

SEPTEMBER 2020

COMPASS

Navigate Your Way Through Sun City Lincoln Hills



Lessons Learned Lately **14**

The Tension in Hypertension **15**

Calendar of Events

September 15 - October 19

**Subject to change.
Please see eNews
for updated times
and dates.**

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Upcoming Association Meetings: September 15 – October 31	
Listening Post	Wednesday, September 16, 9:30 AM
Finance Committee Meeting	Thursday, September 17, 9:00 AM
Board of Directors Meeting	Thursday, September 24, 9:00 AM
Board of Directors Executive Session	Thursday, September 24, 11:30 AM
ARC/Architectural Review Committee Meeting	Monday, September 28, 9:00 AM
Properties Committee Meeting	Thursday, October 1, 9:00 AM
Elections Committee Meeting	Friday, October 2, 10:00 AM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, October 6, 9:30 AM
Compliance Committee Meeting	Wednesday, October 7, 9:00 AM
ARC/Architectural Review Committee Meeting	Monday, October 12, 9:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, October 13 10:00 AM
Finance Committee Meeting	Thursday, October 15, 9:00 AM
Listening Post	Wednesday, October 21, 9:30 AM
Board of Directors Meeting	Thursday, October 22, 9:00 AM
Board of Directors Executive Session	Thursday, October 22, 11:30 AM
ARC/Architectural Review Committee Meeting	Monday, October 26, 9:00 AM
<i>Meetings subject to change. Visit sclhresidents.com for the most up to date information.</i>	

VOLUNTEER OPPORTUNITIES!

Committee Openings

Below are Committees that need your volunteer time and expertise. Committees with openings include:

- Architectural Review Committee (ARC)
- Clubs & Community Organizations Committee (CCOC)
- Communication & Community Relations Committee (CCRC)
- Compliance Committee
- Properties Committee

Committee applications are available at the Lifestyle desks (OC/KS) and online (sclhresidents.com>Library>Forms>Resident Forms).

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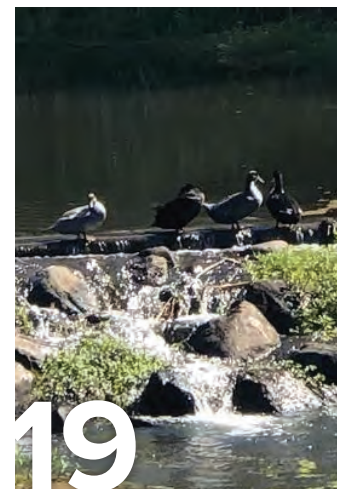
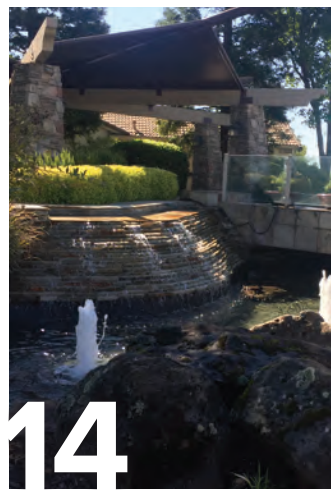
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On the Cover
Sunset at Angler's Cove
Photo by Nancy Newhart



From the Executive Director's Desk

Chris O'Keefe, Executive Director, SCLH Community Association

Welcome to the September issue of the *Compass* magazine. It's been a bit interesting over the past month. In addition to the COVID-19 pandemic, we have been faced with a severe heatwave, rolling black-outs, fires throughout the state that have left us looking like we live in proximity to Vesuvius, and the only thing that hasn't come up is news that a giant asteroid is hurtling toward the planet.

We continue to work our way through the issues related to the pandemic, however, we continue to trend positive to budget. This is due to the diligence of the department leaders, and assistance from our Finance Committee and our Board Treasurer. It's a collaborative effort, and we appreciate the support.

The challenges we face here are similar to what several other HOAs are facing. In reading an announcement from an HOA in Arizona regarding Food & Beverage, they talk about the exact same issues we see: limited operations through the end of the year at least, no large events, uncertainty about how banquet events will be accommodated in the future, furloughed staff and eliminated positions, and challenges

in recruiting since many people who worked in the hospitality field have gained employment in other industries.

I want to assure you that the Association is working diligently to ensure that we are on top of the issues, and making every effort to stay ahead of the situation. The departments have been terrific at remaining flexible as conditions change, and we will continue to look for ways to increase services, provide new opportunities, and do everything we can to take care of our residents. No crisis will divert us from our primary duty, which is to take care of our people.

Despite a number of issues, there is a fair amount of good news. As I stated at the top, our finances are in a strong position. We continue to provide useful communications via eNews, the *Compass*, and our website. The outdoor pools are open and very busy. When you walk by the Sports Plaza, you see dozens of residents enjoying tennis, pickleball, softball, and bocce. The new pickleball courts are in use, and if you find yourself in need of a cheeseburger, you can call Meridians and have one delivered.

There is a lot to be thankful for. See you in October.

LISTENING POST UPDATE

We had another Listening Post via the wonder of Zoom in August, and we had over 90 residents in attendance. We provided an update on the Sports Plaza, and we offered some updates for several of the operating departments. We were also happy to show a picture of the new pickleball courts. This was a great project, and we were so pleased to get this done for our residents.

We also provided a COVID-19 update, and hopefully, by the time you are reading this, we will have been able to reopen the fitness centers, day spa, and Meridians. This has been a difficult six months for everyone, but thanks to some timely decisions made back in March, we have been able to weather the storm, and we will be solidly positioned to "bounce back," when we can reopen the lodges.

A question came up about outsourcing, and I gave my opinion on the subject. This update is a good opportunity to elaborate on how I feel about outsourcing. I am not opposed to outsourcing certain operations when it makes sense to do so. Our landscaping contract is an example. It makes more sense to outsource landscaping than bring it

in-house. That being said, even this example would fail if we did not have a strong landscape manager on staff to oversee the contract. This strong oversight is what separates us from most facilities.

Food & Beverage has been a challenge to my predecessors and me for the past 20 years. If it can be shown that an outside company can come in and meet all of our food, beverage, and catering needs at no cost or with a financial return, I would welcome that, and I have no issue with exploring the idea.

Unfortunately, my knowledge of what's been tried at other communities makes me doubt that we can find a provider willing and able to meet these criteria. Again, I don't object to exploring this option, but I've expressed my view that the search is unlikely to succeed, and that we would do better to focus on improving our in-house operations. I have been criticized for speaking out on this, but I believe I owe all here the benefit of my experience and opinion on the subject. Just like any other matter that affects our community.

Thanks to those who attended, and I hope to see you on Zoom in September.



Finance Committee

LH Budget 2021

Molly Seamons

The 2021 Budget for Lincoln Hills is like no other year, because of the pandemic and the uncertainty of what level our lodges will be able to be open on a daily basis. With social distancing, many rooms will only accommodate about half their capacity prior to the shutdown, so many classes, concerts, and events will be limited, and therefore revenue will be affected. Trips will have to use two buses instead of one for social distancing, and we are unsure if residents want to pay for the extra expense. Will our concerts be able to afford entertainers with fewer residents able to attend? Quite a few classes will be able to take place like line dancing, tap, and some art classes.

The department managers are working on their Budgets with two versions—one that we will be open on January 1, and the other one on July 1. This involves the number of employees returning and when they will be back at their original jobs. Every department will be making adjustments for social distancing and possible changes due to the new normal of the pandemic.

We have the new State mandated wage increase of

\$14 on January 1. This not only affects our employees but all the vendors we have contracts with, for example, our landscape company BrightView. Our revenue is going to be scheduled at 70% of a typical budget year. The Reserves will be presented for the coming year and how much they will be part of the dues for 2021. Other financial assumptions are being evaluated as I am writing this article and will be part of the final budget figures.

During the last week in August, three BOD members and three Finance Committee members were to review the department budgets one at a time, and evaluate whether they needed to be enhanced, or the amount of expenses reduced. I assume that at those meetings, a determination was to be made as to whether we are open fully in January or July.

On September 1 and 4, the budgets were presented to the residents in a Zoom format so that questions could be answered by the Finance Committee, Board of Directors, and staff. At the Finance Committee, the final draft will be presented and forwarded to the Board for a vote. Then the final dues figure will be presented for 2021.



Architectural Review Committee

Accommodate Residents

Carole Dummett, Chair

We are now in the sixth month of the COVID-19 shutdown, and I'm proud to announce overall, the ARC has been able to accommodate the residents in a satisfactory manner. A special thanks to the Board, Chris O'Keefe, Sam McKee, and their entire staff for the prompt response to fulfilling our requests enabling us to perform our duties under unusual circumstances.

We are only conducting site visits with new construction, including swimming pools. Residents have been fantastic in providing setback requirement information for all accessory structures, which has been extremely helpful.

Sadly, two employees with Community Standards Department resigned in August. They were both wonderful employees and dedicated to their job and the community. We wish them well.

Our Community Standards Manager, Sam McKee, has hired a new employee who is currently in training to accommodate the ARC. The staff collects and sorts through all of the ARC applications and contacts residents if they have an incomplete application. This serves both the ARC and the resident, allowing them time to

provide additional documentation to be on the agenda for our next meeting. The cutoff date for the agenda to be posted is 2:00 PM the Wednesday prior to the Monday meeting. Our meetings are held the second and fourth Monday of each month except December, which has one meeting on the second Monday.

Applications and checklists continue to be available in front of the Orchard Creek Lodge Monday through Friday 9:00 AM to 4:00 PM along with the ARC drop box.

Please be patient and understanding of Community Standards as we go through the process of being short-staffed and an employee-training period. Remember, Community Standards is also responsible for all Compliance issues, so they serve dual committees plus all resident complaints, a difficult job under normal conditions.

You may contact the ARC directly at arc.sclhca.com for questions, concerns, and follow-up of your application. These are times when we must all pull together for the benefit of the entire Association.

There are three committee member openings. Now is the time to apply and serve this wonderful community. We look forward to your application.



Compliance Committee / Community Standards Community Review Program Update

David Mateer, Chair

It has been a while since we published an article on the Community Review Program (CRP). As a refresher, this program is a joint effort with the Community Standards Department and Compliance Committee. The purpose of this program is to 1) Maintain the beauty, desirability, and value of community and homes, 2) Have HOA become more proactive with compliance of standards, and 3) Identify potential non-compliance of CC&R's & Design Guidelines.

The program was developed in 2018 and early 2019. Each review cycle is conducted during a two-month program and focuses on either Landscaping or House (which usually means paint). The final cycle for 2020 was conducted in August and September and focused on landscape items for one-third of the homes in our community. With this cycle, we have now reviewed all villages in our community once for landscape, and once for house items. The next review cycles will start again in February 2021. This gives everyone a chance to catch up. We will provide an update and schedule for 2021 before the next cycle begins.

There are checklists that owners can use for a quick self-check. There is one for landscape, and one for house

items. These checklists can be found under the Library/Community Standards in the Compliance Forms section of the resident website.

Most of the items found during the review process have been routine maintenance that needs to be done. For example, the top landscape item is needing additional bark in the planter areas of the yard. The top house item is faded or worn paint, often when the original builder painting has not yet been refreshed.

To say the least, 2020 has been an unusual year for all of our activities, including CRP. Hopefully, next year things will become more normal, but likely still not as things were in 2019. All that said, this program is having a positive effect on the properties in our community by keeping Lincoln Hills a beautiful and great place to live. I would like to thank all of the members of the community for their support, and for taking care of the items needing attention.

NOTE: We had some committee members complete their second two-year term, so there are openings on the Compliance Committee. Individuals interested in supporting our community are welcome to join our team.



Neighbors InDeed Handy Helpers

Janet Roberts



By the time that you read this, it will almost be fall. However, while I'm writing it, we're in the middle of a heatwave, and at the beginning of fire season with ash drifting down from Northern California fires, skies grey-brown during the day and red at sunrise and sunset, and the smell of smoke in the air. We're all hoping for cooler days, and clearer skies as fall comes.

The Handy Helpers are back to providing full services. If your routine maintenance tasks were postponed while we were limiting our services, please give us a call at **916-223-2763** to get them done. For their safety and yours, they will be wearing masks.

Handy Helpers do minor home maintenance tasks in resident homes with the purpose of keeping you in your homes for as long as it makes sense. You shouldn't have to move from your home if you can't climb a ladder to change a light bulb or smoke alarm battery. We're your friends and neighbors who have volunteered and been trained to take on these and other tasks. You can check our website for all the tasks that they do and those that they don't: www.neighborsindeed.org.

Given the heat, you should consider reprogramming

sprinkler controllers and checking for runoff if you decide to water more frequently. If it is running in the gutter, consider cutting back on the length of time or the number of days. You should also check your thermostat for higher temperatures at night and slightly lower during the day – just enough to keep you comfortable. If you need help reprogramming the controller or the thermostat, call our number to get a Handy Helper to work on those for you.

Many of the routine Fall tasks are coming up, especially changing the furnace filters due to the amount of smoke particles in the air. In addition, if your fall list includes getting the garage door lubed or the smoke alarm batteries changed, give us a call. What else is on your list to be done around the house? If you need help, check to see if the Handy Helpers can do it and if not, we can give you referrals to vendors that have been recommended by fellow residents.

Stay cool, safe, and healthy.

When you call, please remember that we do not answer the phone. Leave us a message at 916-223-2763, and we will return your call as promptly as possible between 9:00 AM and 5:00 PM Monday through Friday.

Election News

Elections Are On!

Four Board of Director positions are up for election in February. You could fill one of them! Here's what you need to know:



- Candidate filing opens **September 14**. Candidates have until **October 14 by 4:00 PM** to file. Names of candidates will be posted weekly as applications are received.
- The Candidate Information Packet, which includes the application, can be found on the SCLH Elections Committee webpage. You may also request a copy by contacting the Executive Assistant at Christy.Goodlove@sclhca.com.
- A video of the Candidate Information Session held on **September 2** can be found on the SCLH Elections Committee webpage.
- On **October 16**, there will be a Candidate Briefing Session. Candidates will be notified of the time and location. Due to Covid-19, this meeting may be held virtually.

Date	Day	Event
2020		
September 14	Monday	Candidate Filing opens
October 14	Wednesday	Candidate Filing closes
October 16	Friday	Candidate Briefing Session
November 6	Friday, 4:00 PM	Candidate Ballot Statements due
November 6	Friday, 4:00 PM	Member Issue Statements due
December 7	Monday	Articles from Candidates due
December 20	Sunday	Candidate yard signs may go up
2021		
January 9 & 12	Saturday & Tuesday	Candidate Forums
January 11-15	Monday-Friday	Election Ballots mailed
February 17	Wednesday, 3:00 PM	All Ballots due
February 18	Thursday	New Board seated

For more information, contact the Elections Committee at elections.committee@sclhca.com or see the Elections Committee FAQ for more information on the Resident Website under the Elections committee tab sclhresidents.com > **Committees** > **Elections Committee**.

Let us serve you with a view

Meridians
Restaurant & Bar

More Opportunities

Food & Beverage Team

We are all hoping things change with our current pandemic situation. Dining al fresco has been an excellent opportunity to pair a great view with great food. For the upcoming months, Meridians wants to extend more opportunities for you to enjoy a meal with us. Monday's have become known as our Monday Madness. We are featuring deep discounts, free desserts, and awesome pairings. Taco Tuesday continues to be a hit. Sous Chef Jose Perez and the culinary staff enjoy the opportunity to present three various styles of Tacos. Wednesday, we feature homestyle comfort cuisine, including favorites like corned beef, ham dinners, or even turkey suppers. Thursday through Saturday, Chef MJ gets creative with local and seasonal ingredients, and opportunities to shine through special features. And of course, Prime Rib Dinners on Sunday. Truly one of Meridians' most popular dishes.

While catering and banquets are still on hiatus during the current state of the pandemic, the Food and Beverage Team are planning on a Zoom Beer Dinner Sequel for September, an Impromptu Dinner en Blanc, and a few other opportunities as the weather permits. Of course, keeping in mind the safety of our diners and complying with County regulations.

As the Hot August nights dwindled, and the September air falls into Autumn, Meridians will be continuing to come up with creative ideas for home delivery. Especially as we approach the latter half of the year, we are looking into Holiday Family Pickup/Delivery Packs. Be on the lookout for more details, closer to the holidays.



Chef's Recipe of the Month:

Potage Blanc Soup (White Potato-Turnip Soup)



Ingredients

- 1 Tbsp butter
- 1 lrg onion; coarsely chopped
- 6 – 8 cups water
- 4 slices white bread; (something good-quality, i.e. French)
- 8 turnips; (1 1/2 lb), peeled, and coarsely chopped
- 2 potatoes (1/2 lb.), peeled and coarsely chopped
- 2 tsp salt; to taste
- 1/2 tsp black pepper; freshly ground
- 4 egg yolks
- 1 cup heavy cream
- 1/2 c Italian parsley; or chives, minced

Instructions

Melt butter in a medium soup pot and add chopped turnips, potatoes, and onions. Saute over medium heat for about 5 minutes or until onions are translucent. Stir frequently. Bring 6 to 8 cups water to a boil—this amount depends on how much soup you wish to make, as well as its desired strength. Pour the boiling water into the turnip/onion mixture. Break the bread slices into the kettle. Heat the soup to the boil; reduce heat and simmer for about 20 minutes or until turnips are tender when pierced with a fork.

Set the soup aside to cool, season with salt and pepper. When the soup has cooled sufficiently, pour into a food processor or blender, and blend thoroughly. For a fine soup, press through a sieve with a wooden spoon. Note: At this point, the soup can be refrigerated for a day or two or frozen for a few weeks. Later the egg, cream, and garnish will be added.

Before serving, reheat the soup— *but do not boil*— and add the egg yolks beaten with the cream. Stir constantly until the mixture is blended and creamy. Pour slowly and gently while stirring into the heated soup. Check to season. Serve in soup crocks and garnish with parsley or chives.



The Communications Corner The Importance of Social Connection

Jeff Caponera, Communications and IT Manager

Some residents in our community live alone and are struggling with isolation during this pandemic. Social connection is just as beneficial to your health as exercise and eating habits. There is no downside to having a fuller social life.

This pandemic will not last forever, and if clubs are not your scene, look at the calendar of events in your community. Here at Lincoln Hills, we have many daily activities that have plentiful opportunities for social interaction. If you live in a community where there is diversity, it can be fascinating to get to know your neighbors and learn their stories. Find your niche, and let that path lead you towards your next adventure.

During this challenging time, there is a support group for those who feel isolated right here in Lincoln Hills.

- **Wise Aging Resource and Support Group** – We are currently building up to re-opening with a zoom account. If you want to be added to our mailing list, you may contact Stefanie Spikell at stefhope@att.net or Marcia VanWagner at mmvanwagner@gmail.com.
- **Seniors First** – there is a Contact Us page on their website seniorsfirst.org/contact-us/.
- **California Department of Aging** – While staying at home is being done to keep you safe; it may also lead to feeling lonely and isolated. Older Californians and their caregivers can call Friendship Line California at **888-670-1360** to connect with a friendly, listening ear today. www.aging.ca.gov.
- **211 Placer** – A 211 hotline that is **available 24/7**. The case management staff is on hand to **take calls to help them with anything!** **PHONE:** Dial 2-1-1 (or 1-833-DIAL211; for TTY: 1-844-521-6697) to speak with a call specialist. Language interpretation is available. **TEXT:** Text your zip code to 898211. Your text plan's rates will apply. **ONLINE:** Visit 211Placer.org to access an online searchable database or to chat/email specialists.



This pandemic won't last forever; it's important to stay positive and not to let this get you down, and remember there are people who can help.



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Lifestyle News & Happenings
Stepping Out of Your Comfort Zone
Karla Hearron, Lifestyle Assistant Manager

Can you believe September is already here? Well, some of you may be thinking, "Is it only September?" The Coronavirus has transformed life as we know it. We have been confined to our homes, and the future feels very uncertain.

Around this time last year, we were finishing the last few summer concerts for the season, and I was preparing my four children to go back to school. Little did I know that this pandemic would come crashing in and change our normalcy. Now I am preparing for distance learning and googling how to become a teacher and a mom in addition to being your full-time Lifestyle Assistant Manager.

One thing I am thankful for is being able to provide each of you new ways to involve yourself here at Lincoln Hills, like Zoom. Zoom is something new, and understandably may be out of your comfort zone. However, it is a safe way to socialize and learn. I recently read an article, which stated, "Leaving your comfort zone ultimately helps you deal with change." So I challenge you to step out of your comfort zone. Below are some concerts and classes for September.

On September 17, **Marc Lapadula** is back with **Dynamic Dialogue: Films with Truly Great**

Writing. This presentation will cover films whose sizzling dialogue, tight narrative construction, dimensional character development, & compelling plotlines make them especially memorable (details page 54).

On September 22, start your morning off with **Krafting with Karla and Lavina.** We will be creating a wood door sign that says Hello Fall. Not only do you walk away with a cute craft, but you also get to be interactive with other residents in the community and possibly meet someone new.



Later that night enjoy **The Sun King's Drew Harrison perform The Beatles...and More** live-streamed from the Presentation Hall right in your home (details page 53).

On September 28 award-winning scholar, teacher, and New York Times "Editors' Choice" author **Professor Joseph Luzzi will explore 5 Books That Changed the World.**

Check out page 59 for a list of next month's **In-person Outdoor Classes.** These classes have been a great success. With safety guidelines in place, residents can come and enjoy each other's company outside of Orchard Creek Lodge.

Now that we all took a step out of our comfort zone to try new things, we all can feel a little like we can tackle the rest of the year!



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The Spa at Kilaga Springs Why are We Here?

Trudy Smith, Spa Manager

We are navigating through a different set of circumstances in business and life. The need to be healthy and manage our stress is more important than ever. The Spa can serve those needs and more. We can provide calm in a world that can be stressful. We offer services in all departments that mend the skin, soothes sore muscles, keeps proper maintenance, and makes you look and feel good. We are here to offer all these services and products to support your health and wellness.

Through the closures and now, we continue to offer Retail from our Boutique. We have something for everyone. We have excellent skincare from Hydropeptide and Image for all skin types. Both have excellent sunscreens in tinted or non-tinted. We also carry Jane Iredale makeup and Sonoma Lavender products that soothe and offer relief such as the neck wraps that come in Eucalyptus or Lavender. You heat them in the microwave, and it releases the soothing scents, and as you lay it around your neck, the weight presses on your tight muscles and offers relaxation for those tight muscles. We carry CBD products in many forms. CBD is emerging in all markets, and it is important to purchase from a reliable and knowledgeable source. The Spa has sourced the best products, and we know the origins of the plant, how it is

manufactured, that it is full-spectrum, third party tested and legitimate dose amounts. We have CBD in tinctures, balms, lotions, salves, and sometimes combined with magnesium, which can help calm the nerves when applied topically. We also carry other pain relief products such as Kneip Arnica and Biofreeze gel. Lots of other pretty products throughout the Boutique such as artisan jewelry and unique hair ties and more.

In the Skin Care Department, we continue to offer the Deluxe Hydrafacial and Signature Hydrafacial at special pricing. The Deluxe has the added booster and LED light therapy. These facials are fantastic and a powerful and impactful facial to repair and refresh your skin. It will relieve the congestion of wearing the masks and get your skin glowing and healthy as well as work on fine lines and wrinkles.

In the Massage Department, we are offering a free enhancement with every massage. A few examples are adding a cold or hot stone for specific areas or aromatherapy.

The rooms have all had an upgrade to creating a clean and polished environment. We encourage you to come and see for yourself.

To book your appointment or order retail, please call the Spa Concierge at 916-408-4290.

Be Well.





WellFit News

Practice Self-Care During These Times

Deborah McIlvain, Lifestyle, WellFit & Spa Director

Balancing multiple challenges, taking on new tasks and living with the anxiety that surrounds the COVID-19 pandemic takes a toll.

Things you do every day can help you maintain the physical and emotional strength you need.

1. Stop – Take five minutes to sit still and give your mind and body a rest. Breathe deeply, meditate, say a prayer, and practice mindfulness. Make time to stretch, consciously relax the tension in muscles and posture. Make sure to visit a calm place to recharge.

2. Fuel your physical needs – Proper sleep and nourishing foods help keep the body healthy and also support mental well-being. Cook plant-based meals and engage in exercise every day, just get out and move.

3. Maintain your social connection to family and friends – Make a phone call, text, use social media, and email are all great ways to stay connected. Have you noticed when out walking, that

strangers wave to you and one another, everyone is looking for that connection again, you are not alone.

4. Limit or redirect the news you pay attention to – The avalanche of news about the loss of life and the economy adds to anxiety and depression. Limit watching and reading this news, and always complement it with the stories of personal and institutional resilience.

5. Follow all public health recommendations – distancing, face coverings and hand washing are good reasons for these actions. Follow the rules when going into establishments, no reason to make it any harder on others, just adds more stress.

In WellFit, our goal is to follow all protocols, keep everyone as safe as we can, and offer relief. Coming and enjoying the pools, take an outdoor class, or just work out in a safe environment. I feel so lucky to work somewhere where we can provide some of these things in times like this. Stay positive it will get better, and we will get through this!



VARICOSE VEINS? TIRED AND ACHING LEGS?

They could be a sign of vein disease.



Venous reflux can cause these signs and symptoms¹:

- Varicose veins
- Swelling
- Itching
- Heaviness or tiredness
- Aching
- Cramping
- Restlessness
- Open skin sores

CVI Risk Factors¹:

- Family history
- Lack of exercise
- Leg injury or trauma
- Prolonged sitting or standing
- Obesity or excess weight
- Current or previous pregnancies
- Smoking

If venous reflux is left untreated, it may worsen over time and develop into a more serious form of vein disease called chronic venous insufficiency, or CVI.²

Learn more about symptoms, risk factors, and treatments at [Medtronic.com/VeinDisease](https://www.Medtronic.com/VeinDisease)

References

¹ Criqui MH, Denenberg JO, Langer RD, Kaplan RM, Fronek A. Epidemiology of Chronic Peripheral Venous Disease. In Bergan JJ, Bunke-Paquette N, eds. *The Vein Book*. New York, NY: Oxford University Press; 2013:27-36.

² Eberhardt RT, Raffetto JD. Chronic venous insufficiency. *Circulation*. July 22, 2014;130(4):333-346.

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Lessons Learned Lately

Linda Lucchetti, Roving Reporter

“We know a thing or two, because we’ve seen a thing or two.”

This familiar punchline from Farmers Insurance commercials could easily be adopted by many who’ve lived through the pandemic these past six months. We’ve seen cancellations and closures, shutdowns and lockdowns, uncertainties, and tragedies.



Communicate today



Unmask a smile

Through it all, I, for one, have learned a few things and gained an improved appreciation of others that I hope to employ going forward.

Here’s to good health. We’re aware of how medical professionals have risen to the ranks of heroes battling COVID-19. I hope to value more the professionals in my life who help me manage my

own health issues. I vow to be understanding when my doctor is late for an appointment, and kinder to the nurse who instructs me to, “Step on the scale.”

There’s no place like home. With trips outside the community often limited, don’t forget all that rests nearby. Take a walk around the neighborhood and delight in the greenery, flowers, and trees. Some villages offer tranquil parks. I’ll continue to revel in the lovely landscape near home.

Hello hi-tech. Imagine living during the pandemic of 1918, when communication was reduced to telegraphs and newspapers since early phone lines were still being laid. We’re fortunate to have at our fingertips: cell phones, the internet, video chat, and Zoom. I’m thankful for technology, although I don’t always understand it! I promise to improve my skills, and in so doing, refrain from hurling the remote control at the screen whenever I have problems accessing the TV.

Thank you for being a friend. Especially during this time, we lean on each other – to laugh with, cry with, or commiserate with. Have you noticed that whenever you ask friends, “How are you?” the question becomes more than a conversation starter; You really want to know how they are and await their welcomed word, “Fine.” I pledge to appreciate my friends and acquaintances more.

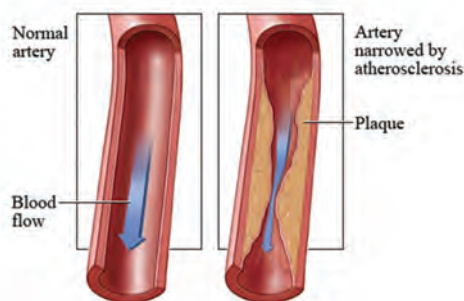
You’re never fully dressed without a smile. When interacting with people wearing masks, I realize the importance of facial expressions. I miss seeing smiles! If the eyes are the window of the soul, the area around the mouth is certainly a doorway to body language. I vow to savor the smiles of others.

“Don’t it always seem to go, that you don’t know what you’ve got till it’s gone.” — Joni Mitchell, “Big Yellow Taxi.”



The Tension in Hypertension

Shirley Schultz, Roving Reporter



Which of these synonyms for tension do you think best applies to the medical term, hypertension: pressure, strain, stress, force, stiffness, traction, pull, rigidity, stretching, tautness, anxiety, worry, apprehension, agitation, or nervousness? If you guessed pressure, you would be correct. Hypertension, in medical terms, means high blood pressure. It means high pressure of the blood against your artery walls as your heart pumps blood throughout your body. Although

some think they can tell when their blood pressure is high, there are **no reliable symptoms of hypertension**. This is why it is called the “silent killer.” The only reliable way to know the status of your blood pressure is to check it with a blood pressure cuff and stethoscope or an electronic reader.

Experts on the Joint National Committee on Hypertension set standards for diagnosing and treating hypertension. Their current guidelines stipulate the following for interpreting blood pressure readings:

- Normal – Less than 120 over 80 (120/80)
- Elevated – 120-129/80 or less
- Stage 1, high blood pressure – 130-139/80-89
- Stage 2, high blood pressure – 140 and above/90 and above
- Hypertension crisis – higher

than 180/higher than 120. **Seek medical advice right away.**

The top blood pressure reading is called the systolic pressure and indicates the pressure when the left ventricle is pumping the blood through the arteries. The lower reading is called the diastolic pressure and indicates the pressure when the left ventricle is in the relaxation phase between beats. Everyone’s blood pressure fluctuates, so multiple readings are generally needed on an ongoing basis.

“**How do I lower my blood pressure?**” was the most frequently asked health question on a recent survey by Google. One’s lifestyle can help keep blood pressure within normal range, including:

- Maintain a healthy weight. Strive to stay below 30 on the BMI chart (Body Mass Index)

- Eat a diet with lots of fruit, vegetables, low-fat dairy, and low saturated fat.

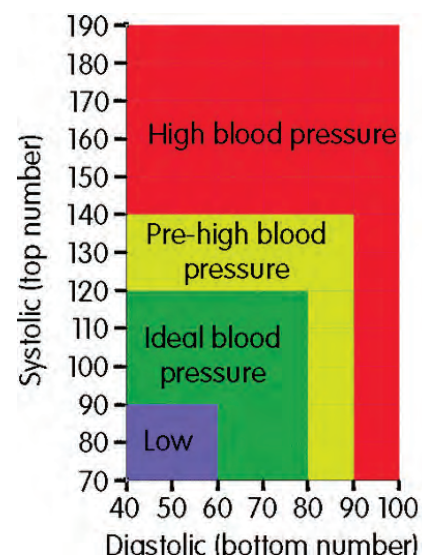
- Keep sodium intake under 1500 mg/day or less. Read labels.

- Limit alcohol to 1-2 drinks per day for men or 1 for women.

- Exercise. American Heart Association offers useful guidelines.

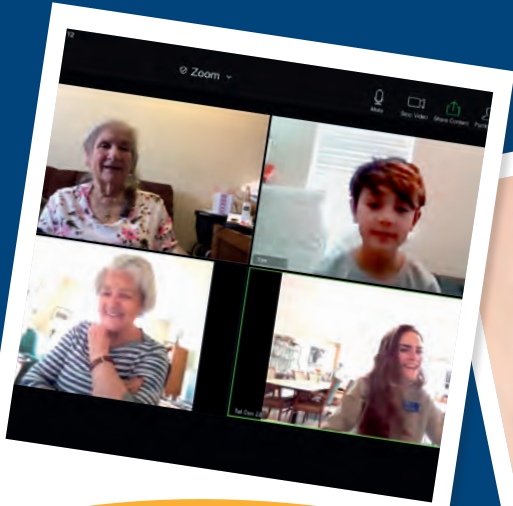
- Treat sleep apnea if you have it.
- Avoid smoking.

Hypertension is complicated, and you will likely need to seek medical help to control it. Don’t wait for a heart attack or stroke to be your first clue.



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Are You New to Our Community? Four Steps to Make it Easier!

Teresa Tanin, Neighborhood Watch

Boxes, boxes, boxes, are being unpacked, what's next?

1. Send a change of address to the post office, by card or online, however, don't forget to update your pet's microchip information with your new address and phone number. Neighborhood Watch Lost Pets Alert Program relies on current chip information to reunite owners with their pets. Don't be the owner who can't be found! Visit Neighborhood Watch website sclhwatch.org "How Do I..." Report Lost Pet.

2. Update your medical, prescription, and supplement information using a "Vial of Life" form available under "Documents/Forms" from the sclhwatch.org website. Store on the top shelf of your refrigerator—a zip lock back works great, and it's the first place First Responders will look. Remember, the "Vial of Life" is your voice when you don't have one.

3. Sign up for "Alerts." The best way to stay informed is to

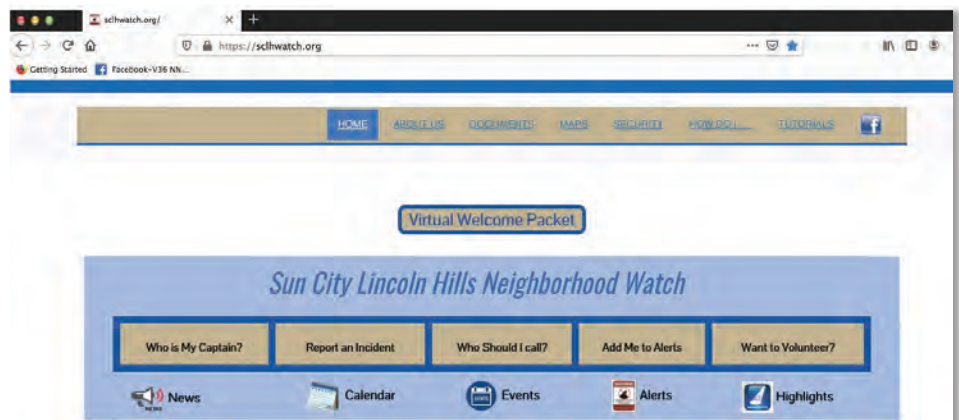
be informed. Visit Neighborhood Watch website and open "Add me to Alerts." It's easy! To see past Alerts, click on "Alerts." To report an incident, see "Report an Incident."

4. Meet your neighbors. All cluster mailboxes are managed by a volunteer Neighborhood Watch Captain. Visit sclhwatch.org and click "Who is My Captain?" and then click "Want to Volunteer?" to meet our group of volunteer neighbors who help keep our

community safe and informed.

Are you new to our community? Neighborhood Watch "Virtual Welcome Packet" is available on website sclhwatch.org loaded with helpful information for new residents.

For more information about our community, alerts, or volunteer opportunities, please contact NW Executive Director, Linda Minor, at lindaminornw@gmail.com or 707-235-0778. Welcome to our Community!



Neighborhood Watch Website: SCLHWatch.org

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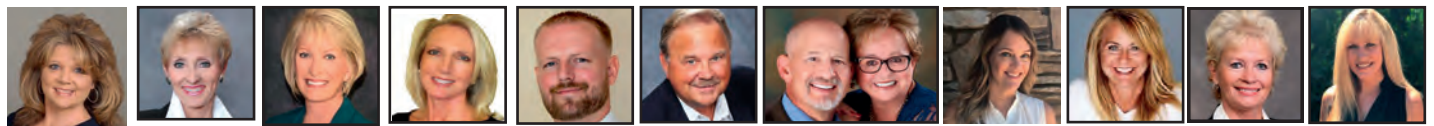
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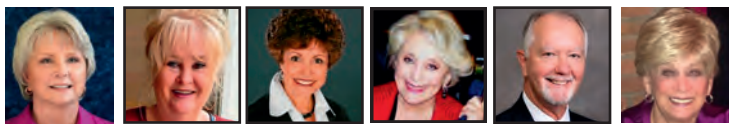
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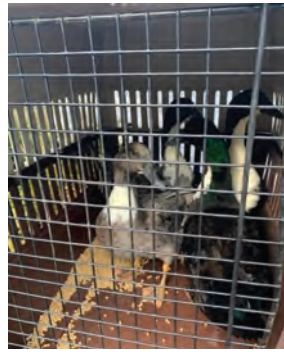
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Community Effort Saves Swedish Blue Ducks

David Wright, Roving Reporter

Baby ducks are cute. What parent can resist the gleam in their children's eyes when they first spy furry little ducklings for sale? But ultimately, kids get bored, and cute ducklings outgrow their backyard wading pool. Many well-meaning owners free their pets in ponds and parks—mistakenly believing they will naturally adapt. Such was the case as four Swedish Blue Ducks mysteriously took residency at Angler's Cove.

Holly Stryker lives near the ponds by Ingram Slough. Passing by Angler's Cove last month, she saw four dazzling ducks roosting on the dam. She posted a picture on Nextdoor.com, just as a reminder of the beauty in the community. Immediately, she received feedback, crying, "fowl." It seems that these four squatters are domesticated Swedish Blue

Ducks—meaning they were raised by humans and are dependent on human care for survival. As Holly researched this particular breed, she discovered that they rarely fly, have limited foraging ability, and being left to fend for themselves in the wild is a guaranteed death sentence. Not only would they starve, but they would be sitting ducks for predators.

Faced with a "waddle-you-do?" moment, Holly put out a call for help on social media—achieving the top-billed post of the day. From a flock of suggestions, she contacted various wildlife rescue organizations. Those who replied said they would only respond for "wildlife," but many offered that if Holly could catch them, they may be able to find a home for them.

She called Placer County

Animal Control. Officer Kim DeWoody was willing to catch the ducks, but just as she arrived...like ducks taking to water, the ducks took to the water—thus ducking arrest. Kim suggested using an x-pen baited with duck food. She also cautioned against feeding the ducks beforehand because a hungry duck is more likely to be lured to the x-pen.

Being a dog owner, Holly had an x-pen—a small folding exercise playpen. She called Executive Director, Chris O'Keefe since surely his crew has had experience with wayward animals. Chris answered Holly's duck call by sending his quacker-jack Duck Relocation Team—Landscape Supervisor Willie Mayberry and BrightView Supervisor Manuel Maciel. Neither spoke duck, so they winged it using the universal language—free food.

That Friday morning, they set Holly's food-baited x-pen at the dam. Willie manned the cage while Manuel shooed the ducks toward the open gate. Within minutes, all four ducks were safely behind bars. The two "ab-duck-tors" transferred their captives to a portable animal cage that Willie just happened to have in his truck.

Holly arranged for Willie to extradite the feathered fugitives to Sierra Hay and Feed north of downtown Lincoln. There, owner Diana Owens assured that the ducks would be rehomed as pets rather than as dinner. In less than two hours after their capture, they were paroled to an area farm and immediately ran down to the already duck-rich pond to introduce themselves to their new web-footed family. Through a team effort, this duck tale turned out just ducky.

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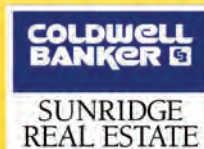
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Vial of Life - Refrigerator door

Safety Tips from the Pros

Richard Pearl, Roving Reporter

We are fortunate to live in a relatively safe community, and in this, I'm referring to both the city of Lincoln and Lincoln Hills. But sometimes bad things happen to good people. In the financial world, we talk about "hedging," which is the act of risk mitigation. The following are 'hedgies' for our personal safety from Lincoln's Public Safety Department. A big thank you to Police/Fire Chef Doug Lee and members of both protective services.

Police:

Burglar alarms and security cameras are definite deterrents. If I'm a burglar and I see one house with no visible alarm box and one that has one, I know which house I'm going to pick. If I know that I've already been captured on video, I'm probably not likely to kick in the door (front or back). Also, think about lock-bars for doors.

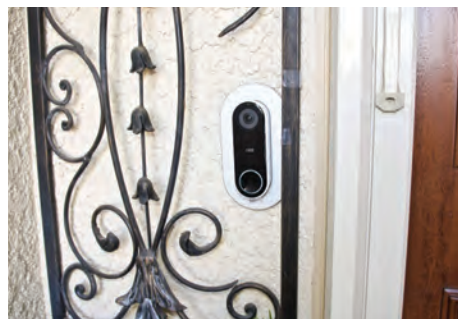
Avoid leaving obvious signs that you are not home. Don't let newspapers and ads stack up on your driveway and front areas.

ONLINE: SCLHRESIDENTS.COM

Use timers to make sure some lights come on once in a while, and certainly at night. Don't leave valuables in your car, even locked.



Door Jamb



Door Camera

If requested the Lincoln Police Department volunteers will perform drive-by checks of your house while you are on vacation (see: www.lincolnpd.org, under

PD Request Forms).

Scams: there are so many varieties of them, and these "professionals" all sound so convincing. The government, banks, and major computer companies will never ask you for personal or financial information over the phone.

Fire:

One of the best things that you can do is to prepare for emergencies before they occur. Compile medical history information, medications, emergency contact information, and even advance directives into a Vial of Life. In the middle of the night, in situations where people are upset, confused, or unable to speak, this information can be crucial.

<https://lincal.org/SCLHWatch/pagedownloads/vialoflife.pdf>

Slips, trips & falls are the leading causes of trauma in the elderly. More than one out of four older people fall each year; falling even once doubles your chances of falling again. Traumatic fall injuries risk your ability to continue living independently.

<https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>.

911. Should you be unfortunate enough to experience a medical emergency, know that the emergency dispatcher will obtain the necessary information. Try to answer their questions directly and briefly. They will dispatch the appropriate resources, which may include the Fire Department. Frequently, the Fire Department arrives before the private ambulance company and renders initial emergency medical services.

"It's really not possible to be "safe" as that implies an absence of risk; we can, however, take simple precautions that can make a big difference."

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Patricia G. - Resident of Sun City

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In Memoriam



Thomas Blaine Craig

A lifelong athlete, Tom was born in Pennsylvania. He went to Carnegie Mellon University on a basketball scholarship but excelled in football, basketball, and golf. He was named Varsity Athlete of the Year in 1953. He graduated with a degree in Metallurgical Engineering and worked for Dow Chemical Company. He served in the U.S. Army for two years.

After 38 years at Dow, he retired to Rancho Murieta, California, closer to his children, where he took up skiing, tennis, and jogging. He was happiest when with his family and playing golf. Tom leaves his wife of 65 years, LaVerne, three children, six grandchildren, and six great-grand-children. He said he was blessed with a wonderful life!



Mary Kasai

Born in Woodland, California into a hard-working family that ran a boarding house, Mary grew up and worked for Capwells and The Emporium stores in the San Francisco area for over 40 years. She enjoyed shopping, good food, and spending lots of time at casinos. She felt so lucky to live in Lincoln Hills, and here she made use of the fitness center, took many bus trips, and participated in hula classes. She was preceded in death by

her beloved husband of 70 years, Fred, and leaves behind many in-laws, nieces, nephews, and friends.



Reverend Clyde Mills

Clyde was born in Chicago but grew up in Michigan. He excelled in football, basketball, and baseball in High School. He enlisted in the Navy and served during the Korean War. Clyde met and married Gerrie 66 years ago. He studied at Grand Rapids School of Bible & Music (now Cornerstone University). He and Gerrie pastored in Quincy, Michigan, Naples, Florida, and here in Lincoln, where they founded Valley View Church. He was passionate about the Gospel of Jesus Christ. Pastor Clyde and Gerrie have

led hundreds on tours to Israel since the 1970s. He enjoyed playing and coaching softball. He was also an avid golfer, having scored a hole-in-one twice! Pastor Clyde led countless individuals to Christ wherever he was. He is dearly missed by Gerrie, their four children, twelve grandchildren, and seven great-grandchildren.



Ray Tewell

Growing up in Colorado, Ray worked in his family grocery store while attending school. He received his teaching degree from the University of Colorado and his Master's from the University of San Francisco. Ray loved climbing Colorado's mountains in the summer and skiing their slopes during the winter. His love of trains began early in life and in his backyard, where he built a complete village around his trains. Ray taught at American River Community College and Sacramento State University. He

met Vernita Bernadett at the Singles group here. They were both teachers and loved travel and were both members of the National Ski Patrol. Aspen was their favorite place to ski. Besides Vernita, Ray leaves his two daughters and many friends.

If you have lost a loved one who shared your home and would like to place information in this column, please contact Joan Logue at 916-434-0749.

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Amateur Radio

After careful consideration of current COVID-19 precautions, we have taken to Zoom for our weekly meeting. Prior to our Monday Net, we “rag chew” and discuss radio equipment and other topics of interest such as the latest Sun Spot count. Currently, we are in a period of low atmospheric activity, reducing signal paths. Digital contacts using FT-8 and other software is becoming a popular and effective way to make Ham contacts during these poor conditions.



Ham Zoom

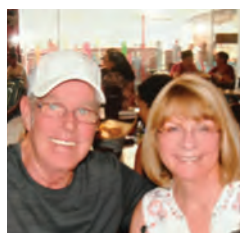
If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG. The LHARG conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 443.2250 MHz, 167.9 PL. *Contact: Stu Gallant 916-587-3715, Stuart.Gallant@gmail.com Website: lharg.us*



Ballroom Dance

This month we would like to introduce Greg and Ann Handling. Originally Greg and Ann are from Pennsylvania. In their early twenties, they met at their workplace, a machine shop where they both worked. In 1970 they married and moved to California in 1971. Together for over 50 years, they have two sons. Each has a lovely family that lives nearby.

Growing up near Philadelphia, Greg danced on Dick Clark’s American Bandstand several times. On his first date with Ann, a tree fell on his car, crushing the roof and windows while they were at the restaurant. Not to be discouraged, his second date included taking Ann dancing on New Year’s Eve.



Greg and Ann Handling

Greg and Ann enjoy ballroom dancing because it provides them with exercise, mind stimulation, and friendship.

Contact: Ruth Algeri 916-408-4752



Big History

We are excited to announce a trial partnership with The Renaissance Society (RS),

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 Club website: bighistorysclh.com

CSUS’s lifelong learning program. We will be sharing our programs with RS via Zoom, and they will share many single-session RS programs with us for no fee. (See <https://www.csus.edu/college/social-sciences-interdisciplinary-studies/renaissance-society/>). Our own meetings will continue to take place on the first and third Monday of each month at 10:00 AM. On September 7, we’ll kick it off with a meet & greet and briefly introduce what Big History is all about. September 21, we’ll discuss in greater detail how Big History addresses the “big picture” of our specie’s past, areas already covered, and topics we plan to cover going forward. For information, please contact Dave Lewis (916-626-2795, stuff619@gmail.com) or club President Ranny Eckstrom (916-708-0165, bhsclh@gmail.com).



Billiards

If you are running out of things to watch on Netflix, I suggest watching videos on past and present professional players, instructional videos, such as how

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to apply english, bank shots, rail shots, how to get position on your next ball, and much more. Just go to YouTube and search for what you want to watch. In the meantime, have faith, we will be playing in our pool rooms again. Stay safe, stay healthy!!

Contact: Tony Felice 916-955-0501, atfelice3@gmail.com



Swedish Ducks at Anglers Cove this summer by Linda Morley

forward to hearing the first of the high-flying Sandhill Cranes and seeing the large flocks of Snow Geese. So, keep your binoculars and cameras ready to go while remembering to stay safe. Happy Fall Birding, Everyone!

Contact: Sal Acosta 843-991-5188, quailrun@wavecable.com
Website: www.lhbirders.org



Enhanced Shade Structure

improve the shade function. I'm sure the Association would be interested in your feedback. Stop by the courts and see what you think of the improvements.

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Website: <https://sclhresidents.com/group/pages/bocce-ball-group>



Bird

As I write this, there is no definitive information on when or where we will begin to have our monthly meetings or bird walks. However, our members continue to enjoy photographing birds and wildlife along the Lincoln Hills Nature Trails and nearby wildlife preserves. At our first meeting back, Sal will focus on member photos taken during this COVID-19 period.

As we move from September into October, we will begin seeing more and more of the migrate birds returning from the Canadian and Alaskan wilderness. We look



Bocce Ball, Mad Hatters

Well, our status hasn't changed, and we have still not started group activities, however, they just removed Placer County from the monitoring list (COVID-19, August 20.) If the county stays off the list, we are thinking of starting our group by offering small classes to people who have not yet joined our group but have asked about learning the game. We would keep a class like this to perhaps eight people.

The Association has modified the previously-mentioned potential shade structure and added enhancements that appear to



Book, OC

The Widows of Malabar Hill brings us the India of the 1920s and the exploits of a female attorney. Forbidden by Mohammedan law from dealing with men, three widows turn to our heroine for help. Our September 17 Zoom meeting will explore all facets of this novel. Not a member and want to join in? Email us. If back to normal, we will meet on September 17 at 1:00 PM in Multipurpose Room (OC). Newcomers are always welcome, even virtually!

Only two months left to suggest books for 2021! Email suggestions to us. Voting in November (via email) and winner announcement

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in December.

Future books: October 22 – *The Testaments* by Margaret Atwood. November 19 – *The Tattooist of Auschwitz* by Heather Morris.

Contact: Cathie Szabo 916-434-6667, catsickle@gmail.com
Website: <https://lhocbookgroup.blogspot.com>



Bridge, Partners

As you know, California has recently peaked in COVID-19 cases and appears to be starting a decline.

But we are all affected by the local/county numbers; hence, KS bridge games are still suspended. Remember, the vast majority of serious cases occur in the Lincoln Hills demographic. With several small groups conducting limited home games with one or two tables, use masks and limited personal contact to avoid spreading the virus in Lincoln Hills. Our eNews system is the best source of current information on when facilities might open. Use it.



Bridge, Social

Hello to our players who are following the "Virus" guidelines. We are not playing at this time, no surprise to you. But...we have reserved our rooms for the following year according to our

President, Pat Mullins. We will have the same rooms as usual in the lodge (KS) and hopefully, at the same time on Fridays. We have also reserved the card room next year in the lodge (OC) so that we can continue with our FREE bridge lessons, and we'll let you know if we have been accepted for the same hours. Each year, Lincoln Hill's clubs are asked to sign up for which room/times that they need. We haven't heard if our October dinner has been canceled. 'til next month...smiles.

Contact: Pat Mullins 408-202-1865, pam7nt@gmail.com



Chorus

We, along with every other choral group in our area, have canceled our December concerts. Singing in close quarters is just not possible until we can do so safely.

But we're not moping! Here's what Chorus members are doing in the meantime to SING...and for non-Chorus readers, you too can try these: Brush up your guitar and piano skills and sing along. Take advantage of YouTube sing-alongs. Stream movie musicals and join in on songs you love. Let your CDs and DVDs bring back your days of youth for instant accompaniment to old favorites.



Holiday 2019 Concert

How about some online karaoke or a church choir? Singing in the shower, anyone?

We'll update you in December with, we hope, good news... wishing for singingly better days in 2021!

Contact: Jim Worley 916-532-0727, jmworley2013@gmail.com
Website: lincolnhillschorus.org

Computers

Apple Users



Upcoming seminars include presentations on iPhone photos. Ken Spencer will show how to take control of your photo library and how enhancement apps can transform a snapshot into a photograph you will cherish. Also, you will learn the best ways to share those memories. Andy Petro will discuss the four main parts of the Photos app: Photos, For You, Albums, and Search. He will show how they help you organize your photographs, and he will show how to create animated photos and slideshows.

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Ken Silverman demonstrates Apple CarPlay from his car

New Apple releases will be covered in October, depending on Apple's announcement schedule.

If you missed any August seminars, such as Ken Silverman's Apple CarPlay presentation, watch the videos on our website. *Contact: Helen Rains 916-408-4505, helen.lhaug@icloud.com Website: www.lhaug.org*

Computers

PC



P-Hall (KS) and OC rooms are closed and maybe so through the end of 2020. August 12, using Google Meet, Serena Martinez, Project Marketing Manager at Google, gave a fabulous talk about Google Gmail, Photos, Maps, YouTube, and Security. See it on our website. Forty-five members saw it live, and some asked questions. Other past

presentations are available on the website. Members may continue to ask our experts with help on their phones, pads, laptops, or desktops via email. New members may join for \$15 per calendar year. Forms are available on the website. Upcoming talks will be online and info sent to all members. COVID-19 is still a major problem, so please continue to follow CDC guidelines and stay healthy. Thanks for your help during tough times.

Contact: Norman Seidenverg 916-209-3894, sclhcc@gmail.com



Country Couples

It is now official, at least for us. Our Steering Committee has recently made the decision there will be no more club functions/activities for the remainder of 2020 due to COVID-19. Based on current direction from Placer County and our Association, we have no foreseeable date for Jim and Jeanie Keener to resume Country Couples lessons or for our usual Friday morning dance reviews. Considering the current virus numbers and future predictions throughout the country, it is doubtful there will be any return to a normal way of life in the next few months. The development of an effective vaccine will most likely not be available this year. This means there will be

no September dance, General Meetings, or December Holiday Dance.

Contact: Kathy Lopez 916-434-5617 Website: www.sclhcc.com



Cyclists

To cope with the August 100 degree weather, the cyclists are riding early. While we enjoy being back on the road, due to social distancing, we are limiting the number of riders per ride leader. We have a new group, the Cyclepaths.

Led by Greg Sandusky, the group rides 20 - 27 miles at 14-16 mph. Their rides are not too steep in elevation, and a number of pedal-assist cyclists have enjoyed the group. One of our ride leaders, Steve Valeriote, has moved out of the area. Steve wrote our *Compass* article for years and supported new riders. He will be missed! Are you interested in getting back on your bike and enjoying the foothills in our back yard? Come join us!



Steve Valeriote

Contact: Diane McLaughlin 530-386-1590, dmclaughlin100@yahoo.com Website: lincolnhillscyclists.com

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Euchre

If you like to play trick-taking card games, you will love Euchre. It's simple to learn, yet there is some strategy to it! We meet on the second and fourth Thursdays of the month from 6:00 to 8:30 PM in the Card Room (OC). If you are new to the game, we will give you a few lessons before you come to our regular game so that you will feel comfortable. All are welcome, but please contact us so that we can get a proper headcount for the setup of the tables. (Subject to reopening of the lodge.)

Contact: Audrey and Clyde McFadden
916-408-3616,
audreyjmcfadden@gmail.com



Garden

Are you missing our group events of General Meetings, Presentations, Field Trips, Socials, Camaraderie, etc.? We are, too! The Lodges and Pavilion have still not been opened for large groups of activities for our functions yet.

In case you missed the (Virtual) Harvest Day, you still have time to view all the helpful new videos filmed by the UCCE Sacramento County Master Gardeners.

The 21 videos are available now on the master gardeners' new YouTube channel. See the whole

list here: https://www.youtube.com/channel/UCIm9vPOH__UWg0Lwlp5vVNQ/videos.



Autumn Harvest

NEW! The Garden Group Apparel Store hosted by Premier Graphx in Roseville was set up for you to purchase apparel with the Club's logo. Information and pictures are on the website.

Contact: Lorraine Immel 916-434-2918,
lorraineimmed@gmail.com
Website: lhgardengroup.org



Genealogy

Mary J. Sayles will be our speaker on September 21, 6:30 to 8:00 PM on Zoom. Her topic is Finding Genealogy Information Gaps to Complete your Ancestor's Story (Using a timeline). We will send a Zoom link to all members and any handouts one week before the meeting. Speakers for October and November will also present on Zoom. If you have never Zoomed, contact Barbara Branch for assistance before the meeting date. We can practice, so you get a good

experience. If you have a research story, send it to us, and we'll share it with the members. The Genealogy Officers will meet by Zoom in September to discuss membership and speakers for 2021. If you have ideas for either, please share with Barbara Branch.

Contact: Barbara L Branch
916-543-8219, drbabsie@gmail.com
Website: <https://www.suncitylhgc.com/>

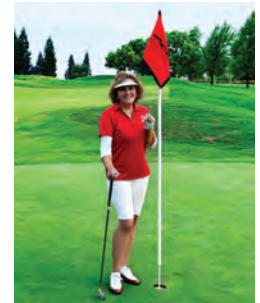


Golf

Ladies XVIII

The NetChix winner for August was Gay Wold, shooting an 84, net 67, on the Hills, from a field of 41. McCoy had the low gross for the day, 82. Royball placed first in flight one with a net 71, winning the tiebreaker over Koropp and McCoy. In flight two, McCann edged Michelle Carson in a tiebreaker, netting

74. However, the day's highlight was Carson acing Hole Seven; the only hole-in-one this year, among our members. What a fantastic way to capture the CTP. Grant topped flight three with 71, and Mitsuko was the best in flight four with



Michelle Carson, scoring her first ace, Hole #7.



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individual, including a non-borrowing spouse, should have a plan to pay off an Equity Edge reverse mortgage upon the borrower's death or any other maturity event. If the non-borrower is unwilling or unable to purchase the property or pay the loan in full, **there is no protection for the non-borrower (including a non-borrower spouse) to maintain an interest in the home or to continue residing in the home past the maturity event and the non-borrower may be evicted upon foreclosure.** The FHA HECM program has protections in place for certain non-borrowing parties, so a reverse mortgage applicant with certain non-borrowing parties should strongly consider a FHA-insured HECM loan (see HECM guidelines or ask an RMF representative for details). Under the Equity Edge reverse mortgage loan program, a maturity event occurs when the last surviving borrower no longer lives in the home as his or her primary residence for at least 12 months, the property charges (including taxes, insurance, HOA dues or any other property charges) are not paid, required repairs are not completed or the property is not maintained, or any other maturity event, as specified in the Security Instrument, occurs.

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70. Sartor won the CTP on 16. We are looking forward to a break in the heat as we head into the Championship.
 Contact: Nancy Gadsby, n.gadsby@att.net

Lincsters

Every golfer wants to celebrate a spectacular play. However, COVID Golf limits the after-game chat. To applaud a play, send a note (see below). • Jane Steffes and Mary D’Agostini, (July 22) and Judy Josse (August 12) started game-day play with clever chip-ins on their very first hole.



First Hole Chip-ins!
 Jane Steffes (above),
 Mary D’Agostini,
 Judy Josse

• A pretty par was rewarding for Joan Sprague. She hit a drive over hole 16’s greedy sand trap, landing six feet shy of the pin. Cheers from the team! Joan admits tension caused a close miss, but a par was a treat. “It had been a while since posting one!” • Quick reminder: If you want to add a game to your week, check out two popular 18-hole options: Monday MAMAs and GALS (Go Away Lincsters) at Lincsters.com for

times and courses.
 Contact: Joyce Kirk 626-429-2284, thejfkirk@gmail.com
 Website: Lincsters.com

Golf Men’s

The Club Champion Tournament on October 5-6 will be played on both courses.

The Memorial in September was a two-day tournament also played with another big turnout. The August ‘Summer Heat’ Tournament Gross winners were teams: Ed Lazarek/Tom Horan, Jay Stockton/Howard Hamilton, Charley Kendall/Glenn Arney, Ike Ogata/Tim Reasonover, Mercer Tyson/George Wuschnig, Al Martig/Simon Palaroan. First Place Net winning teams: Alan Eley/Glenn Arney, Tom Traxel/Doug King, Ray Engelhardt/Tony Portman, Steve Wilson/Ken Storer, Dave Taylor/Bill Zeek, Bernie Damele/Alvin Olivieri. Tournament Director Mike Munro continues to have great tournaments! The club will be looking to fill a few Board positions. Men, here’s your chance to get involved. More next month or visit our website.

Contact: Bob Schoenherr 408-838-5340, schoenherrbob@gmail.com
 Website: mgclh.club



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Contact: LHHikers@gmail.com
 Website: www.lincolnhillshikers.org



Lavender Friends

Former resident Philip Washburn remembers the birth of Lavender Friends 15 years ago. “It took nine months” to complete the process to become an official club, he says. He and his husband, Richard Wong, helped put together the bylaws and other requirements.

Then Phil became our very first Vice-President and our second President.

He praises the club, which was formed for LGBT residents and allies, for providing social activities and a supportive environment. He also credits our website, lavenderfriends.com,

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with helping potential residents who are thinking of moving here.

This year, the club was planning a 15th-anniversary celebration for past and former members. But COVID-19 scuttled that. We are now looking forward to a sweet-sixteen celebration next year (details to come).

Contact: Sandi Dolbee 916-409-2156, sandidolbee@yahoo.com

Website: www.lavenderfriends.com

Lincoln Hills **Line Dance**

As of this writing, there is a light at the end of the tunnel. Line Dance classes are going to resume. Levels 1, 2, 3, and Country Line will be taught in the Amphitheater at Lincoln Hills. This outdoor venue is only open to residents of Lincoln Hills, and classes will be limited in size. The Line Dance Group is really looking forward to reconnecting and dancing again. Stay tuned for more information next month.

Contact: June Willis 916-253-3348, willtom@sbcglobal.net

百卷 中 **Mah Jongg, Chinese**

If you're looking for a way to start the week off with some lighthearted fun, stimulation, challenge, and camaraderie, please join us on Monday morning to play Chinese Mah Jongg. It's an easy-to-learn, somewhat addictive

game played with a set of tiles. It must be fun because some of us have been playing here for well over ten years! We are already equipped with everything to play the game, so just show up at the Cards Room (OC) a few minutes before 9:00 AM, introduce yourself, and we will be happy to teach you the game if it's new to you. Official play begins at 9:00 AM (promptness is highly encouraged) and continues until Noon. We hope to see you soon! (Subject to reopening of the lodge.)

Contact: Randy Fong 916-543-5389, randy888@pacbell.net

♠ ♣ ♡ ♠ **Mah Jongg, National**

I know we are all waiting for when our lodge fully opens and allows games that can be played without social distancing. When this finally happens, we are scheduled to play in the Card Room (OC) from 1:00 to 4:00 PM every Tuesday. In the meantime, try the online game Realmahjongg.com. It's fun, it challenges your mind, and it helps fill the void we're all feeling. Stay Safe!!

Contact: Gerry Bell 916-253-7860

🖼️ **Mixed Media**

Here we are in September and still not getting together in person for Mixed Media. We have been

Zooming the third Wednesday of the month. Nan Griffin, our President, will continue sending emails to members with club news. As a reminder, when we can get together in person again, Mixed Media Club meets the third Wednesday of each month in the Ceramics Room (OC) at 1:00 PM. Until then, how about an art challenge prompt? Get out your supplies and start creating using the prompt word, "Dream." Share what you create at our next Zoom meeting. Until next month, I will leave you with a quote from Vincent Van Gogh, "I dream my painting, and I paint my dream." Contact: Nancy Griffin

🏍️ **Motorcycle**

With coronavirus restrictions still in place, there was no club ride or meeting in August. As of this writing, it is not known if there will be a club ride or meeting in September. Once restrictions are eased, the club will continue with scheduled rides on the second Saturday of the month, March – November; along



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with the monthly club meeting on the fourth Thursday of the month at 5:30 PM Multipurpose Room (OC). "Ride Safe - Ride With Friends."

Contact: Manny Perez 916-253-9121, manwil412@wavecable.com



Music

We did not meet in person in August due to health concerns regarding the Coronavirus. We conducted a Zoom "Open Mic" with each performer taking turns singing and playing their numbers. It was fun to see and hear members once again. The Group songs for August were "All of Me" and "Country Roads." We hope to meet in the future to play and jam together. We meet every fourth Wednesday of the month from 6:30 to 8:30 PM, Fine Arts Room (OC). You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM, (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information.

Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com



Needle Arts

September is here. We are living a new normal life that seems to change monthly and

at times weekly. Needle Arts is trying to follow along. We have canceled the September meeting, and the rest of our monthly meetings is up in the air. Our President, Jean Storms will keep members informed on what is happening with Needle Arts. Check out our website for an online "Show and Tell" on September 8. Our "Show and Tell" in August, unfortunately, was canceled. During "normal" times, Needle Arts General Meetings are held the second Tuesday in P-Hall (KS). Community Service still has members sewing quilts, Tuesday Morning Quilt Group has been Zooming in August, and The Round Robin Group is finished with their quilts this month.

Contact: Jean Storms, jeanstorms272@gmail.com



Neighborhood Watch

Soon after COVID reared its ugly head, many events were postponed until October: fundraisers, pet fairs, athletic tournaments, etc. Now, they've been canceled. However, there's good news for Lincoln Hills residents. The annual National Night Out, regularly held in August, still will take place after being rescheduled for October 6. If this isn't a good date for a neighborhood, another day is fine. What's important is to get



Let's get together to celebrate our residents.

neighbors together. You don't have to be a mailbox captain to organize a function; perhaps two or more people can plan one. Feel free to include other streets. You choose the time and the venue—backyards, driveways, parks, off-campus. More than ever, we need to celebrate our community and each other. For more information, contact nnocoordinator@sclhwatch.org.

Contact: Linda Minor 707-235-0778, lindaminorNW@gmail.com
Website: www.SCLHWatch.org



Painters

Our Programs Coordinator got creative for our July meeting and worked with our presenter (Patty Miller of Patris Gallery and Studio) to provide a YouTube demo and lesson. Patty walked us through drawing and then painting a poppy. The results were great, and the members appreciated the

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Critique at Kilaga

experience. Programs are uncertain for the next couple of months, but November will be our Challenge - painters should be working on their "Urban" painting. The presentation of the entries will be online like it was handled in the successful May challenge. Recently some of our members joined together for an informal Critique Session in the parking lot of KS, with safe social distancing and masks! We had lots of great advice, and we hope to continue monthly.

Contact: Joan Musillani 916-712-4393, joanmusillani@gmail.com



Paper Arts

September meetings and events are canceled. Please continue to check the club's newsletters distributed monthly to members via email for any updates. (Note: The calendar is adjusted based on the closure of facilities and public safety recommendations.)



Sue Dambrosio's double fold gate cards

Thank you to those who've been sharing their card ideas and techniques in each of our monthly newsletters. This has proved to be a way for us to keep in touch and see what others are doing during this time. In August, Sue Dambrosio shared a couple of versions of the double fold gate card that are lovely and versatile!

Upon lodge reopening, we meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS).

Contact: Nancy Sealy 315-702-7986, nancyb1944@yahoo.com



Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. When the lodge reopens for card games, Pedro will meet in the Card Room (OC) on the first and third Friday from 9:00 AM to Noon.

For more information, please contact Denise or Doris DeRoss at 916-253-7164. We look forward to seeing you when we reopen.

Contact: Denise Jones 916-543-3317



Photography

Tine Club had a slower month. Our online General Meeting was canceled due to presenter difficulties. The great news is some awesome presenters are lined up for the next three months. The Learning SIG changed its schedule to every two months. In the off months, we are testing a 'Learning' Enhancement SIG that will target the beginner to the photo enhancement process. This slowdown will pass, and we will resume our normally busy photographic activities. New members for all skill levels are always welcome. Check our website for details.

Contact: Diane Margetts 916-955-1809, dmargett@yahoo.com

Website: lhphotoclub.com



Pickleball

Lincoln Hills can now boast of 13 pickleball courts! The dedication, diligence, and patience of Craig Fraser and the Pickleball Board for the last six years made these courts possible! The Grand Opening is scheduled for August 25.

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Courts in Progress, Photo by Tom Peach

Did you know that Pickleball is the fastest growing sport in the United States, and more than 26 countries are members of the International Federation of Pickleball? The LH Pickleball Club has over 500 members, and we would love to have you join!

We now have an online reservation system, making it simple to get a court without waiting.

For information regarding joining, learning to play, the new reservation system, or classes, go to lhpclub.com or contact Molly Morris.

Contact: Molly Morris 408-386-9054, mollyfmorris@gmail.com
Website: lhpclub.com



Players

At our first Zoom meeting on August 17, the Nominating Committee gave their report for new officers. Merilee Imamoto stepped down as Secretary, and Karen Hardage agreed to run

for her office. A quorum was present, and the membership voted by acclamation to accept the Nominating Committee's recommendation. David Africa continues as President, Karol Mendez as Vice President, Paul Gardner as Treasurer, Karen Hardage as Secretary, and Ann Stults as Membership Coordinator. Terry Schultze is now Historian. Thank you, Jeri and Merilee, for your service! There will not be a meeting in September.

We are always looking for new members and welcomed two new members at the meeting. When the Lodges open again, our meetings will be held on the second Monday of the month at 4:00 PM, P-Hall (KS).

Contact: David Africa, President
916-708-0009, djafrica@sbcglobal.net
Website: www.lhplayers.org



Poker

We play a variety of poker games every Monday and Friday, starting 12:45 to 4:30 PM, Tuesday; new Omaha Night, starting 4:45 to 8:30 PM in Multipurpose Room (OC); and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw.

All poker players will be seated as long as they arrive by 12:45 PM (Monday and Friday) or 4:45 PM

(Tuesdays). The new seating arrangement will eliminate people not being able to play because tables are full. (Subject to reopening of the lodge.) Any questions, contact Lynne.

Contact: Lynne Barsky 916-253-3730



RV

COVID-19 may be keeping our lodges closed, but it certainly isn't stopping our members from enjoying our RV's. While some members are RV'ing close to home, others have traversed the country. All with social distancing. At the end of August, 30 Rigs headed to Clio's in Graeagle for golf, and hiking, kayaking, and more. Our Octoberfest Holiday Parties remain on schedule.



RV'ing is Fun

V.P. Susan Brenden has booked 2021 Rallies in February to Emerald Desert RV Resort, followed immediately by Campland by the Bay. Meanwhile, three million new RV'ers have joined in the fun

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Want to join us? We normally meet on the second Thursday at 4:30 PM in KS. Watch the *Compass* for news of re-opening.

Contact: Steve Beede 916-752-6972, stevebeede5@gmail.com

Website: www.lhrog.com



SCHOOLS

Lincoln City Schools are open, with distance learning only for now. Students have been issued Chrome Books, and parents have had access to training videos and resources. Elementary teachers have set their schedules, including times for daily live interactions using Google Classroom. Students are working, as well, on assigned independent activities. As the school year progresses, the school board will create a process to connect volunteers, teachers, and parents.

The teachers will welcome back our many volunteers to help with tutoring one on one via Google Meets



Our little schoolhouse

or Zoom. The SCHOOLS committee will be contacting volunteers as soon as assignments can be made. Many details are still being

worked out. For information and updates, the Western Placer school district website is www.wpusd.org.

Contact: Cyndi Colloton ccolloton@yahoo.com

Website: schoolssuncity.org



Singles

Some good news! Our Board just heard from the Room Reservation Manager at OC, and she is requesting our schedule for space for the meetings, events, and parties, which we want to plan for 2021. This request for space was sent to all of the Clubs in Lincoln Hills. Hopefully, and with fingers crossed, this good news means our lodges will be open soon for everyone, and we will once again be able to enjoy the fantastic lifestyle in our beautiful Lincoln Hills!

Let's all continue to practice social distancing and wear those masks! We will be back together again soon. I can hardly wait!

"A good heart conquers all." -Proverb

"Love is everything it's cracked up to be." -Erica Jong

Contact: Susan Platt 916-397-0850, foster.p.susan@outlook.com



Softball

We've been playing softball for better than

two months now. What a strange COVID-19 tainted season it has been. Ten teams representing local businesses have grappled with playing the game we love and enjoy so much, all while practicing social distance guidelines. The summer season ends on September 25. Then, our ten-team seeded double-elimination playoffs run seven days, from Monday, September 28, culminating in the Championship game scheduled for Wednesday morning, October 7. Please bring your own seating to Del Webb Field at 1050 Del Webb Blvd. Be sure to practice physical distancing on the crowded "Picnic Hill." Wear your face masks. The grandstands are closed for seating. We hope to roar back into "normal" softball action in the spring of 2021.

Contact: Bruce Briggs 916-543-3401, bbriggssrsoftball@sbcglobal.net

Website: lhssl.net



Sports Car

In case you have been wanting to just get out and go for a ride with maybe a picnic lunch, you should check out our Website listed below. All our tours for years are listed under Events then Tours. Most times routes and sight-seeing are included. For example, here are

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tours from last August.

The Sierra Foothills always provides many opportunities for wandering. On this trip, we visited the Big Hill Lookout and then drove over to Placerville and the Public House Pub.

The middle of the month found us at Frasinetti Winery for a little tasting and buffet lunch. Plan to then continue on a short drive through the Delta.

Stay safe, and we will make it through this!

Contact: Vic Kremesec 916-543-7050, vjk1245@yahoo.com

Website: lhsportscars.com



Sun City Squares

We are a Plus and Advanced Level all-position (no partner required) square dance club. We meet at KS on Mondays from 1:15 to 3:15 PM for Plus Level dancing, with Round Dancing between tips. Advanced Level dancing is held on Mondays from 3:15 to 3:45 PM and on Thursdays from 1:00 to 3:00 PM.

It appears that our time off from dancing will need to continue for a while longer, we look forward to the reopening of our community activities and facilities soon.

Please stop by Multipurpose Room (KS) on Mondays or Thursdays after reopening and check us out.

Keep hanging in there.

Hopefully, things will start to normalize soon, and we can resume dancing. Keep your fingers crossed. We miss all and look forward to dancing again.

Contact: Beverly Cieslinski 916-622-8424, blm2518@icloud.com



Swimmers & Water Walkers

When we are back to swimming and water walking in our OC and KS indoor and outdoor pools: look, really look, at the colors and textures in the water. Let your eyes explore the patterns of light and shadow. Sense the movement of the water, like the ebb and flow of your breathing-rising as you breathe in and falling as you breathe out. For a few moments, connect with the feeling of your breath as you explore the water.



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fully enjoying the peacefulness of the deep, still water.

Contact: Bob LeRoy 916-412-0552, bobandchey@icloud.com



Table Tennis

Compass Table Tennis author, Dennis Zaro, has profited from table tennis and piano playing to keep sharp. Unfortunately, table tennis is no longer available, but his piano talent remains. Dennis plays every year for the annual art show. Also, he enjoys tuning, regulating, and repairing pianos. He owns a nice baby grand and has two additional project pianos in his garage, including an old Steinway upright. Dennis' interest in pianos goes back over fifty years. However, this went on hold as he pursued a career in education. His last job was vice-principal at San Quentin State Prison. Upon retirement, he renewed his interest, rejoined the Piano Technicians Guild, and set out to learn as much as he could about the instrument he loves.

Contact: Tim Frank, timcfrank@gmail.com



Tap Company

A little history of the Tap Company includes Muriel Menig. When she signed up for her first-ever tap class in 2001, they were

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tapping on a tile floor in a room without mirrors. To raise the needed money, Muriel had an idea: put on a Talent Show. Her idea raised enough money in the years 2002 to 2004 to purchase a portable wood floor, mirrors for all dance classes to enjoy, fund scholarships and to organize the group into an official Lincoln Hills Club.

Muriel is proud of what the Talent Show, now the Tap Show, represents: a platform to showcase talent and provide entertainment for the Lincoln Hills residents.

Muriel, you are a STAR. And next month, we will focus on yet another STAR member.

Contact: Alison Wolfe 916-434-7026, awolfe@sscto.net



Tennis

In these days of COVID-19 restrictions, we are so very fortunate to be able to continue playing tennis. That can come to a halt if we have an outbreak of the virus here. Please continue to be mindful of social distancing, wear a mask to and from the court, do not use the court benches, and wash your hands before and after playing. And most importantly...IF YOU ARE NOT FEELING WELL, DO NOT COME TO THE COURTS! You may not personally have any underlying health issues, but please be considerate of those who do. If you know you have been exposed to someone with the COVID virus, plan to self-quarantine and don't expose others to the virus.

Construction on two new tennis courts is underway!

Contact: Helen Berott
530-320-6468,
Website: sclhtg.com



Veterans

Tim Grennan, MD, FACP, a passionate teacher of clinical medicine and a retired U.S Air Force flight surgeon, will be the guest speaker at the September 17 meeting via Zoom at 1:00 PM.

Dr. Grennan completed training as a flight surgeon at Brooks AFB, Texas, in 1978. He was subsequently attached to fighter units at Mountain Home AFB, Idaho. More recently, as a reserve flight surgeon at Travis AFB, he held a succession of leadership positions, including chief of aerospace medicine, chief of hospital services, and officer in charge of bioenvironmental engineering.

He served ten years as an instructor for the International Junior Officer Leadership Development Seminar program and held an unofficial position with the USAF School of Aerospace Medicine.

Contact: Joan Mac Adams
916-751-9272,
joan.macadams13@gmail.com



Vintage Treasures

During October, our weekly e-presentations will feature "kitchenware." We will continue to keep the membership informed of any schedule changes or notifications as they relate to the COVID-19 restrictions. We wish to thank those who have participated in the programs for the group.

Our club focus is on vintage and antique items, pre-1970. When we are able to meet again, we will be in the Heights and Gables Room (OC) on the first Monday of every month, from 10:00 to 11:30 AM.

The program is followed by an optional lunch at Meridians.

Contact: Sandi Janisch 916-253-9085



Water Volleyball

The Water Volleyball Club is anxiously awaiting the opportunity to safely get back in the Pool (KS). The Steering Committee continues to dialogue with the Association regarding the identification of protocols that would both allow the return to water volleyball play and protect members/residents. In the absence of water volleyball, members have enthusiastically embraced time at the OC Pools to walk, swim laps, or soak up the sun.

Contact: Rosemary Elston
916 474-1610,

sclhwatervolleyball@gmail.com

Website: www.lhwatervolleyball.com



Woodcarvers

Like most clubs, our woodcarving club has not gathered in several months. Many of us are still carving at home, which is a nice hobby to have. But of course, it's not like being in our Sierra Room (KS), and chatting while we carve. Projects are still being shared online. The members of our group are so good at what they do. Even if they were beginners when they started in our club, their progress is a testament of how a group's members can offer help and support to a newbie. When our community opens up, come join us every Wednesday in the Sierra Room (KS), 1:00 to 4:00 PM, although you can leave earlier, if you wish.

Contact: Lionel Rainman
916-253-9534,
lrainman1414@yahoo.com



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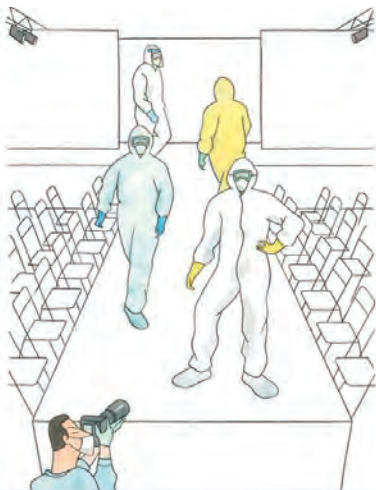
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Alzheimer's-Dementia Caregiver's Support

Having a place to meet with our peers has been missing for months now, but at least there's been some outlet for caregivers with online meetings to stay in touch. Now folks, other than caregivers, have a better sense of what it's like to be isolated as caregivers and the diagnosed experience. Effusive thanks to our Executive Director Chris O'Keefe and his entire staff for all the creative efforts they have made in keeping us all informed, entertained, and healthy. We appreciate you.

September 26 is the virtual Walk to End Alzheimer's that you can support by contacting this steering committee or searching online for the Northern California



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 Contact: Jeff Andersen 916-521-0484,
 2jeffa@gmail.com



Bereavement

We offer support and friendship through sharing with others who have also lost a loved one. Because of the Pandemic, we will not be meeting. However, please feel free to call and talk. I can also connect you with others who will be happy to talk with you. To put a Memoriam in the *Compass*, please contact me. The deadline for Memoriams is the 19th of the month before the *Compass* comes out. Stay safe.

Contact: Joan Logue 916-434-0749,
 joanlogue@sbcglobal.net



Bosom Buddies

Last month, our officers and project volunteers staged a mini-parade in front of a member's house to cheer her on, as she undergoes extended cancer treatments. Secretary Corinne Ehlers thought of the idea, and despite only two days to plan, we showed up with balloons, signs, boas, and crazy glasses. And, of course, masks. We have several ladies who need support, especially during this challenging time, and not being able to get together has made it difficult to do as much as we'd like to do. Still, we're there



We support our members with a little bit of fun!

with phone calls, emails, cards, and whatever we can do with the current limitations. Bosom Buddies welcomes breast cancer survivors and those recently diagnosed and/or undergoing treatments. For information, please contact us. We're here to help.

Contact: Marianne Smith
 916-408-1818,
 mlsmith39@yahoo.com



Gam-Anon

If your life is affected by someone else's gambling problem, Gam-Anon can help. We have not resumed meetings yet because our venue is unavailable due to COVID-19. However, if you need assistance, you have several options for support. The Gam-Anon Northern CA Hotline phone number is 510-407-3898. You can also go to the Gam-Anon ISO website at www.gam-anon.org for information or call their office phone and leave a message at 718-352-1671. Or you can call the Sacramento Gambler's

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 Contact: Kay F. 916-204-1624, denniskayf@starstream.net
 Website: www.gam-anon-loomis.com



Glaucoma Support Group

Our group will meet on October 14 at 4:00 PM to share information on various aspects of Glaucoma. This meeting will be a Zoom meeting, so as many folks who wish to attend will be able to join us. Glaucoma can sometimes redirect your daily activities. Having alternative ways to accomplish your activities is a good plan. Please bring your alternatives to share. If you have any questions, please contact Bonnie.

Contact: Bonnie Dale 916-543-2133, Bjdale@aol.com



Low Vision Support Group

Once the Lodges are reopened, monthly meetings will resume. In the meantime, please take care and reach out to others who may feel isolated. Help is available. Call the California Department of Aging Friendship Line at 888-670-1360 to connect with a friendly, listening ear.

Special Note:

The Braille and Talking Books Library has announced they are

gradually circulating braille and talking books, descriptive DVDs, and talking book machines to patrons.

Limited staff are on-site Tuesdays, Wednesdays, and Thursdays to handle backlogs and check out books through the U.S. postal service. Patrons may now return any remaining library materials in their possession.

Currently, BTLB is unable to resume normal telephone service, but they are available through email atbtbl@library.ca.gov.

Contact: Cathy McGriff 916-408-0169



Multiple Sclerosis

The beauty of a Lincoln Hills Autumn Rules by as we Zoom along enjoying webinars and Zoom meetings. The next multiple sclerosis Zoom meeting is Tuesday, October 13, 1:00 PM, with a link sent to all members Sunday, October 11. If you would like to be added to see what we are all about, contact Jeri Di Fiore.

Have MS, a family member or friend who is feeling anxious about life and finances? The MS Navigator Program Is here to help with resources.

Call MS Navigator 800-344-4867, press 'One', or ask for 'newly diagnosed.'

Continue to bravely, carry-on, and see you October 13.

Contact: Jeri Di Fiore 530-401-2135, 2020jeridifiore@gmail.com



Wise Aging Resource and Support Group

We provide a forum for discussion, support, education, and sharing aging-related resources for all residents wanting to plan for their older years, whether aging in place or exploring other options. Recent topics include senior peer counseling, local housing options, and financial abuse of seniors. Meetings are a mixture of speakers, small group discussions, and member input. Future topics include transitioning from home to a facility, legal issues, coping alone, leveraging assets, and handling finances in a crisis. Join the other 60 people who have discovered the comfort in sharing information and being heard. Meetings are the first Monday every month at 1:00 PM via Zoom. To be added to our mailing list, contact Marsha Van Wagner at mmvanwagner@gmail.com. For more information, contact Stefanie Spikel at stefhope@att.net or 916-253-7431.

Contact: Carol Eisenhower 916-995-9350, ceisenhower@comcast.net

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A Course in Miracles

This is a self-study program in spiritual psychotherapy. The purpose of the course is to end psychological suffering and the achievement of true inner peace. It is based on the principles of Love and Forgiveness, which can transform and heal even the craziness of our world into peace and sanity. This study group meets to share in the experience of applying these principles to our lives, on the first and third Mondays. Call 916-409-5253 for information.

Cloggers

Well, August didn't work so well for classes either. We're hoping for the best in September! In the meantime, let's do our best to stay active with on-line classes. We can practice yoga and clogging (not at the same time, of course) with YouTube instructors. It's not the same as being in class with our teachers and friends, but it is necessary for our physical and mental health. For on-line clogging dance help, google "Worldwide Clogging Fun Dance." And for more information on clogging here in Lincoln Hills, contact Natalie Grossner at 916-209-3804.

Democratic Club

We have scheduled four programs, all on Zoom. First is Assemblywoman Lorena Gonzales discussing Proposition 22 on Thursday, September 10, at 4:00 PM. Next is the League of Women Voters' presentation on the California ballot propositions on Thursday, September 17, 7:00 PM. Monday, September 21, 6:30 PM, Casey Mills, chair of the Sierra Club Placer Group, will discuss Proposition 15. On Thursday, October 1, 4:00 PM, Ryan Ronco, Placer County Clerk-Recorder/Registrar of Voters will present "Voting in Placer County in the November election." New members are always welcome. For more information, please visit our website at <https://democraticclublincoln.ca.org/>.

Italian Club

Activities are canceled through September. Check the events calendar for updates. "Reaching Out and Keeping in Touch," found on the website, features more than 45 articles about Italian locations, food, and folklore. To complement this series comes the newly minted, "Where are We?" email series. Follow Karen and Lilly on their virtual Italian tour and guess where they are. Remember to check out the online Apparel Store to purchase items with the club's logo. Information is on the website. If you are a Lincoln Hills resident of Italian heritage, check the website at www.lhitalianclub.org. Contact: Sandi Graham, membership, at 916-826-5711.

Racquetball Group

We play on Mondays and Thursdays at the California Family Fitness Center in Roseville (916-781-2323). Membership to the Fitness Center is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play doubles, cut-throat and/or singles. Ladies are welcome. See you on the court. Contact: Armando Mayorga at 916-408-4711 or at amoon38@sbcglobal.net.

Republican Club

Our August Zoom meeting speaker was Stephen Frank - Human Rights, Political and Public Policy Activist. Covering the cause and effects of the pandemic, attacks on law enforcement and California Propositions. Newsom's rampant proliferation of over 400 executive orders since COVID-19, is unprecedented. Our Republican Club is busy as well! Volunteers are hosting tables at churches, in parking lots, at business fronts, gathering signatures on Recall Newsom petitions, registering voters, and promoting TRUMP 2020! Plus, we participated in "Flying Flags Overpasses" in Lincoln, August 13. See the website for more info. Good times are coming! www.RepublicanClubSCLH.org.

Shalom Social Group

We marked our 20th-anniversary last month, but of course, there was no physical celebration. We are planning one for next year. Meanwhile, our Board of Directors meets regularly to plan what we can. Last month we

thoroughly enjoyed – and learned from – Instructor Terry McAteer’s discussion of “The Wonderful Wizard of Oz as an Economic and Political Allegory.” Our members also play bocce ball regularly, and all the players have a great time! Our group’s focus is on Jewish history, culture, and food, but membership is open to all. For more information, please contact Joanne Levy at 508-333-8590.

Shooting Group

With good weather we meet on Tuesdays for Trap and on Thursdays for Skeet at Coon Creek Trap and Skeet at 5393 Waltz Road, just minutes from Lincoln. Occasionally other shotgun sports are enjoyed.

We have no fees, but each shooter must pay for their own clay targets. For more information about shotgun shooting sports contact John Kightlinger at 916-408-3928 or johnnpat@sbcglobal.net. The rifle and pistol activities occur at the Lincoln Rifle Club at 150 Lincoln Boulevard. For information about rifle or pistol shooting please contact Jim Trifilo at 916-434-6341 or trifilom@gmail.com.

“Small Town” Walk to End Alzheimer’s

Alzheimer’s Team Snail will host SCLH’s “Small Town” Walk to End Alzheimer’s on September 26, 10:00 AM from 2100 Briarcliff, Parkside, Spring

Valley, Del Webb, ending at OC parking lot. One mile or 3.5-mile walk. Donations accepted along the entire route. Tom Rush at 916-517-2241.

Sons In Retirement Branch 13

Sons In Retirement Branch 13 (Lincoln/Roseville) is canceling its activities (except bocce) until further notice. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending one of our luncheons at Catta Verdera Country Club as a guest in the future, please contact Chet Winton at 916-408-8708.

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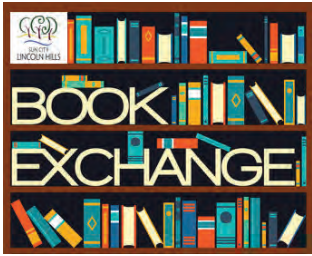


Lincoln Hills Farmers Market

Wednesdays, June-November

8:00 AM to Noon, OC Fitness Parking Lot

Our Wednesday Farmers Market continues to deliver local fresh produce to our community. With guidance from the Placer Department of Health, our vendors will conduct business following the required safety standards and procedures on physical distancing, touchless purchase, and facial covering. Customers are encouraged to follow protocols and guidelines at the market. **Customers and vendors are required to wear a face-covering while at the Market.** Come shop around! In addition to fresh vegetables, fruits and flowers, we have fish, bread, pastry, jam, olive oil, pies and more! If you are interested in becoming a vendor, please email Shelvie Smith (shelvie.smith@sclhca.com).



SCLH Book Exchange

Wednesdays at the Farmers Market

Are you missing our library? Participate in the community book exchange every Wednesday at the Farmers Market. It is easy. Just drop off a maximum of two books at the Lifestyle Booth, and you may pick up two books in exchange. Books should be published no earlier than 2010, preferably best sellers and popular publications. No instructional and table books will be accepted. Paperbacks and hard bounds are okay. Exchange is exclusive to residents.

Participants must follow all Farmers Market Safety Guidelines, including required face coverings, 6' distancing, and hand sanitation.



Listening Post

Wednesday, September 16, 9:30 AM, Zoom

This informal meeting is your opportunity to ask questions and get answers about your community and Association. Come join the conversation!



Golf Cart Registration

Golf Cart Registration is canceled until the City of Lincoln's volunteer program returns to normal operations. Watch for future announcements via eNews and *Compass*.



Holiday Shopping Expo

Sunday, October 11, 10:00 AM to 4:00 PM, Parking Lot (OC)

Get a head start on your Holiday Shopping at our third annual Holiday Shopping Expo right here in your community! We will turn the Orchard Creek Lodge Fitness Center parking lot to a winter wonderland for avid shoppers! Check everyone off your gift list conveniently with over 50 vendors offering unique crafts, commercial and handmade jewelry, beauty items, clothing, books, art, decors, treats, and more! Enjoy a number of chances to win prizes too! Don't

miss out on the fun! *Interested vendors:* Spaces are going fast! Complete and submit your application to Shelvie at shelvie.smith@sclhca.com. Forms are available at the SCLH resident website: sclhresidents.com under Library/Forms or pick up from the Lifestyle Booth at the Farmers Market on Wednesdays. Registration deadline: September 30.



Home, Health and Business Showcase

Thursday, October 15, 9:30 AM to 1:30 PM, Parking Lot (OC)

Learn about the latest products and services for your home, health, and business matters. Meet your *Compass* advertisers and other businesses that will showcase their products.



Document Destruction

Monday, October 19, 8:00 to 10:00 AM, Fitness Center Parking Lot (OC)

Shred-It offers state-of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files are okay, but no plastics or cardboard. Staff and volunteers will be there to assist. Please place your items on your trunk for easy access. \$10 cash or check per average file box payable to SCLHCA. Place your payment in an envelope with your name, amount, and number of boxes. Just look for the big Shred-It truck in the parking lot!

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Due to the current Covid-19 restrictions, upcoming Community Forums will be presented via online Zoom offering through 2020. A few days prior to each forum, a link will be published in eNews. This will allow up to 500 residents to sign in to each forum in real-time. Allowing you to listen and see the speakers and their visual aids. In addition, each of your screens will show a “chat button” which will allow viewers to enter written questions during the presentation. When the Question & Answer portion of the forum begins, the moderator will have the ability to present your questions to the speakers, and all viewers will hear both the questions and answers.

No one will be admitted to a Zoom Forum unless identified by their real first and last names. Email “handles” are not acceptable.

To receive eNews bulletins, please go to: <https://www.sclhresidents.com/group/pages/sign-up-for-eneews1>.

At such time as our Lodges are again made available, we will add live audiences per the social distancing rules currently in effect. But online Zoom access will continue, as will video recordings a few days later at <https://www.sclhresidents.com/group/pages/2020>.

If you have a suggestion for a forum topic, please send an email to communityforums@sclhca.com.

All Forums are Free

Dates are subject to change



The 1918 Flu Epidemic

Monday, September 21, 2:00 PM, Zoom Presentation

The 1918 Spanish Flu killed more than 675,000 Americans and has numerous similarities to the current pandemic. We usually can learn from the past to avoid current mistakes, but, obviously, we haven't. In 1918, medical expertise was shunned, social distancing not in practice, and everyone thought it would just quickly disappear, all of which only added to the increased death toll. This talk will solely focus on the history of the 1918 flu.

Dr. Terry McAteer is the retired Nevada County Superintendent of Schools who continues to teach for the Sierra College OLLI Program. He holds degrees from U.C. Berkeley, SF State, and a doctorate from the University of San Francisco (USF).



League of Women Voters of Placer County, Ballot Propositions

Monday, September 24, 3:00 PM, Zoom Presentation

Pro and Con Arguments on the ballot propositions appearing in the November 2020 election will be discussed. The League is a non-profit, non-partisan organization of women and men that encourages active, informed participation in government and communities. The Voter Service programs provide information in a balanced manner to enable voters to cast their vote with confidence.

The League does not support or oppose political parties or candidates.

UPCOMING EVENTS

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THE BEATLES... AND MORE!

With the Sun King's DREW HARRISON

TUESDAY, SEPTEMBER 22

7:00 PM | CODE: LSE269

\$12 PER DEVICE

Drew Harrison, Bay Area singer-songwriter and the voice of John Lennon in the Beatles tribute, The Sun Kings, delivers a nostalgic concert with your Beatles faves and his originals.

"A very talented musician with an amazing voice..."

-Bonnie Raitt, Singer

TUESDAY, OCTOBER 6

7:00 PM | CODE: LSE272

\$12 PER DEVICE

Two-time Grammy winner and internationally renowned violinist and composer Mads Tolling returns. From Gypsy jazz to rock n' roll, from tango to fiddle music, audience will be tapping and clapping as well as moved and mesmerized with his solo show.

Download Zoom App
www.zoom.us

Zoom information is sent automatically upon registration.

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Tickets available at the Lifestyle Desk (OC/KS)
 and online at SCLHResidents.com.

Notice:

Except for live stream events, enrollment for any of the listed shows will not be available until lodges reopen.

All dates listed for performances held in the lodge may be subject to change based on State and County Re-opening Guidelines. Correct price and date will be re-ected on your enrollment.

—Livestream Concert—



The Beatles ... and More!
Starring The Sun King's Drew Harrison
 Tuesday, September 22
 7:00 PM, Zoom
 \$12 per Zoom device — **LSE269**

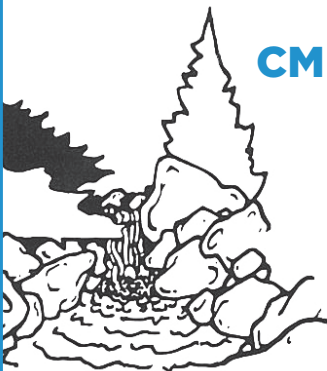
Direct live from the Presentation Hall (KS) to your home, Drew Harrison, Bay Area singer/songwriter, and the voice of John Lennon in the successful Beatles tribute, The Sun Kings, joins us to bring you your favorite Beatles songs as well as some of his original compositions. This one-time exclusive performance for our community will have you going down memory lane. Drew and The Sun Kings have had Sold Out performances in our community in the past. Register online at

www.sclhresidents.com. Zoom information will be sent automatically to your email upon registration. You must download the Zoom App to your device (www.zoom.us) to join.



Two-Time Grammy Award Winner
Mads Tolling: Violin Virtuoso
 Tuesday, October 6
 7:00 PM, Zoom
 \$12 per Zoom device — **LSE272**

Internationally renowned and multi-awarded violinist and composer Mads Tolling joins our live stream series from the Presentation Hall via Zoom with his solo show. With passion, excitement, and energy, Mads shows off his and the violin's versatility with a repertoire that will cover everything from gypsy jazz to rock 'n' roll and from tango to fiddle music. Expect songs like Ellington's "Don't Get Around Much Anymore," Hendrix's "Hey Joe," Piazzolla's "Libertango" Django Reinhardt's "Minor Swing" and the Beatles' "Blackbird." Register online at www.sclhresidents.com. Zoom information will be sent automatically to your email upon registration. You must download the Zoom App to your device (www.zoom.us) to join.



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—Livestream Comedy—

Jeff Applebaum
Zoom Comedy
Friday,
October 16
7:00 PM, Zoom
\$10 per Zoom
device — **LSE273**



Time to laugh during these crazy times! Welcome back, Jeff Applebaum, for another hilarious evening. A native New Yorker, Jeff made his national TV debut on CBS as a comedian on the “Late Late Show with Craig Ferguson.” He has also appeared on Comics Unleashed, ABC-TV, “America’s Got Talent” on NBC and opened for and performed with comic legends Robert Klein, Mort Sahl, Robin Williams, Dana Carvey, Elayne Boosler, and more. Jeff plays the role of Joey Bishop in “The Rat Pack Tribute” and is also credited and appears in the blockbuster film “The Pursuit of Happyness,” starring Will Smith. Online registration only. Zoom information will be sent automatically to your email upon registration.

—Livestream Presentation—

Dynamic Dialogue: Films with Truly Great Writing
A Presentation
by Yale Professor
Marc Lapadula
Thursday,
September 17
1:00 PM, Zoom
\$14 per Zoom
device — **LSE271**



You don’t need to be an aspiring screenwriter to notice and appreciate extremely good screenplays. For his next presentation, Professor Marc Lapadula will cover films whose sizzling dialogue, tight narrative construction, dimensional character development, and compelling plotlines make them especially memorable. Included in the film selection are *Sullivan’s Travels*, *A Few Good Men*, *Julia*, *The Verdict*, and

more. Marc’s enthusiasm and exceptional knowledge of films will have you even love movies more! Online registration only. Zoom information will be sent automatically to your email upon registration.

Five Books That Changed the World

Monday, September 28
1:00 PM, Zoom
\$14 per Zoom device
— **LSE270**



What books are a must for every lover of literature? Award-winning scholar, teacher, and *New York Times* “Editors’ Choice” author Professor Joseph Luzzi will explore this question with participants in an intimate presentation devoted to exploring the riches of literary expression. We will discuss such renowned classics as F. Scott Fitzgerald’s *The Great Gatsby*, Dante’s *Divine Comedy*, Harper Lee’s *To Kill a Mockingbird*, and Joseph Heller’s *Catch 22*—as well as a few other literary surprises. Professor Luzzi will show how these fascinating works help us understand some of the most pressing concerns today, including the nature of religious faith, questions of personal identity, even the quest for the American Dream. Participants will be encouraged to develop their own list of “essential reading,” as Professor Luzzi helps them acquire the skills necessary for enriching their encounters with books of all kinds. Online registration only. Zoom information will be sent automatically to your email upon registration.

—Comedy/Magic—

New Rescheduled Date!
KS Magic Night: The Award-Winning Magic of Spencer Grey
Friday,
November 20
P-Hall (KS)
Reserved Seating \$18
6:00 PM Show — **LSE229**
8:00 PM Show — **LSE230**



Let the award-winning magician Spencer Grey start off the magic of the holidays! Combining his energetic personality with audience participation, visual illusions, and original magic for a fun and funny show you won’t see anywhere else,

this show will surely get you in the holiday mood. Spencer has appeared on television and stages across the country, including at The Orleans Hotel/Casino in Las Vegas. Save \$1 on purchases of \$4 or more at KS Cafe. **Note:** *Tickets from the original show date of March 19 will be honored on this new date of the same showtime. If you are unable to attend this rescheduled date, please drop off or mail your ticket/s to the Lifestyle Department with your name and member # on the back of the ticket to receive a refund and address it to 965 Orchard Creek Lane.*

—In-House Performances—

New Rescheduled Date!

Keith Calmes:
Classical Guitarists
 Friday, October 23
 7:00 PM, P-Hall (KS)
 Reserved Seating \$16
 — **LSE235**



Classical Guitarist Keith Calmes returns after an amazing sold-out concert here in 2018. Dr. Calmes' background in music includes a recital at Carnegie Hall as Winner of the Artists International Competition, degrees from The Juilliard School, and USC and studies in Spain. He has published several books on the guitar with Mel Bay Publications and has also released several recordings, which are widely available online. Keith runs a high school guitar program in New Jersey and is a very active performer. You can learn more about Keith at keithcalmes.com. **Note:** *Tickets from the original show date of April 7 will be honored on this new date. If you are unable to attend this rescheduled date, please drop off your ticket/s to the Lifestyle Desks with your name and member # on the back of the ticket to receive a refund.*

New Rescheduled Date!
You've Got a Friend: The Carole King Songbook Performed by The Rhythm Method 4

Thursday,
 October 29
 7:00 PM, Ballroom (OC)
 Reserved Seating \$24, General Admission \$20
 — **LSE236**



A celebration of one of the most prolific songwriters of the '60s and '70s. Carole King's hits include memorable classics like Aretha Franklin's "Natural Woman," The Drifters' "Up on the Roof," and The Shirelles' "Will You Still Love Me Tomorrow." The Rhythm Method 4 is a group of 4 distinctively talented musicians who regularly perform throughout the Bay Area. **Note:** *Tickets from the original show date of April 16 will be honored on this new date. If you are unable to attend this rescheduled date, please drop off your ticket/s to the Lifestyle Department with your name, and member # on the back of the ticket to receive a refund addressed to 965 Orchard Creek Lane to receive a refund.*

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Register at the Lifestyle Desk (OC/KS)
 or online at SCLHResidents.com.

Notice:

We continue to monitor and follow prescribed guidance from the State, County and Health officials regarding safe conduct for group leisure travel.

Currently, group leisure travel is not allowed with no future date when it can safely be offered.

We will announce and offer trips and extended travel as soon as things can safely be resumed.

Watch out for it on eNews!



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Betty Maxie
 Lifestyle Class Coordinator
 Betty.Maxie@sclhca.com



Register at the Lifestyle Desk (OC/KS)
 or online at SCLHResidents.com.

Livestream Classes

We are bringing the following classes right into your home! Students are required to have a PC, laptop, tablet, iPad, or Chromebook to participate in these classes. We will be using the Zoom platform to deliver these programs.

Online registration preferred.

Questions? Call 916-625-4073 or 916-408-4609.

—Krafting with Karla and Lavina —



Flowers & Plants – Tea Cup Flower Arrangement

Tuesday, September 15
 10:00 AM - Zoom

CLOSED for Reservation

— **LSC2673**

Liven up your dining room or entryway with a Teacup Flower arrangement.

Using summer blooms, we will create a fun and simple flower arrangement that will surely bring a smile to anyone. Learn the technique so you can easily replicate it for a future garden party! Supplies included in the fee: teacup & saucer, flowers, and flower foam brick. You must have your own scissors or sharp knife. Pick up supplies (curbside) from Orchard Creek Lodge front entrance Monday, September 14 at 2:00 PM. Receive the Zoom information in your email immediately upon Online registration.



“Hello Fall” Round Door Sign

Tuesday, September 22
 10:00 AM - Zoom

\$20 includes supplies

— **LSC2681**

Fall is almost here! This cute fall sign will definitely add a pop to your Fall/Autumn Decor. We will be attaching fall flowers &

pumpkins to round wood. A *Hello Fall* vinyl decal will be added to finish off the sign. You must have your own scissors & hot glue gun. Pick up supplies (curbside) from Orchard Creek Lodge front entrance Monday, September 21, at 2:00 PM. Receive the Zoom information in your email immediately upon Online Registration.



Succulent Pumpkin Centerpiece

Tuesday, October 6
 10:00 AM - Zoom

\$16 - includes supplies

— **LSC2682**

Ease into Fall with a gorgeous DIY Succulent Pumpkin Centerpiece. This pumpkin craft is fun and easy to do. Plus, it makes a

unique addition to your fall table setting. Supplies included in the fee: Pumpkin, Succulents, and moss. You must have your own scissors or sharp knife, tacky glue, and a hot glue gun. Pick up supplies (curbside) from Orchard Creek Lodge front entrance Monday, October 5, at 2:00 PM. Receive the Zoom information in your email immediately upon Online registration.

—Movies—



Disney - The Art of the Animated Movie Musical Part 1

Wednesdays, August 26-
 September 23

1:00 PM - Zoom

\$50 (five sessions) — **LSC2672**

Have you ever wondered how Walt did it? How did he create all that “magic”? Zoom with us for an incredible journey back to the creation of the first animated movie musicals.

We will discover the man, the music, and the people who helped Disney to inspire generations. In Part 1, we will travel from 1901 in the “Heartland of America” all the way to the 1960s and Walt’s ultimate live-action/animated masterpiece *Mary Poppins*. Along the way, we will revisit and understand that these classics are not just “kid’s movies” but are beautifully crafted to help all of us rediscover “the child within.” Receive the Zoom link and instructions in your email immediately upon Online registration. Part 2 will start on September 16. Please register early!

Outdoor In-Person Class

—Line Dance—

We are currently offering the following in-person dance classes held outdoors in the Amphitheater. Students are required to sign a COVID-19 Waiver, wear a face covering when 6' physical distancing is not possible, stay home if sick and follow all other safety protocols. Online registration only.



Country Line Dancing

Fridays, October 2 to 30

8:30 to 9:30 AM

Amphitheater

\$35 — **LSC2698**

This class is a mixture of beginner, high beginner, and intermediate dances. It features the popular “old” line dances and some new popular dances that are done at country dances around the area. Instructors: *Jim & Jeannie Keener*.



Line Dance Level I – Absolute Beginner (Intro)

Mondays, October 5 to 26

8:30 to 9:30 AM, Amphitheater

\$28 — **LSC2694**

The absolute beginner level dances are an introduction to line dance for people, who have never line danced. Basic dance steps will be taught in short sequences to a variety of music. Dance terminology and dance floor etiquette will be introduced. The focus is to have fun and to learn the skills required to move on to the next level of class. Instructor: *Yvonne Krause*.

Line Dance Level 2 - Beginner

Thursdays, October 1 to 29

8:30 to 9:30 AM, Amphitheater

\$35 — **LSC2695**

Beginner level dances are built upon the skills learned in the Absolute Beginner level. Dances are suitable for those who have some previous dance experience. Many rhythms will be explored. The dances will be longer and contain new steps to add to what was learned in the introductory class. Instructor: *Yvonne Krause*.



Line Dance Level 3 – High Beginner/Improver

Wednesdays, October 7 to 28

8:30 to 9:30 AM, Amphitheater

\$28 — **LSC2696**

The High Beginner class is for those who have had previous dance experience and have learned the basic skills. Additional patterns will be taught, and the steps will be more challenging. Dances will have turns, and some tags and restarts. Instructor: *Sandy Gardetto*.

—Art—



Watercolor Art -

Twisted Still Life

Monday,

September 21

8:30 to 11:30 AM

OC Secret Garden

\$45 — **LSC2680**

Come join a fun watercolor workshop where realism meets abstraction. We will start with a simple still life, add twists to the starting sketch by exaggerating or distorting shapes and sizes, Sprinkle in some nontraditional colors coupled with a loose painting style and calligraphy, and voila your Twisted Still Life is ready to be framed and proudly hung. You will need to bring all of your own supplies including paint, paper, water containers, pencils, erasers, etc. Due to health concerns, we will not be able to share tools or supplies. Class is open to all skill levels. Instructor: *Faye August*.



Mixed Media

Thursdays, October 8 & 22

8:30 to 11:00 AM - Secret Garden

\$45 (two sessions) — **LSC2690**

Explore ways to “play” and develop small daily exercises to encourage your artistic routine. These will then be incorporated into your art journals. A variety of media will be used. Learn how to visually and artistically record your days and express yourself while exploring color theory, composition, balance, and texture. You will create interesting, interactive mixed media pages in a journal. Supplies needed: mixed media spiral-bound artist paper pad, glue stick,

scissors, small paintbrush, Sharpie pen, white and clear gesso, plus your favorite mixed media supplies. Complete list of suggested medium listed on the website class description. Instructor: *Kerry Dahlin*.



Painting with Unni – Rivers

Friday, September 30
8:30 to 11:30 AM
Secret Garden
\$45 — **LSC2691**

Perfect class for first-timers and seasoned artists alike! Paint a finished acrylic painting in one day, with step-by-step instruction. Learn how to mix

colors, brushstroke, and pallet knife techniques. All supplies are included. Canvases are under-painted and ready to hang. Fee includes all required art supplies. *About the Instructor:* Artist **Unni Stevens** studied art in Norway, Japan, and at the Laguna College of Art with 30+ years of painting experience. More information at www.unniart.com.



Pastel Art: Learn Values Using Pastel/Charcoal Using Your Photo

Monday, October 5 & Wednesday, October 7
8:00 to 11:00 AM
Secret Garden
\$79 — **LSC2692**

For beginner and intermediate artists! This two-day class will include a monochromatic demo on the 1st day using values from your photograph from an iPad, laptop, or print). Photo with good details in light and dark is best. Second class will be another demo using the same photo but applying color to the artwork. Students must provide own art supplies (SOFT pastels, substrates/paper/board, pastel pencil, kneaded eraser, and tracing paper). Goal, learning values, and working with color to achieve a finished pastel painting. Since we will be working outside, wear a wide-brimmed hat to keep the sun off of your face! Instructor: *Sandy Lindblad*. For any questions email instructor at sandski2@yahoo.com.

Notice:

The following indoor classes will resume once lodges are allowed to open.

- Mixed Media Art Journaling
- Oil and Acrylic Painting: Intermediate/Advanced
- Pastel and Watercolor: Intermediate to Advanced
- Ceramics – All Levels from Jim Alvis
- Ceramics – All Levels from Taylor Jackson
- Card Making – All Levels
- Clogging – All Levels
- Country Couples Western Dance – All Levels
- Hula
- Jazz Beginner & Performance
- Line Dance – All Levels from All Instructors
- Line Dancing 4 Fun
- Country Line Dancing
- Tap Classes with Alyson
- Stained Glass
- Guitar – All Levels
- Folk Guitar for Fun Folks – All Levels
- Intro to Swing Guitar – Intermediate Level
- Ukulele – All Levels
- Sewing Certification

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Jeannette Pyle
 WellFit Manager
 Jeannette.Pyle@sclhca.com



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bunions, as well as acute injuries like sciatica, knee problems, and more. It is safe and gentle enough for those with compromised health. *Rebecca Kang* is a Certified Bowen Practitioner. For your free Bowenwork Assessment, please contact Rebecca Kang at rebecca.kang@sclhca.com or 916-625-4034.

Disease Prevention & Management Session-Based Classes

Opportunities that provide education and management of diseases to achieve and maintain optimal health. *Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds. Due to COVID, all classes, times, and locations are to be determined by our reopening date.*



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Don't know where to start in the Fitness Centers? Sign up to take our free Orientation and learn how the Fitness Centers work, and how to use a select number of pieces of equipment safely and properly! Orientations are designed to educate you on all the WellFit Department has to offer and to get you started on your fitness journey. WellFit Orientations are not available at this time due to COVID-19. If you are new to the gym and have questions regarding the Fitness Centers or equipment, please email danielle.merrill@sclhca.com.

WellFit Services Available to Assist You in Furthering Your Health & Wellness



Bowenwork Services

Have aches and pains? Talk with Rebecca and learn how Bowenwork can relieve those aches and pains. The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. Bowenwork addresses core issues, not just symptoms.

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NOTICE

Due to Compass printing publication deadline, the listed Class start dates might change. Start dates and pricing will be adjusted following the CDC and County's recommended social distancing. Correct price, dates, and number of class sessions will be re ected on your enrollment. Registration date TBD

Watch out for rescheduled dates for Postponed classes on the website, eNews and future Compass, as applicable.

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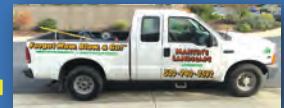
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Arthritis

Location & Time: TBD
 Tuesday's Instructor: **Cynthia Bullwinkel**
 Wednesday, Thursday, and
 Friday's Instructor: **Linda Hunter**

Arthritis class is Arthritis Foundation approved and is appropriate for all seniors who desire a gentle approach to exercise. Our goal is to increase the range of motion, flexibility, endurance, and mobility while also improving balance and strengthening muscles. We will do some standing, but sitting is always an option. *Please sign up before the first day of class.*

Lessons

Programs that provide learning the emotional, mental and physical aspects of outdoor activities. *Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.*



Nordic Pole Walking

Location & Time: TBD
 \$45 (two sessions)

By adding Nordic Poles to your walking routine, you will be able to incorporate 90% of your muscles in one exercise; burn up to 46% more calories than walking without poles; reduce impact on hips, knees, and feet by an average of 25%; and develop upright body posture resulting in less risk of falling. Please bring water as there will be walking outdoors (weather permitting). Walking poles are available for each class at no charge with the option to purchase at the final session. Instructor: **Dr. Richard Del Balso.**



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Tai Chi Qigong L1

Tuesdays, TBD
 Location & Time: TBD



Tai Chi is a century-old practice that focuses on soft and gentle movements known as postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi offers harmony of the mind and body as it relieves stress and induces relaxation. Through cultivation and flow of the body's life force known as "Chi," this form of exercise has been known to improve a variety

of ailments. People of all fitness levels will benefit from this complimentary health system. Instructor: **Peli Fong.**

Tai Chi Qigong L2

Tuesdays, TBD
 Location & Time: TBD



This class is for Tai Chi and Qi-gong students who wish to bring higher awareness and understanding of their lifelong practice of complementary health and wellness. Students who have practiced and completed the 24 postures

will advance to learning the traditional 48 short forms. In addition, you will learn the Qigong sets of movements. Qigong paired with stillness, and moving meditation will improve body mechanics, muscle memory, and tone while increasing the understanding of these century-old art forms of health, mindfulness, and wellbeing. Instructor: **Peli Fong.**

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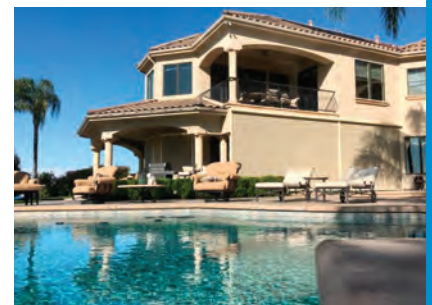
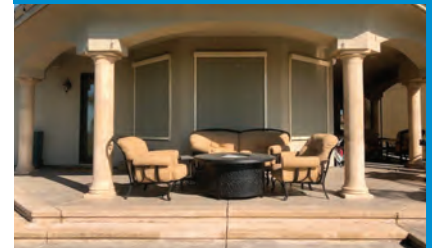
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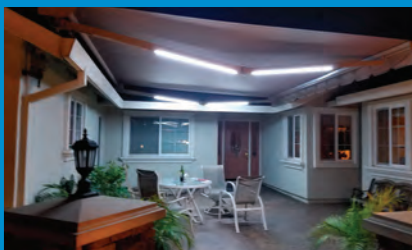
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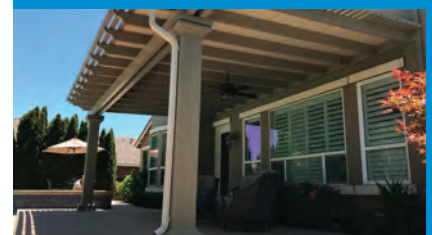


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Personal Improvement

The following Personal Improvement classes are offered through the WellFit Department; registration is available at the WellFit front desks. *Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds. Due to COVID, all classes, times, and locations are to be determined by our reopening date.*



Traditional Shotokan Karate
Sundays,
October 3-31
9:00 to 10:00 AM
Location:
Amphitheater
\$25

The instructor is a member of the International San Ten Karate Association and has over 45 years' experience teaching the JKA Shotokan style of traditional karate, one of the most widely practiced martial arts. This training has its feet firmly rooted in the traditions and skills of Japan's ancient martial arts while embracing the technical refinement made possible by the awareness of modern scientific knowledge. For more information about the International San Ten Karate Association, please visit www.santenkarate.com. Instructor: *Al Trimarchi*.

Money Matters

The following Money Matters classes are offered through the WellFit Department; registration is available at the WellFit front desks and online. *Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds. Due to COVID, all classes, times, and locations are to be determined by our reopening date.*



The Risks Posed by Elevated Index Concentration with Russ Abbott
Tuesday,
October 27
Zoom Class
11:00 AM to
Noon
\$5

Passive strategies, often tracking cap-weighted

indexes like the S&P 500, may introduce unwanted risks to investors. Given the current environment of high concentration in the S&P 500, investors should understand the associated risks and know the benefits of diversifying across equal-weighted indexes and potentially new leadership. This class will provide context for individuals and investors to help understand the current makeup of the Dow Jones Industrial Average, S&P 500, and Nasdaq Composite. Instructor: *Russ Abbott*.

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Welcome Autumn

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Pilates Reformers and Towers

Prerequisite: All Pilates Reformer classes require completion of the Introductory Reformer Session L1.

Membership packages require an agreement for auto-pay upon enrollment. Members select their monthly classes via the online scheduling system; these packages are not available online. See class grid on page 77 for a complete listing of Pilates Reformer classes.

Our Reformer packages are as follows:

Four-class membership package \$80 per month

Eight-class membership package \$135 per month

Add-on classes for member \$17 per class

Introductory Reformer Session L1

Continuous Dates

WellFit Studio (OC) \$30 (one session, one-hour long). This session is a prerequisite for Pilates Reformer classes. You will work one-on-one with a trainer to teach you proper breathing techniques, go over any goals/limitations you may have, go over basic exercises, set up your proper spring loads, and answer any questions. Once you have completed this introductory class, you can sign up for the Pilates Reformer Membership package or drop-in class. You can register for this introduction at the Fitness Centers.

Private Reformer Training

Private training is convenient and efficient. All private training is done by appointment only. When working one-on-one, our trainers will customize a reformer program to meet your specific goals. Most injuries are caused by hidden muscular weaknesses or skeletal imbalances. Pilates works to balance the body to bring proper alignment and function. For more information regarding Private Reformer Training, please contact Jeannette Pyle. Jeannette.pyle@sclhca.com.

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$54.
- **Buddy Training:**
Two clients and one trainer. It is more fun to work out with a friend! One hour session \$34 per person.

Danielle Merrill

Fitness Coordinator

Danielle.Merrill@sclhca.com



Personal and Clinical Training

Personal training is convenient, efficient, and individualized for your specific goals. Whether your goals are strength, endurance, or rehab related, we have a trainer for you. All of our trainers are highly qualified and have different specialties and strengths. To learn more about personal training and/or clinical training or about our trainers and their qualifications, contact Danielle Merrill. You can also visit www.sclhresidents.com under WellFit/Personal Training/meet the trainers.

Training Services

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$54, half-hour session \$34.
- **Clinical Training:**
One client and one trainer. One hour session cost is \$60, half-hour session \$40.
- **Buddy Training:**
Two clients and one trainer. It is more fun to work out with a friend! One hour session \$34 per person.
- **Assessment:**
Meet and greet trainer, talk about and establish goals. Trainer assesses ability level. One hour session \$30.

Small Group Training (SGT)

Small group training classes are designed for specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting. Classes fill up quickly; please register at least seven days prior to the class start date, no refunds. *Date events go on sale is the 17 of each month. Register at Orchard Creek Fitness Desk or online.*



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Are you a current SGT participant, but need some extra workouts; or does your schedule require a little flexibility with your SGT classes? Try our SGT Drop-in Pass. \$25 per drop-in, and you can take as many days as you would like of the eligible SGT classes if space is available. SGT Drop-in passes can be purchased at any time and saved for a later date. Please note that not all classes are eligible for drop-ins. Please see the descriptions of each class.

***Check eNews and sclhresidents.com for the most up to date information. Due to the changing regulations from the Coronavirus, please be aware that class locations, dates, and times could change. Prices will be adjusted accordingly.**



**New! (Seasonal)
SGT—Walk on the
Wild Side L2**

Tuesdays, October 6-27
First-class meets at
OC WellFit, 8:30 to
9:30 AM
\$70 (4 sessions)

Experience the
beautiful trails of

SCLH guided by a trainer with exercises along the way. Incorporate warm-up, strength training and conditioning, balance and coordination, and stretching all while out walking the trails! First class will meet at OC WellFit, then the instructor will tell you which trail to meet at each week. Let's enjoy our great outdoors and do a little 'walk on the wild side'! Instructor: *Danielle Merrill*.



**SGT—"Fun"ctional
Fitness L3**

Tuesdays &
Thursdays, TBD
Location & Time: TBD
\$135 (eight sessions)

Incorporate strength
training and high-
intensity interval

training for optimal cardiovascular benefits. This team-oriented class focuses on "Functional Fitness" using a variety of equipment, including TRX suspension training. 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.

ONLINE: SCLHRESIDENTS.COM

Intermediate to advanced fitness levels encouraged. This class is available for the SGT Drop-in Pass. Instructor: *Deanne Griffin*.



**SGT—Progressive
Bootcamp L2/3**

Tuesdays &
Thursdays,
October 6-29
OC WellFit Outdoor
Workout Area
10:00 to 11:00 AM
\$135 (eight sessions)

Looking to change things up? Try this Bootcamp class that gives you progressive exercises to accommodate each participant's fitness level. The class will enjoy workouts in the Aerobics Room and the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. This class is available for the SGT Drop-in Pass if space is available. Instructor: *Torin Garza*.

SGT—TRX Circuit L2

Tuesdays & Thursdays, October 6-29
OC WellFit Outdoor Workout Area
11:15 to 12:15 PM
\$135 (eight sessions)

TRX Circuit is a great way to shed a few of those quarantine pounds while gaining strength, flexibility, balance, and a stronger core. TRX suspension training straps makes gravity your resistance, so adjusting the level of difficulty is as easy as moving your hands or feet, and progression is limitless. This class is available for the SGT Drop-in Pass if space is available. Instructor: *Torin Garza*.

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SGT—Posture, Core and Balance L1/2

Mondays & Wednesdays,
October 5-28
OC WellFit Outdoor
Workout Area
11:15 AM to 12:15 PM
\$135 (eight sessions)

Balance your body with exercises for proper postural alignment and a strong core.

This class is formatted to accommodate a wide range of fitness levels and also includes the right stretches to allow for improved posture, which can take the pressure off your back, shoulders, and neck. We will round out the class with concepts from Balance and Fall Prevention to build confidence and mobility. Instructor: *Renae Schmidt*.

SGT—Balance & Fall Prevention L1

Mondays and Wednesdays, October 5-28
OC WellFit Outdoor Workout Area
10:00 to 11:00 AM
\$135 (eight sessions)

Learn simple stretches, exercises, and techniques that will help improve balance, core strength, and reflexes to prevent falls. We will use chairs, bars, and the wall for support. Instructor: *Renae Schmidt*.

New! Virtual Punch Passes

New Livestream Punch Pass Classes

Monday through Friday
9:00 AM
\$4.50

Instructors and classes offered will vary depending upon attendance and feedback. You will need to use the Mindbody app on your phone or access from your computer. You will need to set up your account, search on SCLH schedule for the class you want to take and then book your class. You will receive your live stream link 30 minutes prior to class. For more information, email jeannette.pyle@sclhca.com. Instructor: *varies*.

Punch Pass and Fast Class

We now offer Fast Class Passes for \$2.50. These Fast Class Passes can only be used on our new 30 minute classes. Please see the colored grids on pages

75 for days and times. We also still offer our Punch Pass classes for \$4.50 each. Purchase your Punch Passes, or your Fast Class Passes at either Fitness Center front desk. There are no refunds for Punch Passes or Fast Class Passes, and all passes expire one year after purchase.

For a list of class descriptions, please refer to www.sclhresidents.com under WellFit tab.



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OC WellFit Class Schedule

Outdoor Classes at OC

Begins the week of July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
8:30am							
	Cycle & Strength L2 - Gretchen	Core & Strength L2 - Kim	Cycle & Strength L2 - Jeannette	Core & Strength L2 - Kim	Yoga Basics & Flow L2/3 - Jeannette		
9:00am							
Livestream Classes - Join through Mind & Body							
	Zumba L3 - Summer	Zumba Gold L2 - Joanie	Zumba L3 - Summer	Zumba Gold L2 - Joanie	Low Impact, Core & Stretch L2 - Beth/Jeri		
Group Exercise Classes (punch pass) \$4.50							
30 min Group Exercise Classes (Fast Pass) \$2.50							
Wellness Classes (session based)							
Small Group Training (session based)							
Due to the COVID-19 pandemic classes are subject to change at any time. Please check your Fitness Centers for the most up to date class schedule.							

OC Aqua WellFit Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	Aqua Fitness L2/3- <i>Helena</i>	OC	Water Works L2- <i>Jiji</i>	OC	Aqua Fitness L2/3 - <i>Jiji</i>	OC	OC
9:30	Deep Water Fitness L3 - <i>Helena</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3- <i>Renae</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3 - <i>Lisa</i>		
10:45		Aqua Intervals L2/3 - <i>Deanne</i>		Aqua Intervals L2/3 - <i>Deanne</i>			
11:30	(11:30am-12:15pm) AF Aqua L1 - <i>TBA</i>		(11:30am-12:15pm) Aqua L1 - <i>TBA</i>				
12:30					SGT - Therapeutic Water Exercise L1 <i>Coming soon!</i>		
2:00							
4:00							
5:00	Total Body Conditioning L3 <i>Jeannette</i>		Total Body Conditioning L3 <i>Jeannette</i>				
Due to the COVID-19 pandemic classes are subject to change at any time. Please check your Fitness Centers for the most up to date class schedule.							
Group Exercise Classes (punch pass) \$4.50							

TBA

Pilates Reformer WellFit Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC					
8:30							
9:30							
10:30							
11:30							
12:00							
5:30							

TBA

All classes are subject to change without notice.
 All classes are one hour unless otherwise noted.
 All classes are subject to cancellation for insufficient registration 24 hours prior to class.

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Administration/Membership Mon–Fri: 8:30 AM–5:00 PM First Sat: 8:00 AM–NOON	Kilaga Cafe Mon–Sat: 6:00 AM–4:30 PM Sunday: 7:30 AM–3:30 PM
Lifestyle Desks (OC/KS) Mon–Sat: 8:00 AM–8:00 PM Sunday: 8:00 AM–4:00 PM	Catering Office Tue–Sat: 9:00 AM–5:00 PM
WellFit (OC/KS) Mon–Fri: 5:30 AM–8:30 PM Sat–Sun (oc): 7:00 AM–8:00 PM Sat–Sun (KS): 5:30 AM–6:00 PM	The Spa at Kilaga Springs Mon–Fri: 9:00 AM–6:00 PM Saturday: 9:00 AM–5:00 PM

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