay Valley on March 9. Our next ride will be to the Sea/Bodega Bay on April 13. Clear lake and Lodi have been scheduled for subsequent rides. We tour on the second Saturday of each month.

Social activities have been included in our schedule to accommodate spouses who are not inclined to participate in touring events. These would include Mother's Day and Father's Day celebrations, mid-summer BBQ and Bocce Ball tournament.

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 Multi-purpose Room (OC). Guests are always welcome.

"Ride safe, ride with friends!"

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



## Music

The Music Group General Meeting is held fourth Wednesdays: Fine Arts Room (OC), 6:30-8:00 PM. Drop-ins welcome. Bring voices and/or instruments, sign up to perform, or just enjoy the music and socialize. Mark your calendar for the Music Group's summer picnic: May 18 : Sports Pavilion.

"Open Mic Night" resumed Friday, February 22 with a new start time to accommodate the large number of performers. Next "Open Mic": April 26, 6:00-8:30 PM P-Hall (KS) . Sign-ups start at 5:45 PM. No karaoke, but audience participation is appreciated. Subsequent meetings: Fourth Friday of alternating months.

The next beginner's class for those wishing to learn the ukulele starts Wednesday, March 20. Call Ron or Molly at 409-0463 for more information. Beginners and seasoned players are welcome at the Wednesday Jam Session, 1:00-3:00 PM at

OC. Strum your ukulele and sing along in a fun, supportive atmosphere.

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



## Needle Arts

### Threads of Friendship

Lindy Munday will be speaking at the Needle Arts meeting on April 9 about Folk Art Wool Appliqué. For over 25 years Lindy has been involved in needle arts. Until recently, she was the owner of Bearpaws and Hollyhocks Quilt Shop. For the past five years, she has been the quilt appraiser at the Crocker Art Museum during their "Evaluation Day."

Wool appliqué is one of Lindy's favorite techniques. She says it is quick and easy and has no 1/4" seam. Lindy will share her knowledge of appliqué along with her samples, wool and patterns.

General meetings are held in the P-Hall (KS), 1:00 PM, the second Tuesday each month. Our various subgroups meet in the Sewing Room (OC). Check the Sewing Room window for times. Please contact Membership Chair Joan Daley 543-9449 to join and see how fiber arts thrive in our community!

**Contact: Twila Miller 408-3790  
408-4019, vlhildebrand@att.net**



## Neighborhood Watch

Mail Box Captains are the grass roots of our organization, the all important personal contact with residents. They meet and greet every new resident to explain how we take care of each other. The result is a warm and wonderful feeling in the neighborhood!

Little things mean a lot. Learning the habits of the neighborhood creates an awareness of knowing when "all is well." Residents who chat at the mailbox and wave greetings to each other trust their neighbors to keep an eye on their homes when they are on vacation. There is comfort in knowing that their Mail Box Captain and Village Coordinator have the information to take appropriate action in

## Mah Jongg, Chinese

Chinese Mah Jongg is a game of tiles that is similar to playing rummy. We welcome anyone who would like to learn this fascinating and challenging game. Come join the fun every Monday at our new starting time of 8:30 AM in the Cards Room (OC). If you have any questions, please feel free to call Dianne or Bruce.

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

## Mah Jongg, National

Please note: Due to the Group Expo there will be no National Mah Jongg scheduled on Tuesday, March 26.

If you live in Lincoln Hills, you have probably heard of National Mah Jongg. We have a fun-filled afternoon in store for you whether you have played before or are new to the game. Join us in the Cards Room (OC) every Tuesday (with the exception of March 26) 12:30 to 4:00 PM. You will find players of all skill levels as well as a beginner's table with help for newcomers to this classic tile game. Feel free to call us with any questions.

case of a medical or home emergency.

Mail Box Captains forward Neighborhood Watch Alerts and Items of Information by computer or by telephone. If the bad guys are active in SCLH, Neighborhood Watch will let you know!

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



**Painters**

Our Tenth Annual Fine Arts Show, held in February, was well attended and both residents and guests found a variety of art pieces to take home. We thank all those who supported this event.

In February, our membership enjoyed an exceptional water color demonstration by well-known painter and teacher David Lobenberg. It was very informative and we appreciate all we learned.

Our new secretary, Barb Iniguez, was introduced. The membership appreciates her taking on this task.

In March, resident artist and teacher Marilyn Rose provided a very informative drawing demonstration and we thank her for sharing her expertise.

Our April meeting will feature Doug Howard from Utrecht, discussing art supplies, and Daniel Munday who will do a demonstration for us.

Board member Bob Porter is in two juried shows: Blue Line Galleries and Polk Studio in San Francisco. Congratulations Bob.

Club meets at OC, 2:00 PM, first Tuesday each month.

**Contacts: Bob Porter, bob@pradv.com; Joyce Bisbee joybis@aol.com Website: www.lhpainters.org**



**Paper Arts**

“March for the Military” is this month’s theme both in terms of our window display and our monthly project. Phyllis Zailer led us in making cards for Operation Write Home – an organization that sends handcrafted cards to our service men and women. Last year, our club



*Paper Arts member Phyllis Zailer led our “March for the Military” project*

members donated over 1000 cards to this organization.

Members will be attending and/or participating in two major events this month. A “Scrapbook Expo” held in Pleasanton is always a fun event and an opportunity to survey goods from lots of vendors. We will also be participating in our SCLH Group Expo at Orchard Creek Lodge on March 26. Look for our display of beautiful paper arts projects!

Planning is underway for next month’s Demo Day. Instead of a monthly meeting, members will be demonstrating various tools and techniques used in paper arts. This is always a great way to learn from one another.

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



**Pedro**

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

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

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



**Photography**

For the April 10 General Meeting, DeAtley Cahill and Jack Wartlieb will be recounting some of their experiences as photographers for the Compass and the Lincoln News Messenger. Taking pictures as a job is different from hobby photography, and shooting for a commercial newspaper is different than for

our Association magazine. None of us are so naïve as to believe all these guys had to do was show up and snap photos, but few have insight as to what’s really required, either. Come find out.

Last month’s adventure to Yosemite was a class act. A baker’s dozen of us tramped through ice and snow to the spots for



*Bob Dale, Les Thomas, Phil Robertson, Vicki White, DeAtley Cahill; Yosemite Falls, by jeffa*

the shots. Then in the evenings, we were cordially invited to Les & Marilyn Thomas’ cabin where we warmed up, were served delicious dinners, and told photographer’s fishing stories. Good food, good friends, good times.

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



**Pickleball**

The new pickleball board is hard at work taking in new suggestions and dealing with old concerns. The board meets the second Wednesday of each month in the Ceramics Room (OC) at 2:00 PM. The new board members as pictured are: Cal Meissen (Director of Training), Glenise Cunningham (Treasurer), Cheryl Lane (Social Director), Sherry Mosby



*New pickleball board*



(Director of Publicity), Sherrill Slotsve (Secretary), Scott Sutherland (President) and Bill MacCullough (Vice President). A suggestion from our membership was to have a "suggestion box" at the courts. Starting this month we have one located inside the cabinet.

Some of our members are getting ready for their trip to Costa Rica in May. They will meet other pickleball players from all over the United States and play in some fun tournaments.

If you would like more information about this fun sport please check out our webpage listed below.

**Contact: Scott Sutherland 523-3997,**  
**[swsuther@sbcglobal.net](mailto:swsuther@sbcglobal.net)**  
**Website: [www.lhpickleball.com](http://www.lhpickleball.com)**



### Players

Play-er (plāer): A person involved in an activity. In Lincoln Hills that person is an actor, or a member of the acting group, The Players. We perform six shows a year, three as Readers Theater and three as Main Stage productions. If you have ever wondered if this is an activity you would be interested in, we welcome new members. Not comfortable being on stage? There is always the opportunity to work backstage. We also have need for Producers, Directors and Marketing Coordinators. Training is available.

Our next production is Readers Theater on June 1 & 2. Auditions will be sometime in late April so check next month's Compass for date. Our next meeting is April 8; check us out! We'll be at the Group Expo on March 26 to answer your questions.

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

**Contact: Bob Murdock 408-8511,**  
**[bamabc@sbcglobal.net](mailto: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, Multipurpose Room, and Tuesdays, 5:00-8:30 PM and *new* Fridays 1:00-4:30 PM in the Fine Arts Room (OC). Games are played using scrip, and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw.

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 2013 tournaments will be Saturdays, April 6, July 20, and October 19.

Any questions, or to be added to our email distribution, please contact:

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



### Rummikub

The Rummikub Group meets every Tuesday from 12:30-4:00 PM in the Multipurpose Room (OC). Anyone is welcome to join in, whether you are a beginner or a seasoned player! We are a relaxed group of fun ladies and gents who enjoy playing and socializing. If you think you might be interested, feel free to drop by. Thank you to all of the regulars who come every week, and we look forward to meeting newcomers in the future. If you have any questions, please contact:

**Contact: Amy Kee 543-7167,**  
**[amybkee@yahoo.com](mailto:amybkee@yahoo.com);**  
**Xky Dixon 408-4240**



### RV

Final preparations are being made for the RV Group's first rally this year, a 13-day trip to Southern California next month. First stop will be April 15-19 at Borrego Springs, wagon masters Ed & Ricki Montoya and Dean & Betty Schumacher are scheduling a catered Mexican dinner, short desert hikes, golf and campfires by a lake and wine tasting.

April 19-24 will be a visit to Chula Vista RV Resort and Marina, the Montoyas and Schumachers are again wagon masters. Plans are for trips to Balboa Park, San Diego Zoo, the U.S. Midway Museum and some golf.

Last of the three stops will be Pismo Sands RV Resort in Oceano April 24-28, Marilyn Koregelos and Dan & Barbara Hardesty are the wagon masters. RVers will get a chance to see Les Miserables at the Great American Melodrama and

Vaudeville. There will also be a Mexican dinner and golf.

**Contact: Michael Genest 209-3370**  
**Website: [www.lhrvg.com](http://www.lhrvg.com)**



### SCHOOLS Volunteers

#### Sun City Helping Our Outstanding Lincoln Schools

Eileen Marks, a SCHOOLS volunteer for nine years, has moved to Southern California and found it very difficult to say good-bye to her fifth grade students and their teacher. She stated that helping students in our local school district was the highlight of living in Lincoln. Eileen hopes to start a similar program in her new surroundings, and felt that working with kids kept her mind sharp and kept her "young at heart." She was impressed by the support, respect and appreciation principals, teachers, parents and students have for our SCHOOLS concept. Her parting thoughts were, "I want to encourage Sun City residents looking for an opportunity to get involved in the community of Lincoln, to consider joining the SCHOOLS Group." Thanks Eileen for your dedication and commitment to students and also for your willingness to serve on the Leadership Team.

For more detailed information please contact:

**Contacts: Sandy Frame 408-1453,**  
**[sflincoln4fun@starstream.net](mailto:sflincoln4fun@starstream.net)**  
**(Elementary); Cindy Moore 408-1452,**  
**[cindysmoore@me.com](mailto:cindysmoore@me.com);**  
**La Rita Gruenwald, [lariat@wavecable.com](mailto:lariat@wavecable.com)**



### SCOOP

#### Sun City Organization of Pooches

Meeting: Our March 5 SCOOP Meeting was well attended. Dog behaviorist, Matt Green, from the Placer SPCA, was present and addressed our members on Doggie Behavior and other issues. Many of our questions were addressed by Matt and he shared many helpful tips with us. We had a chance to answer some trivia questions – how well did we know our dogs? Small prizes for correct answers were awarded, as well as an opportunity drawing for a \$25 Petsmart gift card to a lucky member who was present. There was something

of interest for everyone in attendance!

Membership dues — \$12 per household per year: now due and payable. If you haven't already done so, please contact Mary Shelton, Co-leader at marishel@starstream.net or 409-9923.

Needed: A MAC person to help us maintain and update our website!

Comments/suggestions are always welcomed! Send to SCOOP's website below.

**Contact:** [scoop@scih-scoop.com](mailto:scoop@scih-scoop.com)

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



### Scrabble

Have some "Fun, Fun, Fun" when you roll with car names off your rack. Yes, it is time for scrabble words that are also models of automobiles. Had you thought about using Accord, Century, Civic, Corolla, Escape, Explorer, Golf, Impala, Imperial, Prelude, Ram Regal or Tundra? Or, how about coupe, sedan, truck or van, for style. And, hold onto your hat, because convertible could be made in two or three turns. Of course, the auto-makers: Dodge, Ford or Mercury are game (words are capitalized only for effect).

You are welcome to come play each Monday, at 1:00 PM, in the Cards Room (OC). We usually have three or four tables of players. There are no pre-set games, just grab a seat. You will improve your game by playing and teasing your brain.

Be bold, walk in any Monday afternoon and become a Lincoln Hills Scrabble player. It is free. For more information, call Candice.

**Contact:** [Candice Koropp 409-0607](tel:409-0607)



### Second Cup of Coffee

You'll be 'relaxed and informed' as you attend the Second Cup of Coffee Group meeting, in association with the Community Forum, on March 18 at 10:00 AM in the KS Presentation Hall. Our special speaker will be Bob Weygandt, County Supervisor D-2 on the subject "Fire-Away," as he addresses Placer County issues: from economy, regionalization, transportation, conservancy, etc. All residents are invited to attend our monthly meetings held the third Monday of each month at 10:00 AM.

Future programs scheduled: April 15, "Real NCIS Stories; May 20, Lincoln's Larg-

est Employer; June 17, What We Should Know — Lincoln City Council.

Mark your calendar now. Bring your neighbors and friends and join us for these interesting programs.

**Contact:** [Wolf Oplesch 408-1788](tel:408-1788)

[oplesch@sbcglobal.net](mailto:oplesch@sbcglobal.net)

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



### Shanghai

Do you wonder what kind of game is Shanghai? We invite you to find out. We offer you free lessons. We play every Thursday at 12:00 PM and every second & fourth Fridays at 5:45 PM. Contact one of the names listed below.

**Contacts:** [Howard Beaumont 408-0395](tel:408-0395);

[Chuck Kaul 408-4153](tel:408-4153)



### Singles

#### Dynamic Singles

If you haven't paid your dues yet, you have been dropped from our membership list. If you want to attend any of our functions, please call Donna McDonald to pay your dues and be reinstated.

Upcoming Events:

March

19) 7:00 PM – Let's Dance (Drop in Event) at Meridians

21) 4:30 PM – Dining Out at Casa Ramos, Lincoln (RSVP Darline 434-6472)

28) 6:00 PM – Social / Fundraiser / Re-gifting Sale (new or unused items Note: Location change to Kilaga Springs (Dee/Pat 434-5448)

April

04) 4:30 PM – Cocktail Time / TBD (Carol 408-3061)

07) 4:30 PM – April Birthday Celebration at Meridians Sports Bar (Anita 408-2444 / Eileen 434-6383)

11) 6:00 PM – General Meeting/ Personal Bingo at Multipurpose Room (KS) (Linda 628-5158 / Sarah 543-0035)

13) 9:00 AM – Second Saturday Breakfast at Meridians Sports Bar (Gail 543-8587)

Weekly sports:

- Bocce: Wednesday at 6:30 PM

- Golf: Friday AM (Bill 253-7551)

- Hiking: First/third Wednesday (Richard 408-5376)

**Contact:** [Linda Bacon 628-5158](tel:628-5158)

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



### Ski

Our general membership meeting scheduled for March 19 has been canceled. Instead, we will be enjoying our Tahoe Getaway Trip that week. Our itinerary includes skiing in the Sugar Bowl, Northstar or Squaw/Alpine areas on the first and last days (Tuesday and Friday), and skiing in the Heavenly, Kirkwood and Sierra At Tahoe areas on Wednesday and Thursday. If you have yet to make plans for this trip and would like to join us, please contact Mike Hilton (contact info below).

Be sure to check out the club's table at the Group Expo on March 26 from 10:00 AM to 2:00 PM, in and around the Orchard Creek Ballroom.

The end-of-season Ski Club potluck party is tentatively scheduled for April 16. Details will follow soon.

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

**Website:** [www.suncity-lincolnhills.org/residents/clubs/](http://www.suncity-lincolnhills.org/residents/clubs/); go to Ski Club



### Softball, Senior League

The draft for the spring season was held on March 11 and 13. If you had signed up to play in the rec league but have not heard from a manager, contact a Board member as soon as possible. Likewise, if you forgot to sign up or if you would be new to the League, contact a Board member and we can help you.

Team practices will begin March 18. Managers will get a schedule and will notify their teams. Spring season is scheduled to begin Wednesday, April 3 (weather permitting), and Fan Appreciation Day will be celebrated on Saturday, April 27. You will get a message if that changes.

The Club Expo will be on Tuesday, March 26, 10:00 AM-2:00 PM. If you would like to help out, contact Dave Rich.

Our next General Meeting is Tuesday, April 2, at 3:00 PM in OC Ballroom. Guests are always welcome.

**Contact: Joann Hilton 408-0346,  
Jhilton777@gmail.com  
Website: LHSSL.org**

### Coyotes

The winter Northern California All-Star League is winding down. When this issue hits in March there will be two doubleheaders left, March 15 & 21. As this is written, we have played 13 doubleheaders and our record is 17-9. Two weeks after this league ends, the Coyote Summer League starts playing on April 4. Four teams will play a nine inning doubleheader each Thursday at Del Webb Field with certain Thursdays blanked out due to tournaments, etc.

There is nothing like a day at the old ballpark



LINCOLN HILLS COYOTES  
10<sup>TH</sup> ANNUAL INVITATIONAL  
SOFTBALL TOURNAMENT

**WHEN:** June 29 & 30  
**WHERE:** DEL WEBB FIELD  
**TEAMS:** 55's  
FOOD, fun & prizes  
Games start at 8:00 AM

*Upcoming Coyotes Invitational*

The 70s played their first tournament early in March and the results will be told in the next issue. The 55s play their first tourney in Hayward on March 23/24. The 65s and 75s begin playing in April. Don't forget to put the annual Coyote Invitational, which will be held June 29/30, on your calendar so that you will remember to see senior softball at its best. This year the 55s host.

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



### Sports Car

Our car club had 44 members in attendance at its first Social Event of the year on February 16. We had our post-Valentine's Day Luncheon at Rubino's Ristorante located in Rocklin. Can't believe we ate everything from Chicken

Parmigiana to Beef Tips and then devoured Tiramisu and Kahlua Cake for dessert. The dining room was decorated in long stemmed red roses, first class all the way. Following lunch some went home to take a nap while others took off for a ride through the foothills. It was a perfect way to spend a Saturday.



*Valentine's Lunch Gals and Guys*

Plans are finalized for the club's first big trip to Pacific Grove April 16-18. We drive through San Francisco and down Highway 1, a route that is all about beautiful views of coastline and ocean. We will stay at Seven Gables B&B. We will tour the Carmel Mission and a ride through the Seventeen Mile Drive.

**Contact: DiAnn Rooney 543-9474,  
dlrooney@mac.com  
Website: LHsportscars.com**



### Square & Round Dance

#### Sun City Squares

We are planning another Review/Blast Class the first week of June



*The Square Dance Club — Review/Blast Class during the first week of March*

and a new beginner class starting the first week in September.

Call Chuck or Bob to sign up today!!

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

- Beginner 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)

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



### Table Tennis

Board members for 2013 are Marc Fong president; Gary Haight treasurer; Jerry Cress equipment manager; George Porzio, Valerie Green and Bernie Lewis — social managers; Marsha Rocknich play manager and Ed Rocknich articles.

Table tennis is a healthy physical activity that promotes hand eye coordination as well as balance. Play is generally mixed doubles and everyone plays. Play takes place at Kilaga Springs, Sundays (12:30-5:00 PM), Tuesdays (6:00-9:00 PM) and Fridays (8:00-11:00 AM). Thanks to Bob Grittner, at every Friday session a robotic server is setup for practice.

The top three players in the ladder competition are Greig Nakamoto, Tim Frank and Howard Parker. The latest three game winners in the ladder competition were DJ Cox, Rick Lang and Young Hur.

**Contact: Marsha Rocknich 434-1958**

### Tap Company

Tickets for the 2013 Tap Company Show "Presenting Simply Broadway" are on sale now (see pages 21 and 43 for purchase information). Tickets are selling fast and it will be a sell-out!

Our talented cast and crew of over 100 of your fellow residents are practicing, building, sewing, rehearsing, painting, and fiddling with sound and lights to be ready for the show dates: Thursday, April



Tickets on sale now

11 at 7:00 PM; Friday, April 12 at 7:00 PM; Saturday, April 13 at 2:00 PM (matinee) and 7:00 PM.

With a cast and crew of this size, there will likely be lots of folks in the show that you know so come on out to support them. They are working hard to wow you with a fun, heartwarming story filled with your favorite songs and dance, dance, dance! You won't believe how much talent is oozing out of this bunch! Come see for yourself!

**Contact: Becky Sprong 408-1389**

**beckyspring@sbcglobal.net**

**Janet Becker 543-3493,**

**beckerjm1962@gmail.com**



### Tennis

Our annual Valentine's Tournament, a mixed doubles event, was a great success. Weather was great, food was yummy and all had a good time. Winning Teams: Pat Hamm and Linda Burke; Lisa & Mark Snapp; Janis & Carl Braganza; Carol & Tony Vasconcellos.

Upcoming events are the Men's Singles Tournament on March 22-23 followed by



Tournament volunteers; great snacks; cool refreshments

the Women's Doubles tournament on April 13. Members will receive the entry forms by email.

To renew or join our club, please use the form found on the on the Tennis Group website <http://sclhtg.com>. Annual dues are \$12.

Social Drop-In is held every Wednesday and Saturday from 9:00 AM to 11:00 AM and is open to all residents. Feel free to come and join the fun.

**Contacts: Pat Campbell 543-0618,**

**patacam@gmail.com; Sharon Klotz**

**543-6950, tennislady@yahoo.com;**

**Website: <http://sclhtg.com>**



### Vaudeville Troupe

Thanks to all who attended January Shows of the Vaudeville Troupe where the audience stepped back in time to experience enigmatic music and dance from classic movies. Of course, the Troupe's Old-time Variety/Vaudeville Show provided non-stop energy and high-spirited performances to round-out the shows.



*Marina Eugenios, "I Can Cook Too" with her comedic flair!; Neil & Joanne Dennis, "On The Street Where You Live;"*

*Jean Wilson, Roxie Goddard, Hugo Solano, Shelagh Henderson, Celeste Morris, "Anastasia"*



The next Vaudeville Show will be July 12-13, when the Tribute will be "Country Music: Past and Present." We will be proud to perform this show in Vaudeville's intimate "Cabaret-Style Theater" — the newly renovated Presentation Hall (KS). Don't miss it! We think it has the appearance of an "Art-Deco" Hollywood Theater... join us for our fabulous July Show. Show tickets go on sale May 17. Don't wait!! We always sell out every show! Auditions for this show will be early in May.

Join us in Vaudeville with your unique and unusual talents or just join a great group!!

**Contact: Marina Eugenios 408-3654**

**marinaeug@sbcglobal.net**

**Troupe Website: [YouTube.com/](http://YouTube.com/user/marinaeugenios)**

**user/marinaeugenios**



### Veterans

Retired Navy Captain Wayne Osterman, a former fighter pilot and Top Gun instructor, will be the featured speaker at the March 21 joint meeting of the Veterans and Aviation Groups at 1:00 PM in the P-Hall (KS). During his naval career, Osterman served on four different aircraft carriers and completed more than 1,100 carrier landings. His presentation will recap his memorable military experiences and offer his insights to naval aviation.

**Contacts: Roger Espiritu 543-0395,**

**usn2100@sbcglobal.net;**

**Website: [lhvets.org](http://lhvets.org).**



### Water Volleyball

Water volleyball is open to all residents of any skill level. Try it out up to three times without joining. Membership is only \$10 a year (less than five cents a session). Where else can you get a good fun workout for that price? Look for our booth at the Groups Expo on Tuesday, March 26.

If you're interested in competitive play, March is the month in which rankings take place; be sure to come out and play this month.

We have open play, competitive (advanced) play, and league play. Training is also available. See you in the pool! It's a great way to meet new people and get a

low stress workout.

Play available (KS):

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

**Contacts: Steve Parke 543-0067, steven.parke@att.net; Jerry DiGiacomo 521-1904, itsmrd@sbcglobal.net www.suncity-lincolnhills.org/residents**



### West Coast Swing Dance

We had a huge turnout for our first dance and potluck of the year on Saturday, March 2. In addition to WCS, music included ballroom, nightclub two-step, Latin, and country.

Our Club Night Out will be this Sunday, March 17 at the Capital Swing Dancers monthly dance at the Fair Oaks Park and Recreation Auditorium. A beginner lesson will be 5:30-6:30 PM and then dancing until 10:30 PM.

Several of us participated in the Annual Capital Swing Dancers' Presidents' Day Convention last month in Sacramento. Activities included lessons, workshops, open dancing, competitions, and much more.

The next monthly Friday evening dance practice will be held on April 12, 5:30 to 7:30 PM, Fine Arts Room (OC.) Here's your chance to practice your West Coast Swing dancing with a teacher always on site.

Please remember to renew your membership this month. Please contact Betty Maxie at 408-5392.

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



### Woodcarvers

Sage Advice to "Wannabe"

Wood Carvers...

- "Don't ever think you can't do a project." John Russell
- "Join the Lincoln Woodcarvers." Rick Currier
- "Start with a small project and a few good tools and join a carving group" Doris Ellison
- "Come to the meetings; ...it's a great way to meet people." Richard Madsen
- "Learn not to hurry, use sharp tools, and to



Woodcarvers collage

wear a glove." Woody Woodburn

- "Don't try to catch a falling knife." Dick Howard
- "Keep the band-aids handy." Geoff Dodson's wife Jean
- "There's another eye under the one you just screwed-up." Al Weidlick

- "Stop before it's perfect."

Everyone in The Group

The group meets every Wednesday between 1:00 and 5:00 PM at the Sierra Room (KS).

**Contact: John Russell 543-6019, je\_russel62@hotmail.com Website: www.SCLHwoodcarvers.blogspot.com**



### Writers

Our March 20 meeting will present author Jack L. Parker, the author of several adventure/thrillers. His book titles include: *Tibetan Adventure*, *Bhutanese Adventure* and *Patagonian Adventure*. He will speak on traveling, writing and marketing.

The Monday Night Writers Group meets on the second and fourth Mondays of the month at 6:30 PM in the Ceramics Room (OC). The group consists of SCLH residents who enjoy putting thoughts to paper in the form of essays, historical facts, memoirs and novels. We read a maximum of 1,500 words to the group and receive positive, constructive feedback on our writing.

Please stop by our tables at the Club Expo on March 26 and talk to one of our writers/authors.

### Authors & Writers Resource Group

The Author & Writers Resource Group meets on the third Wednesday of each month, at 4:00 PM in the Multipurpose Room (OC).

**Contacts: Linda Bello-Ruiz 707-331-3684, lmbelloruiz@yahoo.com; Leo Craton 543-9012, craton1@att.net**

## The Spa

*Continued from page 3*

accelerate the healing of sports injuries. There are no side effects, no downtime, no pain, and treatments generally take around 20 minutes. LED will be one of the most prominent treatments you see in the spa world in the next decade. Known benefits include: skin repair by promoting the production of collagen; reducing the appearance of scars, stretch marks, sun spots, acne, and blemishes; accelerating wound healing; and restoring damaged

or diseased cells. It also increases circulation, transfers nutrients, oxygenates, and restores moisture to the skin. Treatments should be done twice a week. Skin firming/lifting and reduction of wrinkles becomes evident once collagen begins to rebuild. The service, a much healthier alternative to injections, is great for regeneration

from post-op peeling and does not cause inflammation associated with Laser Peels. The cost is \$75 per treatment or \$550 for a series of eight treatments.

Please visit our website for more new services I will discuss in the next issue including Oncology Skin Therapeutics.

~ Please see our ad on page 18. ~

**Your Destination to Health and Wellness.**

**Call to book your appointment today, 408-4290.**

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

**www.kilagaspringsspa.com Gift cards are also available on our website.**



**Family Owned and Operated for 25 Years**

ROSEVILLE, CA  
Est. 1975

AUTOS FOREIGN  
PICK-UPS &  
VANS DOMESTIC




**J & J  
BODY SHOP**

3 FRAME RACKS W/ MEASURING SYSTEM  
3 EXCLUSIVE DOWN-DRAFT SPRAY BOOTHS

FREE ESTIMATES INSURANCE WORK  
Free Shuttle for Sun City Residents

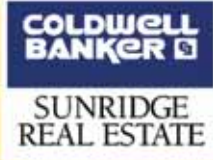
**783-5552**  
FAX: (916) 783-5576

50 DARLING WAY AT RIVERSIDE, 1/2 MILE NORTH OF I-80



**Gail Cirata**  
(916) 206-3503  
Gail@GailCirata.com  
Resident ~ Broker  
License #00481659

- Over 35 years serving your real estate needs
- Five years selling for Del Webb
- Experienced in Short Sales, Foreclosures and the "Tough" transactions
- Focused on your needs as my client and friend



www.homesinlincoln hills.com

Each office independently owned & operated.



**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!**  
\$200 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!

together, we'll keep your car running newer, longer.

**Firestone COMPLETE AUTO CARE**  
FirestoneCompleteAutoCare.com  
© 2013 LOCATE-409 or 800-409-0911

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-landfill disposal or recycling charges, if any are disclosed above, may also represent costs and profits. Specific product offerings and brand designs may vary. Prices, warranties, car services, 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 1st through June 30, 2013. APR: 22.5%. Minimum Finance Charge \$1.00. CMA 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)

**\$19<sup>99</sup>**  
Most vehicles.



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 5/31/13**

**Coolant Fluid Service**  
a cool service for one cool system

**\$15 OFF**

Includes inspection of your 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. Most vehicles. 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 5/31/13**

**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 Expert Tire stores. See store for full details. In-store installation required.

**save now thru 5/31/13**

**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 5/31/13**

## 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.

### Bocce Ball

Want to have some outdoor fun? Seeking residents who would like to play (or substitute) spring thru fall in organized bocce team play formats. Want to learn to play? Free lessons; scheduled practice times. Contact Brenda Spencer at [ozfactors@att.net](mailto:ozfactors@att.net) or 705-1070.

### Family Mental Illness Support Group

Are you the mother, father, sister, brother, son or daughter of someone who has a serious mental illness? Are you the primary emotional/financial/social support of an immediate family member who has a serious mental illness? Are you a grieving close relative of someone who has committed suicide or who might try to commit suicide? If so, chances are you need support yourself. A new group may be forming to exchange ideas and information for help and solutions; and to extend understanding that comes only from walking in our shoes. More info: Dede Ranahan, 408-4541.

### Glaucoma Support Group

The Glaucoma Support Group meets the second Wednesday of each month at 4:00 in the

## Did You Know?

Want to eliminate more snail mail? Sign up for online Association dues billing. Better yet, avoid having to remember to write that check each quarter and sign up for automatic payment withdrawal through the ACH program. Just contact Member Services for the form! Or, to access the form online, login to the resident website, [www.suncity-lincolnhills.org](http://www.suncity-lincolnhills.org), to go Library > Forms > Association Resident Forms and scroll down to:

Preauthorized Electronic Assessment Payment Form.



## You are invited... To the following presentation:

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

**Wednesday, March 13 9:30 AM**, Nautilus Society, Oaks (OC)

**Wednesday, March 13 2:00-4:00 PM**, Senior Advantage Seminar, Solarium (OC)

**Tuesday, March 19 6:00 PM**, Advanced Treatments for Chronic Pain, Oaks (OC)

Multimedia Room (OC). More info: Bonnie Dale, 543-2133.

### Grupo de Conversacion

Nos reunimos para practicar y mejorar el español. We meet weekly on Tuesday at 4:00 PM in the Living Room area (KS). More info: Marilyn, 434-6898.

### Hellenic (Greek) Group

The Sun City Lincoln Hills Hellenic Group is an association of people with an interest in Greek culture, heritage, history, foods and all around fun. We welcome as new members anyone with the spirit of Zorba, Greek, and non-Greek alike. We are a social fun loving group who meet the fourth Wednesday of the month at a members' home for fun and fellowship. A sampling of our activities include Greek Easter (May 5 this year) celebration at the Lincoln Hellenic Park, train trips, wine tours, Sacramento River brunch cruises, etc. More info: Kathy Karavidas, (925) 872-0390 (cell phone).

### Lincoln Democratic Club

The next club meeting will be Thursday, April 4, at 6:45 PM, Placer Room/Social Kitchen (KS). All are welcome. Recent activities included gathering over drinks and appetizers at the new Orchid Thai restaurant on Twelve Bridges to watch President

Obama's televised State of the Union address. Questions: June Paquette, 408-2263.

### Lincoln Hills Foundation/CPR Training

The Lincoln Hills Foundation is sponsoring Cardiopulmonary Resuscitation (CPR) for residents of SCLH. Classes will be held on Wednesday, March 27, and Wednesday, May 15, from 9:00 AM to 12:30 PM, (OC). Given by a certified instructor, the cost is \$10 per person with an additional \$10 charge for a certificate. Space is limited to 20 students per class, so advance registration is necessary. More info and registration: Vernon Chong, 408-0306 or [vernanc@att.net](mailto:vernanc@att.net). The life you save could be your own. The Lincoln Hills Foundation... Seniors Helping Seniors.

### Lincoln Multiple Sclerosis Group

We meet the first Tuesday of the month, from 1:00-3:00 PM in the Terra Cotta Room (KS). No meetings July/August. Luncheons in June and December. More info: Marilyn Sharp, 434-6898.

### Racquetball Group

We play on Mondays and Thursdays at California Family Fitness Club in Roseville (781-2323). 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

*Continued on page 41*



**It's time to get Bingo fever back again!**

## Lincoln Hills Foundation Bingo

Wednesday, March 20 • Ballroom (OC)

Doors Open 12:30 PM • Bingo Games begin at 1:00 PM

**It's a great way to spend time with family and friends.**

**\$20 for 12 games, 12 sheets with six cards each.**

**Up to \$1350 prize money plus door prizes.**

We appreciate all the wonderful people who have joined us for Bingo these past two months. We are clearly off to a great start. Pop-Ups are four for \$1. Cold water available, but no alcohol allowed. No one under 18 admitted. It's always fun for sure. Have a group of 10? Reserve your own table by calling Dennis Wagner, 360-213-5984. Visit the Foundation website at [www.lincolnhillsfoundation.org](http://www.lincolnhillsfoundation.org).

*We are Seniors Helping Seniors.  
Tell a friend.*



# \$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



# Don M. Branner

Estate Planning & Elder Law Attorney



End-of-life Health Care Planning is a must for you and your loved ones

*In-Home Conferences available on request*

- Living Trusts & Wills
- Probate of Wills
- Powers of Attorney  
Financial and Health Care
- Medi-Cal Planning for  
Nursing Home Care
- Trust Administration, Review & Updates

Member: National Academy of Elder Law Attorneys (NAELA)

Sun City Roseville Resident

Office: 6542 Lonetree Blvd., • Rocklin, CA 95765

(916) 774-1628

# MNM PAINTING

## ~ Spring Special ~

- Meadowgate \$3350
- Pinehill, Bridgegate, Echo Ridge \$1699
- Tahoe, Trinity Baldwin \$1999
- Santa Cruz, Plumas, El Dorado \$2150
- Sonoma, Monterey \$3099

Call for your price!

We use only Kelly Moores Premium Paint

Thank you for voting us best contractor in *Lincoln News Messenger's* 2012 Best of the Best contest.



916.765.7132

www.mnmpaintinganddrywall.com

CA Lic. #912348

# 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



Continued from page 39

play cutthroat, doubles and/or singles. Ladies are welcome. See you on the court!! Contact: Armando Mayorga, 408-4711 or amoon38@sbcglobal.net

### Shalom

The January general meeting started with an introduction of new officers. The new board is trying to make the meetings more social, and have succeeded so far. When the business part ended we saw several borscht-belt entertainers courtesy of Sandy Klein's DVD taken at a show in Miami which had our members in stitches. All of the comedians were good, but the last one, (the best), was Italian! In February, we were treated to an ice cream social. Even in the winter, ice cream is good. The March featured event will be Passover Seder, March 27 in the Ballroom (OC), from 5:00 to 9:00 PM. Call Karen Offsink (412-2575) for more information about the menu and price. The dinner is open to non-members as well as members but members pay less; join the group. Send checks to Ruth Winnick. Our website is [www.shalomsg.org](http://www.shalomsg.org).

## Cancer

Continued from page 21

between having cancer or high blood pressure, most of you would choose high blood pressure. This mythical example is used to help put the potential for dying of cancer in to proper perspective. According to the Centers for Disease Control and Prevention data, around twice the number of people die every year from conditions related to high blood pressure such as heart disease, strokes, and kidney disease than those who die from all types of cancers.

Cancer certainly is not always fatal, and, in many instances, is preventable. Terminology and specifics are important in understanding a condition. People often assume that if the word "tumor" is used, it is cancer. In fact, a tumor is a lump or enlargement and can be benign or malignant. In this sense, a pimple is a benign tumor.

Perhaps the very tendency to not seek screening for early detection is one of the reasons that more men than women die from cancer. However, the overall lifestyle

of both sexes is a huge determinant in all health problems. The Mayo Clinic literature lists "Seven tips to reduce your risk" for getting cancer:

- 1) Don't use tobacco
- 2) Eat a healthy diet
- 3) Protect yourself from the sun
- 4) Get immunized
- 5) Avoid risky behaviors
- 6) Don't share needles
- 7) Get regular medical care

You will want to expand your knowledge about this important subject by attending the March 20 Community Forum, "Controlling for Cancer: Lifestyle Choices You Can Make", by Lawrence Kushi, PhD. from UC Davis (see page 92).

## In Memoriam

### Correction

In last month's Memoriam for Orville A. Smith, his wife Mary-Lou was incorrectly identified. We regret this error.

### Don Beran

Born in San Francisco, Don spent much of his life there and in Sunnyvale. He was married to Rae Gilbert for 21 years until she died in 1994. He worked at various canneries throughout the Santa Clara Valley as an inventory control clerk. Moving here in 2004, Don joined the Singles Club, the Italian Club, played Bocce and enjoyed golfing with new friends. He will be missed by his many friends,

### Heino Jogis

Heino Jogis was a native of Estonia, a Baltic State south of Finland. In his teens his family became refugees in Germany. In 1949 he came to San Francisco, and graduated from UC Berkeley and became a civil engineer where he worked

at Chevron for 35 years. His hope for his country to become free was fulfilled in 1992. Heino was also an avid private airplane pilot and an inveterate animal lover. He leaves his wife, Judith, two children and two grandchildren.

### Constance Saylor

Connie was born in Baltimore, MD in 1930. She graduated from Mount Saint Joseph on the Ohio. She then traveled overseas as a civilian teacher for the Department of Defense teaching in Japan, Libya and England. For over 30 years she and her husband, John, lived in San Mateo, California where they raised their three boys. Later she worked in retail at the Emporium-Capwell Store. Connie enjoyed traveling, singing, music and movies, especially Irish music and the 1940's era. She was an active member of St. Joseph Catholic Church in Lincoln. She leaves her three sons, their spouses, two brothers and three 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.*

## Connections

Continued from page 6

of club members representing their club interests and activities. We will be in the OC Ballroom and Pre-function Area from 10:00 AM to 2:00 PM. For interesting information about the history of the Expo, please see page 15. See you in the Lodge!

## It's the Law

Douglas Thom

**You must come to a complete Stop before turning at controlled intersections.** This means you must stop before turning right at stop signs or signals.

**Violation  
\$236 + fees**



## 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

OVER 30 YEARS EXPERIENCE!

Lincoln Professional Center, 1530 Third St., Ste 110  
Lincoln, CA 95648

Psychotherapist  
Lic. #3878

Day & Evening Appts • Flexible Fees • Medicare and Insurance Provider

Call (916) 390-0083 for an appointment

marvin@starstream.net

## PC & Mac Resources

Terry Rooney

Lincoln Hills Resident  
Microsoft Business Partner



- Mac and Windows computer installations and upgrades
- Wireless (Wi-Fi) networking, plus file & printer sharing
- Computer tuneups, removal of spyware, viruses, malware
- Assistance with iPods, Tivo, other entertainment systems

Phone: 916-543-9474

Email: tarooney@gmail.com

2425 Swainson Lane, Lincoln, CA 95648

## Don's Lawn Aerating & Sprinkler Repair



Help Your Lawn Breathe

(530) 477-8553

Cell (530) 263-0554

## 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



## PERSONAL WELLNESS EVALUATION (\$100 VALUE)

FREE to Sun City Lincoln Hills Residents —  
Includes a health & lifestyle evaluation and a body composition analysis.

As your gift, you will receive a booklet that includes valuable information on improving your wellness.

CONNIE BRADLEY  
1-888-603-4136

herbaltrain@gmail.com

www.mygreatshapetoday.com/herbaltrain



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



## 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 to long to dry?**  
Call us today to have your Dryer Vent Cleaned!



- 20 Years Experience
- Pick up & Delivery
- Same Day Service
- 10% Senior Discount

Call Adrian (916) 410-4893

E-mail: help@tvtechrepair.com

2276 Pinnacles Drive, Rocklin, CA 95677 Lic. # 86833

We repair all brand name TVs, Blu-Ray, DVD, Surround Sound, LED TVs, LCD TVs, Plasma and DLP TVs

**Where to Find Entertainment, Trips, Activities Department Classes, Wellness & Fitness Classes, and Community Forums**

**• Entertainment – pages 43-49 •**

- Club Performances
- Community Perks
- Comedy
- Concerts
- Fashion Events
- Grandchildren Activities
- Party

**• Day Trips – pages 49-56 •**

- Casino
- Performances
- Fair/Festival
- Museums
- Tour
- Shopping
- Sports

**• Overnight & Extended Travel – pages 56-59**

**• Save the Date Future Overnight & Multi-day Trips through September 2013 – page 59**

**• Sold Out Trips Thru April 20 – page 59**

**• Classes – pages 59-81 •**

- |                            |                          |
|----------------------------|--------------------------|
| <b>Art</b>                 | — Clogging               |
| — Oils, Pastels & Acrylics | — Country Couples        |
| — Calligraphy              | — Western Dance          |
| — Drawing                  | — Hula                   |
| — Mixed Media              | — Jazz                   |
| <b>Ceramics</b>            | — Line Dance             |
| — Lladro                   | — Tap Dance              |
| — Pottery                  | — West Coast Swing       |
| <b>Computer</b>            | <b>Driver Training</b>   |
| — Tablets & Other Devices  | <b>Gem Stone Cutting</b> |
| — Social Media             | <b>Glass Art</b>         |
| — PC Operating Systems     | <b>Jewelry</b>           |
| — Microsoft Office         | <b>Movies</b>            |
| — Genealogy                | <b>Music</b>             |
| — Digital Editing          | — Guitar                 |
| — Photo                    | — History                |
| <b>Crafts</b>              | — Voice                  |
| — Card Making              | <b>Sewing</b>            |
| <b>Dance</b>               | <b>Travel</b>            |

**• Wellness & Fitness Classes – pages 81-90 •**

- |                     |                     |
|---------------------|---------------------|
| —Emotional          | — Mind & Body       |
| —Environmental      | — Connection        |
| —Disease Prevention | — Money Matters     |
| — & Management      | — Personal Growth   |
| — Group Exercise    | — Training Services |
| — Lessons           | — Wellness Services |

**• Community Forum Presentations – page 91-92 •**



**Tamara Coil**  
Lifestyle Entertainment Coordinator  
tamara.coil@sclhca.com

**Entertainment**

**—Club Performances—**

**The Tap Company — “Presenting Simply Broadway”**

- Thursday, April 11, 7:00 PM Show — 5111-02A**
- Friday, April 12, 7:00 PM Show — 5111-02B**
- Saturday, April 13, 2:00 PM Show — 5111-02C**
- Saturday, April 13, 7:00 PM Show — 5111-02D**

Tap your feet to the music as you watch an original Broadway-style show featuring the fabulous dancers of the Sun City Lincoln Hills Tap Company! Along with talented singers and actors, “Presenting Simply Broadway” brings one of a kind music and rousing production numbers from your favorite Broadway shows that will have you humming long after you leave the show. The stage is set as events unfold leading up to the New York opening of “Simply Broadway,” a show being produced by Harry and his assistant Sal. Harry has cast his old flame, Madeline, in the leading role while Sal has secretly auditioned a replacement. Sparks fly between Harry and Madeline as she is replaced just prior to the New York opening. Meanwhile members of the cast and chorus are experiencing their own fireworks with a love triangle and meddling rumors. Will the New York opening be a success? Will Madeline ever forgive Harry for bouncing her from the show? Like most Tap Company shows, it is expected to sell out! Ballroom (OC). Shows at 2:00 PM and 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$19. General admission \$14.**



**The Lincoln Hills Community Chorus Spring Concert – “An American Fanfare”**

- Sunday, May 5, 2:00 PM Show — 5105-03A**
- Monday, May 6, 7:00 PM Show — 5105-03B**
- Tuesday, May, 7:00 PM Show — 5105-03C**

The Lincoln Hills Community Chorus has an enjoyable array of music for your listening pleasure. Hear many favorites such as “Danny Boy,” “This Land is Your Land,”



“Save the Last Dance for Me” and many others. The December concerts sold out, so be sure to get your tickets early! The chorus members love to sing for you and appreciate your support. Ballroom (OC). Shows at 2:00 PM and 7:00 PM. **For those who**

*Continued on page 44*

do not like standing in line prior to the concert, Premium Reserved Section Seating \$18. General admission \$13.

### —Community Perks—

#### Annual Club/Group Expo

Tuesday, March 26 - Free

10:00 AM-2:00 PM, Ballroom (OC).

Learn more about the existing 76 clubs at Sun City Lincoln Hills at this annual event. Members and leaders of clubs/groups will be present to answer your questions and provide you with an idea of the activities within their clubs. It's never too late to become more involved. See you there!



#### KS at the Movies: "Grumpy Old Men"

Monday, April 1 — Free

PG; 103 minutes. Starring Jack Lemmon, Walter Matthau and Ann-Margret. Comedy/Drama. Doors open 1:00 PM for a 1:30 PM show, P-Hall (KS).



#### Document Destruction

Monday, April 15

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!



#### e-Waste Recycling

Tuesday, April 16 — 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 your unwanted electronic gadgets (working or broken)



including: computers, laptops, TV, radios, etc. We will offer this service approximately three times in 2013. The list of all acceptable electronics for recycling will be available at the Activities Desks. Just look for the big Sims Recycling truck in the Parking Lot!

#### New Resident Orientation

Tuesday, April 16 — Free

1:00-3:00 PM, Solarium. Offered quarterly and designed for all new homeowners to meet new residents and the Community Association management staff. Orientation provides valuable information about your Association committees, lifestyle programming, and clubs. Light refreshments. No RSVP ♦♦ required.



#### Home, Health & Business Showcase

Wednesday, April 17 — Free

10:00 AM-2:00 PM. 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 Orchard Creek Lodge to thank them for supporting the *Compass* and many of our Association and Group activities. Business Showcase Contact: Judy Olson, 625-4014.



#### Inspire by Example! Volunteer Symposium

Friday, April 26 — Free

Beginning at 10:00 AM, your Association is joining the National Volunteer Week efforts to encourage volunteerism in our community. Please join over 30 Placer County nonprofit organizations in the Ballroom as they showcase their organizations and volunteer opportunities in a fair-like set up. Stop by the Ballroom to talk with representatives from organizations from Lincoln City Archives to Sacramento Zoo and find where your interests may fit with the many volunteer needs these organizations have. Symposium Contact: Jeannine Balcombe, 625-4020.



### Reminders

• **Activities & Fitness Desk Hours & Phone Numbers:** Page 94.

• **Two Lodges:** Orchard Creek (OC) & Kilaga Springs (KS)

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

• **Want to sell?** Please contact the Activities Desk (OC/KS) if unable to attend an event, trip or 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 set to determine if class has met minimum registration required by instructor or if class will be cancelled. Once met, registration remains open until class is filled.

• **Classes (Except Fitness):** Register at least seven working days prior to start date. If you want to take more than one class scheduled in the same month from the same instructor (except Computer classes), you must wait until after RSVP date to ensure all residents have the opportunity to enroll.

• **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

## Annual Parking Lot Sale Saturday, May 18 — 5118-03

Join us for a morning sale, 7:30 AM-12:00 PM either to shop or sell. With only one date in 2013, don't miss your chance to participate in the annual Parking Lot Sale. 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. OC Fitness Center Parking Lot (OC). \$28 per space. Limited spaces available for home or local business \$75. Booths will be checked by staff and additional fee will be charged for anyone that has not registered as a business.



### —Comedy—

## Comedy Night at KS: Dennis Gaxiola Tuesday, March 19, 6:00 PM performance — 5119-01A 8:00 PM performance — 5119-01B

Dennis Gaxiola gained notoriety from his appearances with Jamie Foxx on *Comedy Central*, The Latino Kings of Comedy Tour with Paul Rodriguez, *BET's Comic View* and the 2010 season *Martin Lawrence's First Amendment Stand Up*. From the Apollo Theatre in New York, to clubs, colleges and churches across the country, Dennis is described as a comedian for all audiences. He has opened for legends including Al Green, Earth Wind & Fire, Mariah Carey, Cedric The Entertainer and many more. P-Hall (KS). General admission \$12.



## Comedy Night at KS: Sean Peabody Tuesday, April 2 6:00 PM performance — 5102-02A 8:00 PM performance — 5102-02B

Sean Peabody is one of the region's funniest comedic talents

and has performed at major comedy clubs across the country. Sean has worked with top talents such as Bruce Bruce, Eddie Griffin, D.C. Curry, and John Witherspoon to name a few. This Bay Area native comes locked and loaded with material to bring you the funny. P-Hall (KS). General admission \$12.



## Comedy Night at KS: Del Van Dyke Tuesday, May 14 6:00 PM performance — 5114-03A 8:00 PM performance — 5114-03B

Raised in Marin County, CA, Del Van Dyke began performing comedy in 1984 on the local San Francisco comedy scene. By the late 80's Del was headlining major clubs on the West Coast and took first place in the Northern California, Inland Empire, and Alameda County Comedy Competitions. He has appeared on network and cable TV, headlined for musical acts such as The Pointer Sisters and The Neville Brothers, and entertained our armed forces serving overseas. P-Hall (KS). General admission early registration discounted rate March 17- April 14, \$10. After April 14, \$12.



### —Concerts—

## KS Music Night Presents "In the Spirit of John Lennon" with Drew Harrison Friday, March 29 — Sold Out

Join us for an intimate acoustic evening celebrating the life and music of John Lennon. "In the Spirit of Lennon" is Drew's tribute to John Lennon and interpretation of his music. He goes beyond just sounding like him, and captures the intensity that Lennon brought to the Beatles music as well as his own. As a solo artist, he has performed in Europe, South America, and in the States for artists including Richard Thompson, Lyle Lovett, and Steve Miller to name a few. Drew debuted The Plastic Fauxno Band who presented "Love Is the Answer – The Concert for John Lennon" in 2010



*Continued on page 46*

### — Reminders —

wearing perfume, cologne, and scented bath & body products. Many have serious allergies exacerbated by scents.

- **Showtime:** For events, 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. Seats are located on *stage right* and *middle front* sections.
- **Events that Include a Meal:** Ticket sales for special events that include a meal will close three business days prior to event

date or upon sellout. All other special events are open for sale until show date unless sold out.

- **Special Accommodations:** We strive to make each event an enjoyable experience. For special accommodations, please inform the Monitor during registration. For **Events**, special needs patrons will be seated first. For **Trips**, we accommodate wheelchair bound passengers to the best of our abilities.
- **Departures:** All bus trips leave from OC Lodge unless otherwise noted. We load

the bus 15 minutes prior to departure times stated on these pages. As a courtesy to all, we leave on time. Buses are air conditioned, please dress accordingly.

- **Parking:** For *all* trips, please park beyond OC Fitness Center unless noted otherwise. Passengers are dropped off by the Fitness Center entrance on return.
- **Hosting a Bus Trip:** Interested in hosting the trip you are on? Please advise the Monitor when you register. We always welcome volunteers to host the trips.

to a sold out crowd in San Francisco. The two-and-a-half-hour concert for John Lennon was presented as the concert John might have performed had he toured in 1982. The program will include hit songs such as "In My Life" and "Imagine." When Drew is not performing solo, he is a lead singer in the Sun Kings band. One show only. P-Hall (KS), 7:00 PM. General admission \$15.

### Will & Anthony in Concert – "Broadway, Our Way" Friday, April 26 — 5126-02

Enchanting audiences across the country and around the world, Will & Anthony Nunziata bring their acclaimed concert with a fresh and nostalgic take on standards, show tunes and contemporary music. Comedic brotherly rapport, golden voices and piano accompaniment make up a program of songs including: "Make Someone Happy," "Just in Time," "The Prayer," "Once In A Lifetime" and signature mash-ups of songs such as "What Kind of Fool Am I" and "Who Can I Turn To." Will and Anthony have performed at New York City's premiere nightclub, Feinstein's at Loews Regency, Avery Fisher Hall, Jazz at Lincoln Center's Rose Hall, Boston Symphony Hall, and as headliners with the Colorado, Cape Cod, and Cleveland Pops Orchestras. *Theatre Scene Magazine* recently wrote that "the brothers play off each other in a way that Dean Martin and Frank Sinatra bounced off one another in those irreverent Rat-Pack days of another era." Ballroom (OC), 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$18.** General admission \$16.



### Swingin' Blue Stars of the USS Hornet Concert Thursday, May 30 — 5130-03

Join us for an entertaining concert in honor of Memorial Day with a group of ladies who specialize in performing songs from the 40's and 50's. The program will include close harmony, swing style music made popular by 1940's female vocal groups such as the Andrews Sisters. Sing along to the saucy and romantic WWII tunes that will take you on a stroll down memory lane. Formerly known as the Singing Blue Star Moms, all members had the common bond of sons, daughters or other family members that were enlisted or veterans of the U.S. Military. Songs including: "Rum & Coca-Cola" and "Boogie Woogie Bugle Boy" are favorites when the ladies perform at VA Hospitals, The American Legion, The Shriners, with Glenn Miller Orchestra and fairs and festivals around the country. Ballroom (OC), 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$18.** General admission early registration discounted rate March 17- April 14, \$13. After April 14, \$16.



## —Fashion Events—

### Spring Fashion Show Model Call Application Deadline, Friday, March 22

We need 25 models of all shapes and sizes that enjoy fashion and having fun! Looking for men and women to apply and be part of the Spring Fashion Show scheduled on Friday, April 19. If you would like to walk the runway with the latest spring and summer fashions from our selected clothing vendor, please pick up the information sheet at the Activities Desks or online. Information sheets require a recent photo, measurements and contact information. Submission deadline is Friday, March 22, to Tamara Coil at Kilaga Springs Lodge.



### "Fashion Is Blooming" – A Spring Fashion Show Friday, April 19 — 5119-02

Spring will be in full bloom with a beautiful collection of fashions and trends displayed on the runway by your friends and neighbors. Casual wear, social, sport and semi-formal occasions will be presented by Pottery World, Sun River and more. Enjoy beautiful clothing, accessories and a few fun surprises during the show. Chef will present a spring luncheon with choice of *Rice Noodle Shrimp Salad* or *Creamy Chicken Alfredo Pasta with a Chocolate Truffle Cheesecake for dessert*. If buying a table with friends and neighbors, please provide a complete list of guests at your table and their food choice upon registration. Advise the Monitor when purchasing tickets if you wish to be seated at the Gentleman's Table. Ballroom doors open 11:00 AM; lunch served at 11:30 AM; show 12:30 PM. \$31. Even if you do not attend the show, come shop from unique vendors displaying the latest accessories and fashion items in the Pre-function Area from 10:30 AM-2:30 PM.



## —Grandchildren Activities—

### Spring "Egg Hunt" Saturday, March 23

**Toddlers one-to-four years old — 5123-01A**  
**Children five-to-seven years old — 5123-01B**  
**Children eight-to-ten years old — 5123-01C**

An eggciting time for all the kids and kids at heart! Bring your grandchildren at 10:00 AM to the outdoor Amphitheater terrace to enjoy our traditional egg hunt and festive surprises. A creative balloon maker will twist and turn colorful balloons into crowns, flowers, airplanes, bunnies and more! Fun egg hunt prizes await your grandchildren during



*Continued on page 49*



**MAKI**  
HEATING & AIR CONDITIONING, INC.

Keeping Our Customers Comfortable Since 1984

**Rebates,  
Tax Credits and  
Financing Options  
Available!**

**\$25 Off  
ANY REPAIR**  
Present coupon at time of service.  
One coupon per customer. Not valid  
with any other offer.

**\$100 Off  
ANY NEW  
EQUIPMENT  
PURCHASE**  
Present coupon at time of service.  
One coupon per customer. Not valid  
with any other offer.

**\$5 Off  
MAINTENANCE**  
Present coupon at time of service.  
One coupon per customer. Not valid  
with any other offer.

**(530) 885-3449  
(916) 782-9242**

**MakiAir.com**  
Locally owned & operated by  
Cheryl and Randy Maki  
CL #631612






**Whisper**  
Hearing Center

Dr. Carol Trussell  
Dr. Tracy Volkman  
Doctors of Audiology

Raley's Shopping Ctr.  
900 Sterling Pkwy Ste 30  
Lincoln CA 94648  
(916) 434-1110

- Audiology Services
- Hearing Devices

**I LOVE WHAT I HEAR**  
Whispers and children's voices



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

# Did you know...

that Sutter Roseville Medical Center offers many programs and services designed for your community? These include:



- **Cardiology:** Heart healthy solutions, prevention and treatment of heart conditions
- **Gynecology:** Prevention, diagnosis and treatment of women's changing needs including advanced surgical procedures
- **Neurology:** Skilled diagnosis and advanced treatment of complex conditions effecting the brain, spine and central nervous system
- **Oncology:** Prevention, diagnosis, and treatment of cancer
- **Orthopedic:** Preventative solutions, traumatic injury, and joint replacement surgery

[sutterroseville.org](http://sutterroseville.org)



**Sutter Roseville  
Medical Center**

A Sutter Health Affiliate

NEW FLOOR PLANS NOW AVAILABLE



## Explore Del Webb in Sunny Arizona.

It's a time-honored tradition among our residents to get a feel for the rhythm of life at our other Del Webb communities, meet the neighbors and enjoy the amenities. We invite you to Explore Del Webb at any of our three Arizona communities for a few days.

**Special Del Webb VIP resident Stay and Play packages available.**

**Call the Del Webb location of your choice today for details on pricing and availability.**



 **Sun City Anthem**  
*by Del Webb*

PHOENIX, ARIZONA (EAST VALLEY)  
From the \$150s | 8 Floorplans  
800-248-8619

 **Sun City Festival**  
*by Del Webb*

PHOENIX, ARIZONA (WEST VALLEY)  
From the \$160s | 8 Floorplans  
800-341-6121

*Del Webb*  
**RANCHO DEL LAGO**

TUCSON, ARIZONA  
From the \$140s | 9 Floorplans  
866-340-9322

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

At least one resident must be 55 years of age or better, a limited number of residents may be younger and no one under 19 years of age. Some residents may be younger than 55. Community Association fees required. Complete offering terms for the homeowner's association is in an offering plan available from sponsor. Void where prohibited. Prices reflect base prices and are subject to change without notice. Lot premiums may apply. Details available upon request.  
©2012 Pulte Home Corporation.





this event. Hunt begins sharply at 10:30 AM. Don't forget your cameras for the picture-perfect Bunny photo opportunity! Bags for egg hunting will be provided. Sign up your grandchildren, **toddler to ten years only please**, at the Activities Desks. Wristbands required to participate in all activities. General admission \$8 per child. Limited space. Event will be cancelled due to low enrollment or rain.

### Grandkids Pavilion Picnic – Featuring Radio Disney Saturday, May 4 — 5104-03

Petting zoo, carnival games, prizes and Radio Disney make the perfect spring day with your grandchildren! The first Grandkids Pavilion Picnic will feature games and music with Radio Disney and the Mercedes Benz “Gift of Reading” program where you can share the magic of books through hosted interactive outdoor fun. Enjoy a kid friendly Picnic Box Lunch for a casual meal including choice of: *Hot Dog, Turkey or Roast Beef Sandwich with Chips, Cookie and Bottled Water*. Entertain the kids with animals in the petting zoo, play games for prizes, watch a magic show and more! Sports Pavilion (OC Sports Complex), 11:00 AM-3:00 PM. Sign up your grandchildren, **toddler to 12-years-old only please**, at the Activities Desks. Wristbands required to participate. Complete menu available online and at Activities Desks. General admission early registration discounted rate March 17- April 14, \$19 per child. After April 14, \$22 per child. Purchase of additional Picnic Box Lunch only for



adults \$10. Limited space. Event will be cancelled due to low enrollment or rain.

### —Party—

### “I Do” Again – Celebrate Your Vows Ceremony and Reception presented by Activities & Fitness Departments for “Wellness Days”

Thursday, May 23 — 5123-03

Nothing is more important in life than your emotional wellness and close relationships. We cordially invite you to say “I Do” all over again in front of friends, neighbors and family at our vow celebration party during Wellness Days. The Ballroom will be transformed into a beautiful ceremony and reception venue where couples will enjoy all the magical moments of exchanging rings, having the first dance (again), cake cutting and more. The ceremony officiant and DJ Tom will serenade you and get your family and friends on the dance floor after dessert. To complement the day's romantic flavor, view Chef Roderick's tantalizing cocktail hour menu, including a bruschetta bar and antipasta skewers, online and at Activities Desks. Ticket price includes appetizers, cake and champagne toast. No-host bar will be available throughout the party. Ballroom (OC). Ceremony 1:00 PM, Cocktail hour 2:00 PM, Reception & Dancing from 2:00-5:00 PM. General admission early registration discounted rate March 17-April 14, \$22. After April 14, \$25.



### Day Trips & Extended Travel



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

### Day Trips

### —Casino—

### Colusa Casino Thursday, May 2 — 1950-03

A very popular casino trip! Enjoy a nice spring drive and great view of the world's smallest mountain range, the Sutter Buttes. Receive casino credits: New members \$30; current members \$10, Premier \$15 and Elite \$25. All residents and their guests over 50 years of age will receive additional slot and/or food credits depending on the casino promotion for May. Leave OC 10:00 AM, return ~ 5:00 PM. \$21. RSVP ♦♦ by 4/15.



### —Performances—

### “Magique” — Eldorado Hotel & Casino Thursday, April 4 — 1774-01

Grand illusionists Kevin and Caruso bring imagination to life with their award-winning stage production “Magique” in the Eldorado Hotel & Casino Showroom in Reno. Glamorous showgirls materialize from a cloud of smoke... and vanish just as easily. Kevin impossibly passes through a cluster of spinning blades and the quirky Lord Caruso levitates in mid-air. State-of-the-art video effects, stunning costumes and plenty of fireworks put excitement and fun into the art of illusion. 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. \$84. RSVP ♦♦ Now.



### Lord of the Dance at Three Stages Thursday, April 11 (Evening performance) — 4560-01 Friday, April 12 (Matinee performance) — Sold Out!

Sixteen years ago, Michael Flatley created and launched Lord

*Continued on page 51*



# 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

Lic. # 848044

2008-2012 BEST OF THE BEST LINCOLN HILLS  
by Lincoln News Messenger readers  
Serving Lincoln Hills since 2004

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  
Ask for Victor Duran

## (916)660-1835

www.duranlandscape.com



Don't Just Seal It... GroutPro !!!

**\$25 OFF Any Home**

- Grout Stripping
- Grout Sealing
- Re-Grouting

Has Your Grout Been Damaged by Steam Cleaning or Acid Washing? We Can Restore It!!

Free In Home Estimates

## 916.632.0830

Don't Replace it .... RESTORE IT!

www.GroutPro.com



COLDWELL BANKER  
SUN RIDGE REAL ESTATE

# Don Gerring

Resident Realtor®

## (916) 747-5050

# Lincoln Hills Specialist!

Thinking of Selling? Low Inventory & High Demand!

Lic#00631339 dgerring@starstream.net Each office independently owned & operated



# Shelley Weisman

Selling the homes... and the lifestyle of Lincoln Hills since 1999

916.595.0130  
Shelley@ShelleyWeisman.com

www.BuyLincolnHills.com  
DRE #00892873

**LYON REAL ESTATE**  
www.GoLyon.com



# 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

## Golf Cart Inspections at Orchard Creek Lodge



Golf cart inspections are required every two years. Please obtain an application and requirements from the OC Business Office. Inspections are done by Lincoln Police at OC Lodge the first & third Thursday at 8:00 AM.

Golf Cart Registration (City/Lincoln) 8:00 AM at Orchard Creek Lodge  
Thursdays, March 21, April 4 & 18



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 Consultation and Guidance

of the Dance. Today, it is selling out arenas and theatres as the world's highest grossing Irish dance show. Flatley, who retired from dancing in 2011, is Artistic Director of Lord of the Dance and oversees all aspects of the production. "We are really excited to introduce our fans to the new visual experience that complements our show." A classic tale of good versus evil, based on Irish folklore, "Fans can expect 21 scenes of precision dancing, dramatic music, new colorful wardrobes and state-of-the-art staging and lighting," says Flatley. Join us at Three Stages at Folsom Lake College with seating in the parterre and center balcony sections. Please advise during registration if you need accessible seating. Thursday, April 11, leave OC 6:00 PM, return ~ 11:00 PM. \$81. Friday, April 12, depart OC 1:30 PM, return ~ 6:30 PM (Sold Out). RSVP ♦♦ Now.



### Pirates of Penzance at Three Stages, Folsom

Friday, May 10 — 4591-02

Now in its fourth decade — and with over 2,000 performances to their credit — America's preeminent Gilbert & Sullivan repertory ensemble performs to a full orchestra and chorus at Three Stages at Folsom Lake College. On the coast of Cornwall, a band of tenderhearted pirates celebrates the coming of age of Frederic, who was mistakenly apprenticed to the pirates until his 21st birthday. Now, Frederic has vowed to devote his life to the extermination of piracy — until a ludicrous leap year snag threatens to keep him apprenticed to the pirates for life! Throw in a bevy of beauties, a brash Pirate King, the delightfully stuffy Major-General Stanley and you've got what *The New York Times* calls "an endearing production with high musical standards and spirited performances." Enjoy a matinee performance and return in time for dinner at our own Meridians with a discount of 20% off your meal that evening; must present original trip receipt to server to receive discount (not including alcohol, tax & tip). Leave OC at 1:30 PM, return ~ 6:30 PM, \$73. RSVP ♦♦ by 3/15.



### Auburn Symphony at Mondavi Center Music Portraits featuring Michelle Kim, Pianist Sunday, April 14 — 1961-02

Enjoy the Auburn Symphony and the fine acoustics at the Mondavi Center in Davis as they present 'Musical Portraits' featuring the music of Kabalevsky, Mendelssohn, Musorgsky and Ravel with special guest, Michelle Kim. Described as "an artist of intense passion and profound sincerity," pianist Michelle Kim has captivated audiences all over the world with her unique blend of pianistic power, poetry, and striking stage presence. She has performed with critical acclaim in concert halls throughout the U.S., Europe, and Asia including performances at Carnegie Hall and Lincoln Center. Depart LH 1:15 PM, Return 6:15 PM. \$69. RSVP ♦♦ by 3/15.



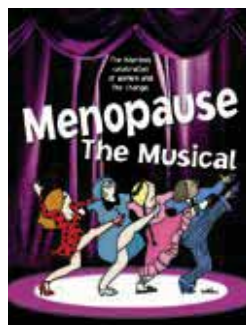
### 2013 Music Circus Series

This year's Music Circus summer season at the air-conditioned Wells Fargo Pavilion in Sacramento has lined up some exciting classical musicals as well as the Music Circus Premiere of the original "Chicago." All shows will be done "Theatre in the Round." Please note performance time of 7:30 PM for all performances below. Date and times of "The King and I" and "Chicago" to be announced in future *Compass*. \$76 each show.



### Menopause the Musical — Eldorado Hotel & Casino Thursday, May 9 — 1777-03

Inspired by a hot flash and a bottle of wine, "Menopause the Musical" is featured at the Eldorado Reno showroom. Come meet four women at a Bloomingdale's lingerie sale with nothing in common but a black lace bra and hot flashes, night sweats, memory loss, chocolate binges, not enough sex, too much sex and more. A joyful parody of 25 re-lyricized classic baby boomer hits, this 90-minute show features chart-toppers "I Heard it Thru the Grapevine; You No Longer See 39" and the disco favorite "Stayin' Awake!" See what millions of women (& men) worldwide have been laughing about for over 10 years! 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. \$84. RSVP ♦♦ by 4/15.



### Wizard of Oz

Wednesday, June 26 — 4531-03A

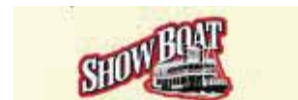
Join Dorothy, Toto, Tin Man, Scarecrow and Cowardly lion as they band together on an adventure along the Yellow Brick Road to Oz and face the wrath of the Wicked Witch. The production will be true to the movie that has enchanted fans of all ages for decades. Leave OC at 6:00 PM, return ~ 11:00 PM RSVP ♦♦ by 4/15.



### Showboat

Wednesday, July 10 — 4531-03B

A masterpiece, generally considered America's first true musical. Featuring one of the greatest scores ever, by Hammerstein & Kern. This show was the first show ever produced at the Music Circus in 1951, and hasn't been there in 12 years. Featuring the songs "Ol' Man River," "You Are Love," "Can't help Lovin' Dat Man." Leave OC at 6:00 PM, return ~ 11:00 PM. RSVP ♦♦ by 4/15.



Continued on page 52

**Sugar****Wednesday, July 24 — 4531-03C**

It's the classic movie *Some Like it Hot* — and it's live on stage, with a brassy score to highlight the hilarious antics! Two male musicians, disguised as women in an all-female band while fleeing the Chicago mob, experience a series of comical mishaps. Music by Jule Styne and lyrics by Bob Merrill, the team that composed "Funny Girl." Leave OC at 6:00 PM, return ~ 11:00 PM. RSVP ♦♦ by 4/15.

**The King and I — 4531-03D****August (date and time TBA)**

One of Rodgers and Hammerstein's most treasured musicals. East meets West, cultures clash and reconcile. A classic tale of passionate but forbidden love, filled with indelible, exhilarating moments featuring a breathtaking score. With the songs "Shall We Dance?," "Getting to Know You," "Something Wonderful."

**Chicago — 4531-03E****August (date and time TBA)**

First time ever at Music Circus, the sizzling, sexy Kander and Ebb smash hit, with choreography by the legendary Bob Fosse. Murderesses Roxie Hart and Velma Kelly find themselves on death row together and fight for the fame that may keep them from the gallows. Featuring the songs "All That Jazz," "Razzle Dazzle," "Cell Block Tango."

**—Fair/Festival—****Stockton Asparagus Festival****Friday, April 26 — 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, 600 booths, displays and exhibits. Leave OC 9:00 AM, return ~ 3:00 PM, \$31. RSVP ♦♦ by 3/15.

**—Museum—****Mare Island Naval Shipyard****Tuesday, April 30 — 1920-02**

Mare Island Naval Shipyard, located in Vallejo, was very important in our country's history. From the founding in 1854 to its closing in 1996, over 500 ships, including nuclear submarines, were built at Mare Island Naval Shipyard. Join us on a docent-led tour with sites that include the stately Colonial Revival era mansions of Officer's Row, St. Peter's Chapel with



its Tiffany stained glass windows, the Mare Island Artifact Museum, and the dry docks along the waterfront of Mare Island Strait. Lunch included and served in the museum will consist of *Chicken Breast with BBQ sauce, Roasted Rosemary Potatoes & Corn plus Green Salad, Rolls and Dessert*. Leave OC at 8:00 AM, return ~ 5:00 PM, \$61. RSVP ♦♦ by 3/15.

**Girl with the Pearl Earring — deYoung Museum****Tuesday, May 7 — 1764-03**

The deYoung will be the first venue in the American Tour of paintings from the Royal Picture Gallery Mauritshuis, The Hague. This jewel box of a museum, housing one of the world's most prestigious collections of Dutch Golden Age paintings, has not lent a large body of works from its holdings in nearly 30 years. The exhibition features 35 paintings representing the range of subject matter and technique characteristic of 17<sup>th</sup>-century painting in the Dutch Republic. Among the works traveling to the United States is the celebrated masterpiece *Girl with a Pearl Earring* by Johannes Vermeer and the enchanting *The Goldfinch* by Carel Fabritius. The painting of *Vase of Flowers* by the gifted Rachel Ruysch, one of the few female painters of the Dutch Golden Age, is being restored especially for the American Tour. You will also enjoy the companion exhibit of "Rembrandt's Century;" this exhibition examines a wide range of artworks from the 17th century. For more information on these and other currently running exhibits, please go to <http://deyoung.famsf.org/deyoung/exhibitions>. Lunch on your own at the museum cafe or bring your own. Admission includes Audio Guide rental. Leave OC at 8:30 AM, return ~ 6:00 PM. \$66 RSVP ♦♦ by 4/15.

**Terra Cotta Warriors — San Francisco Asian Museum****Thursday, May 16 — 1766-03**

First trip sold out, buy early to guarantee your spot! Discover why the Terracotta Warriors are the eighth wonder of the world without traveling to China. The only West Coast venue for this exhibition, the Asian Art Museum in San Francisco presents some of the Terracotta army's finest generals, cavalymen and archers in *China's Terracotta Warriors: The First Emperor's Legacy*.

This exhibition tells the story of China's first emperor whose relentless pursuit of power and immortality led to the creation of a vast tomb complex, a microcosm of the empire he ruled in life and a terracotta army to guard the emperor in his reign over the afterworld. In the museum's permanent galleries, view more than 2000 extraordinary works that include monumental South Asian stone sculptures, Chinese jades, vibrant Korean paintings, mystical Tibetan thangkas, serene Cambodian Buddhas, richly-decorated Islamic manuscripts, and subtle Japanese ceramics including *Batik: Spectacular Textiles of Java*. Option to rent head phones for self-guided multimedia tour

*Continued on page 54*

# CARPET CLEANING THREE ROOMS & HALL

**\$74.95**

*up to 500 sq. ft.  
includes free pretreatment!*

— **Additional Services** —

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

## GOLD COAST CARPET & UPHOLSTERY

OWNER OPERATOR \* LINCOLN RESIDENT \* IICRC CERTIFIED

**916-508-2521**

DEPENDABILITY \* INTEGRITY \* EXCELLENCE

## Discounts on 2013 New Precedent Models



*Up to \$1400 discount. Zero percent financing for six months on approved credit.*

**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)

## 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:

**Gary J. Brown**  
Financial Advisor

**(916) 409-1307**  
985 Sun City Lane  
Lincoln, California 95648



*I Have Offered Investment Services for Over 17 Years*

# STIFEL NICOLAUS

Stifel, Nicolaus & Company, Incorporated  
Member SIPC and NYSE, Inc.

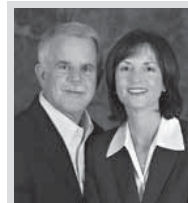
## Need help for a few hours daily, weekly, overnight or full-time care?



### 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)

available at the Information Desk. Lunch is on your own at Café Asia in the Museum or at a nearby restaurant. Depart 8:00 AM, return ~ 6:00 PM. \$56. RSVP ♦♦ by 4/15.

### —Tour—

#### Lands End/Cliff House — San Francisco

Wednesday, May 29 — 1922-03

Join us for a lovely day at “Lands End” in Golden Gate National Park where at every turn of the trail on this wild and rocky northwestern corner of San Francisco there is another stunning view. Along the way you’ll see hillsides of cypress and wildflowers, views of old shipwrecks, access to the epic ruins of Sutro Baths, pocket beaches, and a new Lookout Visitor Center. Join our step-on guide Gary Holloway as he takes us to see the Lands End Lookout and historic exhibits with a short history walk, including magnificent vistas of the Golden Gate Bridge and the Marin Headlands. We will enjoy a special three-course lunch at the world-famous Cliff House with views of the ocean. Following lunch, Gary will lead a one-hour walking tour of the Sutro Heights historic area, once the estate of Adolf Sutro, the city’s wealthiest citizen and mayor, who made his millions in Virginia City, Nevada. Beautiful statuary, unsurpassed vistas and much history await us on these heights. Gary will also narrate a driving tour of the adjacent neighborhoods, finding such historic landmarks at the old Playland at the Beach complex, and more. Our residents thoroughly enjoyed his narration and knowledge on previous trips, and you’re sure to learn something new. Trip limited to 49, sign up early! Leave OC 8:00 AM, return ~ 6:00 PM. \$125. RSVP ♦♦ by 4/15.



### —Shopping—

#### San Francisco — Pier 39

Tuesday, April 16 — 1845-02

Due to many requests, we’re changing our destination and staying a bit longer on this San Francisco trip to Pier 39. Check out the sea lions and street performers. Trip includes a free Pier 39 Fun Pack coupon booklet. Shop, have lunch and/or dinner, grab a cable car or cab and explore! These day trips are yours to do as you wish. Leave OC at 8:00 AM, return ~ 8:00 PM, \$36. RSVP ♦♦ by 3/15.



### —Sports—

#### San Francisco Giants

The 2012 World Series Champs are back to defend their title! We have five games for you to see the Giants in action. We have added a mid-week day game in August against the Boston Red Sox for an exciting inter-league game. No cans, glass bottles,



alcohol, or hard-sided coolers allowed inside ballpark. Wear layers for SF weather and a cap for sun protection. All games begin at 1:05 PM. Leave the Lodge at 10:00 AM, return ~ 7:00 PM, except where noted (\*). RSVP ♦♦ Now.

- **Giants vs. Los Angeles Dodgers — Sold Out!**  
Sunday, July 7 — 6360-01A
- **Giants vs. Chicago Cubs**  
Sunday, July 28 — 6360-01B  
Seats in Lower Box Section 131. \$90.
- **Giants vs. Boston Red Sox**  
Wednesday, August 21 — 6360-01C  
Seats in Lower Box Section 135. \$110.  
\* Bus departs 9:45 AM for 12:45 PM game.
- **Giants vs. Arizona Diamondbacks**  
Sunday, September 8 — 6360-01D  
Seats in Lower Box Section 131. \$86.
- **Giants vs. San Diego Padres**  
Saturday, September 28 — 6360-01E  
Seats located in Lower Box Section 135. \$86.

#### Oakland A's

We’re heading to the Oakland A’s. See the AL Champions Detroit Tigers take on the AL West champs the Oakland A’s on Saturday, April 13. The A’s will be handing out AL Division champs fleece blankets. Our second visit will be on Memorial Day for the “Battle of the Bay” against the World Series champs San Francisco Giants! Both are day games and you’ll have time upon arrival to get ballpark munchies and settle in for some great baseball! You’ll enjoy both games from field level seating. Game time 1:05 PM. Depart OC at 10:00 AM, Return ~ 7:00 PM. RSVP ♦♦ Now.



- **Oakland A's vs. Detroit Tigers**  
Saturday, April 13 — 6320-01A  
Seats in Lower Box Section 108. \$64.
- **Oakland A's vs. San Francisco Giants**  
Monday, May 27 — 6320-01B  
Seats in Lower Box Section 102. \$77.

#### River Cats

The River Cats are the Oakland A’s AAA farm team with up and coming future stars! Enjoy four games at beautiful Raley Field in West Sacramento. Same as last season, seats are located in Senate Box Sections 110 & 111 (in the bowl area directly behind home plate). Games begin at 7:05 PM. Leave the Lodge at 5:30 PM, return ~ 11:00 PM. \$40 each. RSVP ♦♦ Now.



- **River Cats vs. Tacoma Rainiers**  
Monday, June 17 — 6300-01A
- **River Cats vs. Fresno Grizzlies**  
Thursday, July 11 — 6300-01B
- **River Cats vs. Albuquerque Isotopes**  
Thursday, August 1 — 6300-01C
- **River Cats vs. Fresno Grizzlies**  
Monday, August 26 — 6300-01D

Continued on page 56

# The Game of a Lifetime



Made Easy with Lincoln Hills Golf Professional Instruction.

## Beginner Golfers



**GET  
READY**

5 Lessons for \$99  
Tuesdays from 12-1:30pm  
April 2nd, 9th, 16th,  
23rd & 30th



**Golf  
FORE  
Women**  
Learn. Golf. Grow.

5 Lessons for \$99  
Wednesdays from 12-1:30pm  
April 3rd, 10th, 17th, 24th  
& May 1st

## Intermediate Golfers

### 1.5 Hour Group Classes

4 lessons for \$75

April 4th, 11th, 18th & 25th  
Thursdays from 12 – 1:30pm

### 2 Hour Group Classes

3 lessons for \$75

April 13th, 20th & 27th  
Saturdays from 12 – 2pm

To register visit [lincolnhillsgolfclub.com](http://lincolnhillsgolfclub.com)  
or call 916.543.9200

**LINCOLN HILLS**  
GOLF CLUB



916.543.9200 • [LINCOLNHILLSGOLFCLUB.COM](http://LINCOLNHILLSGOLFCLUB.COM)

## Overnight & Extended Travel

### Two Nights! Hearst Castle/Cambria Tuesday, April 23, through Thursday, April 25 — 1972-01

We're returning to Hearst Castle for a spring visit! Visit Cambria and Hearst Castle with Katrina, your Trip Coordinator. Beat the crowd and enjoy the blooming gardens at Hearst Castle and at the hotel. Full menu descriptions for included meals available at Activities Desks.



Trip inclusions:

- Two nights Cambria Pines Lodge with hot buffet breakfast each morning
- Hosted Welcome Dinner at hotel after walk on beach and boardwalk with entrée choice of *Grilled Salmon or Chicken*
- Full Day Hearst Castle including boxed lunch
- "Grand Rooms" and "Cottages & Kitchen" or "Upstairs" Tours
- Hearst Castle – "Building the Dream" film on a five-story screen
- Time to explore village of Cambria for an afternoon with dinner on your own
- Paso Robles winery visit "Tobin James Winery" with included lunch
- Stretch & snack stops

Leave OC 8:00 AM, Tuesday, April 23, return Thursday April 25 ~ 6:00 PM. *A signed liability waiver is required for each participant.* \$375 per person double occupancy. \$510 single. RSVP ◆◆ Now. *Last day to purchase March 21.*

### Overnight! Healdsburg/Sonoma Wine Country Tuesday, May 21, through Wednesday, May 22 — 1972-02

Join us on an overnight trip to Healdsburg and Sonoma for wine tastings and tours of some of the fine wines served in our own Meridians. Complete menu description



for all included lunches available at the Activities Desks and from our website. Please be prepared to give your meal choice or any dietary restrictions at time of registration.



Trip inclusions:

- Garden tour and tasting at Kendall-Jackson Wine Center
- Picnic boxed lunch specially prepared by Meridians' Chef Roderick with options: *Grilled Chicken Focaccia or Prosciutto & Provolone Baguette or Roast Beef & Roasted Red Pepper Ciabatta.*
- Tastings at Murphy-Goode & La Crema tasting rooms in downtown Healdsburg
- Tour, tasting and boxed lunch at Sebastiani Vineyards & Winery in Sonoma. Boxed lunch choices: *Grilled Seasonal*



*Vegetable Sandwich Chicken Salad Sandwich on Baguette, or Organic Green Salad with Roasted Chicken with Champagne Vinaigrette and Sliced Baguette & Butter.*

- Free time in Sonoma town square
- Overnight stay at Best Western Plus Dry Creek Inn in the vintage rooms with continental plus breakfast
- Luggage handling and gratuities for bus driver
- All tour and tasting fees included, any additional tastings or any reserve wines would be on your own

*A signed liability waiver is required for each participant.* \$216 per person double occupancy, \$288 single. Depart Tuesday, May 21, 8:00 AM, return Wednesday, May 22 ~ 6:00 PM. RSVP ◆◆ by 3/15.

### Overnight Trip: Fort Bragg/Skunk Train Wednesday, June 19 to Thursday, June 20 — 1970-03

Popular trip last year!

Don't miss out this time! Join us in the luxury of our motor



coach 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 Robinson Rancheria in Nice for an included sandwich & soup lunch and some time for gaming. We arrive in Fort Bragg in time to check out Glass Beach and then head downtown for exploration and dinner on your own. We will be staying at the Emerald Dolphin Inn. On Thursday, enjoy the hotel's complimentary continental plus breakfast in own private room, then head out on 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, where we will 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. **Lots of walking.** 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 19, return ~ 9:00 PM June 20. No online sales. Purchase at Activities Desk (OC/KS) only. \$242 per person double occupancy. \$303 single. RSVP ◆◆ by 4/15.



### Multi-day trip! Ronald Reagan Presidential Library and Museum Sunday, July 21 through Wednesday, July 24 — 1971-02

In our first ever collaboration with **Road Scholar Learning Adventures**, formerly Elderhostel, we offer our residents an exclusive program to explore the presidency of Ronald Reagan, 40<sup>th</sup> President of the United States. Since the Ronald Reagan Presidential Library opened in 1991, more is now known



*Continued on page 59*





## NORTHERN CALIFORNIA FIDUCIARY SERVICES

TRUSTEE AND CONSERVATOR SERVICES

Serving all of Northern California as:

- Trustee or Successor Trustee for Special Needs, Revocable, Irrevocable and Insurance Trusts
- Conservator
- Executor/Administrator/Personal Representative for Probate
- Attorney-in-Fact under Power of Attorney

Call or email for a free guide to  
managing your estate documents:

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

530.864.5859

[susan@didriksens.com](mailto:susan@didriksens.com)

*Ethical, Experienced, Personalized*

California Licensed Fiduciary, License #413

# 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

## Denzler Family Dentistry

*New Patients Welcome*

- General & Cosmetic Dentistry
- Preventive & Hygiene Care
- Implant Dentistry
- Crowns & Bridges
- Porcelain Veneers
- Root Canal Therapy
- Dentures & Partials
- 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

**Lynn A. Dean**  
Attorney at Law

Specializing in making the  
process of estate planning  
simple and understandable.

- Wills
- Living Trusts
- Durable Powers of Attorney
- Health Care Directives
- Conservatorships/Probates
- Document Review & Updates

**(916) 786-7515**

1410 Rocky Ridge Dr., Suite 340  
Roseville, CA 95661

Member  
California State Bar  
National Academy of  
Elder Law Attorneys  
Graduate

McGeorge School of Law, J.D. 1980

*Caring &  
Affordable  
Service*



[www.LynnDeanLaw.com](http://www.LynnDeanLaw.com) • (916) 786-7515

**save THE date**

SUN CITY LINCOLN HILLS

2013

**SUMMER AMPHITHEATER CONCERT Series**

Complete Concert Series Line-Up announced in April's Compass & on Facebook! Series Package and Early Registration Pricing goes on sale April 17th

Do The Twist WITH CHUBBY CHECKER ON JUNE 7

OPEN TO THE PUBLIC

LIKE us on Facebook and follow us on twitter for concert updates

Search: SUN CITY LINCOLN HILLS ENTERTAINMENT

JUNE 7  
JUNE 25  
JULY 9  
JULY 26  
AUGUST 23  
SEPTEMBER 5  
SEPTEMBER 20

SURE  
ROCK  
50's POP  
BRITISH  
COUNTRY

about President Reagan's life from research and his private diaries. Enjoy the 2011 museum renovations and new interactive exhibits telling the story of Reagan's life and engage in multiple experiences such as acting in a movie with Reagan, and setting the table for a state dinner. Perched on a mountaintop with sweeping views of the mountains, valleys and the Pacific Ocean, this 100-acre site offers memorable experiences for people of all ages. Some highlights include:

- Board Air Force One, the "Flying White House," view the Oval Office and Reagan's final resting place, and hear personal stories about the Reagans from those who knew them.
- Lunch in Air Force One Pavilion
- Private access to the Presidential Gift Collection which is not on display at the museum
- Special speakers and classes about the life of Ronald Reagan
- Walking tour of downtown Ventura and lunch at The Greek at the Harbor
- Group leaders from Road Scholar
- Meals included: *three breakfasts, three lunches, and three dinners.*

Obtain a detailed itinerary at the Activities Desks. Leave OC 8:00 AM, Sunday, July 21, return Wednesday, July 24 ~ 9:00 PM. A signed liability waiver is required for each participant. \$813 per person double occupancy. \$998 single. Road

Scholar offers reasonably priced Travel Insurance for this trip. Please contact Katrina Ferland if you are interested. RSVP ♦♦ by 3/15.

## ROAD SCHOLAR

**Save the Date**  
**Future Overnight & Multi-day**  
**Trips through September 2013**  
**Hot August Nights-Reno, August 6-7**  
**Columbia State Park/Sonora Gold Country,**  
**September 11-13 (will include a visit to**  
**Ironstone Vineyards and Murphys)**



### Sold Out Trips thru April 20

#### Trip • Date • Departure Time

- Andre Rieu Bus 1/ Bus 2/Bus 3, March 15, 6:45 PM
- Crocker Art Museum, March 26, 9:00 AM
- Jersey Boys Bus 1/Bus 2, March 27, 10:30 AM
- Speaker Series, April 2, 6:45 PM
- Billy Elliot Bus 1/Bus 2, April 9, 6:45 PM
- Lord of the Dance, April 12, 1:30 PM

### Activities Department Classes



**Betty Maxie**  
**Lifestyle Class Coordinator**  
**betty.maxie@sclhca.com**

## Art

### —Oils, Pastels & Acrylics—

#### Painting Pastels and Oils with Joan

**Mondays, April 1-29 — 105110-03**

9:00-11:30 AM (OC). Instructor: Joan Jordan. \$65 (five sessions). Open to both pastel and oil painters. Under Joan's guidance, learn the art of pastel or oil painting. No previous training necessary. Create a painting deserving of a beautiful frame. Class divided based on student's art medium. **New students:** Ask for supply list at registration. RSVP ♦♦ by 3/25.



#### Impressionism and Landscape Painting with Oils & Acrylics

**Wednesdays, April 3-24, 9:00-11:30 AM — 113110-03**

**Wednesdays, April 3-24, 1:30-4:00 PM — 113210-03**

(OC). Instructor: Artist/resident Marilyn Rose. \$52 (four ses-

sions). For all skill levels. Students will receive expert guidance in creating original landscape paintings in oil or acrylic using photographs of their choice. Class demonstrations, masterwork examples and individual instruction will be used to help students understand various elements of landscape painting and implement them in capturing their unique vision on canvas. Study includes design, visual pathways, value structure, color harmony and painless perspective. First-time students may contact instructor at 409-0397 for material list. **About the instructor:** Marilyn has 20 years experience as a plein air and studio landscape painter and five years experience as an art instructor in classes and workshops, including the School of Light and Color in Fair Oaks. Her website address is [www.artistmarilynrose.com](http://www.artistmarilynrose.com). RSVP ♦♦ by 3/27.



### —Calligraphy—

#### New! Modern Calligraphy

**Thursday and Friday, March 21 & 22 — 1016-02**

Thursday, 10:00 AM-3:30 PM, Friday, 9:30 AM-12:00 PM, (OC).

Instructor: Phawnda Moore. \$70 (two sessions). \$15 materi-

*Continued on page 61*



## COCHRANE'S CHAPEL OF THE ROSES

- Serving Placer County since 1912
- Burial and cremation options available
- Pre-arrangement payment options
- Weekend and holiday services available
- Serving all faiths
- Veterans benefits available



103 Lincoln Street  
Roseville, CA 95678

(916) 783-7171  
www.cochraneschapel.com

## PRIVATE DUTY CAREGIVERS

Supervised & Supported by RNs/LVNs

Personal Care, Light Housekeeping, Meal Planning and Preparation, Transportation and/or Escort to Doctors and other appointments, Household Chores, Pet/House Sitting, Records Management, Sitters in Hospital or Skilled Nursing Facilities (SNFs), Companionship, Convalescent Care (if prior arrangement is made, the paid services of a private duty RN or LVN are available). Caregiver-Assisted Wheelchair Transportation is also available.



**American Red Cross**  
Authorized Provider #3125  
Lic. 315002194

www.CareHomeByRNs.com  
Contact Ron Ordon, RN  
(916) 408-7199

- Window Cleaning
- Gutter Cleaning
- Solar Panel Cleaning
- Hard Water Stain Removal

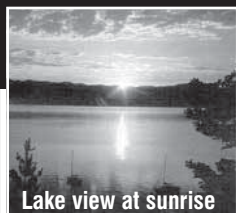


**American River Window Cleaning**

"Prompt • Professional • Quality Work"

Insured and Licensed  
PO Box 2352 • Rocklin, CA 95677

(916) 541.6508  
cleanwindows.arwc@gmail.com



## TAHOE LAKEFRONT HOME FOR RENT

4000 sq. ft. on Lake Blvd., Carnelian Bay

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

Cont. Lic. #964034

## DODGE ELECTRIC

Stephen Dodge  
Owner / Lincoln Hills Resident

For all your electrical needs

916-626-9190



Commercial • Residential • Free Estimates

## MARTINEZ LANDSCAPING

INSTALLATION/REPAIRS/RENOVATION

CONTRACTOR LIC. #691773

CALL NICK 916-709-6533

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

SENIOR DISCOUNT

SAVE \$100 on any new permanent make up!



Pam H. Cooper  
Permanent Make Up Designer

Treat yourself to some pampering!  
CUSTOM FACIALS, WAXING,  
MICRODERMABRASION, and more

FACE  
works™

916-223-2870  
www.faceworks.us

Gift Certificates Always Available

## Comp-Solve Computers



916-435-4293

In Home Computer Service

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

**Lincoln Hills Special**  
**\$69 for a 75 minute**  
**Service Call**



Your Certified  
Computer Tech is  
**Steve**

Thank You Lincoln Hills!

Customer Testimonials - [www.Comp-Solve.com](http://www.Comp-Solve.com)

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

als fee, payable to instructor. A dazzling array of marker pens, rubber stamps, stencils and unique papers make it fun to send notes to special people. Graphic designer Phawnda Moore teams easy brush letters with a simple Roman alphabet. The hands-on lab provides time to explore gel, iridescent, metallic, neon and white marker pens on many types of envelopes. Learn layout, design, and color palettes; see winning entries in the Graceful Envelope Contest. *About the instructor:* Phawnda teaches at the Crocker Art Museum, University Art, in the Bay Area, and has been recognized nationally for her designs. Please call her with questions at 630-0505. RSVP ♦♦ Now.

### —Drawing—

#### Multi-Media Drawing

Wednesdays, April 3-24 — 132110-03

9:30 AM-12:00 PM (OC). Instructor: Claire Michelet. \$64 (four sessions). Do you love to draw and learn new techniques? From beginners to the experienced, this class will put fun into your drawing! Get your favorite media ready and experiment and play as you move from one creative exercise to the next, from theme to theme and from figuration and abstraction to imagination. Whatever your preference, pencil, ink, pastels and more, this class will improve your skills. The first part of class will be dedicated to fun and stimulating exercises. The second part focuses on your personal project. Supply list will be provided upon registration. RSVP ♦♦ by 3/27.



### —Mixed Media—

#### Mixed Media Collage

Mondays, April 8-29 — 143110-03

12:00-3:00 PM (OC). Instructor: Jo Ann Brown-Scott. \$74 (four sessions). This lively and improvisational fine art class turns “found objects” and recyclables such as magazine pages, wrapping paper, beads and trinkets into mixed media collage art and unique 3-D paper assemblages, suitable for framing. Collage art is free-spirited and inventive, using your favorite colors, textures and images combined with acrylic paint and beautiful papers. One-on-one guidance provided; there is no possibility for a mistake creating this artwork. Class is easy and fun offering a fresh, new fine art technique. Open to beginning and continuing mixed media artists. **New students:** Call Jo at 543-1357 for supply list. RSVP ♦♦ by 4/1.



### Ceramics

#### —Lladro—

#### Spanish Oil Painting

Wednesdays, April 3-24 — 206110-03

1:00-4:00 PM (KS). Instructor: Barbara Bartling. \$38 (four ses-

sions). This is a beginning and continuing class on how to paint porcelain figurines.

**Prerequisite:** Lladro requires a steady hand and concentration. Learn basics by painting a small figurine; price varies, \$5-\$25 each.

Project paint and figurines are available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order. RSVP ♦♦ by 3/27.



#### Lladro Workshop

Wednesdays — Ladd3

1:00-4:00 PM (KS). Moderator: Barbara Bartling. \$12 per session. Drop-in sessions for Lladro hobbyists who can work independently. Workshop is not for beginners and does not provide moderator instruction. Workshop is held in conjunction with the ongoing Lladro class. No lockers provided for workshop attendees but there will be a locker for all “work in progress.” Fee includes firing and use of moderator’s supplies including brushes and tools. Oils, paints, glazes, silk flowers, etc., available for purchase from instructor during workshop.

### —Pottery—

#### Beginning/Intermediate Ceramics with Jim

Tuesdays, April 2-30 — 212110-03

1:00-4:00 PM (OC). Instructor: Jim Alvis. \$67 (five sessions). An introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Years teaching art and ceramics make Jim an excellent instructor with expertise in clay. Learn basic hand-building and wheel-throwing techniques with individual attention from Jim. First-time students will be provided clay and may use instructor’s tools to create their first art piece. Supply list provided after the first meeting for future classes. RSVP ♦♦ by 3/26.



#### Advanced Ceramics

Tuesdays, April 2-30 — 212210-03

9:00 AM-12:30 PM (OC). Instructor: Jim Alvis. \$67 (five sessions). For self-motivated students/artists with established ceramic skills. Assignments and demonstrations will be given by the instructor as well as individual guidance to further refine techniques and projects. RSVP ♦♦ by 3/26.

#### Ceramics — All Levels

Thursdays, April 4-25 — 221110-03

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



Continued on page 65

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 PERFECTIONS** Inc.  
 California State General Contractors License # 804189  
**Patio Covers and Sunrooms**  
 Patio Enclosures ~ Decorative Concrete  
 Decks ~ Balconies ~ Casitas  
 Outdoor Kitchens & Fireplaces

**Lincoln Hills Special**  
 \$500 off  
 with this Ad

Perfecting the Standard of Quality and Craftmanship  
**916-871-6318**  
 Free in Home Estimate  
[www.PatioPerfections.com](http://www.PatioPerfections.com)



Nick Brooks Keneta Sanchez



**SUN RIDGE REAL ESTATE**

Each Office Independently Owned and Operated. Lic. #01441035

**"Your Neighborhood Real Estate Office"**  
**(916) 543-5222**

1500 Del Webb Blvd., Suite 101 · Sun City Lincoln Hills

**PROPERTY MANAGEMENT SERVICES AVAILABLE**



Sharon Brevik  
580-7140



Marie Bryant  
799-9911



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



Kathy Sullivan  
761-4502



Margaret & Karl Thompson  
508-0152



Doreen Traxel  
698-0801



Tony Williams  
521-3400



Sharon Worman  
408-1555

Visit our Website at [www.CBSunRidge.com](http://www.CBSunRidge.com) for all current listings.

## Rehabilitation Services

- Hip/Knee Replacements & Fractures
- Physical, Occupational & Speech Therapy
- Stroke & Orthopedic Rehabilitation
- Post Cardiac Surgery
- Post Amputation Rehabilitation
- Swallowing & Speech Disorders



1550 Third Street • Lincoln  
[www.lincolnmeadowscarecenter.com](http://www.lincolnmeadowscarecenter.com)  
 916.412.9946



*loving God... loving each other*

**Celebrate Easter!** Palm Sunday, March 24th  
 Easter Sunday, March 31st



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



**DAVE MULLEN**  
 Certified Arborist  
 WE1374A

**BILL MARTINHO**  
 Certified Arborist  
 WE1673A

Qualified Applicator  
 License #96182

Owner/Operator  
 on site

- Pruning • Removals • Stump Grinding
- Lot Clearing • Weed Control • Arborist Reports
- Cabling • Deep Root Feeding • Turf Fertilization
- Insect Control • Fruit Tree Spray



**Golden State  
 Tree Care Inc.**

PROFESSIONAL TREE CARE • 25 YEARS' EXPERIENCE

Lic. #936958

Fully Insured

Free Consultation

**March is the time to  
 Deep Root Fertilize  
 Your Shrubs and Trees**



**Let Our Team Work For You!**

**916-652-9090**

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

**Century 21**  
Real Estate for Your World™

**Rick & Christine Bluhm**  
REALTORS® / Brokers  
SCLH residents Village 31C  
#00609026 / #01061633

*We make it happen...  
You make it home.*



Direct: (916) 408-8980  
E-mail: rickbluhm@re4u.net  
Website: www.rickandchristine.com

Each Office is Independently Owned and Operated.



Over 29 years in business!

**SunDance Interiors**

CONT. LIC. #677243

**Custom Draperies & Upholstery**  
Slipcovers • Shutters  
Blinds • Bedspreads

Workroom & Showroom

**781-2424**

Ask for a senior discount

400 Washington Blvd., Ste. C • Roseville  
www.sundanceinteriors.com

**SCLH Resident Dog Trainer**



**Custom Dog Training**


*Our highest priority is to ensure that the training we provide is tailored to meet your needs and challenges. We are committed to your success and the well-being of your dog!*

**Economical Training to Fit Your Budget**

Free Phone Consultation  
**(916) 209-3594**  
Roseville Dog Trainer Cell (916) 295-2380

**RosevilleDogTrainer.com**


**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**  
**916-782-2111**



to work at their own pace receiving individual instruction to achieve their 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 from the Monitor when you register. RSVP ♦♦ by 3/28.

### Ceramics Vacation Drop-In Session

**Tuesdays — CERD1**

**Thursdays — CERD2**

Tuesdays 9:00 AM-12:30 PM; Thursdays 1:00-4:00 PM (OC). Tuesday Moderator: Jim Alvis; Thursday Moderator: Terry Ac-comando. \$17 per session. 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 Jim 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 assuring everyone follows guidelines and safety procedures. Class space is on first-come, first-served basis. Students must check with instructor to make sure space is available and that they have met class prerequisite prior to registering at the Activities Desks. Registration for drop-in sessions is only available within the hour prior to class start.

## Computer

### —Tablets & Other Devices—

#### How to Use iPhoto on Your iPad

**Wednesday, March 27 — 2520-02**

1:00-4:00 PM (KS). Instructor: Andy Petro. \$30. **Prerequisite:** Must bring iPad to class with iPhoto for the iPad downloaded from the iPad App Store before you come to class (\$4.99). Learn to navigate through iPhoto on your iPad. Lessons include how to view and organize your photos; review and use of iPhoto’s editing tools and how to create, customize, and share photo journals and put them in iCloud for viewing by others. We shall also review many apps available through Apple’s App Store that offer other photo editing apps and look at apps that offer various color techniques, collage builders, and other camera and camera enhancements for your iPad and photos. RSVP ♦♦ by 3/20.

#### Google’s Android — Level 1

**Monday, April 8 — 255110-03**

9:00-12:00 AM (OC). Instructor: Len Carniato. \$30. 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. Class is also applicable for Kindle and Nook. **Prerequisite:** Be an Android device owner (bring to class). RSVP ♦♦ by 4/1.

### —Social Media—

#### Facebook 101

**Saturdays, May 4 & 11 — 272110-03**

9:00-11:00 AM (OC). Instructor: Janet Dixon-Dickens. \$40 (two sessions.) Get more out of your social networking. In addition to face-to-face, telephone and email communications, learn all about Facebook. This course will get you up to speed on how to create, use, and maintain a Facebook page of your own, including understanding the complex Facebook privacy policies and settings. The course format will use short videos and hands on instruction. Videos for setting up a Facebook account, understanding privacy in Facebook, setting your privacy on Facebook, creating a profile on Facebook and much more hands on practice. Class size is limited so sign up early. **Prerequisite:** Must have personal working email. RSVP ♦♦ by 4/27.



#### Twitter 101

**Saturdays, May 18 & 25 — 273110-03**

9:00-11:00 AM (OC). Instructor: Janet Dixon-Dickens. \$ 40 (two sessions) Still don’t get Twitter and tweeting? More and more this micro-blogging network is becoming a very useful tool for finding out what’s going on with the people and things that matter to you the most. In this course, you will learn the various ways you can use Twitter to enhance your own life. The course format will use short videos and hands on instruction. **Prerequisite:** Must have personal working email. Class size is limited so sign up early. RSVP ♦♦ by 5/11.



### —PC Operating System—

#### Tips & Tricks for Beginning PC Users

**Monday, April 1 — 282110-03**

1:00-3:30 PM (OC). Instructor: Bob Ringo. \$15. The beginning computer user is often frustrated when it comes to cutting and pasting, using the scroll bar, downloading files, creating folders, right clicking, and much more. These are all essential Windows techniques that everyone assumes you know, but you don’t. Computer tips and tricks can fill a book, but this class is a review of all those things my family, friends, and fellow club members over the years did not know. Taking advantage of the tips and



*Continued on page 67*

*We have  
expanded our  
hours.*

*Now offering  
Saturday  
Appointments!*



**Jeffery Adkins, MD**

Certified by the American  
Board of Ophthalmology

- Complete Eye Exams
- Treatment of Eye Disease
- Fashion Eyewear

*Most Insurance Plans Accepted*

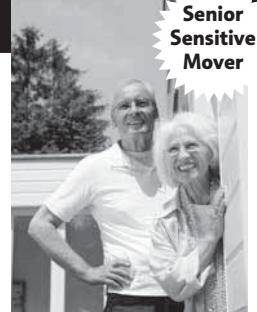
**(916) 408-0039**

2295 Fieldstone Drive • Suite 130 • Lincoln, CA  
In Twelve Bridges • Fax (916) 537-2974

## CR Moving Services

**(916) 966-8745**

CAL PUC T-190789



Senior  
Sensitive  
Mover

- ✓ Local/Statewide Moving Services
- ✓ 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."**

## JOHNNY ON THE SPOT!

**CARPET CLEANING  
TILE & GROUT CLEANING**



**LINCOLN HILLS RESIDENT**

**IICRC Certified • Licensed • Insured**

**Not \$99... Not \$75... but \$59**  
for 3 rooms of carpet

**FREE ESTIMATES 916-290-2550**

Biggest truck-mounted unit for hot water extraction  
High efficiency & faster drying



**Income Tax  
Preparation  
&  
Financial  
Planning**

**BE ASSURED OF A FINANCIALLY  
SECURE RETIREMENT**

**AL KOTTMAN, EA, CFP**

**(916) 543-8151**

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

**Lincoln Hills Resident**

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

tricks you learn in this class will make using your computer more pleasurable and much less maddening. **Prerequisites:** Basic computer skills and comfortable using an Internet browser. Please bring a flash drive. RSVP ♦♦ by 3/25.

### More Tips & Tricks for Beginning PC Users Wednesday, April 3 — 282210-03

1:00-3:30 PM (OC). Instructor: Bob Ringo. \$15. In this class you will learn over 50 additional PC tips and tricks that weren't covered in the first session of "Tips & Tricks for Beginning PC Users." You need not have attended the first class to benefit from the new tips and tricks you will learn in this class. They will make your everyday computer usage much more productive and enjoyable. Please bring a flash drive. RSVP ♦♦ by 3/27.

### Organizing Your Windows Information Thursday, April 18 — 2542-02A

10:00 AM-12:00 PM (OC). Instructor: Bob Ringo. \$15. **Prerequisite:** Basic computer skills. The average PC user collects many types of information — music, letters, recorded TV programs, photographs, videos, and the like. It becomes frustrating when you can't find the records that you earlier stored on your computer. This class will teach you simple methods for organizing your Windows information and creating folders for your personal computer that are easy to set up, simple to use, simple to understand, and flexible to modify. In these folders, you can store the images of the thousands of photographs, songs and scanned documents you have collected. Once you have your file in an organized manner, you can easily incorporate these items into your favorite application programs. Remember, when you can find things, using your computer is much more fun! RSVP ♦♦ by 4/11.



### Security for Your Windows Tuesday, April 23 — 2542-02B

10:00 AM-12:00 PM (OC). Instructor: Bob Ringo. \$15. **Prerequisite:** Basic computer skills. Windows comes with several built-in security features. Learn to use these free security programs which include Windows Defender, User Account Control, Windows Firewall, and more and keep your personal computer secure from the bad guys. You will come away from this class with a better understanding of what Windows security features are available and how they work together; also a better idea of what can go wrong with Windows and how you can fix it. RSVP ♦♦ by 4/16.



### —Microsoft Office—

**MS Word Phase Two**  
Mondays & Wednesdays, April 8-17 — 2650-02B  
9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four ses-

sions). This class focuses on integrating text and graphics. We will explore the advanced features of Word, such as, section breaks, creating flyers, brochures, special labels, and tables. Angela will provide tips and shortcuts to make tasks less daunting. **Prerequisite:** Lots of practice with Microsoft Word, or Word Phase one or Word Basic. RSVP ♦♦ by 4/2.



### —Genealogy—

#### Searching Like a Pro Thursday, April 25 — 2690-02A

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo. \$15. In the fall of 1999 the Google search engine went live and immediately changed the way researchers searched the web. At the same time, the electronic availability of family records on the Internet literally exploded. Today millions of genealogists use Google to search the Internet not only for family surnames but also for information about the lives of their ancestors. In this class you will learn how to use the countless capabilities of Google to assist you in your family history search. You don't have to be a genealogist to benefit from this class. The tips and tricks presented in this class will be equally applicable to anyone searching the Internet. RSVP ♦♦ by 4/18.



#### Getting Started with Family Tree Maker Friday, April 26 — 2690-02B

9:30 AM-12:00 PM (OC) Instructor: Bob Ringo \$15. **Prerequisite:** Basic computer skills. Family Tree Maker (FTM) is advertised as "the number one selling genealogy software." As with other genealogy software, FTM allows the researcher to keep track of information collected during family history research and to create reports, charts, and books containing this information. Beginners enjoy the easy navigation and tree-building tools in FTM. In this class you will create a sample database with a few individuals in your family to get you up and running using FTM. At the end of the session, you will be able to add individuals, parents, spouses, and children to your personal database. RSVP ♦♦ by 4/19.

### —Digital Editing—

#### Movie Maker Magic with "Windows Live Movie Maker" "Create Lasting Memories with your Computer"

Monday, Tuesday, Wednesday, March 25, 26, 27 — 2571-02

9:00-11:00 AM (OC). Instructor: Len Carniato. \$60 (three sessions). With "Windows Live Movie Maker" (free from Microsoft) you can turn photos and videos into polished movies and DVDs. Learn to tell your story in your way. In this lec-



*Continued on page 68*

ture/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 3/18.

—Photo—

**Basic Digital SLR Photography**  
Thursdays, April 25 & May 2 — 262110-03

12:00-3:00 PM (OC). Instructor: Roy Salisbury. \$39 (two sessions). The class focuses 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 also will 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. Handout fee (\$3) payable to instructor. RSVP ♦♦ by 4/18.



**Crafts**

—Card Making—

**Intro to Card Making 101**  
Tuesdays, April 9-30 — 317110-03

9:00 AM-12:00 PM (KS). Instructor: Dottie Macken. \$32 (four sessions). Have you ever wanted to make a card but you weren't sure how to get started? This beginners' class will be a fun three hours of learning how to make greeting cards along with a cute box. Classes are small so you will receive lots of individual attention. All supplies and tools will be provided. Class size is limited so sign up early. RSVP ♦♦ by 4/2.



**Additional Class! Card Making Level 2**  
Mondays, April 8-29 — 317210-03

**Or Fridays, April 5-26 — 317220-03**  
Monday class 9:00 AM-12:00 PM (KS),  
Friday class 9:00 AM-12:00 PM (OC).  
Instructor: Dottie Macken. \$38 each  
(four sessions, no class March 1). **Prerequisite:** Completion of Intro to Card Making 101, or instructor's approval.



tor's approval. Continue to build on your card-making skills in this fun three-hour class making greeting cards and some 3-D projects. All supplies will be provided. RSVP ♦♦ by 3/29 or 4/1.

**Dance**

—Clogging—

**Beginning Clogging**  
Tuesdays, April 2-30 — 332100-03

10:00-11:00 AM (KS). Instructor: Janice Hanzel. \$25 (five sessions,). **Note:** Open to new and returning students. This class is for dancers who have never clogged before and for those who want to just have fun at an easy pace. Class introduces and moves through the eight basic traditional clogging movements: *Step – Rock – Brush – Drag – Slide – Double Toe – Toe and Heel* at a relaxed pace. We'll be learning fun clogging dances with basic clogging steps like *Push Off, Triple, Rock Back, Triple Kick, Basic, Clogover Vine, Joey, Brush and Turn* to name a few. Bluegrass to Big Band, Gospel to Contemporary Pop will help round out music choices. Join Janice, a certified clogging instructor with over 30 years of teaching experience in the noisiest of American Folk Dance. Special attention to balance skills is part of the lessons. So whether you want to *sit and dance, dance with your hands, or clog with your feet* – come join us and move to the music! No special shoes required; flat-soled shoes recommended. RSVP ♦♦ by 3/26.



**Step Review through Intermediate Clogging**  
Tuesdays, April 2-30 — 332210-03

11:00 AM-12:00 PM (KS). Instructor: Janice Hanzel. \$25 (five sessions). **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 3/26.

**Performance and Technique Clogging**  
Tuesdays, April 2-30 — 332310-03

12:00-1:00 PM (KS). Instructor: Janice Hanzel \$25 (five sessions). **Prerequisite:** Instructor approval. Students are strongly encouraged to take *Step Review through Intermediate Level Clogging*. Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned as well as learning new steps at a little faster pace. Some dances taught will be created for specific events. Movements such as *Wheels, Tunnels, Stars*, and traditional Appalachian-style dancing involving some partner work will be introduced as part of the skills taught in the Intermediate Plus level. RSVP ♦♦ by 3/26.

*Continued on page 70*



**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



**EAGLE PLUMBING**  
*and roofer*

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



Tim Martin  
 Owner

Lic. #870411  
 plumbing@surewest.net  
 www.eagleplumbing.biz

(916) 645 2500  
 1255 Big Ben Rd, Lincoln, CA

The Genuine. The Original.



The Overhead Door Company of Sacramento, Inc.

**SALES, SERVICE, INSTALLATION, & PARTS**  
 We provide free estimates, and repair or replace all garage doors and openers

**916-421-3747 or 530-758-3747**

[www.overheaddoorofsacramento.com](http://www.overheaddoorofsacramento.com) Lic# 355325

**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

**916-303-6910**

Owner David Jones, Lincoln resident/businessman, all work guaranteed.

**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

\*Coupon Instructions: Must present coupon at time of estimate. Not valid with other offers or discounts.

**\$20 OFF**  
 Service Call

**Heating Season Is Here!**  
 Heating | Air Conditioning | Electrical

• Service • Repair  
 • Design • Installation



“We wrote the book on heating & air conditioning”

**(916) 749-5770**  
[www.jporman.com](http://www.jporman.com)  
 Lic 683019



**Landscape Design, Installation & Maintenance**

*Free Design with any Signed Project*

Lic. #746085  
 Licensed & Insured

**916-899-7126**  
[greatoutdoors1ts4@yahoo.com](mailto:greatoutdoors1ts4@yahoo.com)

Thoughtful Caring Landscaping

**Eldercare Referral Service for Seniors and their Families at NO CHARGE to You**

**916-899-8676**

- Assisted & Independent Living Communities
- Residential Care Homes
- Alzheimer's and Dementia Communities
- In-Home Care



**Assisted Transition.**  
 Senior Living & Care Finders  
[www.assistedtransition.com](http://www.assistedtransition.com)




**Holly Stryker, Realtor®**  
 “Personal Care — Professional Results”

**Call: (916) 960-3949**

945 Orchard Creek Lane #300  
 Lincoln, CA 95648  
 strykerhomes@gmail.com  
 www.LiveLincolnHills.com

Buying or Selling? Call Me!



**KELLER WILLIAMS REALTY**

KA DRE# 01900767  
 Each office independently owned & operated



—Country Couples Western Dance—

**Country Couples Western Dance**

**Beginner Level One & Two**

**Mondays, April 1-22 — 344210-03**

7:00-8:00 PM (KS). Instructors: Jim & Jeanie Keener. \$20 (four sessions) 7:00 - 8:00 PM (KS) 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; also some line dances are done with partners. Instruction will be at a slower pace for beginners. If you don't have a partner, many of the dances can be done as an individual. RSVP ♦♦ by 3/25.



**Country Couples Western Dance**

**Intermediate Level Three & Four**

**Mondays, April 1-22 — 344410-03**

8:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$20 (four sessions). **Prerequisite:** Beginner level Country Couples for at least six months. After you've 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. Classes will be taught at a pace consistent with difficulty and length of dance. The dances for this session will be "Caribbean Cadence" and "River City Cha Cha." RSVP ♦♦ by 3/25.

—Hula—

**Beginning Hula**

**Thursdays, April 4-25 — 390110-03**

12:00-1:00 PM (KS). Instructor: Pam Akina. \$32 (four sessions). For new or less experienced hula students. Learn the beautiful art form of hula from the Hawaiian Islands using the basic steps *kaholo*, *ka`o*, *hela*, and *ami*, you will learn a beautiful hula auana (modern hula). In the Hawaiian tradition, language, culture, and history are taught as well, because hula is more than just hands and feet! Instructor Pam Akina is the director of Hula Pono Dance School and performance group. RSVP ♦♦ by 3/28.



**Intermediate/Advanced Hula**

**Thursdays, April 4-25 — 390210-03**

1:15-2:15 PM (KS). Instructor: Pam Akina. \$32 (four sessions). Continue your study of hula in this ongoing class for intermediate and advanced dancers. Variations on the basic steps plus additional steps are taught as well as performance techniques and more complex choreography. **Prerequisite:** Instructor approval **required** for this class. Email Pamahoa@hulapono.com or call 521-0474 to request approval. RSVP ♦♦ by 3/28.

—Jazz—

**Jazz Technique**

**Saturdays, April 6-27 — 353110-03**

**Or Tuesdays, April 2-30 — 353120-03**

Saturdays 3:00-4:00 PM, Aerobics Room (OC); \$32 (four sessions). Tuesdays 1:00-2:00 PM (KS); \$40 (five sessions). Instructor: Melanie Greenwood. If you are a dancer, singer, or actor, this class will enhance your performance skills in a fun and positive way. Have fun learning different styles of jazz dancing emphasizing proper technique. Melanie will demonstrate various dance steps to insure proper execution. Class is for all skill levels. The first class will be used by instructor to evaluate student skill level for future class programming. Melanie danced professionally across the U.S. and Canada and choreographed for such artists as Dolly Parton, Louise Mandrell, and Lucy Arnaz. RSVP ♦♦ by 3/26 or 3/30.



—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. Not for experienced students. Students who have completed the class at least three times should register for the next line dance level or higher to allow space and comfortable learning experience for beginning learners.



- **Mondays, April 1-29 — 360010-03**

6:00-7:00 PM (KS). Instructor: Audrey Fish. \$30 (five sessions). RSVP ♦♦ by 3/25.

- **Thursdays, April 4-25 — 370010-03**

4:30-5:30 PM (KS), Instructor: Yvonne Krause \$24 (four sessions). RSVP ♦♦ by 3/28.

**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 1-29 — 370110-03**

9:00-10:00 AM (KS). Instructor: Yvonne Krause-Schenck. \$30 (five sessions). RSVP ♦♦ by 3/25.

*Continued on page 73*



## MERIDIANS SPECIAL EVENTS

### *Easter Brunch* **GRAND BUFFET**

Our extensive, mouth-watering buffet with a myriad of gourmet offerings, including carving stations, is sure to delight. Place your reservation now!

Sunday, March 31st  
10am - 3pm  
\$30++  
Children 7-12 years \$15++  
Adults over 90  
and children under 6  
are FREE  
Reservations and  
pre-payment requested

### **MURDER** *at the Juice Joint*

Join us for a Roaring 20's Interactive Murder Mystery Dinner! Each guest will be right in the middle of the action.

Tuesday, April 30th  
Doors open 5pm  
\$65 (inclusive)  
Complimentary glass of wine  
or specialty drink included  
Buffet Dinner



### **WINEMAKER'S DINNER** *Wise Villa Winery*

Wise Villa Winery, located in the Sierra Foothills, is our featured winery. Taste the estate grapes grown right here, along with our chef-selected food pairings.

Thursday, April 25th  
Doors open at 5:30pm  
\$85 (inclusive)  
Pre-payment requested



FOR DETAILS AND FULL MENU VISIT [MERIDIANSRESTAURANT.COM](http://MERIDIANSRESTAURANT.COM)

965 ORCHARD CREEK LANE, LINCOLN CA 95648 \* RESERVATIONS 916-625-4040

## Medicare Part D Information

- Medicare & Supplemental Claims Management
- Supplemental Policy Comparison
- Medicare Part D Policy Comparison and Enrollment
- Patient Advocacy
- Help with Billing Problems
- Free Phone Consultation • Since 1977



Pat's Medical Insurance Counseling

**Pat Johnson** (916) 408-0411  
 Lincoln Hills Resident patstoby@aol.com  
[www.patsmedicalinsurancecounseling.com](http://www.patsmedicalinsurancecounseling.com)



### 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](mailto:robin@bevier.net)  
[www.robinbevier.com](http://www.robinbevier.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](mailto:REALTOR@PaulaNelson.net)



**SUN RIDGE  
 REAL ESTATE**

Each Office Independently  
 Owned and Operated.



DRE No. 01156846

# 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)



- **Mondays, April 1-29 — 370120-03**  
6:00-7:00 PM (KS). Instructor: Yvonne Krause-Schenck.  
\$30 (five sessions). **Note:** class was formerly called  
Beginners Plus with Yvonne. RSVP ♦♦ by 3/25.
- **Tuesdays, April 2-30 — 380110-03**  
9:00-10:00 AM (OC). Instructor: Sandy Gardetto.  
\$30 (five sessions). RSVP ♦♦ by 3/26.
- **Thursdays, April 4-25 — 360110-03**  
2:30-3:30 PM (KS). Instructor: Audrey Fish.  
\$24 (four sessions). 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 1-29 — 360210-03**  
5:00-6:00 PM (KS). Instructor: Audrey Fish.  
\$30 (five sessions). RSVP ♦♦ by 3/25.
- **Wednesdays, April 3-24 — 380210-03**  
9:00-10:00 AM (KS). Instructor: Sandy Gardetto.  
\$24 (four sessions). RSVP ♦♦ by 3/27.
- **Thursdays, April 4-25 — 370210-03**  
9:00-10:00 AM (KS). Instructor: Yvonne Krause-Schenck.  
\$24 (four sessions). RSVP ♦♦ by 3/28.

### 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 3-24 — 380310-03**  
10:00-11:00 AM (KS). Instructor: Sandy Gardetto.  
\$24 (four sessions). RSVP ♦♦ by 3/27.
- **Thursdays, April 4-25 — 360310-03**  
3:30-4:30 PM (KS). Instructor: Audrey Fish.  
\$24 (four sessions). RSVP ♦♦ by 3/28.

### Line Dance Instructors

#### • Audrey Fish

Audrey started teaching line dance at Sun City Lincoln Hills in September 2000. She has an undergraduate degree in Exercise Science, and a Masters degree in Kinesiology/Sport Performance, both from California State University, Sacramento. For her masters' thesis study "The Effect of Line Dancing on Balance and Mobility in Adults over the age of 55," Audrey used our residents as subjects and her study showed a significant improvement in balance after completing an eight-



week line dancing intervention. She also works as a Personal Trainer and Fitness Instructor at Sun City Roseville. She thinks she has the best job in the world, for it allows her to teach, inspire, and enrich the lives of seniors and provide both physical and mental exercise daily.

#### • 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. At the age of eight, Sandy started dance instruction in Tap, Jazz, Ballet, and Ballroom including Baton Twirling. She was a competitive roller skater since 16, receiving the highest award in Artist Roller Skating. She competed for 10 years, in the Regional and the National Roller Skating Championships, and won a national placement medal in Masters Dance among others. She transferred her dedication to Line Dancing when she moved to Sun City Roseville in 1997. Sandy teaches in workshops in California and Hawaii, and has taken groups of line dancers on cruises.



#### • Yvonne Krause

A Lincoln Hills resident, Yvonne started dancing at an early age and has been line dancing since the 90's. Born to musical parents, Yvonne gets her inspiration for choreography when she hears a great song whether it's an old classic, a country song or any song that has a good beat. Her feet start moving and the wheels start turning as she imagines the dance coming together. 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 lessons from one of the best tap instructors in the area! If you have tapped before or have dreamed of trying, join us! Instructor Alyson Meador has been teaching tap for 30 years in dance schools throughout northern California and is currently Artistic Director of the award-winning Sound Out Tap Company in Folsom. She has been sharing her love for the art form with our community since 2000.



Students who are concurrently taking Tap, Performance and Technique classes are qualified for a 50% discount on one Technique class. Student must register for both classes at the same time.

### Performance Classes

- **Beginning Tap**  
**Tuesdays, April 2-30 — 410110-03**  
9:00-10:00 AM (KS). \$25 (five sessions). This is the

*Continued on page 75*



**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**  
Monday - 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  
accuairroseville@yahoo.com

VISA Most Major Credit Cards Accepted MasterCard

*Add Style to Your Home With*

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

License #594004 Call For a FREE Estimate www.roywest.biz

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

also

- DOOR and TRIM UPGRADES •
- COMPREHENSIVE HOME MAINTENANCE •

**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

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**

**Your Old Photos!**  
**Restored!**



I live in *Lincoln Hills* and will gladly do free estimates in your home.

MasterCard VISA

**Patrick J Osborne**  
Visionary Design  
**916-408-4152**  
email chilemon@starstream.net

**(916) 259-2828**

**Individual - Business - Estate & Trust  
Income Tax Services**

**BW BAKER WALLEN** Tax Services  
the Taxpayer's Tax Experts

Senior Discounts - Pick-up & Delivery Available

6015 Pacific Street #10, Rocklin CA 95677  
www.BakerWallenTax.com

**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  
website: www.workswithtools.com

perfect time to discover the joy of tapping. Class introduces students to the basic steps and terminology of tap dance. This class begins every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. Minimum of 10 students required for the class. RSVP ♦♦ by 3/26.

- **Advanced Performance**

**Mondays, April 1-29 — 410710-03**

12:00-1:00 PM (KS). \$40 (five sessions). A preparatory performance class for 2013 Talent Show, no new students will be accepted. RSVP ♦♦ by 3/25.

- **Performance Class**

**Mondays, April 1-8 — 410610-03**

10:00-11:00 AM (KS). \$10 (two sessions). A preparatory performance class for 2013 Talent Show, no new students will be accepted. RSVP ♦♦ by 3/25.

- **Performance Class**

**Thursdays, April 4-11 — 410620-03**

10:00-11:00 AM (KS). \$16 (two sessions). A preparatory performance class for 2013 Talent Show, no new students will be accepted. RSVP ♦♦ by 3/28.

- **Performance Class**

**Thursdays, April 4-11 — 410630-03**

12:00-1:00 PM (KS). \$16 (two sessions). A preparatory performance class for 2013 Talent Show, no new students will be accepted. RSVP ♦♦ by 3/28.

### Technique Classes

- **Advanced Technique Class**

**Mondays, April 1-29 — 410510-03 (\$25)**

11:00 AM-12:00 PM (KS). (five sessions). Class is geared more for tappers with advanced skill level but class is open for all who want a more challenging routine and dance steps. RSVP ♦♦ by 3/25.

- **Technique Class**

**Tuesdays, April 2-30 — 410520-03 (\$25)**

10:00-11:00 AM (KS). (five sessions). RSVP ♦♦ by 3/26.

- **Technique Class**

**Thursdays, April 4-25 — 410530-03 (\$20)**

11:00 AM-12:00 PM (KS). (four sessions). RSVP ♦♦ by 3/28.

### 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 1-29 — 420110-03**

4:45-5:45 PM (KS). Instructor: Judy Young. \$30 (five sessions). From warm-up to wrap-up, this class is a high energy, fast tapping experience with challenging tap dynamics. RSVP ♦♦ by 3/25.

- **Fridays, April 5-26 — 420120-03**

1:00-2:00 PM (KS). Instructor: Judy Young. \$24 (four sessions), 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, this class is all new. RSVP ♦♦ by 3/29.

### —West Coast Swing—

*Class description of each class has been updated. Please read each class description before enrolling. Questions?*

*Please contact Dottie at 543-6005.*

#### Introduction to West Coast Swing

**Wednesdays, April 3-24 — 318110-03**

8:00-9:00 PM (KS). Instructor: Dottie Macken. \$28 (four weeks). Learn the basics of this great dance from veteran WCS instructor Dottie, and how it can be applied to various types and styles of music. Students must complete at least three sessions of the four week classes of the Introduction to West Coast Swing in order to advance to next level, or have instructor's approval. Join this fun and very social dance class. RSVP ♦♦ by 3/27.



#### Intermediate I and II West Coast Swing

**Wednesdays, April 3-24 — 318210-03**

7:00-8:00 PM (KS). Instructor: Dottie Macken. \$28 (four weeks). **Prerequisite:** Must have completed at least three sessions of the four week classes of the Introduction to West Coast Swing, or with instructor's approval. RSVP ♦♦ by 3/27.

#### Intermediate/Advanced West Coast Swing

**Wednesdays, April 3-24 — 318310-03**

6:00-7:00 PM (KS). Instructor: Dottie Macken. \$28 (four weeks). **Prerequisite:** Must know and be able to dance the basics, and basic variations of West Coast Swing and have attended both the Introduction and the Intermediate I and II Levels of West Coast Swing, and/or have instructor's approval. RSVP ♦♦ by 3/27.

### Driver Training

#### AARP Driver Safety Program

**Monday & Tuesday, April 8 & 9 — 481010-03**

9:00 AM-1:30 PM (OC) Prices are as follows for two-day sessions: AARP Member \$22; non-AARP Member \$24. AARP residents must present current AARP membership card upon registration at the Activities Desks to receive the AARP discounted class fee. The course provides instruction on defensive driving techniques and California motor vehicle laws. Information regarding the effects of normal age-related physical changes in vision, hearing, and reaction time are also covered. The eight-



*Continued on page 77*



# LINCOLN HILLS COMMUNITY CHURCH

*A Christ Centered Biblically Based Church*

Sunday Morning Worship Service at 10:00am

Pastor Dr. Mike Bradaric  
Associate Pastor Rev. Gene Kern

**EASTER SUNDAY • March 31st • 6:30 AM**  
**Ride to Walk Ranch (HWY 193)**  
**Community Wide/Non-Denominational**  
**Easter Sunrise Service**

950 East Joiner Parkway, Lincoln, CA  
For information call (916) 408-3800  
[www.LincolnHillsCommunityChurch.org](http://www.LincolnHillsCommunityChurch.org)



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



FOR THE SECOND YEAR  
IN A ROW PLACER  
COUNTY FAVORITES

*Interior Designer*  
*Kitchen & Bathroom Remodeler*  
*Window Covering Showroom*  
*Flooring Showroom*

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



10050 Fairway Drive  
Roseville, CA 95678  
**916.786.9668**

*Showroom Hours*  
Monday - Friday 10 - 5  
Saturday 11 - 5

[GuchiInteriorDesign.com](http://GuchiInteriorDesign.com)  
Contractor's License # 938832



**CASA DE SANTA FE**  
**MBK SENIOR LIVING**

- Independent, Assisted and Memory Care
- Elegant Restaurant Style Dining (Diabetic Healthy)
- Complimentary Lunch and Tour Available Daily
- Spacious Apartments
- Come See Our Welcoming and Friendly Community

*Respite care  
available in our  
award-winning  
memory care  
community*

*Rocklin's Jewel of Active Senior Living*

**916.435.8800**

3201 Santa Fe Way, Rocklin, CA 95765

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

License # 315002144

hour course is specifically geared to persons 50 or over. Attendees may be eligible for a discount on their auto insurance (check with your provider to determine amount). Attendance at *both* days of the two-day course is required for a Certificate of Completion. You must be present to receive your certificate. Bring a valid Driver's License, your AARP membership card or number, and a ballpoint pen (not felt tip) to class. The AARP Driver Safety Course does not replace Traffic School requirements to correct driving violations. Class cost covers a \$10 Association administrative fee and AARP fees. RSVP ♦♦ by 4/1.

## Gem Stone Cutting

### Gem and Jewelry Open Workshop

Most Mondays, the Lapidary Shop, Casting Shop and Fabrication Shop are open, 8:00 AM-12:00 PM (shared space), Sierra Room (KS). These workshops are open to experienced persons (after orientation) or those who have completed the *Intro to Gem Cutting*, *Lost Wax Casting* or *Jewelry Fabrication* classes. Experts from the Gem & Mineral Society oversee the lab. Use lab and equipment including diamond saws, grinders, polishers and drill, and lost wax and jewelry fabrication equipment. Maintenance fee \$5 per two-hour session. Sign in and pay upon arrival. Questions? Call Dave Fisk, 434-0747.



### Intro to Gem Cutting

**Mondays, May 6-20 & June 3 — 493110-03**

1:00-3:00 PM (KS). Instructors: Dave Fisk and John Neil. \$30 (four sessions; no class May 27). Supply fee \$15 payable to instructor. Class limited to six students for optimum learning. This "hands-on" class provides instruction on safety and operation of lapidary equipment, and methods and materials for creating cabochon gemstones. This course must be taken prior to equipment use during Gem and Jewelry Open Workshop sessions. There are four class sessions per course. Dave Fisk, 434-0747. RSVP ♦♦ by 4/29.

### Lost Wax Jewelry Casting

**Monday, May 6-29 & June 3 — 493210-03**

Class week one, two and four — 9:00 AM-12:00 PM; week three — 8:00-9:00 AM, 1:00-3:00 PM. (KS). No Class May 27. Instructor: Dave Fisk (four sessions). \$75 class fee, plus \$20 materials fee payable to instructor at first class. Learn the basic techniques of this millennia old craft. Create wax model of desired jewelry or object, invest the model in a plaster-like mold, burn out the wax in a high temperature oven, inject the metal with a centrifuge, and finish the casting using jeweler's buff and other tools. Upon completion of the class, students may attend Gem and Jewelry Open Workshops for a nominal fee to use casting equipment. No make-up classes. Six-student maximum. Re-



quires separate acquisition of casting metal (gold/silver). Silver is available from instructor at cost. Dave Fisk, 434-0747. RSVP ♦♦ by 4/29.

## Glass Art

### Fused Glass and Stained Glass Workshop

**Monday, April 1 — 601010-03**

4:00-6:30 PM, Sierra Room (KS). Moderator: Jordan Gorell. \$12. 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. Fuse 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

*Students bring their own supplies for all Jewelry classes. Supplies can cost \$10 to \$25 and higher per project depending on students' personal bead inventory. If you have any questions about any of the projects below or your ability to handle the project, contact Cathie at billcats1@earthlink.net or 434-6667.*

### Porcupine Necklace

**Tuesdays, March 26 & April 9 — 513110-03**

9:00 AM-12:00 PM (KS) Instructor: Cathie Szabo. \$25 (two sessions). A porcupine that's not prickly? You bet. The center of this necklace has loops of beads that mimic a porcupine. You can choose the type of "quills" you'd like – big or small drop beads for a bolder look, or choose small bugle beads or small dagger beads that give a lighter look. It's a fun necklace and so different you're bound to get compliments when you wear it. Check the samples in the Lodges for the look you like best. Depending upon the beads that you choose, your supplies could run between \$20-\$35+. Note: the classes are two weeks apart to give you sufficient time to complete the base of the necklace before we start the fun of adding the porcupine loops. Be sure you get the proper materials list when you register — look for the name and code # for the Porcupine Necklace, as well as the photo of the necklace. RSVP ♦♦ by 3/19.



### Rose Pendant Necklace

**Tuesday, April 23 — 513210-03**

9:00 AM-12:00 PM (KS) Instructor: Cathie Szabo. \$20. How sweet – a rose pendant to welcome spring! So simple and classic it will suit everyone. Choose your color of rose, add some chain and beads — it's a cinch to make. For more "realism," scatter a few leaf beads throughout.



*Continued on page 79*

**20% off complete pair of glasses when accompanied with this ad.**

Offer expires 4/15/13

Melody Quenzer, O.D.  
167 Lincoln Blvd., Ste. 102  
Lincoln, CA  
eyeoptometrylincoln.com  
916.434.6225



*Eye-Q*  
**Optometry**



Medicare



**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.

**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



This project is easy enough for beginners, yet so different that experienced readers will want to add it to their repertoire.

**Note: Some pre-class prep is needed, so be sure to get your materials in time to do a half-hour of prep work before class.** Be sure you get the proper materials list when you register — look for the name and code # for the Rose Pendant Necklace as well as the photo of the necklace. RSVP ♦♦ by 4/16.

## Movies

### New! The Movies of Mel Brooks

**Wednesdays, April 3-24 — 4272-02B**

2:00-4:00 PM (KS). Instructor: Ray Ashton. \$25 (four sessions). “It’s good to be the king!” That about says it all for Mel Brooks. For over 40 years Mel has given us the most outlandish comedies that have ever graced the silver screen. We will look behind the creation of and together discover the brilliance of “**The Producers,**” “**Blazing Saddles,**” “**Young Frankenstein,**” and the Master’s salute to the Master, Alfred Hitchcock in “**High Anxiety.**” So, get ready to exercise your “funny bone,” for we are about to experience four of Mel’s finest. Each class will include a complete viewing of the movies. RSVP ♦♦ by 3/27.



## Music

### —Guitar—

#### Guitar I — Beginner Level

**Wednesdays, April 3-24 — 535110-03**

8:00-10:00 AM (KS). Instructor: Bill Sveglini. \$35 (four sessions). 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 on the first day of class. Questions? Please call Bill at 899-8383. RSVP ♦♦ by 3/27.



#### Guitar II — Guitar Intro Continuation

**Wednesday, April 3-24 — 535210-03**

10:15 AM-12:15 PM (KS). Instructor: Bill Sveglini. \$35 (four sessions). 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 3/27.

#### Guitar III — Intermediate

**Thursdays, April 4-25 — 535310-03**

8:00-10:00 AM (OC). Instructor: Bill Sveglini. \$35 (four sessions). 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 3/28.



#### Guitar IV — Advanced

**Thursdays, April 4-25 — 535410-03**

10:00 AM-12:00 PM (OC). Instructor: Bill Sveglini. \$35 (four sessions). **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 will also introduce students to various types of ensemble playing, duets, trios, and quartets. RSVP ♦♦ by 3/28.

### —Voice—

#### Beginner Singers Vocal Boot Camp

**Friday, April 5-26 — 536110-03**

9:30-11:30 AM (KS): Bill Sveglini. \$35 (four sessions). This is a continuing class. **Open to returning student only.** 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. RSVP ♦♦ by 3/29.



#### Singer Vocal Boot Camp Continuation

**Fridays, April 5-26 — 536210-03**

11:30 AM-1:30 PM (KS) Instructor: Bill Sveglini. \$35 (four sessions). **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 very hard on notation recognition in treble and bass clefs. RSVP ♦♦ by 3/29.

## Sewing

#### Bernina Serger Certification

**Monday, April 8 — 591110-03**

1:00-2:00 PM (OC). Instructor: Sylvia Feldman. \$15 All supplies provided. Class limit three. RSVP ♦♦ by 4/2.

*Continued on page 81*



**JNT BUILDING & REMODELING**  
**DONE RIGHT.**

Additions • Home Remodeling & Repair • Outdoor Living



**FREE**  
Installation  
of Interior  
Wood Design  
Cabinets!\*

*Interior*  
**WOOD DESIGN**

Call for a free estimate  
**916-878-6792**

BBB **A** RATING

[jntbuild.com](http://jntbuild.com)

\*Bathroom remodels, kitchen remodels, or additions only. Some exclusions apply. Exp 2/15/13. LIC #926956



Family Owned and Operated Since 1982



- Kitchens, Media Centers, Home Offices and More
- Free Design Consultation\*
- Professional Personal Service
- Complete Showroom



*Interior*  
**WOOD DESIGN**

Master Cabinet Builders

[www.InteriorWoodDesign.com](http://www.InteriorWoodDesign.com)  
334 Sacramento Street • Auburn • 530.888.7707  
\*Call Showroom for details • Lic. #540107

*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






**Bernina Sewing Machine Certification****Monday, April 8 — 592110-03**

2:30-3:30 PM (OC). Instructor: Sylvia Feldman. \$13 (class cost includes a sewing starter kit with bobbins and needles). Please bring your own scissors to class. RSVP ♦♦ by 4/2.

**Janome Sewing Machine Certification****Monday, April 8 — 593110-03**

3:30-4:30 PM (OC). Instructor: Sylvia Feldman. \$13 (class cost includes a sewing starter kit with bobbins and needles). Please bring your own scissors to class. RSVP ♦♦ by 4/2.

**Basic Quilting****Mondays, April 8 & 15 — 4071-02**

10:00 AM-12:00 PM (OC). Instructor: Sylvia Feldman \$60 (two sessions). Learn how to measure and sew a 1/4" seam; square up your fabrics; cut with a rotary cutter; bind and machine quilt; piece your project and sew a binding on the finished project. *Please bring to class the following items:* scissors, pins, ruler, sewing thread, eight different fat quarters approximately 18 x 22" or eight different fabrics you can cut in class and thread to match materials. If you have any questions, please contact Sylvia Feldman, 543-3403. RSVP ♦♦ by 4/1.

**Travel****The Castles of the Loire Valley, A Visual Tour****Saturday, March 30 — 133110-03**

9:30 AM- 12:30 PM (OC). Instructor: Claire Michelet. \$27. Come and enjoy this breathtaking exploration of the Loire Valley, its amazing Castles, and its legendary "douceur de vivre" (sweetness of living). Visit Cheverny, Chambord, Blois, Chenonceaux, Villandry, Chinon, Azay-le-Rideau, and more, and discover the unique particularity of each location. This two-hour slide presentation will be followed by an hour of Q&A. RSVP ♦♦ by 2/23.

**Provence, a Visual Tour, A Visual Tour****Saturday, April 13 — 133210-03**

9:30 AM-12:30 PM (OC). Instructor: Claire Michelet. \$27. Did you visit in the past Provence and the Cote d'Azur? Would you like to go to Aix en Provence, Nice, Cannes, Marseilles, or any other Provence destination? Join us to visit (or revisit) renowned places and discover new sites. This two-hour slide presentation will be followed by an hour of Q&A. RSVP ♦♦ by 4/6.

**Wellness & Fitness Classes****Wellness & Fitness**

*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.**

**—Emotional—**

*Opportunities to bring awareness and acceptance of one's feelings.*

**Expressive Movement****Thursdays, April 4-25 — 879100-03**

11:00-12:00 PM, Multimedia Room (OC). Instructor: Julie Boone. \$44 (four sessions). In this class we explore feelings, boundaries, and ways to shift our energy. We gather in an opening circle and each participant shares a movement of any story paired with a sound, the rest of the group reflects this back to the person who shared. It is amazing how much non-verbal information about mood and experience we gain this way. There is a variety of music, starting out with slower tempo and mov-



ing towards faster. We each move in our own way, there are no steps! Julie makes it easy, inclusive and fun. We end with another circle and express what we noticed and learned. The goal of this group is to learn to feel the body and its role in managing stress and trauma. We want to increase awareness of the wisdom of the body and what it informs us about our emotional states. Participants will become more conscious of patterns, behavior and thinking that cause distress. We will explore themes of belonging/separateness, personal boundaries and assertiveness. Guided rhythmic moving, individually and as a group, with music and without, will allow physical and emotional transformation, shedding, and shifts. This change can translate into uncovering an integrated, more authentic sense of self. Julie intends this class to be fun and "do-able." Commitment to attendance for all four classes is preferred. Participants should be able to stand and walk for up to an hour. No prior experience is required. While aspects of dance and yoga are included, there are no postures or moves to "learn." Please wear comfortable layers you can move in. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 3/29.

**Tell Your Story Workshop****Thursdays, March 21-May 9 — 863200-02**

1:00-3:00 PM, Multimedia and Fine Arts Rooms (OC). Instructor: Carol Karkazis, MFT Intern. \$65 (eight sessions). Take a

*Continued on page 83*

## ALL PRO WINDOW CLEANING

Residential & Commercial  
Hard Water Spots  
Screens & Blinds • Mirrors & Gutters  
*Adam & Nicole Perry*

Family Owned & Operated Insured & Bonded

**(916) 765-5623**

## Lime Shuttle

Airport ■ Casino ■ Events ■ Others

**Carlo F. Martinez**

Owner/Operator

Reservation Number: **916-622-0585**

Email: [limeshuttle@wavecable.com](mailto:limeshuttle@wavecable.com)

License # PSC-22060

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

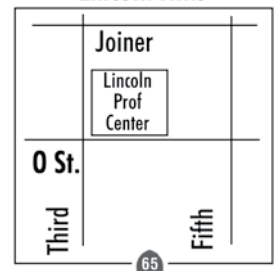


Dr. Brian P. Keller, DPM

### 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

Minutes from Sun City  
Lincoln Hills



**916-434-6410**

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



PRINCESS CRUISES  
*escape completely*

# Circle South America



## 49 DAY CIRCLE SOUTH AMERICA

Sailing 02/15/14 from Fort Lauderdale to Los Angeles

**FREE Sacramento Airfare!**

**Stateroom Prices:**

**Inside from only \$5,699**

**Ocean View from only \$6,399**

**Balcony from only \$8,299**

**Book by 03/01/13 and receive**

**FREE Flights from Sacramento AND**

**1 night prior Hotel in Ft. Lauderdale**

**Hurry! Space is very limited!**

Fares are cruise only, per person, USD, based on double occupancy, capacity controlled and subject to availability. Government Fees and Taxes of up to \$580 are additional. Refer to applicable Princess brochure or Princess.com for terms, conditions, and definitions which will apply to all bookings. Ship's Registry Bermuda. Princess Cruises reserves the right, even if the cruise fare has been paid in full, to impose a fuel supplement for all guests of up to \$9 per person per day if the NYMEX oil price exceeds \$70 per barrel.

**CLUB CRUISE & Travel 916-789-4100**

**Located at 851 Sterling Parkway, Lincoln CA**



trip down memory lane and build a recorded history at the same time. This workshop meets for eight weeks and assists participants in organizing life stories into major themes and documenting them. You do not need to be a great writer to participate. Extra benefits of this endeavor include the company of others sharing in this expedition and a written legacy to give to loved ones. Register: Fitness/Activities Desks or online. RSVP ♦♦ Now.

### —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.*

#### Happy Trails Outdoor Fitness Workout

Daily, April 1-30 — 863201-03

Welcome to the Happy Trails Outdoor Fitness Workout! \$3. The weather is starting to get nice. So get up and go outside for a change! This is a fun, easy program you can take with you anywhere! We'll combine multiple outdoor activities into one enjoyable workout. Combining cardio, toning, and strength exercises, with common outdoor objects, you'll see great results while taking in the beautiful outdoors! This is done at your own time, speed and ability. We will provide you with an example workout packet that can be picked up at the Fitness Center front desk when you register. Register: Fitness Desks.

#### Nordixx Pole Walking

Tuesday, Thursday & Tuesday, April 16-23 — 750000-03

8:00-9:00 AM. Meet in the walkway entrance of the Orchard Creek Fitness Center. Instructor: Richard Delbaso, D.C.. \$45 (three sessions). Nordixx Pole walking is the world's fastest growing activity that improves health and fitness. Just 30 minutes of Nordixx Pole walking is equivalent to 50 minutes of regular walking with increased health benefits. This is low impact exercise with big impacting results! Dr. Richard Delbaso has his Doctorate degree graduating from Palmer College of Chiropractic in 1977. He recently retired from active practice and is also a certified strength and conditioning specialist. He became interested in Nordic pole walking last year and started teaching classes through Auburn Rec Department in January 2013. This class provides a great opportunity to get outside and enjoy the beautiful surroundings! RSVP ♦♦ by 4/9. Register: Fitness Desks or online.

### —Disease Prevention & Management—

*Opportunities that provide education and management of diseases in order to achieve and maintain optimal health.*

#### Arthritis Class L1-L2

Wednesdays, April 3-24 — 805000-03

Fridays, April 5-26 — 801000-03

Wednesday 12:10-12:55 PM; Friday 12:00-12:45 PM; Aerobics Room (OC). Instructor: Lin Hunter. \$32 (four sessions). This class is great for those with arthritis and other rheumatic diseases. Range of motion exercises (stretching and flexibility) help maintain normal joint function. This chair exercise program will gently increase flexibility and range of motion to normal or near normal range. The class is designed to reduce pain and stiffness and is suitable for any fitness level. Register: Fitness Desks or online. RSVP ♦♦ by 3/27.



#### Arthritis Class L2

Tuesdays, April 2-23 — 803000-03

Thursdays, April 4-25 — 803100-03

11:15 AM-12:15 PM, Aerobics Room (OC). Instructor: Lin Hunter. \$35 (four sessions). This class will boost your stamina, improve flexibility, and strengthen 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. This class includes all of arthritis L1-L2 with an additional 15 minutes of standing conditioning exercises. Register: Fitness Desks or online. RSVP ♦♦ by 3/26.

#### Arthritis Foundation Aqua Class L1

Mondays, Wednesdays, Fridays, April 1-29 — 813212-03

11:30 AM-12:15 PM (OC). Instructors: Cathy Keller and Judy Barnett. \$2.75 per class; purchase up to 13 classes. This class is specially designed for people with arthritis; we will put our 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! Register: Fitness Desks.

#### Hormone Balance Workshop

Tuesday, March 26 — 879101-02

12:00-2:00 PM, Multimedia Room (OC) \$5. Dr. Shannon Wood is a Naturopathic Doctor specializing in Hormone Balance. Come join Dr. Wood for an informative workshop where she will discuss how hormones affect almost every system in our body. Hormones can affect up to 80% of symptoms that women and men experience. Hormone balance can always be related back to Stress, Sugar and Sex. We will explore what these symptoms are and how they relate specifically to our path to wellness. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 3/19.

#### What is Osteoporosis and How is it Prevented?

Wednesday, April 10 — 879201-03

9:00-10:00 AM, Multimedia Room (OC). Instructor: Eve Webber, BS, CSCS. \$5. Eve has over 17 years experience working with 55+ year-old adults. This

*Continued on page 84*



question and many more, such as, who is at risk and what to do if you already have Osteoporosis or Osteopenia, will be addressed and answered during this class. Also, learn what types of exercises should be done to prevent and slow the process of Osteoporosis. Register: Fitness Desks or online. RSVP ♦♦ by 4/3.

### —Group Exercise—

A detailed explanation of these and other classes, locations, days and times can be found at the Fitness Centers or on the website under Fitness Centers. Purchase a Group Exercise Punch pass for these classes.

#### Level 1

|                  |                      |
|------------------|----------------------|
| Balance Express  | Chair with Flair     |
| Basic Chair      | Stretch Plus Express |
| Basic Low Impact |                      |

#### Level 2

|                            |                   |
|----------------------------|-------------------|
| Core 'n Strength           | Splash Dance      |
| Everybody Can              | Strictly Strength |
| Mixed Level Indoor Cycling |                   |

#### Level 3

|                       |                     |
|-----------------------|---------------------|
| Cardio Dance & Sculpt | Low Impact Aerobics |
| Cardio Strength       | Step it up          |
| Circuit               | Water Works         |
| Core 'n More          | Zumba               |
| Hi NRG Cycle          | Zumba Sentao        |

### —Lessons—

#### Pro Tennis Lessons

Sundays, April 7-May 12

Beginner 8:00 AM — 790700-03

Intermediate 9:00 AM — 790600-03

Advanced 10:00 AM — 790500-03

Courts #10/11. Instructor: Mike

Gardetto. \$75 (six sessions). Mike is USPTA-certified and has been giving tennis lessons at SCLH for the past eight years. Group lessons with four to 12 participants per group. Focus is on basics of forehand, backhand, and serves. Proper doubles strategies are also covered. Register/Fitness Desks/Online. RSVP ♦♦ by 4/1.



### —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.*

#### Aqua Yoga L1

Mondays, April 1-29 — 832001-03

12:30-1:30 PM (OC). Instructor: Joanie Martin. \$40 (five ses-

sions). Imagine weighing 80 percent less than your scale indicates! 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 3/25.

#### Evening Hatha Yoga L2

Tuesdays, April 2-30 — 711000-03

6:30-7:45 PM. Aerobics Room (KS). Instructor:

Susan Hayes. \$55 (five sessions). Resolve to take an early evening yoga class that will give you increased energy and improve your flexibility, balance, and strength, all while reducing stress. Everyone is welcome to this fun-filled, informative class. Register: Fitness Desks or online. RSVP ♦♦ by 3/26.



#### Evening Yoga and Meditation L1

Thursdays, April 4-25 — 711100-03

6:00-7:30 PM, Aerobics Room (KS). Instructor: Susan Hayes. \$44 (four sessions). This early evening yoga class consists of restful and healing yoga postures done in the "yin" and "restorative" styles, followed by deep relaxation and optional meditation. Each student receives individual attention, so enrollment is limited. Register: Fitness Desks or online. RSVP ♦♦ by 3/28.

#### Extra Gentle Yoga L1

Tuesdays, April 2-23 — 710000-03

Thursdays, April 4-25 — 710012-03

12:45-1:45 PM, Aerobics Room (OC). Instructor:

Julie Boone. \$44 (four sessions). 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 in 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 3/26.



#### Meditation L1

Saturdays, April 6-27 — 712400-03

11:45 AM-1:15 PM, Aerobics Room (KS). Instructor: Susan Hayes. \$44 (four sessions). Have you always wanted to meditate? Has your doctor (or best friend) told you that you need

*Continued on page 86*

# 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 #PR5018



**SPECIAL OFFER**

**\$60.00**

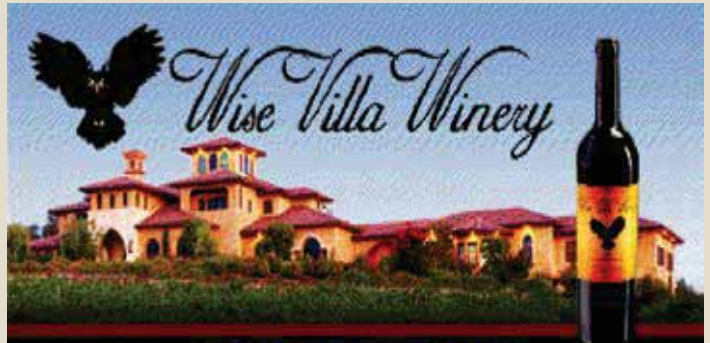
Every Two Months



**916-416-7587**



Diana & Andy Ulricksen, Owners



**Lincoln • Placer County**

53 Medals in the Last Two Years  
Best Cab, 2 Double Golds, 9 Golds, 18 Silvers  
KCRA A-List #1 in Placer County

Deli Platters (by Safeway) Available Now!  
Gourmet Wine Pairing Bistro Opening Soon

Wine Tasting Wednesday-Sunday 11am-5pm

916.543.0323 [www.wisevillawinery.com](http://www.wisevillawinery.com)

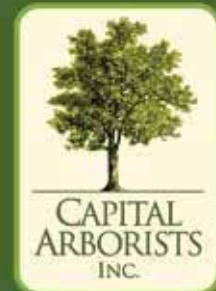
Wise Villa is located at 4100 Wise Road  
4 Miles East of Old Highway 65 just past Garden Bar



- Tree & shrub pruning
- Tree & shrub removal
- Planting
- Fertilizations
- Seasonal care
- Maintenance
- Disease control
- Pest control

## Inspired Tree Care!

(916) 412-1077  
[capitalarborists.com](http://capitalarborists.com)



Lic.# 951344

to meditate? Have you tried to meditate, and thought that you failed? This four-week meditation class is for you! We will discuss the reasons for and effects of meditation, the various ways to meditate, and simple techniques to help you “get there.” Register: Fitness Centers or online. RSVP ♦♦ by 3/30.

### Piloga L2

#### Mondays, Wednesdays & Fridays

11:00 AM-12:00 PM, Aerobics Room (OC). Instructor: Lola Lundquist. \$3.50 per class, purchase a *Mind & Body punch pass*. 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. Register: Fitness Desks.



### Piloga Flow L2

Tuesdays, 10:30-11:30 AM (KS). Instructor: Joanie Martin. \$3.50 per class, purchase a *Mind & Body punch pass*. Piloga Flow is a unique non-impact class which combines Pilates and Yoga. This class is designed to develop the strength, toning and body alignment 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! Register: Fitness Desks.

### Pilates Fit L2

Thursdays, 10:30-11:30 AM (KS). Instructor: Domine Trosky. \$3.50 per class, purchase a *Mind & Body punch pass*. 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. Register: Fitness Desks.

### Traditional Hatha Yoga L2

#### Tuesdays, April 2-23 — 710100-03

#### Thursdays, April 4-25 — 710120-03

2:00-3:30 PM, Aerobics Room (OC). Instructor: Julie Boone. \$44 (four sessions). 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 3/26.



### Tai Chi L1

#### Tuesdays, April 2-30 — 730100-03

#### Saturdays, April 6-27 — 730200-03

Tuesdays 1:30-2:30 PM, Aerobics Room (KS); Saturdays 10:00-11:00 AM, Aerobics Room (OC). Instructor: Peli Fong. Tuesdays \$50 (five sessions); Saturday \$40 (four sessions). 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. Peli Fong has been a teacher of Tai Chi and Chi Gong for over 15 years and focuses on physical fitness with the use of soft strength building movements of Chi Gong, mental sharpness through the practice of Tai Chi, and internal wellness through the use of the health practices of both. Tai Chi and Chi Gong can be studied by anyone regardless of age, gender, or athletic ability. Register: Fitness Desks or online. RSVP ♦♦ by 3/26.



### Tai Chi Intermediate L2

#### Tuesdays, April 2-30 — 730300-03

2:45-3:45 PM, Aerobics Room (KS). Instructor: Peli Fong. \$50 (five sessions). This class is designed for students of Ms. Fong's Tai Chi class who have studied with her for over six sessions with the goal of understanding internal/external health and fitness at a higher level. The class will continue perfecting the 24 Yang-style postures and work toward a greater understanding of the benefit of Tai Chi movements. The class will also focus on a higher level of internal chi movement by learning two White Crane Qigong sets designed to focus on chi movement throughout the body to release stress and revitalize the internal organs. The emphasis will be towards building a healthy, stronger body and focused mind leading to a peaceful spirit for a better quality of life. The high level students will be introduced to the Tai Chi 64 long form and begin moving towards more advanced levels of Tai Chi. Register: Fitness Desks or online. RSVP ♦♦ by 3/26.

### Yoga Basics L1

Saturdays, 9:00-10:00 AM, Aerobics Room (OC). Instructor: Karen Kaffka. \$3.50 per class, purchase a *Mind & Body punch pass*. Come learn the fundamentals of Yoga. This class is designed for those with just a little Yoga experience. Improve balance and muscular strength. The small stability ball will be introduced to emphasize stabilization of the core. Register: Fitness Desks

### Yoga Flow L2

Tuesdays & Thursdays 10:00-11:00 AM, Aerobics Room (OC). Instructor: Karen Kaffka. \$3.50 per class, purchase a *Mind & Body punch pass*. Designed using the relaxing and powerful techniques of Yoga to tone, strengthen, improve balance, and increased flexibility. These exercises can reduce the risk of injury and help with chronic pain. Register: Fitness Desks

*Continued on page 89*

House Cleaning

Weekly  
Bi-Monthly  
Monthly

Rich Haley  
Diane Haley

(916) 543-7015

References Available • Since 1985 • Lincoln Hills Residents

HUNTER DOUGLAS WINDOW COVERINGS  
SHUTTERS  
LIFETIME WARRANTY  
DURA-LUXE FINISH



FREE consultations & estimates  
FREE repairs on all Hunter Douglas Blinds



916-253-7943 www.otagiriinteriors.com

Planning a trip to Maui?  
Affordable Maui Oceanfront Condos...

For rent from \$140/night by  
SCLH resident Gil Van Valkenburg.  
See Website Photos & Call 408-1188.  
1BR [www.homeaway.com/325149](http://www.homeaway.com/325149)  
2BR [www.homeaway.com/368171](http://www.homeaway.com/368171)  
3BR [www.homeaway.com/301969](http://www.homeaway.com/301969)



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 NHT LLC

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

Each office is Independently Owned and Operated.



Donna Judah  
Member Master's Club  
RESIDENT REALTOR®  
Direct (916) 412-9190  
djudah@sbcglobal.net

• SALES • SERVICE • INSTALLATION



PECK  
HEATING & AIR  
CONDITIONING

Where Comfort and Value Meet

www.PeckHeatingAndAir.com 916-409-0768

SERVING OUR COMMUNITY  
FOR OVER 35 YEARS!

~SUN CITY LINCOLN HILLS REFERENCES~

~ Relationships ~ ~ Sexuality ~ ~ LGBT ~  
~ Life Stage Issues ~ ~ Depression ~  
~ Anxiety ~ ~ Healthier Aging ~

Dr. Almeda DeCell, PHD  
Clinical Psychologist  
BEHAVIORAL MEDICINE ~ LIFE COACH

916.300.4138  
CA. Lic. PSY-8515

Lincoln, CA 95648-9324  
dr.decell@starstream.net

CAMP FAR WEST STORAGE  
storage

including RV  
& Boat Storage

SENIOR DISCOUNT

- Key Pad Entry
- Video Surveillance
- 7 Days a Week Access
- Veteran Owned



530 822-6821  
cfwstorage@gmail.com

Camp Far West Rd. & Spenceville Rd. • Wheatland

**Yoga for Osteoporosis L1****Fridays, April 5-26 — 710200-03**

5:30-6:45 PM, Aerobics Room (KS). Instructor: Susan Hayes. \$44 (four sessions). Exercise cannot replace bone that's already been lost, but it can help maintain strength in the bones. Yoga can bring softness and agility to the joints, which helps us to maintain balance to prevent falling as we age. Standing poses are weight bearing on the large bones of the legs and hips and they promote flexibility. We will also practice balancing and deep relaxation. Register: Fitness Desks or online. RSVP ♦♦ by 3/29.

**—Money Matters—**

*Classes that encourage a healthy state of well being while preparing financially for the future.*

**What to Do When my Spouse Can No Longer Handle the Money****Tuesday, March 26 — 870000-02**

10:30 AM-12:00 PM, P-Hall (KS). Instructor: Russ Abbott. \$5. In many households only one person handles the money. What do you do if you are the other person and are forced for various reasons to be the new money handler. Come learn how to make a smooth transition and ways you can get educated on how to handle your finances. Even if you are financially educated you will benefit from this class. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 3/19.

**What Should I Expect from a Financial Advisor?****Tuesday, April 23 — 870000-03**

10:30 AM-12:00 PM, P-Hall (KS). Instructor: Russ Abbott. \$5. "Financial advisor" can be a broad term: stocks and bonds, insurance, financial planning, or just a good friend. Come learn about what a financial advisor really is and what you should expect from their services. We will discuss the various titles, types of advisors, and questions you should ask them or things you should look for before choosing one. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 4/16.

**Getting Your Stuff Together: Organizing Your Estate****Monday & Tuesday, April 29 & 30 — 863000-03**

9:00 AM-12:00 PM, Oaks and Gables Room (OC). Instructor: Marcia VanWagner. \$30 for both sessions + \$25 material fee paid to instructor on first day of class (two sessions). *The unexpected happens unexpectedly.*



Are you organized and ready? One of the greatest gifts you can leave your survivors is an organized estate. Estate *planning* is making decisions about accumulating, preserving, and distributing your "stuff." Estate *organizing* is getting it all in order so your planning will be known and your wishes carried out. It's important for others to know where you keep your "stuff." Learn how to organize and preserve your personal papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual LegacyLedger™, your catalog of the legal, financial, and personal papers integral to your life. Be ready. Register: Fitness Desks, Activities Desks or online. RSVP ♦♦ by 4/22.

**—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 2-30 — 815000-03**

6:00-7:30 PM, Aerobics Room (OC). Instructor: Paul Rossi. \$60 (five sessions). 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 young 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/Activities Desks or online. RSVP ♦♦ by 3/26.

**—Training Services—**

*All trainers are independent contractors. For a complete listing and contact information please check the Fitness Centers or website under Fitness.*

**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 and working directly with a personal trainer in a small group setting with no more than six people.

**SGT — Balance and Strength L2****Mondays & Wednesdays, April 1-24 — 835100-A3**

11:30 AM-12:30 PM, Aerobics Room (KS). Instructor: Eve Webber. \$135 (eight sessions). Improve overall balance and gain



strength and flexibility in this combination class. A majority of the class will focus on static and dynamic balance exercise while integrating in strength and flexibility exercises for overall balance and fitness. Register: Fitness Desks or online. RSVP ♦♦ by 3/25.

### SGT — Bootcamp L2

**Tuesdays & Thursdays AM, April 4-30 — 835300-A3**

**Mondays & Wednesdays AM, April 8-May 1 — 835300-B3**

**Tuesdays & Thursdays PM, April 2-25 — 835300-C3**

AM times: 6:15-7:15 AM; PM times: 4:30-5:30

PM. Aerobics Room (KS). Instructor: Robert Sanchez. \$135 (eight sessions). This challenging SGT will take a back to basics approach with 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 3/25.



### SGT — Bootcamp L3

**Mondays & Wednesdays, April 1-24 — 835400-A3**

5:00-6:00 PM, Aerobics Room (KS). Instructor: Robert Sanchez. \$135 (eight sessions). 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 that are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness. If you think you're going to miss a class, no worries, you can make it up in the other session offered. Talk with the instructor for more details! Register: Fitness Desks or online. RSVP ♦♦ by 3/25.

### SGT — Circuit Express L1

**Mondays & Wednesdays, April 15-May 8 — 835200-A3**

5:00-5:30 PM, Fitness Floor (OC). Instructor: Julia Roper. \$70 (eight sessions). Class will take participants through a full body strength training circuit and increase their knowledge of using equipment safely and effectively while getting a great workout. Every week the class will progress with a few new exercises to include balance, core and cardio stations. Register: Fitness Desks or online. RSVP ♦♦ by 4/8.

### SGT — First Steps to Fitness L1

**Mondays & Wednesdays, April 1-24 — 835500-A3**

12:30-1:30 PM, Aerobics Room (KS). Instructor: Robert Sanchez. \$135 (eight sessions). Starting a new experience may seem a little overwhelming. That's why First Steps to Fitness is a perfect place to start. This class will provide you the opportunity to work with a trainer and meet friends that share the same fitness goals. Class will include weights for strengthening, walking for cardiovascular, stretching for flexibility and more. Register: Fitness Desks or online. RSVP ♦♦ by 3/25.

### SGT — "Fun"ctional Fitness L2

**Tuesdays & Thursdays, April 2-25 — 835600-A3**

12:00-1:00 PM, Aerobics Room (KS). Instructor: Deanne Griffin. \$135 (eight sessions). A fun-filled small group strength training, 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 bodyweight 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 bored! The intensity is up to each individual, intermediate to advanced fitness levels encouraged. Register: Fitness Desks or online. RSVP ♦♦ by 3/26.

### SGT — Healthy Back L2

**Tuesdays & Thursdays, April 9 - May 2 — 835700-A3**

9:00-10:00 AM, Fitness Floor (KS). Instructor: Kathryn Shambre. \$135 (eight sessions). 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 4/2.

### SGT — TRX Interval Training L2

**Mondays & Wednesdays, April 3-29 — 835800-A3**

2:30-3:30 PM, Aerobics Room (KS). Instructor: Julia Roper. \$135 (eight sessions). This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX! Register: Fitness Desks or online. RSVP ♦♦ by 3/27.



### SGT — Introductory Reformer Session L1

**Continuous Dates — 835110-A3**

Fitness Floor (KS). Instructors: Paula Ainsleigh, Robert Sanchez, Joanie Martin, Domine Trosky and Eve Webber. \$30 (one session). This one-on-one 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



*Continued on page 90*

a trainer or one will be appointed to you. The trainers will call you to set up appointment. Register: Fitness Desks or online.

### **New! SGT — Pilates Reformer L1**

**Mondays & Fridays, April 8 May 3 — 835120-A3**

7:00-8:00 AM, Fitness Floor (KS). Instructor: Paula Ainsleigh. \$135 (eight sessions).

**Mondays & Wednesdays, April 1-24 — 835120-B3**

11:30 AM-12:30 PM, Fitness Floor (KS). Instructor: Robert Sanchez. \$135 (eight sessions).

**Mondays & Wednesdays, April 1-24 — 835120-C3**

12:30-1:30 PM, Fitness Floor (KS). Instructor: Eve Webber. \$135 (eight sessions).

**Mondays & Wednesdays, April 1-24 — 835120-D3**

2:30-3:30 PM, Fitness Floor (KS). Instructor: Joanie Martin. \$135 (eight sessions).

**Tuesdays & Thursdays, April 2-25 — 835120-E3**

11:30 AM-12:30 PM, Fitness Floor (KS). Instructor: Eve Webber. \$135 (eight sessions).

**Tuesdays & Thursdays, April 2-25 — 835120-F3**

12:30-1:30 PM, Fitness Floor (KS). Instructor: Domine Trosky \$135 (eight sessions).

**Tuesdays & Thursdays, April 2-25 — 835120-G3**

5:00-6:00 PM, Fitness Floor (KS), Instructor Eve Webber. \$135 (eight sessions). All SGT classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer session. The reformer provides finely tuned exercise resistance that 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. Limit three participants per class. Register: Fitness Desks or online. RSVP ♦♦ by 3/25.

### **SGT — Suspension Training for Golfers L2**

**Mondays & Wednesdays, April 1-24 — 835900-A3**

4:00-5:00 PM, Aerobics Room (KS). Instructor: Robert Sanchez. \$135 (eight sessions). Train to play your best golf ever! This

small group training will take your golf fitness to the next level. Golf requires a combination of strength, flexibility, timing, balance, power and endurance. This class will incorporate TRX, Bosu, Medicine Ball and large Stability Ball to create appropriate range of motion, balance and strength. All levels are welcome. Register: Fitness Desks or online. RSVP ♦♦ by 3/25.



### **SGT — WOW (Working Out with Weights) Express L1**

**Monday & Wednesday, April 1-24 — 835201-A3**

10:15-10:45 AM, Fitness Floor (KS). Instructor: Julia Roper. \$70 (eight sessions). Want the most out of your workout? Join this in-depth, strength training program that will take you from basic to advanced training techniques. You will begin learning how to use machines in the right way and get a total body program focusing on proper settings and correct form! Training includes a 30-minute lecture demonstration and assisted program design each week. Learn how to change your program, the best sets, reps and exercises for your body type as well as free weights techniques and cable exercises. Register: Fitness Desks or online. RSVP ♦♦ by 3/25.



## **—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.*

### **Nutritional Counseling**

Dani Conway HLC11, MTA, FDN & Audrey Gould RD: 234-6869.

### **Emotional Counseling**

Carol Karkazis, MA: 672-8533.

### **Estate/Financial Planning**

Russ Abbott, Wealth Advisor: 797-7760.

## **CERT**

*Continued from page 17*

- Keep two five-pound sacks of flour in your pantry.
- Peanut butter and crackers are always tasty.
- Pre-cooked canned pastas such as raviolis and spaghetti are easy to prepare.
- Canned soups and bouillon cubes store well.
- Dried salami and sausages add flavor to meals.
- Dehydrated milk is very useful.

Water can be stored in plastic jugs, or in foil bags that are kept in cardboard boxes. I use five-gallon water boxes and foil

bags from BePrepared.com because they are both easy to move and reasonably priced.

Dry goods should be stored in air tight containers. I use five-gallon food storage pails sealed with Gamma Lids from Winco Foods in Rocklin.

Next month in Part Four, I'll show you how to build a grab-and-go bag that you'll take with you during an evacuation. Until then, be safe.



## 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

## Cash for Your Real Estate Note

We buy real estate notes for top dollar.

We also help you create notes for maximum value.

Work with professional staff with 30 years experience nationwide.

Green Capital Funding Group LLC

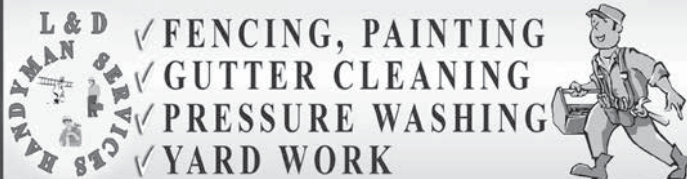
428 Vernon St., Roseville, CA 95678

**1-888-608-6388**

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

## L&D HANDYMAN SERVICES

### LENNY 916.622.7544



Business License: Jobs no more than \$500

- ✓ FENCING, PAINTING
- ✓ GUTTER CLEANING
- ✓ PRESSURE WASHING
- ✓ YARD WORK
- ✓ HOUSEHOLD REPAIRS

## AND MUCH MORE!!!

## MILLER Heating & Air Conditioning

Service • Installation • Repair

Stacy Miller

916-799-8692

Over 20 years experience in Placer & Sacramento Counties

SENIOR DISCOUNTS  
Lic. #824723



### 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



Michael J. Donovan  
Attorney at Law



Wills, Trusts  
& Probate

(916) 295-9714

Sun City Lincoln Hills Resident

~ Living Trust Portfolio \$700 ~



### 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

## Andes Custom Upholstery

Since 1977

**For Lincoln Hills Residents Only:**

Mention this ad to receive super discounts on your upholstered furniture

Great Prices on Fabrics  
& Labor

Call Jay

**645-8697**

New Foam Inserts

Free Estimates

Many Lincoln Hills Referrals



### Fire-Away! Placer County Issues Monday, March 18 — Free

10:00-11:30 AM, P-Hall (KS). Placer County Regional Supervisor Robert Weygandt accepted the invitation from the Second Cup of Coffee Group to address the State of the County. With the support of the CCRC/Community Forum co-sponsorship, this session will be video-recorded for our Association website. Our regional county supervisor will present a PowerPoint slide presentation to also include many “hot buttons,” like regionalization, transportation, land conservancy, etc. Q&A follows.



### Controlling for Cancer: Lifestyle Choices You Can Make Wednesday, March 20 — Free

7:00-8:30 PM, Ballroom (OC). There is growing and substantial evidence that lifestyle choices can make a difference in whether you develop cancer. Everyone knows that cigarette smoking is a major cause of lung and other cancers, but the food choices you make and whether you are physically active are also important. Dr. Lawrence Kushi, adjunct professor at UC Davis and researcher at Kaiser Permanente will review recommendations and evidence that points to the important role for lifestyle factors in cancer prevention and prognosis.



### Andy's First Death Thursday, April 4 — Free

10:00-11:30 AM. P-Hall (KS). On the night of his high school graduation, Andy died. He drowned at a lakeside party. A classmate found his body tangled in the weeds, brought him to the beach where Andy was revived. “The instant I entered the Light, to become one with the Light, is an event that has no parallel in my life.” Andy published his experience in “Remembering the Light.” He will share his experiences with you at this Community Forum. There will be time for Q & A.



### Snakes: Facts, Fiction, and Phobias Tuesday, April 23 — Free

1:30-3:30 PM, Ballroom (OC). Can you tell a gopher-snake from a rattlesnake? What should you do if you or your pet is bitten? Are you one of the millions who fear snakes? Residents Dave Rich (moderator), John Parks, DVM, and Dr. Howard Liebgold, MD, will lead this highly acclaimed discussion. How: the panelists' humor and facts help you understand snakes and



their role better. Hear firsthand what it's like to be bitten by a rattlesnake and learn the truth behind many myths. Bring your friends and come learn things that will truly help you. Q&A will be continuous. Video recording will be on our website. Handouts will be available.

### Make No Bones About it – Bone Health is Important Wednesday, April 24, 2013 — Free

7:00-8:30 PM, Ballroom, OC. How can we strengthen and take care of our bones through lifestyle changes? Dr. Michael Okimura will discuss osteoporosis and how we test for it. What is the role of vitamin D? Are supplements needed? How much and which kind? How do medications affect osteoporosis and bone health? Dr. Okimura is the Medical Director of the Bone Density Service and Medical Weight Management Program for Kaiser Permanente, and serves as a Clinical Professor of Medicine at UCD.



### America's Race Back To Space Wednesday, May 1 — Free

7:00-8:30 PM, Ballroom (OC). Who is SpaceX? What is SLS? Is the Dream Chaser just that? From commercial spaceflight to NASA's next big rocket, come find out what the score is. Players in the commercial space flight arena will be compared, NASA's current build program presented, and an ISS/partner update. Speaker Nick Poppelreiter has compiled a unique comparison of past, present and future spacecraft not to be missed! Nick spends his free time away as a Solar System Ambassador representing NASA JPL away from his software engineer life at VSP. Resident Joel Thomas will moderate his slide presentation and provide a handout. Presentation will be video recorded with Communications & Community Relations Committee/Community Forum's co-sponsorship. Q&A will follow.



### DMV Update for Seniors Wednesday, May 15 — Free

1:30-3:00 PM, Front Ballroom (OC). New Department of Motor Vehicles (DMV) Regional Ombudsman Eddie Ballesteros will present the latest and increased DMV efforts to address senior mobility. Ombudsmen can assist as a “go-between” to ensure that senior drivers are treated fairly, consistently within the laws and regulations, and with dignity and respect they deserve, including individual efforts for licensing, etc. An effort exists to have a Car-fit specialist from local Area 4 for Aging to join the discussion. Shannon Lewis, former DMV employee and today an independent DMV advocate will also be in attendance. The latest DMV handouts and information for seniors will be made available. Session will be video recorded. Q&A follows.



**Community Forums, Date, Time, Location**

- Fire-Away! Placer County Issues  
Monday, March 18, 10:00 AM, P-Hall (KS)
- Controlling for Cancer: Lifestyle Choices You Can Make  
Wednesday, March 20, 7:00 PM, Ballroom (OC)
- Andy's First Death  
Thursday, April 4, 10:00 AM, P-Hall (KS)
- Snakes: Facts, Fiction, and Phobia  
Tuesday, April 23, 1:30 PM, Ballroom (OC)
- Make No Bones About it – Bone Health is Important  
Wednesday, April 24, 7:00 PM, Ballroom (OC)
- America's Race Back To Space  
Wednesday, May 1, 7:00 PM, Ballroom (OC)
- DMV and Seniors  
Wednesday, May 15, 1:30 PM, Ballroom (OC)
- Get Even With Diabetes  
Wednesday, May 22, 7:00 PM, Ballroom (OC)
- Introduction to Windows 8  
Wednesday, June 12, 3:00 PM, P-Hall (KS)
- Watch for more Community Forums in next month's *Compass*.

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](http://www.findleyironworks.com)



**A PET'S WORLD**  
**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](http://www.a-pets-world.com)



**INITIAL VISIT ONLY \$79.95**

**Complete Pest Control \$60 Every Other Month (Under 1500 sf)**

**THE NOBLE WAY**

*Your satisfaction is guaranteed!*  
Miles Noble, President

**349-2044**  
**Free Pest Estimates**

**One-Time Services Available**





## 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@slchca.com](mailto:robert.cook@slchca.com)

#### **Sr. Director, Lifestyle & Communications**

Jeannine Balcombe **625-4020**

[jeannine.balcombe@slchca.com](mailto:jeannine.balcombe@slchca.com)

#### **Sr. Director, Facilities & Maintenance**

Chris O'Keefe **645-4500** [chris.okeefe@slchca.com](mailto:chris.okeefe@slchca.com)

### **Accounting**

#### **Director of Finance**

Bruce Baldwin **625-4013** [bruce.baldwin@slchca.com](mailto:bruce.baldwin@slchca.com)

### **Advertising & Promotions**

#### **Advertising & Promotions Manager**

Jennifer Hugunin **625-4057**

[jennifer.hugunin@slchca.com](mailto:jennifer.hugunin@slchca.com)

### **Community Standards**

#### **Community Standards Manager**

Cece Dirstine **625-4006** [cece.dirstine@slchca.com](mailto:cece.dirstine@slchca.com)

### **Membership**

#### **Membership Clerk**

Bertha Mendez **625-4000** [bertha.mendez@slchca.com](mailto:bertha.mendez@slchca.com)

### **Lifestyle**

#### **Activities Desks**

**Orchard Creek 625-4022**

**Kilaga Springs 408-4013**

#### **Activities**

#### **Lifestyle Manager**

Lavina Samoy **625-4073** [lavina.samoy@slchca.com](mailto:lavina.samoy@slchca.com)

#### **Lifestyle Assistant Manager**

Lily Ross **408-4609** [lily.ross@slchca.com](mailto:lily.ross@slchca.com)

#### **Lifestyle Class Coordinator**

Betty Maxie **408-7859** [betty.maxie@slchca.com](mailto:betty.maxie@slchca.com)

#### **Lifestyle Entertainment Coordinator**

Tamara Coil **408-4310** [tamara.coil@slchca.com](mailto:tamara.coil@slchca.com)

#### **Lifestyle Trip Coordinator**

Katrina Ferland **625-4002** [katrina.ferland@slchca.com](mailto:katrina.ferland@slchca.com)

### **Clubs**

#### **Club & Room Booking Coordinator**

Shelvie Smith **625-4021** [shelvie.smith@slchca.com](mailto:shelvie.smith@slchca.com)

### **Compass**

#### **Editor - Jeannine Balcombe**

**625-4020** [jeannine.balcombe@slchca.com](mailto:jeannine.balcombe@slchca.com)

### **Compass Advertising Coordinator**

Judy Olson **625-4014** [judy.olson@slchca.com](mailto:judy.olson@slchca.com)

### **Compass Bulletin Board**

Shelvie Smith **625-4021** [shelvie.smith@slchca.com](mailto:shelvie.smith@slchca.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**

**Fitness Center Information Only 408-4634**

### **Director of Fitness**

Brandy Garcia **625-4031** [brandy.garcia@slchca.com](mailto:brandy.garcia@slchca.com)

### **Assistant Director of Fitness**

Lisa S. Smith **258-8289** [lisa.smith@slchca.com](mailto:lisa.smith@slchca.com)

### **Food & Beverage**

**Meridians Reservations 625-4040**

**Kilaga Springs Café 408-1682**

### **Director of F&B**

Jerry McCarthy **625-4049** [jerry.mccarthy@slchca.com](mailto:jerry.mccarthy@slchca.com)

### **Catering**

#### **Banquet Sales Manager**

Meghan Louder **625-4043** [meghan.louder@slchca.com](mailto:meghan.louder@slchca.com)

### **The Spa at Kilaga Springs- 408-4290**

#### **Spa Manager**

Tina Ginnetti [tina.ginnetti@slchca.com](mailto:tina.ginnetti@slchca.com)

## Hours

### **Orchard Creek & Kilaga Springs Lodges**

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

Sunday 8:00 AM-5:00 PM

### **Activities Registration: OC & KS**

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

Sunday 8:00 AM-4:00 PM

### **Administration Offices & Membership**

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

Saturday (First only) 8:00 AM-12:00 PM

### **Fitness Center Hours: OC & KS**

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

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 11:30-3:00 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**

#### **General Manager, LH Golf Club**

Sean Silva **543-9200, ext. 4**

[ssilva@lincolnhillsgolfclub.com](mailto:ssilva@lincolnhillsgolfclub.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@slchca.com](mailto:Ken.Silverman@slchca.com)

### **John Snyder, Vice President**

[John.Snyder@slchca.com](mailto:John.Snyder@slchca.com)

### **Gay Mackintosh, Secretary**

[Gay.Mackintosh@slchca.com](mailto:Gay.Mackintosh@slchca.com)

### **Marcia VanWagner, Treasurer**

[Marcia.VanWagner@slchca.com](mailto:Marcia.VanWagner@slchca.com)

### **Jim Leonhard, Director**

[Jim.Leonhard@slchca.com](mailto:Jim.Leonhard@slchca.com)

### **Martin Rubin, Director**

[Marty.Rubin@slchca.com](mailto:Marty.Rubin@slchca.com)

### **Denny Valentine, Director**

[Denny.Valentine@slchca.com](mailto:Denny.Valentine@slchca.com)

## Committee Chairs

### **Architectural Review Committee**

[arc@slchca.com](mailto:arc@slchca.com)

### **Clubs & Community Organizations Committee**

[ccoc@slchca.com](mailto:ccoc@slchca.com)

### **Communications & Community**

#### **Relations Committee**

[crc@slchca.com](mailto:crc@slchca.com)

### **Compliance Committee**

[compliance.committee@slchca.com](mailto:compliance.committee@slchca.com)

### **Elections Committee**

[elections.committee@slchca.com](mailto:elections.committee@slchca.com)

### **Community Emergency Response Team**

[cert@slchca.com](mailto:cert@slchca.com)

### **Finance Committee**

[finance.committee@slchca.com](mailto:finance.committee@slchca.com)

### **Properties Committee**

[properties.committee@slchca.com](mailto:properties.committee@slchca.com)

Please thank our 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, **66**  
 Baker Wallen Tax Service LP, **74**  
 Riolo, Roberts and Freddi, **13**

**AUTOMOBILE SALES/SERVICE**

Firestone, **38**  
 J & J Body Shop, **38**  
 R & S Auto Repair, **91**

**BEAUTY**

Face Works, **60**

**CARE FACILITIES**

Casa de Santa Fe, **76**  
 Lincoln Meadows, **63**  
 Oakmont of Roseville, **20**

**CARE FACILITY REFERRAL SVC.**

Assisted Transition, **69**

**CAREGIVER**

Private Duty Caregiver, **60**

**CARPET CLEANING**

Century Carpet Care, **14**  
 Gold Coast Carpet & Uph., **53**  
 Joe's Carpet Cleaning, **9**  
 Johnny on the Spot, **66**  
 SpeedDee's Carpet Cleaning, **69**

**CHURCHES**

Lincoln Hills Church, **76**  
 Valley View Church, **63**

**COMPUTER SERVICES**

Affordable Computer Help, **91**  
 Compolve Computers, **60**  
 PC & Mac Resources, **42**

**DAY SPA**

The Spa at Kilaga Springs, **3, 18**

**DENTAL**

Denzler Family Dentistry, **57**  
 Life Enhancing Dental Care, **13**  
 Personalized Dental Care, **16**

**ELECTRICAL SERVICES**

Bailey & Sons, Inc., **20**  
 Brown's Quality Electric, **14**  
 Dodge Electric, **60**  
 KIP Electric, **50**  
 Micallef Electric, **69**

**EYE CARE**

Eye Q Optometry, **78**  
 Jeffery Adkins, MD, **66**  
 Wilmarth Eye/Laser Clinic, **64**

**FIDUCIARY SERVICES**

Northern California Fiduciary Svcs., **57**

**FINANCIAL/INVESTMENT**

Edward Jones, **57**  
 Green Capital Funding Group, LLC, **91**  
 Melton Financial, **78**  
 Stifel Nicolaus, **53**

**FIREPLACE SERVICES**

Chim Chimney, **42**

**FOOD MARKET**

Fresh & Easy, **7**

**FOOT CARE**

Lincoln Podiatry Center, **82**

**GOLF CARS—SALES/SERVICE**

Electrick Motorsports Inc., **40**  
 Gilchrist Golf Cars, **22**  
 Nick's Custom Golf Cars, **53**

**GOLF CLUB**

Lincoln Hills Golf Club, **55**

**HAIR CARE**

Kathy Saaty, **74**

**HANDYMAN SERVICES**

A-R Smit & Associates, **42**  
 Bartley Home Repair, **91**  
 CA Finest Handyman, **74**  
 L&D Handyman, **91**  
 Penny Pinch Handyman, **14**  
 Robert Boyer, **74**  
 Wayne's Fix-all Service, **9**

**HEALTHCARE**

Placer Dermatology, **72**  
 Sutter Roseville Med. Center, **47**  
 U.C. Davis Medical Group, **8**

**HEALTHCARE/CONSULTING**

Senior Care Consulting, **50**

**HEARING**

Whisper Hearing Center, **47**

**HEATING/AIR CONDITIONING**

Accu Air & Electrical, **74**  
 JP Gorman, Inc. **69**  
 Maki Heating & Air, **47**  
 Miller Heating & Air, **91**  
 Peck Heating & Air, **87**

**HOME CARE SERVICES**

Right At Home, **53**

**HOME FURNISHINGS**

Andes Custom Upholstery, **91**  
 California Backyard, **78**  
 Gary's Refinishing, **42**

**HOME IMPROVEMENTS**

Capital City Solar, **13**  
 Don's Awnings, **96**  
 Findley Iron Works, **93**  
 Grout Pro, **50**  
 ICS Tile & Grout Services, **14**  
 Interior Wood Design, **80**  
 Jim Scovill Construction, **14**  
 JNT Building & Remodeling, **80**  
 Knock on Wood, **16**  
 Overhead Door Co., **69**  
 Patio Perfections, **62**

Petkus Brothers, **4**

Roy West, **74**

The Cabinet Doctors, **14**

The Closet Doctor, **12**

The Plumbers, **4**

**HOUSE CLEANING**

Apple House Cleaning, **20**  
 Rich & Diane Haley House Cleaning, **87**

**INSURANCE/INSURANCE SVCS.**

Allstate Insurance, **22**  
 All Types Insurance Agency, **16**  
 Pat's Med. Ins. Counseling, **72**  
 State Farm Insurance, **4**

**INT. DESIGN, WINDOW COVERS**

Guchi Interior Design, **76**  
 Otagiri Interiors, **87**  
 SunDance Interiors, **64**

**LANDSCAPING**

Duran Landscaping, **50**  
 Great Outdoors Landscaping, **69**  
 Martinez Landscaping, **60**  
 Rebank Time, Inc., **16**  
 Steven Pope Landscaping, **14**

**LEGAL**

Adams & Hayes, **22**  
 Law Office Robin C. Bevier, **72**  
 Don Branner, **40**  
 Lynn A. Dean, Attorney, **57**  
 Michael Donovan, **91**  
 Gibson & Gibson, Inc., **62**

**MORTUARY SERVICES**

Cochrane's Chapel of the Roses, **60**

**MOVING SERVICES**

CR Moving Services, **66**

**PAINTING CONTRACTORS**

Dynamic Painting, **9**  
 Kerr Painting, **14**  
 MNM Painting & Drywall, **40**

**PEST CONTROL**

The Noble Way Pest Control, **93**  
 United Pest Control, **85**

**PETS**

A Pet's World, **93**  
 Home Away Pet Care, **8**  
 Roseville Dog Trainer, **64**

**PHOTOS**

Visionary Design, **74**

**PLUMBING**

BZ Plumbing Co. Inc., **50**  
 Class Act, **22**  
 Eagle Plumbing, **69**

**PROPERTY MANAGEMENT**

Gold Properties of Lincoln, **4**

**PSYCHOTHERAPY/  
PSYCHOLOGIST**

Dr. A. DeCell, Psychologist, **87**  
 Marvin Savlov, Psychotherapist, **42**  
 Sally Watkins, Psychotherapist, **8**

**REAL ESTATE**

Century 21 - R./C. Bluhm, **64**  
 Coldwell Banker  
 - Andra & Michelle Cowles, **87**  
 Coldwell Banker/Sun Ridge, **62**  
 - Don Gerring, **50**  
 - Donna Judah, **87**  
 - Gail Cirata, **38**  
 - L. Harrison/A. Wiens, **22**  
 - Paula Nelson, **72**  
 - Sharon Worman, **80**  
 Grupp & Assocs. Real Estate, **8**  
 Keller Williams - Carolan Properties, **12**  
 - Holly Stryker, **69**  
 - Shari McGrail, **16**  
 Lyon Real Estate - Shelley Weisman, **50**

**RESTAURANTS**

Meridians, **15, 71**

**SHOES**

Footcaress Shoe Store, **40**

**SHUTTLE SERVICES**

Lime Shuttle, **82**

**SPRINKLER REPAIR**

Don's Aerating/Sprinkler Repair, **42**  
 Gary's Sprinkler Repair Service, **20**

**STORAGE**

Camp Far West Storage, **87**

**TELEVISION REPAIR & SERVICE**

TV Tech Repair, **42**

**TRAVEL**

Club Cruise, **82**

**TREE SERVICE**

Acorn Arboricultural Svcs. Inc, **12**  
 Capitol Arborists, **85**  
 Golden State Tree Care, **63**  
 Hallstead Tree Service, **9**

**VACATION RENTALS**

Del Webb Arizona, **48**  
 Maui Condos, **87**  
 Lake Tahoe Home, **60**

**WELLNESS**

HerbalTrain, **42**

**WINDOW CLEANING**

All Pro, **82**  
 American River, **60**

**WINDOW TREATMENT CLEANING**

Sierra Home & Comm. Svcs., **74**

**WINERY**

Wise Villa Winery, **85**

*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 © 2013 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 2013



95

**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

- Full Design Recommendations
- Familiar with SCLH Design Guidelines
- Lincoln Hills References
- Locally Owned & Operated
- Personalized Service
- More info on products—

Reduced Sunroom Heat



Retractable Window Awnings On Sunrooms

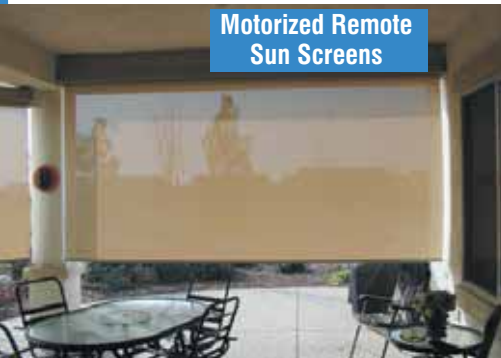
Retractable window awnings allow you to take control of hot sun while enhancing the beauty of your sunroom.

**Retractable Patio Covers**



Retractable patio awnings create an outdoor entertainment area while protecting you, your furniture, and your plants from the hot sun.

**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.

Effective Sun Protection

**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**



I've got you covered...  
Call me today to get more enjoyment out of your home tomorrow!

**Don Libolt Owner-Builder**

