



# Compass





# Calendar of Events

September 15 - October 20

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

## Board of Directors' Report

Denny Valentine, Director, SCLH Board of Directors



This article represents my final *Compass* article as a member of the SCLH Board as I will finish my fifth year on the Board this winter. Serving the members of this Association has been a truly rewarding experience. It has also provided an opportunity to serve with some truly outstanding people including fellow Board members, committee chairs and members along with our wonderful and capable staff.

Attendance at the September Board meeting was at an all time low. This can be interpreted as reflecting far greater member satisfaction with Association operations or as a dwindling interest among our members. In response to the latter I would point out that through the committee reports there was as much new and exciting information presented as in any Board meeting in recent memory. For those not having attended a meeting in a while you should be aware that oral reports are now presented with graphs and text shown on our two overhead screens for easier comprehension by the audience.

Matters presented of significant interest to our members include the Finance Committee reporting a very positive cash

to expenditure position year-to-date along with very strong 2011 budget presentations by Departments. This year for the first time, annual business plans illuminated what is planned and expected for the coming year. Properties Committee spoke on 2011 Capital Asset Acquisitions Requests for trash and cardboard compactors to clean up the area in back of the kitchen, salt water systems to replace chlorine in all the pools and an interior security camera system. Also an Alternative Energy Task Force is investigating the potential of solar or other technologies to offset electricity rates currently paid to PG&E at the Orchard Creek Lodge. The Communications and Community Relations Committee reported positive feedback on the public website launched August 1 and intentions to integrate it with our private website with secure log-ins for our members.

As you can see, there continues to be a lot happening in our Association and I invite each and every one of you to become a part of it.

### Too Many Emails & Tearful Phone Calls

Jeannine Balcombe reports that she has received "too many complaints and tearful phone calls" recently. Police yourself and stop at every stop sign. We have had too many near misses this month. It would be horrible to hit and/or kill

someone just because you are in a hurry, are being lazy, are talking on your cell phone or are just plain arrogant.



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**On the cover:** Our luxury bus is about to be loaded for its overnight trip to the Eldorado Hotel in Reno. On the schedule is seeing the Le Grand Cirque production and a train ride in Virginia City. For more on our overnight trip offerings, see *Connections*, page 3. Photo by Patrick Vath

**Upcoming Association-Related Meetings & Presentations**

Date • Time • Place

<b>Golf Cart Registration</b>	Thursday, September 16 & October 7 & 21, 8:00 AM, see page 56
<b>Properties Committee</b>	Thursday, Sept. 16, 9:00 AM, Oaks/Gables
<b>Finance Committee</b>	Thursday, Sept. 16, 10:00 AM, Oaks/Gables
<b>Finance Committee Second Budget Mtg.</b>	Tuesday, Sept. 21, 9:00 AM, Heights/Gables
<b>Board of Directors Meeting</b>	Thursday, Sept. 23, 9:00 AM, Ballroom
<b>Board of Directors Special Meeting</b>	Thursday, Sept. 23, 10:30 AM, Multipurpose
<b>Board of Directors Executive Session</b>	Thursday, Sept. 23, 11:00 AM, Multipurpose
<b>ARC/Architectural Review Committee</b>	Monday, Sept. 27, 9:00 AM, Heights/Gables
<b>Finance Committee Third Budget Meeting</b>	Thursday, Sept. 30, 9:00 AM, Ft Ballroom
<b>Finance Committee Final Budget Meeting</b>	Monday, October 4, 9:00 AM, Oaks
<b>CCRC/Communications &amp; Comm. Rels.</b>	Tuesday, October 5, 9:00 AM, Oaks
<b>CCOC/Chartered Clubs/Community Orgs.</b>	Tuesday, October 5, 1:00 PM, Oaks
<b>Compliance Committee</b>	Wednesday, October 6, 10:30 AM, Oaks
<b>ARC/Architectural Review Committee</b>	Monday, October 11, 9:00 AM, Solarium
<b>Board of Directors Special Meeting</b>	Monday, October 11, 10:00 AM, Multipurpose
<b>Properties Committee</b>	Tuesday, October 12, 1:00 PM, Fine Arts
<b>Listening Post</b>	Wednesday, October 13, 9:00 AM, Solarium
<b>New Residents Orientation</b>	Tuesday, October 19, 1:00 PM, Solarium
<b>Finance Committee</b>	Thursday, October 21, 9:00 AM, Oaks
<b>ARC/Architectural Review Committee</b>	Monday, October 25, 9:00 AM, Heights/Gables
<b>Board of Directors Meeting</b>	Thursday, October 28, 9:00 AM, Ballroom
<b>Board of Directors Special Meeting</b>	Thursday, October 28, 10:30 AM, Solarium
<b>Board of Directors Executive Session</b>	Thursday, October 28, 11:00 AM, Solarium

*Find more information on the following Lincoln Hills Community Forums on page 80.*

<b>Just the Facts-State Election Propositions</b>	Monday, September 20, 10:00 AM, Ballroom
<b>Lincoln City Council Candidate Forum</b>	Tuesday, September 28, 10:00 AM, Ballroom
<b>Preparing for End of Life Issues</b>	Tuesday, October 19, 1:00 PM, Ballroom
<b>The A, B, C... and D's of Medicare</b>	Wednesday, November 3, 7:00 PM, Ballroom

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



**Connections**

*Jeannine Balcombe, Senior Director of Lifestyle and Communications*

With only four months remaining in 2010 and most of our programming plans complete, our eyes are focused on the New Year and the opportunities ahead. The first in a series of three budget presentations are complete with Activities and Fitness presenting theirs on August 24 as a Lifestyle Department. Staff is actively involved in researching and offering new trips, classes and events to enjoy.

**Overnight bus trips coming soon:** Our *Compass* cover this month is a snapshot of loading up for our overnight trip to Reno and Virginia City. Fifty-six residents enjoyed the relaxed pace provided to appreciate gaming, a terrific show, good food, a train ride and lots of history. We look forward to

offering more overnight bus trips in 2011. Your ideas are always welcome!

**Perfect places to hold your holiday parties:** With the upcoming holidays, please contact Judy Hogan at 625-4021 for all your non-catered facility bookings. Judy books the Sports Pavilion and Kilaga Springs Social Kitchen, perfect places to hold your parties. If you want catering services, please contact Meghan Louder at 625-4043. Judy and Meghan will be pleased to work with you

*continued on page 33*



*Super Seniors enjoying lunch at their holiday party in the Social Kitchen (KS), a perfect place to hold your next event*

**SUN CITY LINCOLN HILLS COMMUNITY ASSOCIATION**

965 Orchard Creek Lane • Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Directory assisted to specific areas

Website for residents: [www.lincolnsuncity.org](http://www.lincolnsuncity.org)

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

Orchard Creek & Kilaga Springs Hours

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

Sunday 8:00 AM - 5:00 PM

Administration Office Hours

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

Meridians Hours

Monday-Saturday

Breakfast 7:00-10:30 AM

Lunch 11:30 3:00 PM

Dinner 5:00-9:00 PM

Sunday

Breakfast 7:00-10:00 AM

Brunch Buffet 10:00 AM-3:00 PM

Dinner 5:00-9:00 PM

Meridians Reservations 625-4040

Kilaga Springs Café

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

Sunday 8:00 AM-3:00 PM

OC & KS Activities Desk Hours

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

Sunday 8:00 AM-4:00 PM

OC Activities Desk 625-4022

KS Activities Desk 408-4013x4

OC & KS Fitness Center Hours

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

Sat./Sun. — OC 7:00 AM-8:00 PM

Sat./Sun. — KS 7:00 AM-6:00 PM

OC Fitness Center 625-4030

KS Fitness Center 408-4013x7

Community Association Contact Information

Executive Director • Robert Cook

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Senior Director, Lifestyle & Communications

Jeannine Balcombe

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Senior Director, Facilities & Maintenance

Christopher O'Keefe • 645-4500

[christopher.okeefe@schca.com](mailto:christopher.okeefe@schca.com)

Director of Community Stds. • Steve O'Rourke

625-4006 [sorourke@schca.com](mailto:sorourke@schca.com)

Controller • Tim Mulligan 625-4013

[tim.mulligan@schca.com](mailto:tim.mulligan@schca.com)

Director of Fitness, Brandy Garcia

625-4031 [brandy.garcia@schca.com](mailto:brandy.garcia@schca.com)

Director of Food & Beverage • Jerry McCarthy

625-4049 [jerry.mccarthy@schca.com](mailto:jerry.mccarthy@schca.com)

Catering Office 625-4045

Spa (KS) 408-4013x6

Kilaga Springs Spa Manager • Tina Ginnetti

408-4013x116 [tina.ginnetti@schca.com](mailto:tina.ginnetti@schca.com)

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## Board of Directors Election Dates

Interested in running? September 17 could be a key date

We need your help to fill four positions on the Board of Directors. Those interested in running for the Board of Directors may pick up a Candidate Information Packet at the Activities Desk and may want to attend a Candidate Information Session scheduled for September 17 at 10:00 AM in the OC Ballroom.

### Important Dates

- **September 17** — Candidate Information Session
- **September 24** — Candidates may file their intention to run for Board of Directors
- **October 15** — Deadline for candidates to file intention to run for Board of Directors
- **October 18** — Final slate of candidates announced
- **December 3** — Deadline for candidate ballot statements to be submitted
- **January 10, 2011** — Candidate Forum Session #1
- **January 14, 2011** — Election Ballots mailed
- **January 15, 2011** — Candidate Forum Session #2
- **January 19, 2011** — Candidate Forum Session #3
- **February 17, 2011** — Election Ballots counted and results posted

## Capital-izing on Our Assets

*Gay Mackintosh, Properties Committee Chair*

Judicious use of our Capital Enhancement and Capital Asset Acquisition Funds helps SCLH, now 11 years old, keep up-to-date and respond to changing needs in our community.

Properties Committee members are excited that construction is underway at last on the new Maintenance Building, which will complete the Maintenance Yard and greatly enhance behind-the-scenes landscape and general maintenance operations.



*Metal components for the new Maintenance Building were delivered August 22*

Also now completed is installation of a new, permanent shade canopy for the Secret Garden outside the Ballroom in time for large income-producing events this fall. The canopy and new landscape design will make that area much more attractive and useful.

We are now evaluating an array of capital projects proposed for the 2011 budget:

- Additional Ballroom stage risers for the Lincoln Hills Singers (with a contribution from the Performing Arts Steering Committee and Singers Group to cover almost 2/3 the cost)
- State-of-the-art salt water treatment system for all four pools and two spas,

plus UV disinfection for indoor pools and spas

- Trash and cardboard compactors to replace dumpsters; City-required renovation of OC trash service area entrance
- Catering Sales Office redesign and furniture upgrade
- Security camera system for OC and KS Lodges

For details on the proposed projects, come to the joint meeting of the Properties and Finance Committees at 9:00 AM on Thursday, September 16. Committee recommendations will then go to the Board for consideration as

part of the 2011 budget process.



*Current state of OC trash service area is unsightly and requires seven days-per-week dumpster service; compactors will save money over time and allow cardboard recycling*



### Board of Directors Contact Information

**Peter Gilbert, President**

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**Ken Silverman, Vice President**

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**Gary Younger, Treasurer**

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**John Kightlinger, Secretary**

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**David Conner, Director**

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**Bill Kassel, Director**

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**Denny Valentine, Director**

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### Committee Chair Contact Information

**Architectural Review Committee**

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**Chartered Clubs & Community Organizations**

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**Communications & Community Relations Committee**

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**Compliance Committee**

[compliance.committee@suncity-lincolnhills.org](mailto:compliance.committee@suncity-lincolnhills.org)

**Elections Committee**

[elections.committee@suncity-lincolnhills.org](mailto:elections.committee@suncity-lincolnhills.org)

**Community Emergency Response Team**

[cert@suncity-lincolnhills.org](mailto:cert@suncity-lincolnhills.org)

**Finance Committee**

[finance.committee@suncity-lincolnhills.org](mailto:finance.committee@suncity-lincolnhills.org)

**Properties Committee**

[properties.committee@suncity-lincolnhills.org](mailto:properties.committee@suncity-lincolnhills.org)

## Did You Know?

The Community Forum Task Force under the guidance of CCRC will have held 22 educational/cultural and or health-related seminars/events this year for your enjoyment and this is only our first year! Come to the CCRC meetings on the first Tuesday of each month and let your thoughts be heard on how we are doing!





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## The Bermuda Triangle of Community Standards

David Stone, Compliance Committee Chair

As announced in last month's *Compass*, articles about SCLH community standards will rotate monthly between the ARC Chair, the Compliance Committee Chair (yours truly), and the Community Standards Director. I consider the three of us (and our Committee members) to constitute *The Bermuda Triangle of Community Standards* ("TBTOCS"). You may recall that the actual "Bermuda Triangle" was a location in the Atlantic Ocean where many planes and vessels disappeared



mysteriously without a trace. Fortunately, residents who enter our Bermuda Triangle do not suffer that fate but emerge with a greater understanding and appreciation of the rules that govern our lives in Lincoln Hills.

For new residents and for those who have not encountered "TBTOCS," a short description of how each of the three sides of the triangle works may be in order.

ARC (Architectural Review Committee) does exactly what its name says – it reviews proposed alterations or additions to your property and determines if the proposal meets the requirements of our governing documents. After reviewing your plans, ARC may either approve them, reject them, or ask for further information. The most important advice for a homeowner is to submit an application to ARC *before* starting any project.

Compliance Committee also has an appropriate name – it enforces the requirements of our governing documents by seeking compliance. It does so by first giving notices to homeowners of alleged violations, and if compliance is not reached at this point, calls the homeowner to a hearing where the matter may be fully discussed. The Committee may close the case because compliance has been reached, it may defer the matter to allow more time for compliance, or it may refer the case to

the Board of Directors with a recommendation for a fine or other penalty.

**Director of Community Standards (DCS):** Unlike the two Committees which are made up of volunteer residents, the DCS is a staff person who acts as liaison to both ARC and Compliance. He acts as a "first responder" for both Committees. If a resident needs information when planning a project, DCS can advise of the proper provisions of the governing documents that apply, can direct to the proper forms

## July Financials Better Than Budget

Applications due today for Finance Committee

John Snyder, Finance Committee Chair

The Finance Committee met August 19 and reviewed and accepted the July 2010 financials for the Association. For the month of July, overall operations were \$39,600 better than budget. For the month, better than budget results of Landscape \$31,800, Administration \$23,500, and Fitness \$10,700, were offset by worse than budget results for Food & Beverage \$11,300, Maintenance \$9,800, Activities \$4,900 and the Spa at Kilaga Springs \$400.

Year-to-date operations were \$290,500 better than budget. Year-to-date better than budget results of Landscape \$184,900, Maintenance \$82,500, Administration \$13,600, Food Services \$10,400, Fitness \$4,200 and Activities \$2,200, were offset by worse than budget results for the Spa at Kilaga Springs \$7,300.

In October, the Committee will be

for applying to ARC, and can assist in processing the application. If a resident wishes to lodge a complaint about a person or a property who he or she believes to be in violation of the governing documents, the DCS should be given all the details so that notices and/or hearings before the Compliance Committee can be arranged.

Some people may recall that the alternate name of the Bermuda Triangle is the "Devil's Triangle." I'm sure that if you have dealings with any of the sides of our "Bermuda Triangle," you will find the alternate name does not fit and that your experience will, hopefully, be more heavenly.



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

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

The next regularly scheduled Finance Committee meeting will be held on Thursday September 16, 2010 at 10:00 AM. The second and third 2011 Budget meetings will be held at 9:00 AM on September 21 and 30 respectively.

## Continuing Education

A Reality in Lincoln Hills Thanks to Community Forums

Michele Hutchinson, Communications and Community Relations Committee Chair

It was only a short year ago that our Town Hall meetings morphed into a Speaker Series that soon became known as Community Forum. From four town hall meetings per year, we have grown to sponsoring 19 educational sessions so far this year! If attendance is any barometer of success, then we know you appreciate the concept.

Varied topics of interest to residents is a basic goal: health issues, art

appreciation, WWI history and as it relates to today and even mature driving principles.

Wow, certainly something for everyone! Remember, this is your Community Forum and it continues to grow in quality of production.

Did you know that several Forums are videotaped and placed on our resident website

*continued on page 9*





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\$249 minimum purchase required. Interest will be charged to your account from the purchase date if the purchase balance is not paid in full within 6 months or if you make a late payment.

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Shop supply charges in the amount of 6% of labor charges will be added to invoices greater than \$35. These charges will not exceed \$25 and represent costs and profits. Shop supply charges not applicable in CA or NY. Non-manifested disposal or recycling charges, if any are disclosed above, may also represent costs and profits. Specific product offerings and tread designs may vary. Prices, warranties, car service, credit plans and other offers available at Firestone Complete Auto Care; see affiliated for their competitive offers and warranties. \*If you do not achieve guaranteed mileage, your Firestone retailer will replace your tires on a pro-rated basis. Actual tread life may vary. All warranties apply only to original owner on originally installed vehicle. See retailer for details, restrictions and copy of each limited warranty. **MINIMUM MONTHLY PAYMENTS REQUIRED.** Applicable to purchases made June 1st through December 31st, 2010. APR: 22.8%. Minimum Finance Charge \$1.00. CNA reserves the right to change APR, fees and other terms unilaterally.

**standard oil  
change special**  
new filter, refill up to 5 quarts  
*Synthetic Blend* motor oil

**\$24<sup>99</sup>**

Most vehicles.



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

**save now thru 9/30/10**

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the hottest days of the year

**\$19<sup>99</sup>**

Most vehicles.



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**save now thru 9/30/10**

**wheel alignment  
special**

inspect steering & suspension,  
align to manufacturer's specs

**\$54<sup>99</sup>**

Most vehicles. Parts & shims extra if required.



Not to be combined with another offer on same product and not to be used to reduce outstanding debt. No cash value. Offer good at participating Expert Tire stores. See store for full details. In-store installation required.

**save now thru 9/30/10**

**brake service  
special**

install new brake pads  
and resurface rotors

**\$109<sup>99</sup>**

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



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

**save now thru 9/30/10**



## Chef Roderick is at it again...

Jerry McCarthy, Director of Food & Beverage

The Meridians Wine Maker's Dinner featuring Mt. Vernon Winery was a tremendous success. The small intimate group enjoyed five courses prepared by Chef Roderick perfectly paired with five exceptional wines from Mt. Vernon Winery. The event featured everything from Seared Sea Scallop to Braised Buffalo Short Rib. The evening was captured with the following comment from one of the guests: "It was an experience with great food you will not find just anywhere, super wine selection and I made some new friends. Kudos to Chef Roderick and Ryan Taylor, the wine maker, for an exceptional event. We will be at the next one." You can find Mt Vernon

wines available on the Meridians Wine List. Make sure that you don't miss the next **Wine Maker's Dinner** scheduled on November 4. I am finalizing details with the winery and Chef is working on the menu.

Other special events coming soon: **New York Deli Night** on September 19 for only \$17.95++ per person and all you can eat **Crab Feed** on October 5 for only \$24.95++. Space is limited on both events so make your reservations now. Call 625-4040. Please take the time and visit the **new Secret Garden**. Enjoy the great outdoors and hold your next event outside in the shade with the intimate feel of this new venue.

It's not too early to start thinking about the holiday season. Chef Roderick has created a great selection of holiday menus. Call Sales Manager Meghan Louder, 625-4043, to reserve your room and make your menu selections. **Orchard Creek Lodge can handle all of your holiday wishes**. From simple luncheons to elaborate dinner parties, the Lodge is able to help with food or bars for every event. Enjoy the holidays with family and friends and let us do all the work. Chef Roderick and his culinary team will also be baking pies again this holiday season. Last year Meridians sold over 1,000 freshly baked pies. The Meridians **Ye Old Pie Shoppe** will be open before you know it.



## You'll Want to Check Out Your Receipt

Lavina Samoy, Lifestyle Program Manager

Promoting an Active Lifestyle is our Business! Between Activities and Fitness, our Lifestyle Department offers 25-50 activities a month. Our Department's challenge is not the lack of activities but finding new ways to reach you with the information!

Our primary vehicle for promotion is our monthly *Compass* Magazine. The *Compass* has the most complete information for all events, trips and classes. We have changed the look of the Bulletin Boards located at each Lodge hoping to grab your attention and focus on a few of our featured activities for the month. Please take one of the half sheets in the holder as a reminder of things you might want to register for. In addition, we now print limited items at the bottom of your registration receipt. These bullets can change weekly depending on what's not to be missed, so please check them out. We also use E-Bulletins to remind you of noteworthy events or activities.

Why do we try to get your attention through promotion and information?

Because we need your participation so that we can continue offering excellent programs that enrich your lifestyle! Staff members work hard researching and putting activities together with your enjoyment and well being in mind.

Here are a few activities you definitely do not want to miss —

### On the concert side:

- Classical Piano and Violin Concerto featuring Tanya Plescia and Ingrid Peters on September 29
- The award-winning acoustic group, Woods Tea Company on October 7.

### For trips:

- A visit to San Francisco for the Broadway production of "West Side Story" on November 10
- For the first time, watch Football at Candlestick Park with the 49ers vs. Tampa Bay on November 21.

We also have some **new instructors** in our teaching pool:

- FaceBook classes by Cami Cordell
- A writing class from Fred Ekman
- Ray Ashton's class on Music History which has been highly requested and attended.

Before we end the summer season, don't forget to join us on September 22 for the last Summer Amphitheater Concert featuring a resident favorite, The Diamonds. We hope you had a wonderful summer and will be spending your fall enjoying activities with us!

## Continuing Education

*continued from page 7*


for viewing at your leisure? There is also a video from the mature driving presentation if you want to borrow it. It is located at the Kilaga Springs Library.

We have partnered with clubs who have speakers scheduled who would be of a broader interest to our residents than just to the individual club's members. This is important because larger venues can be used and CCRC will aid in advertising your event.

Now, we know where we have been and have plans for where we are going in offering programs of interest to our community but for this to be a reality, we need your help. We are always interested in resident speakers and topics for our 2011 programming. If you would like to participate or know of a guest speaker our residents would enjoy, please contact the Community Forum Task Force led by Wolf Oplesch. The email address is [ccrc@lincoln-suncity.org](mailto:ccrc@lincoln-suncity.org). Our Speaker Database Resource Form is on our Association Website and it is also available in print form between the two TVs at Orchard Creek. If you are interested, please let us know.

We have four additional excellent programs scheduled for the fall. Please look for them as you will find them informative, interesting and educational. Find them listed on the Lincoln Hills Community Forum page at the back of your *Compass* (page 80).





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**Sunday Morning Worship Services**

Worship time: 10:00 a.m.

*Pastor: Dr. Mike Bradaric*

*Associate Pastor: Rev. Gene Kern*

*Minister of Worship & Music: Dr. David Yoder*

Fellowship



Fellowship

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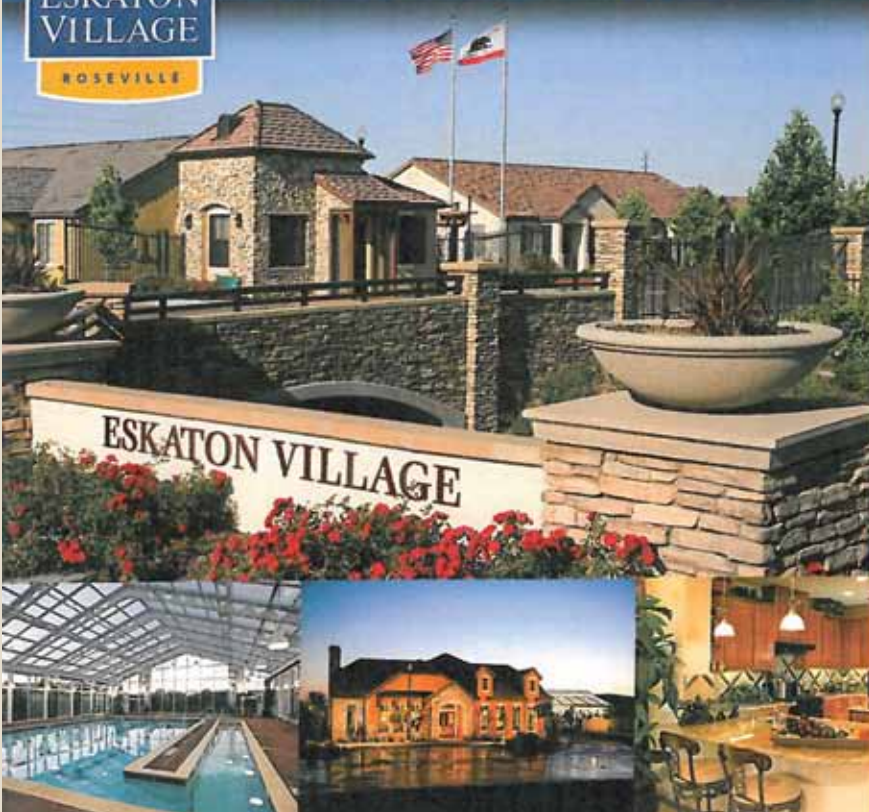
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**Fitness Center News**  
**The Wave & Kilaga Springs**  
 Brandy Garcia  
 Director of Fitness



**11th Annual Just Tri It Event**  
**September 29**

There is still time to sign up for our competitive and non competitive “Just Tri It” Events!

For all of you who love to compete, we will be holding our **competitive triathlon** at 8:00 AM on September 29. We have a brand new course for this year’s event. Each participant will complete a ¼ mile swim, 9.6 mile bike ride, and a 5k run. Stop by the front desk to get your map, details, and your registration form. Registrations are happening now. The cost for an individual will be \$20. Team registration will be \$35. Every participant will receive a black Sport Tek T-shirt with registration.

At 9:00 AM we will continue our Just Tri It event with the *non*-competitive triathlon. This event allows each participant to choose which events they would like to participate in. You have the choice of doing one, two, or all three events. We will start with a 3.2, 6.4, or 9.6 mile bike ride or an indoor cycling class. Then the 5k run or walk will take place. We will end with a ¼ mile swim or water walk. Stop by the front desk for a map, details, and to register. Registrations are happening

now. The cost for an individual will be \$20. Team registration will be \$35. Every participant will receive a black Sport Tek T shirt with registration.

**Dear Edna Etiquette:** When will the outdoor pool be closed this year? – Sincerely, **Curious Charlie**

**Dear Curious Charlie:** It all depends on the weather! The outdoor pools are designed and operated as seasonal pools. We heat the pools to a temperature around 70-72 degrees and then the sun will take over to warm them up further. As the night temperatures start to drop it forces the boilers to turn on to heat the pool. So the decision to close the pools rests on how many cool/cold nights we get and how warm the temperatures are during the day. We aim to keep them open as long as it is energy efficient. May the fall weather be fantastic!

– Sincerely, Edna Etiquette

**Group Exercise News**

The following changes are taking place to the class schedule:

- **Additional Class! Strictly Strength** starting September 20, Mondays at 10:30 AM at Kilaga Springs.
- **New Class! Fit Fun 101** will be on Fridays at 10:30 AM at Kilaga Springs starting September 24. Join us for a great workout emphasizing whole body movement. Class format will vary every week and work on strength, balance, cardiovascular endurance, and agility. This is your favorite physical education class with a whole new spin on it! Don’t forget to bring your eagerness for fun!
- **New Format! Thursday Cycle and Core** at 7:30 AM at Kilaga Springs will be changed to **HI NRG cycle**. A cycle punch card will be needed for this class. Effective September 30.
- **Change! H2O Circuit** will be moved to the indoor pool effective October 4 and 6. This class takes place on Monday and Wednesday at 5:00 PM.
- **Change!:** Wave **Stretch Express** classes will be extended to 30 minutes and become a punch card class effective October 4.

**Fitness Class Schedule!**

**Register at the Fitness Desk**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:25 AM	Stretch Express		Stretch Express		Stretch Express	
7:30 AM	Water Works		Water Works		Water Works	
8:00 AM	Low Impact	Circuit & Abs	Low Imp. Ind Cycling	Hi-NRG Cycle	Low Impact	Card.Spc. Hi-NRG Cyc
8:30 AM	Yogafied Water Wks	Low Impact	Water Works	Circuit & Abs	Yogafied Water Wks	
9:00 AM	Low Impact	Intermediate Step	Low Impact	Low Impact	Low Impact	Yoga I Fusion
9:30 AM	Circuit Training	Strict. Strngth Water Wks	Circuit Training	Strict. Strngth Water Wks	Circuit Training	
10:00 AM	Cardio Dance	Yogafied	Cardio Dance	Yogafied	Cardio Dance	Strictly Strength
10:30 AM	Strictly Strength	Pilates Water Works	Everybody Can	Pilates Water Works	Fit Fun 101	
11:00 AM	Everybody Can		Piloga		Piloga	Strictly Strength
11:00 AM	Joint Efforts		Joint Efforts		Joint Efforts	
11:30 AM		Basic Joint Efforts		Basic Joint Efforts		
12:00 PM	Piloga					
1:00 PM			Open Spin Hour §			
2:30 PM	Fall Proof §		Fall Proof §			
4:45 PM		Shape Up		Shape Up		
5:00 PM	H2O Circuit		H2O Circuit			
5:20 PM		Break It Up				
6:00 PM		Aqua Tone		Aqua Tone		

The WAVE Classes  
 Indoor Pool WAVE  
 Classes at KS  
 No Charge §



## Health Nut of the Month



**Buzz  
Rognlien**

This month's Health Nut came to SCLH from Folsom eight years ago. Originally from Decorah, Iowa, Buzz spent most of his adult life as a pilot in the US Air Force, but also did a stint with Pfizer before settling down in Lincoln Hills.

As a pilot and a successful businessman, Buzz knew that numbers don't lie and in order to enjoy an active and fun filled retirement, he needed to get his own numbers under control. Concentrating on his lab numbers and his body fat to muscle ratio, Buzz began using the Fitness Centers here in SCLH. To his surprise, besides feeling much better, one of the added bonuses to this way of life was the fellowships he developed at the Fitness Centers.

In addition to working out and speed walking on the indoor track, Buzz has found time to play water volleyball four times a week and he enjoys helping new volleyball players develop their skills.

Buzz and Bev, his wife of 41 years, both enjoy working out together as well as cruising on the high seas. Although they have cruised all over the world, they are constantly looking at new trips to far away places.

Thank you, Buzz, for being an active user of the facilities and for all the fine work you do here at SCLH.

## Did You Know?

The "Expiration Date" on a medication is required by law and means that the manufacturer guarantees 100% potency and safety to that date. It may take a long time beyond that for the drug to actually lose much or most of its potency or to become unsafe.



## The Spa at Kilaga Springs

**September 15, 2010 – February 28, 2011**

Exclusive Offer for Sun City Lincoln Hills Residents Only  
Buy any five massages, facials or nail services and receive the sixth one of equal or lesser value free

### September 15 through September 30

50-minute Swedish Massage - \$49.99

60-minute Deep Tissue, Hot Stone, or Sports Massage - \$65 (formerly \$75)

Book any 60-minute Massage and receive a  
"Complimentary 15-minute Reflexology Session"

Book any 75-minute Treatment Facial – Enbrightenment, Green Science, Botanical Skin Resurfacing, Plant Perfecting Peel and receive a  
"Complimentary lip, chin or brow wax"

60-minute Elemental Nature Facial \$60 (formerly \$75)

### September 30 and October 21 • 12:00 - 8:00 PM "Spatique" Event

Check out our **Marvelous Mini's Menu**

Book any "one" Marvelous Mini 30-minute treatment for only \$32.50!!!

Call today for this special day with special hours.

Appointments will go quickly.

Enjoy a 'spatini' while you wait! (Non-alcoholic) Bring a friend!

Preview our holiday gift boutique!

### October – December Holiday Specials

Prepare your skin for winter and the holidays –

Book our Enbrightenment Facial and receive a  
"Complimentary Nu-Face instant face-lifting treatment" a \$25 value!

Save 10% on your "five" piece at-home skincare product kit  
when you purchase it on the day of your service

Sign up for Aveda's Pure Privilege Program and receive  
double points on your purchase!

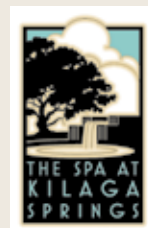
Pre-Book for October, November, and December, and receive  
complimentary Nu-Face treatments for all three facials (a \$75 value).

Purchase the Nu-Face Toning Device on the day of your service  
and receive \$25 off – reg. \$325

Holiday Massages - Customize your massage with Tangerine, Peppermint  
or Cinnamon Essential Oils to make you feel "Merry and Bright"

Pre-Book for October, November, and December any  
60-minute Hot Stone, Sports or Deep Tissue Massage and  
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### Committee Profile

## Car 54, Where Are You?

### Compliance Committee

Dee Hynes

I fondly recall “Car 54, Where Are You,” the 1960’s TV show with big hearted Gunther Toody and Francis Muldoon who lovingly patrolled the Bronx.

Prior to my interview with Compliance Committee Chair David Stone, I had imagined that our Compliance Committee volunteers similarly took loving care of our community. In fact, my imagination soared and I pictured them driving little black and white Volkswagen “geek” bugs as they patrolled our neighborhoods.

I was wrong, wrong, wrong!

Our Compliance Committee does not police our community. No, they are not out to get us! We may stop those rumors right here!

Compliance issues are brought to the attention of our Director of Community Standards, Steve O’Rourke. He observes them or is informed of issues by residents. The Committee, using information provided by Steve, endeavors to bring the homeowner into compliance.

Normally, after two notices if the homeowner has not corrected an issue, the case is brought before the Compliance Committee.

Common issues include “naughty” pets, prohibited yard decorations, unapproved yard installations (they may be within the guidelines but ARC approval was not obtained), maintenance issues, and miscellaneous items such as noise or nuisance concerns.

To my delight, I learned that in working with these issues, the Compliance Committee is founded on communication and seeking a solution which is compliant with the governing documents.

Communication is an indispensable component for this committee. When researching cases, it is not unusual to find that a noncompliance issue does not exist but rather, it is a situation where neighbors need assistance communicating.

Also, just one letter from the Community Standards Department may communicate to the homeowner a CC&R issue they were unaware of; hence, it is remedied quickly.

Confidentiality is a priority for this dedicated group. Committee members treat all cases with confidentiality during, and outside of, meetings.

Hearings are open sessions unless the

homeowner requests in writing that they wish a closed session. This private session request is always respected. As a Committee member noted, the Committee handles their responsibilities with compassion and respect.

The goal of Committee members is compliance, not fines. They may however recommend fines or other action to the Board of Directors for cases which remain unresolved.

I attended the August meeting and immediately felt an upbeat, positive, atmosphere. The Committee members were knowledgeable and open for discussion.

Our current Compliance Committee members, David Stone, Chair, George Glaush, Vice Chair, Shirley Ludwico, Dan Larsen, Mike Guantone, Janet Baugh, John Glynn, enjoy the benefits of their volunteer work.

If you were on this Committee, you too would be communicating with residents, problem solving to improve life in our neighborhoods, educating homeowners,



Compliance Committee Members standing, from left: Mike Guantone, John Glynn, Vice Chair George Glaush, and Dan Larsen; seated is Shirley Ludwico. Not pictured is Janet Baugh and Chair David Stone

interpreting rules, and helping to maintaining our quality community (isn’t that why we purchased our homes here?).

This is a positive role! This is personal growth at its best.

Do you have a concern to report? Please contact Steve O’Rourke, Director of Community Standards, 625-4006, sorourke@schca.com.

## Happy 50<sup>th</sup> Del Webb!

Gay Sprague



What, you might ask, is the importance of acknowledging a builder and a name? In search for this answer, I did a quick, unscientific poll, of approximately 50 homeowners. I asked them, “why did you buy in Sun City Lincoln Hills?” and “what role, if any, did our being a Del Webb community play in your decision to purchase?” The reasons for buying here were varied; however, being a Sun City by Del Webb community represents a legacy of quality and community and to the question of the name as an influence, I received a resounding, “Yes!”

Del Webb 1899-1974: Born in Fresno, California, Del learned carpentry as a hobby when he was a young child. Like his

father, he was passionate about baseball and began playing at an early age. Later he went to work as a carpenter’s apprentice, trading an academic career for life as a carpenter and baseball player. Typhoid fever ended his dreams of becoming a professional baseball player and he concentrated on his carpentry skills. He went on to build several casinos, high rises, hospitals, and communities. He began moving forward at a fast pace, keeping up with the times — perhaps even ahead of the times. In 1945, Del became an owner of the New York Yankees, purchased for \$2.8 million. He became well respected and powerful in baseball because, in part, he brought sound business principles to the sport. After winning 10 World Series, he sold the Yankees in 1965 for \$14 million to CBS.

The year 1960: The Original Sun City was developed between 1960-1978 consisting of 26,000 homes and approximately 46,000 people. In order for Del Webb

*continued on page 33*



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## Neighborhood Watch

### You Are on the Team!

Patricia Evans

Remember when we were growing up, how important it was to be chosen to be on a team? The world revolved around that all important team selection process.



Perhaps it does not seem so all important now, but it is still a mighty fine feeling to know you are valued among your group of friends.

**Neighborhood Watch wants you to know that each and every one of you is**

**on a team.** As a SCLH resident you are automatically a valued member of Neighborhood Watch, the only SCLH organization which confers this honor on every resident. So, how does that translate into a team membership? To explain this, we need to start with the basic structure of our organization.

Imagine Neighborhood Watch's Board of Directors as the hub of a wheel, with the Village Coordinators as the spokes and the Mail Box Captains as the rim. Each Director has a team consisting of Village Coordinators assigned for assistance. This team then extends from the Village Coordinator to the Mail Box Captains in each area. And the Mail Box Captains add the residents who live in that unit to complete the team.

Through our team organization, we hope to make it easy for as many residents as possible to be active in Neighborhood Watch. There is a place in our organization for everyone, whether you prefer to make a small contribution or a larger challenge. **We will value you equally.** The wonderful thing about Neighborhood Watch is that you do not have to wait to be chosen. Just call one of the contacts below to ask how you can become more active.

We know that some of you prefer to be bench warmers rather than star players, and **we need your enthusiasm cheering us on.** Your encouragement is very much appreciated and your membership on our team is important!

#### Neighborhood Watch Contacts

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

Neighborhood Watch Website —  
[www.lincal.net/watch](http://www.lincal.net/watch)

## Neighborhood Watch Communication Actions Symposium.

"The single greatest problem in communications is the illusion that it has taken place," according to George Bernard Shaw. Our recent Symposium addressed this issue on a number of levels. Round table discussion results were shared with 110 attendees, with person-to-person contact often mentioned as the most effective.

**Attention Mailbox Captains!** A communication solution available for you to reach your residents who don't use a computer — a free service offered by DialMyCalls.com. Step-by-step instructions on how to use the service is available on the DialMyCall.com website. **Residents who don't use a**



Attendees at our Neighborhood Watch Communications Action Symposium offered positive suggestions at round table discussions

## Aging Gracefully

### End of Life Decisions

Shirley Schultz

With every journey, there is a beginning and an end. We are all on a journey through life, and, like it or not, each of us, at least in the physical sense, will one day cross the finish line. Every day is a day closer to that finish line. We all have gone on a journey before, and we generally do a considerable amount of planning beforehand to make sure that we get to the destination. At least, we know what the destination is and we have plans about how we will get there, about what we will do along the way, and what will be our contingency plans if we cannot follow what we had mapped out. Why is it then, that in this journey through life, we find it so very difficult to make plans for the end of our journey to make sure that we reach the finish line in the way that we want?

Our social norm is to **not talk** about end-of-life issues, to **not talk** about death and dying. Yet, barring a strike by lightning, almost every one of us will have to deal with those issues in some fashion. Modern medicine offers us many options for prolonging the inevitable. Each day we are dying a little, and there are many different choices that we may need to make — or someone else will need to make for us — about what kind of health care we want or do not want that will directly impact our quality of life. You can tell others what your decisions are with an Ad-

**computer:** You may receive electronic security or safety messages in your Mailbox Captain's voice generated by this service.

For those of you who use the computer, we encourage you to **take advantage of our website.** Please turn to page 20 for more information.

vance Directive that includes a living will and appointment of someone to speak for you in the event that you cannot speak for yourself. You can communicate your decision about whether you want the "works" to keep you alive (curative care) or whether you want only that care which will keep you comfortable (palliative care).

**These are only a few of the issues that will be addressed by the renowned speaker, Dr. Gunther Maher, at the Community Forum on End of Life Issues on October 5 (see page 80).** Undoubtedly, this will be one of the most meaningful programs you will ever attend in terms of helping you to age gracefully. **Regardless of your age, this is the information you need to prepare for the multiple decisions potentially facing you towards life's end. You owe it to yourself and your family to attend to these issues.**

A famous pioneer in bringing the process of death and dying to the forefront is Elisabeth Kubler-Ross, MD. If you have difficulty thinking about or talking about the final stage of your life, consider reading some of the information from this doctor including her quotes or her book, *Death: The Final Stage of Growth*. Her writings, based on research, are full of insight, positivity, and hope when it comes to helping us understand the end of life process.







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**The *Compass* Roving Reporter****Grandkids Take Over Orchard Creek Lodge  
Second Annual Camp Another Success***Doug Brown*

There were kids in the Ballroom, kids in the hallways, kids in the Aerobics Room! Everywhere you went, you were treated to squeals of delight, endearing smiles, painted faces, and the energy of happy children from ages 2 to 12. This was not your ordinary afternoon in Orchard Creek!

The occasion? The Second Annual Lincoln Hills Grandkids' Camp, which brought children here for a full afternoon of a plethora of activities. As the festive event drew to a close, one child was overheard to say,

coloring, and the very popular face painting, featuring the talented Lisa Young of

**Face Painting**

Illusion, who delighted many with her whimsical artwork.

There were other classes: gardening, painting, fishing, fitness, and, yes, belly dancing! And every child – with their grandparent – could sit for a “formal” photo souvenir portrait, thanks to photographer Jeff Andersen, whose agenda was full for half the afternoon. One of the highlights was Brad Bonar's magic show, complete with the classic white dove in the handkerchief act and card tricks that bamboozled adults and kids alike.

What fun! Volunteers as young as 14-year-old Kelsey — who directed traffic

and helped with the photography station, and whose sister was in the camp — wore big smiles on their faces. So did passers-by in the hallways as they happily greeted kids scampering under their feet.

Tamara felt the event was clearly successful. The 2010 Camp featured more activities and options than the previous year's occasion. And from this year's experience, she commented, “We have some new ideas for the 2011 event to keep it fresh and to continue to provide new experiences for the grandparents and grandkids.”

If you missed this Camp this year, look for the announcements for next year's event. You will not be disappointed!

**Paper Folding****Fun on the Floor****Registration Line**

”That was fun, Grandma!” Which elicited the reply, “Oh, yeah, I thought so, too!”

The August 5 camp, organized by our own Tamara Coil, Lifestyle Events Coordinator – with the help of Lavina Samoy,

**Drawing**

Brandy Garcia, and 35 resident volunteers – attracted 90 kids this year, each with a grandparent chaperone.

From the get-go, the kids were treated to a T-shirt and a souvenir bag (with a coloring book and program) to hold all the treasures they collected. Walk-up stations occupied every corner of the Lodge — crafts, beading, paper-folding (Origami),

**Open Space Preserve Annual Report****A Trove of Information about our Association Treasure***Al Roten*

All waters and wetlands of the United States are under care and control of the U.S. Corps of Engineers. As part of the development of Sun City Lincoln Hills by Del Webb, our Open Space preserve areas of about 488 acres were placed into a perpetual conservation easement for oversight by the

*Open Space Grasses*

Wildlife Heritage Foundation (WHF), which must report annually to the Corps as to the health of these assets. During our July Board of Directors Meeting, Dr. Patrick Shea, Executive Director of WHF presented a summary of the 2009 report.

The bottom line of the report is that our Open Space preserves are in excellent shape and cooperation by Bob Cook and Chris O'Keefe of our Association has been outstanding. However, there are some interesting aspects of the report.

The grazing program both to manage thatch, combat exotic weeds, and reduce

*continued on page 81*



## Support Groups & Clubs



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

Join us Wednesday, September 22, at 1:00 PM (OC), to learn all that you can about what Medicare services may be available to you as caregiver for a person with memory impairment.

Margaret Reilly, Program Manager for HICAP Services of Northern California, will answer your questions about Medicare in an unbiased way. (HICAP stands for Health Insurance Counseling and Advocacy Program.)

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



### • Bereavement Support •

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held the third Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be September 15 and October 20. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Thursday, October 7 at *Lincoln Chinese*. We meet in the OC Lobby and leave at 11:30 AM to car pool to the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan.

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



### • Bosom Buddies Breast Cancer Survivors •

September 25 Bosom Buddies will have a table at the Parking Lot Sale (OC), 7:30 AM to 12:00 PM, with lots of useful and decorative household items. You might find a treasure so please come "buy."

October is breast cancer awareness month and to honor the occasion, Bosom Buddies is having an open house at KS from 10:00 to 11:30 AM. Our slogan for that day is "Come find out what we are all about." There will be food and door prizes and you will know us because our members will be dressed in pink. See our pink flyer in this month's *Compass* with more details and follow the pink balloons to our door.

Bosom Buddies welcomes anyone living in Lincoln Hills who has had cancer but our primary focus is on breast cancer and breast cancer survival. Meetings are the second Thursday of the month at 1:00 PM in the Multipurpose Room (OC).

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

**Websites: [www.lincolnsuncity.org](http://www.lincolnsuncity.org)  
[www.lincolnhillsbosombuddies.org](http://www.lincolnhillsbosombuddies.org)**



### • Eye Contact Low Vision Support •

October 14 — Presentation Hall (KS) — 1:00-3:00 PM:

1:00 PM: Diabetes and Vision Loss

2:00 PM: Society for the Blind

Due to technical difficulties, the August glaucoma broadcast was not shown. The webcast explains glaucoma causes, types, preventions and can be found in the Schedule of Presentations at the bottom of the page, [www.mdsupport.org/nsg.html](http://www.mdsupport.org/nsg.html), or in flash format from the MD Support Audio/Visual Library: [www.mdsupport.org/tutorials.html#research](http://www.mdsupport.org/tutorials.html#research)

End-stage AMD, the most advanced severe vision loss in AMD, has a new treatment. VisionCare announced FDA approval for an implantable device for end-stage AMD. Info: VisionCare Corporate.

CentraSight, Saratoga CA, has an insertion treatment program with Implantable Miniature Telescope (IMT). It may help restore central vision. Ophthalmologists implant the telescope as an outpatient procedure. The program provides teaching patients how to follow the steps for proper diagnosis, surgical evaluation, and post-operative care. To learn more about end-stage AMD, the CentraSight treatment program, and apply: [CentraSight.com](http://CentraSight.com).

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



### • Neighborhood Watch •

Our website at [www.lincal.net/watch](http://www.lincal.net/watch) is a key component of our Neighborhood Watch communications plan. Let your fingers do the walking to access a wealth of Neighborhood Watch information. Click on the *new* Website Introduction button for a video explaining how to navigate our website. Another link takes you to view the National Night Out photos. Also, take a quick tour of our most popular sites by clicking on the Help link at the top right.

If you have not signed up to receive our Alerts and Items of Interest, you'll find it easy to do. Just Click on Alerts, and then on Add Me. This website is absolutely secure, will never be shared, and only you can add or cancel your subscription from your own computer. Our Alerts will keep you posted on the latest scams which the Lincoln Police Department tells us are always evolving! .

**Contacts: Ken Sheehan 434-7712,  
kensheehan@sbcglobal.net;  
Pauline Watson 543-8436,  
frpawatson@sbcglobal.net;  
Allen Gillespie 434-5979,  
allenm40@gmail.com  
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### • Super Seniors •

Our October meeting is open to all SCLH residents who would enjoy hearing some very fine music... on Friday, October 1, 10:00-11:30 AM, in the Gables Room (OC)

At that time we'll welcome back the *Been There, Done That Jazz Band* featuring the vocal styling of Julie Rigali. What a great opportunity to listen once again to some of the enduring standards of the 30's and 40's. Super Seniors, bring a friend or neighbor to this special meeting. And if you're a resident who's wondered about Super Seniors, the October meeting would be a good one to visit and check us out.

In October we've planned a no-host Halloween luncheon for Wednesday, October 20, 11:30 AM, at the Waffle Farm on Twelve Bridges. Costumes are optional but reservations by Monday, October 1 are needed!

The Super Seniors Chit Chatters will chat on Friday, October 15 at 10:30 AM in the Multipurpose Room (OC).

**Contacts: Marsha Hathaway  
408-0228, Dani Van Tatenhove (Chit Chatters) 543-9194**



## Shared Interest Groups & Chartered Clubs



### • Antiques Appreciation •

Our program on September 6 consisted of a Member Show and Tell. We had a wonderful variety of lovely and interesting pieces of collectible and antique items including glassware, pottery, vases, miscellaneous artifacts, and memorabilia. This is always a well received fun and educational program.



We appreciate having our members share their collecting "passions" with other Club members.

On October 4, we are looking forward to a very special program on antique watches and other small antique items. Our presenters, Lincoln Hills residents, will share three generations of collections with us.

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

**Contacts: Pat Le Page 543-9564;**

**Jane Delno 543-6855**

**Antique Appraisal Contact: 408-4004**



### • Arts Association •

Have you wondered just what is "art" or "fine art"?

Join us at our September meeting to get some insight into the answer to those questions. Tom Proctor, a well-known resident artist and instructor here for many years, will present a brief history of art and discuss what constitutes fine art in today's world. The meeting will be on Monday, September 27 at 2:00 PM in the Presentation Hall (KS) and is open to all.

The Arts Association always welcomes new members – whether artists or art lovers. If you'd like more information on the Arts Association, check out our website (below). You'll find current information on our activities and an application form if you decide to join us. If you prefer to speak to an individual, contact Membership Chair, Lynne Fee at [lynnefee@aol.com](mailto:lynnefee@aol.com) or 543-9690.

**Contacts: Bill or Cathie Szabo**

**434-6667, [billcats1@earthlink.net](mailto:billcats1@earthlink.net)**

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



### • Astronomy •

Friday, August 20, the Astronomy Group held a Potluck at KS Lodge.



*Astronomy Group's  
Nina Mazzo presenting  
"Tour of the Four  
Galilean Moons  
of Jupiter" at the  
September 1 meeting*

• Monday, September 20. Fine Arts Room (OC), Monthly Cosmology Interest Group Meeting. Contact Ron Olson

(408-1435) or Morey Lewis (408-4469) for information.

• Tuesday, September 28 & October 5. A mini "Exploring the Night Sky" class will be held for LHAG members.

• Wednesday, October 6, 7:15 PM. Anthony Oreglia will present "Exploring the Planets" at Presentation Hall (KS).

• Wednesday, November 3. Nick Popelreiter, NASA Ambassador, will take us to the International Space Station and provide details of its mission.

Meetings: Regular Astronomy Group meetings held the first Wednesday of the month, Presentation Hall (KS). What's Up in the Night Sky/Activities/Q&A: 6:45 PM, program at 7:15 PM. Bring us your questions about astronomy during the Q & A period.

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

**[rolson@starstream.net](mailto:rolson@starstream.net);**

**Nina Mazzo 408-7620**

**[ninamazzo@sbcglobal.net](mailto:ninamazzo@sbcglobal.net)**

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



### • Ballroom Dance •

Trot On Down! As you are reading this issue of the *Compass*, we are teaching your friends and neighbors the Fox Trot. This old veteran is a "must have" dance step that will keep you and your partner on the floor for most of our old favorite tunes. So drop what you are doing and come join us. Our lessons are fun, free, and provide valuable social skills. Dress is casual; leather sole shoes are recommended. October is learning to Swing month! All the turns and moves to an upbeat tempo.

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

**Contact: David Hathaway 408-0228**



### • Billiards •

#### The Shooters

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

All games KS

Tournament Winners:

Eight Ball Singles August 04:

- AM Winner: David Ell; Runners-up:



*Shooters Winners, clockwise from top left: Ed Ryan, Oscar Alvarez, Tony Petruzzella, Dale Hurlbut; David Ell, Dale Hurlbut; Oscar Alvarez, Phil Delaney; Bob Doney, Carl Callaway*

J T Long, Oscar Alvarez

- PM Winner: Dale Hurlbut;

Runner-up: Joe Hobby

Nine-Ball Singles August 11

- AM Winner: Oscar Alvarez;

Runners-up: Dan Oden, Dick Perry

- PM Winner: Phil Delaney; Runner-up:

John Sefakis

Eight-Ball Doubles August 18:

- PM: Winners: Bob Doney and

Carl Callaway; Runners-up:

Peshu Irani and Wayne Bullen,

Steve Brown and Bob Armour,

Les Birch and Carl, Oscar Alvarez

and Carlos Barrantes

Shooters Championship Club Special Tournaments (Winners Eight and Nine-Ball Singles January-June)

Eight-Ball Singles July 23:

- Winner: Ed Ryan; Runner-up:

Oscar Alvarez.

Nine-Ball Singles July 30:

- Winner: Tony Petruzzella; Runner-up:

Dale Hurlbut.

Congratulations!

**Contacts: Ed Ryan 408-3420;**

**Jim Immel 434-2918**

### Challengers Billiards

Every Friday from 10:00 AM-12:00 PM Billiards Room (KS), we play seven games of Eight Ball (1/15). For average-to-advanced players, the games are timed at 17 minutes each to keep things moving. This is a more strategic game with an extra page of rules in the rule book. We play by the American Pool Player Association rules. We try to develop and practice our skilled play so we can challenge the Shooters and win some of their tournaments. While it is a more serious group, we still have a great time and appreciate great shooting! Sign up, show up and have a great time!

Congratulations to our recent monthly winners:

- Six of seven games: Ron Weech, Bob Wehner, Oscar Alvarez, Margie Kim, George Black  
**Contacts: Rita Baikauskas 408-4687, Dan Oden 408-2687, Sherry Weech 408-1398**

### Couples Billiards

If we have too many players, it's sometimes necessary to sit out a couple one game.

Joe Hobby made the eight ball on the break this first week. Peshu Irani and Johnny Johnson won six of their games and lost none. Joe & Nicki Hobby won five games and lost two. Carlos Barrantes and John Sefakis tied with Al & Betty Johnson winning four games and losing two.

In week two, Dan Oden and Gail Harmon won six games with no losses. Joe & Nicki Hobby won six games and lost one. Joe & Shirley Varner won five games with two losses.

Joe Perez and Rita Baikauskas won five games and lost one. Joe & Shirley Varner tied with Dan Oden and Gail Harmon winning four games and losing two.

Dale Houck and Chiquita Fratto won all six games. Ron & Sherry Weech won five games and lost one.

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

### Upstarts Billiards

Make the call! If you are a beginner-to-average player and you have been thinking about getting involved with the Upstarts Group, you are encouraged to call one of our contacts below or just stop by the Billiards Room (KS) any Thursday from 1:00-3:00 PM.

One recent newcomer mentioned that she hesitated getting involved because she was a novice player and she was worried that she did not know the local rules. Not to worry, we help our new players find their way.

Congratulations to our recent winners:

- Six games: Doyle Coker, Gary Averett, Joe Hobby
- Five of six games: Joe Hobby, Bob Rand, Frank DeMasi, Sylvia Gutierrez, Jack Fabian, Doyle Coker, Dale Houck, Nicki Hobby, Gary Hoffman  
**Contacts: Rita Baikauskas 408-4687, Dan Oden 408-2687, Joe Hobby 253-9633**

### Instruction Group

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

**Contact: Dick Perry 434-1294**

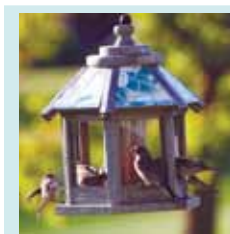


### Bird

Fall is just a few days away, and with the change of seasons comes some of the best birding of the year. Watch for the return of Juncos and White Crowned sparrows to your backyards and shorebirds in the streams, ponds, and wetlands. There will be many more goldfinches arriving so get your seed and feeders ready! Snow geese should arrive before long in the rice fields.

Our next meeting is Monday, October 11, 1:30 PM at Presentation Hall (KS). Phil Robertson will present photos and talk about his African Safari.

Trips include Canyon Oaks Trail on September 24, Davis Wetlands and Sewage Ponds on October 8, and an October 22 walk on the Ferrari Pond Trail. Watch your email for meeting times and locations.



Bird Group:  
Finches on  
Backyard  
Feeder

The Bird Group meets the second Monday each month, 1:30 PM, Presentation Hall (KS). Join us and learn about the birds in our area.

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



### Bocce Ball, Mad Hatters

The date and time for the annual Bocce tournament between the Red Hats and the Mad Hatters has been set. The tournament will be held Saturday, October 23 beginning at 9:30 AM followed by celebration and refreshments in the Sports Pavilion at 12:00 PM. This is a ladies tournament, but men are welcome to come help keep score.

The rumor has been confirmed that twelve new sets of Bocce Balls have been ordered for the Bocce cabinet at the Sports Pavilion. This will allow us

to use the same size ball and weight on all 12 courts at the same time instead of the several dissimilar sets we are currently using. The new balls will be a welcome relief.

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



### Book Group, OC

As the year draws to a close, we focus on our reading list for next year and invite you to come to our meetings with suggestions. We meet on the third Thursday of each month from 1:00 to 2:30 PM in the Multipurpose Room (OC).

On October 21 we will discuss *84 Charing Cross Road* by Helen Hanff. This delightful collection of letters between the author and a London bookseller will entice you to solve a mystery based solely on language and inferences.

Newcomers are always welcome.

2010 Schedule

- November 18: *A Thousand White Women* by Jim Furgus
- December 16: Holiday Luncheon  
**Contacts: Penny Pearl 409-0510; Darlis Beale 408-0269; Dale Nater 543-8755; Linda Derosier 543-6307  
 Website: www.http://lhocbookgroup.blogspot.com/Wiki: http://ocbookgroup.pbwiki.com/**



### Bowling

#### Rocklin Tuesday AM

With a busy summer behind us, Lincoln Hills Tuesday AM league got off to a grand start. Sixteen teams of happy people had fun getting reacquainted with team mates and meeting our new bowlers. The lanes were in good shape. Many other improvements made for a very pleasant first day of bowling. From the looks of it, high scores will be the order of the day

**Contacts: Betty Curtis 543-6866; Margaret Peyton 543-7344; Kathi Chapin 543-3475; Joan Gates 253-9413**

### Strikes Thursday PM

We had a great turnout for our general meeting on August 19, made a few changes to our rules and added a couple of new ones. Our new President is Cathy Riewerts, Marv Zamba is Vice-President, and Terri Krcha remains as Secretary.

Barbara Orr, one of our league members



bowled a clean game last week in the summer league. Way to go Barb!

September 9 started our season that will run for 32 weeks. We have arranged to have our banquet on May 12 so mark your calendars. Hopefully, since he did such a great job, we will be able to convince Paul Carroll to entertain us once again.

We're looking forward to seeing some great bowling again this year.

**Contacts: Cathy Riewerts 408-5709, cleer50@yahoo.com;**

**Terri Krcha 543-6111, paulandterri@sbcglobal.net**



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

August 5 winners:

- First: Erika Wolf & Edith Kesting
- Second: Ben & Kay Newton
- Third: Kay Andrews & Sharyn Alexander
- Fourth: The Phelans who also had high round

August 19 winners:

- First: Gloria Stroemer and Sharon Baker who also made a grand slam
- Second: Tom Quay and Stanley Mutnick
- Third: Bob & Ada Towers
- Fourth: Nadine Buchmiller, Sue Cirerol, Ronnie Duggan and Ken Gladden
- High round: Tom & Sasha Eason

If you are interested in competitive but social bridge, this is the place!

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

**Thursday Evening  
Second & Fourth**

Winners for August 12:

- First: Beverly Dwyer and Carol Mayer
- Second: Barbara Bryan and Jean Patterson
- Third: Bob & Lorraine Minke
- Fourth: Sheila Ross and Kerry Anne Siebel

We start play at 6:00 PM in the Terra Cotta Room (KS)

**Contacts: Chris or Ken Jacobsen 408-8709**



• **Bridge, Duplicate** •

Looking for fun and a chance to meet interesting people? Try our friendly Duplicate Bridge Club. We have three games per week at KS, Wednesday at 12:30 PM, Friday at 5:00 PM and Saturday at 12:30 PM. The Wednesday game has a

limited (less than 50 master points) section as well as the open sections. You may play on two occasions before becoming a member of the Club.

If you're interested in learning the game or increasing your knowledge thereof, a lesson is given the second Wednesday of the month at 11:30 AM.

Last month a number of members played in the Santa Clara sectional which seemed to show an affinity for the Whites. Kent White garnered the most master points followed closely by John White and Lynn White.



*Duplicate  
Bridge Club  
members  
enjoying the  
potluck;  
a fine  
assortment  
of food*

Last month we held a potluck dinner once again revealing that besides possessing Bridge acumen, many members are excellent cooks.

**Contacts: Elise Homer 543-0650,**

**hit4home@starstream.net;**

**Sandra Brumley 434-6016,**

**sandycat@starstream.net**

**Website: www.sclhbridge.com**



• **Bridge, Social** •

We play every Friday from 1:00 to 4:00 PM in the Terra Cotta Room (KS). Check-in time is no later than 12:50 PM. You do need a reservation to play but you do not need a partner. *Call Dolores Marchand at 408-0147 to make a reservation or cancellation.*

Our Lasagna Party is set for September 24 at KS from 5:00 to 9:00 PM — \$6 per person and guests are welcome. Call Dolores for details and to sign up.

Recent winners (7/30 to 8/20):

- First place: Daisy Venning, Vivian Frederick (twice), Dolores Marchand
- Second place: Lois Burke, Daisy Venning, Gene Huntley, Joan Schabilion
- Third place: Harry Collings (twice), Jim Haugaard, Dolores Marchand
- Fourth place: Vivian Frederick, Eleanor Amar, Hal Smith, Gerry Sonnenburg

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



• **Bunco** •

August was a month for traveling and vacations it seems. Three of the Bunco committee members were unable to attend but a large group of players was in attendance. One of the regulars, Ace Phillips, stepped up and assisted Marian Skillman in overseeing the games. Thank you Marian and Ace for making sure our Bunco players had an enjoyable time.

Bunco is always a fun and exciting game to play. Join your friends and neighbors on the third Thursday of each month in the Cards Room (OC) at 9:00 AM. There is a \$5 entrance fee but no annual membership fee. With six possible prize categories to win a gift certificate, your odds of being a winner are great.

Last month's winners:

- Most Buncos – Shirley Mohler
- High Score – Andie Aguirre
- Most Wins – Ruth Wehner
- Low Score – Sudie Moreland
- Most Losses – Marion Glidewell
- Traveler – Sara Klesius

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



• **Ceramic Arts** •

Save the Date: *Friday, December 3, Annual Holiday Potluck*

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

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

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

**Contacts: KS Earthenware — Terry Pisani 408-4037; KS Spanish Oils — Marty Berntsen 408-2110; OC Pottery — Marilyn Anhalt 408-8196 and Mike Daley 543-9449**

**Website: www.lincolnsuncity.org, Groups, Ceramic Arts**



• **Cloggers** •

There's no better activity to keep you fit as clogging. Clogging has happy music, challenging steps, mental stimulation, physical exercise and friendships. All of this happens on Tuesdays, in Multipurpose Rooms (KS), from 11:00 AM-2:00 PM. Two instructors, Janice Hanzel and Suzi Thomas, offer clogging classes. Their classes are four-week sessions, an advantage for those who travel. With clogging available across the USA, you can include it with your vacation plans! Coming Events: "Tommy Knocker Jamboree" — Grass Valley Fairgrounds, CA, a workshop, September 25, 9:00 AM-5:30 PM. This includes a free exhibition show, 1:00-2:00 PM, plus an evening dance. For those whose spouse does not clog, the big Horse Show is happening on the grounds, same area. "Late Harvest Stomp" — Sonoma County Fairgrounds, Santa Rosa, CA, October 23. Workshop 10:00 AM-5:00 PM. Breakfast, lunch and dinner plus treats are included. Don't worry, you will clog it off! A big favorite among cloggers! A mini-dance, after dinner. "It's all" available for cloggers. Don't miss out!

**Contact: Barbara Sowers, 408-5061**  
yubacabin@yahoo.com



• **Computer** •

• Main Meeting: October 13, 6:30 PM — Gary Sloan, self-proclaimed freeware aficionado Picasa, Open Office, Firefox, Skype, Hotmail, Adobe Reader, and free operating systems like Linux with hundreds of programs — all these freebies are well known and worthwhile. Learn how to find free software, where to safely obtain it, what to watch for during installation, and



*Computer Group's Gary Sloan to discuss free software at October 13 meeting*

when to turn tail and run. Gary will show some favorites — one is a free program to let you remove programs from a new computer (pre-installed trial ware from Norton, Microsoft's Office, AOL, etc.) its appropriately named "Decrapifier."

• Clinic: October 15, 3:30 PM — Len Carniato will discuss Microsoft viewers for "Office" programs and other freebies available from Microsoft. Cloud computing is accessing internet-based software with your browser instead of installing the

software on your computer.

• Ask the Tech: October 25, 10:00 AM Informal Q & A session for any and all technical questions. All meetings @ KS Presentation Hall

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



**Mac User**

Membership in the Mac User Group provides a couple of unique opportunities. The first is our technical support line (668-0648) and the second is technical advice and help in choosing the correct computer and/or software for your specific needs.

This month we celebrate with our annual member BBQ that replaces our general meeting. It will be held from 5:00 to 8:00 PM in the Sports Pavilion. RSVP must be in by September 15 and walk-ins will not be available the day of the event. The evening includes delicious food, no-host bar, games, and several prizes — a winning combination for a fun event.

Our Group has several special interest groups. They include Newbies, MAC+ and Educational Seminars. Subjects vary and members receive an email a few days prior to each meeting with details.

**Contact: Irwin Maloff 408-2368,**  
imaloff@sbcglobal.net  
**Website: http://LHMug.org**



• **Country Couples** •

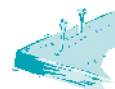
In less than a week those "lazy, hazy, crazy days of summer" will officially become cooler shorter days of fall. Several couples intent on taking advantage of those fleeting summer days attended the dance held in Sun City Roseville in late August. The Country Couples Instructors, Jim & Jeanie Keener, sponsored the dance.

The Steering Committee met on August 18 to discuss the November election. Karla Crist, Janice & Eldon Davisson were asked to serve on the nomination committee. Anyone wishing to serve on the Steering Committee should contact one of them to express your interest. Additionally, the Christmas Dance and the Country Couples Guidelines were discussed; if you are interested in the details of these two discussion items, you may contact Tom Hargis for a copy of the minutes.

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



*Country Couples Dancers at the August dance in Sun City Roseville*



• **Cribbage** •

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

We've frequently been getting attendance in the low 20's, which nearly fills the room. Don't worry, we'll find space for you to join us.

Attention beginners: if you've never played cribbage but would like to learn, we hope to set up a beginners' class in the fall. Contact us and let us know of your interest in taking such lessons for a few weeks before beginning to play with the Group.

We're thankful to have Steve Takacs back with us after his recent medical issues.

On a more personal note, Jerry would like to thank George, Jack, Tom, and the others who have helped out on Tuesday mornings as he's been having his own medical issues.

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



• **Cyclist** •

If we read letters in bicycle magazines, cycling blogs or bike forums, there are always complaints about bike riding in various areas of the country. It seems we have pretty ideal conditions here. One can ride flats or hills, or off road. If you must ride in traffic, most of the cities have good bike lanes or shoulders. There are ten bike shops from which to choose. Into every ride schedule a little rain must fall, but getting up a little early to beat the heat is a small price to pay for pedal time. Most automobile drivers seem courteous and one can't beat the company of fellow LHC members. If there is one thing we could crab about, it's a few rough roads out there in the boonies, but even some of those have been paved





*Cyclist Group members leaving the neighborhood*

or repaired lately. All-in-all, this is a near-Paradise to put Lycra to saddle.

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



• **Dominoes** •  
**Mexican Train**

The rains are coming and fall is here. If you are not walking in the rain, come and join us this month. This is a great time to learn to play Mexican Train Dominoes. It's a lot of fun and we have a good time.

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

**Contact: Carl Sabol 408-4365 Marianne Cooper 434-5167**



• **Fishing** •

Three fourths of the year gone and we still have a lot of fishing to do. Mentioning fishing, a few of the members visited Folsom in August with only marginal results. On the other hand, a trip to the Flaming Gorge Reservoir in Wyoming produced excellent fishing for large Kokanee Salmon. (See photos). With no planned fishout in September, another trip to Shasta is under consideration and we hope to get in a salt water trip.

The Grandkids Camp in August was a great success with over 50 kids getting instruction in knots and spin casting (see photo) with door prizes of Spinning rods and reels going to three lucky youngsters. It's not certain who enjoyed it more, the kids or the mentors. The Salmon BBQ on



*Fishing Group's trip to Flaming Gorge Reservoir; Grandkids Camp*

September 11 was a big success with good food and fellowship.

We'll see you the second Monday at 7:00 PM in Presentation Hall (KS).

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



• **Folk Dancing** •

The International Folk Dancers meet Tuesdays at KS from 2:00 to 4:00 PM. Our multi-ethnic repertoire includes large and small circle dances, line dances, and partner dances (we do the pairing so that everyone gets a chance to dance).

We are unique in that our dances are from many different countries. Our rep-



*Lois Eckhoff instructing Folk Dancing members in a new dance*

ertoire consists of old favorites as well as new and challenging dances. We may not know the names of all of our dances, but the music for each usually brings up instantaneous recognition and almost dictates the steps.

Dancing is good for health, memory, balance, as well as the reduction of stress. Put aside the many worries and concerns we all have today for at least a few hours and join us for fun and relaxation. We meet for lunch on occasion, have fun parties, and enjoy our travels around the world.

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



• **Garden** •

September 23- General Meeting and Program (2:00-4:00 PM, KS). Want to "Light Up Your Life" — or at least your yard, garden, court yard, patio, etc? Tommy Herren, aka the Lighting Geek, will be the guest speaker on "Landscape Lighting!" Tommy brings over 30 years of landscape contracting experience when he talks about lighting a garden. He is one of the "premier landscape lighting specialists" in the United States and Canada and is featured regularly on KCRA mornings, DIY Network, and HGTV's Yard Crashers, House Crashers, and the latest sensation — Turf War!



*Garden Group: Grandkids Camp Volunteers with Garden Classes — Usha Mac*

*Garvey, Marie Salers, Dee Fogarty, Pam Effa; right, the Lighting Geek*



His specialty on TV is taking ordinary objects, like a spaghetti strainer, and making spectacular lighting fixtures out of them! Tommy is highly sought after for his "geeky approach" to illumination and is currently writing a book with a working title, *How to Buy a Light Bulb*.

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

**Flower Arranging**

Flower Arrangers Group — second Friday monthly, 1:00-3:00 PM (OC), \$3. No October meeting. November presenter will be a designer from Safeway floral department. She will show us how to create a table centerpiece for your Thanksgiving table.

**Contact: Gloria Stroemer 645-4699**



• **Gem and Mineral Society** •

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

Our October 25 meeting will be at 4:00 PM, Sierra Room (KS).

Our Club sponsors the *Lapidary and Jewelry Shop*. Hours: Mondays 8:00 AM to 12:00 PM and Wednesdays 8:00 AM to 12:00 PM.

The charge is \$5 per each two hours spent in the lab. All funds go to equipment and supplies.

Member of the CFMS and the NorCal Field Trip Cooperative.

**Contact: Doug Hohman 434-6001**

**Lab reservations: Dave Fisk 434-0747**

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



• **Genealogy** •

• **General Meeting: On Monday September 20 from 6:30 to 8:30 PM at the Presentation Hall (KS). Speaker: Glenda Lloyd. Topic: "Research Preparation Techniques."** During this presentation, attendees will learn ways to prepare for your family history research. Visitors and new members are welcome. Annual membership dues are \$15 per household.

• **Sunday Discussion: September 26: No meeting. Club members are encouraged to attend the California Archives Family History Day on Saturday, October 9. Admission free; members encouraged to car pool due to limited parking availability.**

• **Computer Workshop: Monday, October 4 from 6:30 to 8:30 PM in the Computer Room (OC). This session will focus on "More Tips and Guidance Using the Most Popular Sites."** Learn how to use many free subscription sites available and hands-on coaching on member's search challenges.

**Contact: Marilyn Morgan 408-5753**

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



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

It's tournament time! The next big event on the calendar is when Lincsters welcome the Roseville Lady Niners for a "Tee Party" on September 21. Tournament Chair, Susan Pease, and her committee have planned an exciting, fun event that features match play, and a luncheon followed by the awarding of a trophy to the winning club.

Stand by for news on the upcoming Lincsters Club Championship which will be played on Wednesday, September 29, and Thursday, September 30, on the Hills Back Nine.

Come out to play on October 21 when the Ladies' Golf XVIII Group and Lady Lincsters will compete to benefit the Susan G. Komen Foundation for the Cure. Entry applications will be available September 13.

Congratulations to Pat Dangerfield who on July 28 made the elite 40 Club list with a very nice 49.

Please remember to bring your donations to the Salt Mine on the first play day of the month. The collection box is on the patio.

**Contact: Linda Lowe 543-5932**

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

**Ladies XVIII**

Our hotly contested Match Play event is complete. Working their way through three weeks of competition and coming out on top were:

- **First Flight** — Chris Berney and Judy Dong
- **Second Flight** — Marti Fitzpatrick and Sandy Tamanti
- **Third Flight** — Karen Thom and Cherie McGrath

Congratulations to the winners, runners-up, and all who competed in this enjoyable and successful event. Thank you Joyce Herrias for chairing the tournament.

A special mention goes to Bonnie Devers, who had her first hole-in-one on our August 12 playday. Way to go, Bonnie!!

The planets must have been in perfect alignment on August 19. Carding a very special 76, Elaine Kalani won low gross over the field, and Sandy Tamanti shot her lowest game of a lifetime, 87 for a 58 net, to walk away with low net over the field honors.

Very impressive, ladies. Keep those wonderful games coming!

**Contact: Lani Dodd, [doublebogey1@att.net](mailto:doublebogey1@att.net)**



• **Golf, Men's** •

The August 10 NCGA Qualifier is over and congrats go to Jim Pulliam, Walter Burke, Gene Andrews and Dennis Cumiford who will advance to the regional's September 23 at a site TBA.

The top prize winners in the JFF tourney included Burt Swart (65), Richard Yamasaki (66), Ken Jacobson (67), George Booker (63), Jason Hong (65) and Dennis Wong (67).

The President's Cup is winding down and the flight winners were announced during the Member/Member which was held August 31.

The CVS enjoyed a great round at Northridge C.C. August 23 and next month they will contest the Yolo Fliers C.C. on September 27.

Don't forget that September 21 is the two-man BB Stableford match to be held on the Orchard Course which all Lincoln Hills golfers will enjoy!!!

"Hit 'em straight guys!"

**Contacts: Ken Jacobson**

**408-8709, [jakemust@sbcglobal.net](mailto:jakemust@sbcglobal.net);**

**Steve Brown 626-9075,**

**[sebusaman@aol.com](mailto:sebusaman@aol.com)**

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

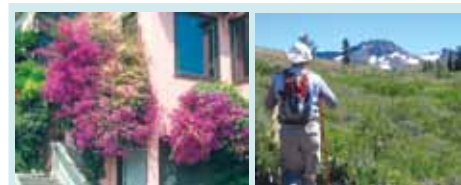


• **Hiking and Walking** •

Walkers: The Walking Group has enjoyed the summer temperatures and as of September 1 have returned to the winter schedule start time beginning at 8:00 AM. Meeting places for the Wednesday walks remain the same.

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

Hikers took advantage of some great summer weather to enjoy hikes in the Sierras, including the favorite trek to Shower's Lake to see outstanding wildflowers. Hikes to Little Bald Mountain, Castle Peak and the Filbert Street steps in San Francisco also



Hiking Group, from top left: Hiking along the

Filbert St. steps; in route to Showers Lake; Hiking Little Bald Mountain

had terrific views. Check the Photo Gallery for all the great scenery from these hikes.

The calendar of fourth quarter hikes is now on the website.

**Contacts:**

**Hiking: Fred Crofut 408-1850,**

**[fredcrofut@sbcglobal.net](mailto:fredcrofut@sbcglobal.net)**

**Walking: Margie Campbell 408-0713**

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



• **Investors' Study** •

Investment discussion groups at Multimedia Room (OC)

- September 13: Active Investor, Cancelled
- September 20: Options, Steve Greenfield



Facilitating, 5:00 to 8:00 PM

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

- October 7: Barbara Star, PhD, Personal Coach, Trader and Author will show us how to use moving average. Did you know that moving averages of a stock can show us fair value? Join Barbara and I, and experience adventures in using moving averages.
- November 4: Jack Crump — After 10 years of running the Investors Study Group, Jack is moving on. His talk will be a collage of the investing techniques we have studied over the years.
- December 2: Jack Bowers is editor of *Fidelity Monitor*, a Rocklin, CA newsletter and chief investment strategist for Bowers Wealth Management, a \$15 million fund. Jack will update us on the world of Funds.

All SCLH residents are welcome.

**Contact: Jack Crump 645-8768,**  
**jackandnakako@starstream.net**



#### • Lavender Friends •

Our August potluck was great! Lavender Friends has some superb cooks! Thanks to hosts Lou, Margie, Jan and Gin.

Coming Attractions:

- Remember monthly coffees and breakfasts
- Dinner out this month will be at Max's Café in Auburn
- Participation in the KVIE sweeps week is in December
- The Valley annual Aids Run / Walk is September 12
- Executive Board meeting is September 18, 4:00 PM (OC)
- October 23 is "Make A Difference Day" in Lincoln. Give a few hours!
- Our holiday party in December

Thanks to our incredibly successful Parking Lot Sale, our Community Services Committee (formerly known as Lavender Hearts), continues considering worthy donations. We will contribute to the Lincoln Salt Mine food locker drive and we will "adopt" families for holiday dinners.

Check your emails and our website for information on all events. Like to be part of the fun? Contact Jacquie or Herman.

**Contacts: Jacquie Hilton 543-9349,**  
**jacquiehilton@starstream.net;**

**Herman Osorio 408-8094,**  
**hosorio@hotmail.com;**

**Website: www.lavenderfriends.com**



#### • Line Dance •

A dedicated group of line dancers enjoyed the popular Keeping It In-Line Workshop on September 11 in Citrus Heights. Many new dances were learned. The afternoon workshop was followed by an evening of open dancing. It was a great way to spend an afternoon and evening.

Our next Group event will be on Wednesday, October 13, from 3:00 until 7:00 PM. You don't want to miss this one! This is our annual Ice Cream Social. This event will be held at the Sports Pavilion and your ticket will buy you an ice cream sundae and four hours of music and dancing. Get your \$5 ticket from Carol or Donna or one of several other sellers at any one of the line dance classes. See you there!

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



#### • LSV/NEV •

#### Low Speed Vehicles/ Neighborhood Electric Vehicles

In August, our NEV suggested Association trip to the Delta Model and San Francisco was fantastic. Then our new calendar year kicked off in great style with a barbecue/potluck and Poker Run. September 12 was the date for all of us to be running around the neighborhoods looking for the winning Poker Hand! Please join this fun group of people on September 21 at 10:00 AM in the Presentation Hall (KS) for our general meeting. We will be talking about the upcoming year, the new officers, trips and activities. You won't want to miss anything!

**Contact: Bev or Buzz Rognlien**  
**408-4540**

**Website: Lincolnhillslsv.com**



#### • Mah Jongg, Chinese •

September 24 will mark our ninth anniversary as a Group in Lincoln Hills. We have made many friends throughout the years, and our members love playing this game of tiles. We invite new players to come and join in the fun. If this is a game you have always wanted to learn, please call one of the ladies in the contacts for further information. We meet every Monday at 8:45 AM in the Cards Room (OC). See you there.

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



#### • Mah Jongg, National •

Our Group meets each Tuesday from 12:30 to 4:00 PM in the Card Room (OC). There are players of all skill levels who join us to enjoy this ancient tile game. We think you will like it if you give it a try. We teach beginners and you are welcome to observe the play to determine if you would like to learn.

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



#### • Motorcycle •

John Hanaway led us on a beautiful ride last week to Clear Lake. The route was definitely "off the beaten track" and we had a delightful lunch in Upper Lake.



*Motorcycle  
Group's  
Dennis Bair  
and  
Dale Brinsley*

Dale Brinsley and Dennis Bair are co-leading a four-day ride up the north Coast later this month. The first day's ride will follow the King's Highway #1 along the coast from Bodega Bay to Mendocino. Day two will feature the giant redwoods by following the "Avenue of the Giants" with stops at the historic towns of Scotia and Ferndale. Day three is along beautiful highway 299 to Weaverville. The final leg will continue on #299 to Redding before heading back to the barn.

The next meeting is at 6:00 PM on September 23 in the Fine Arts Room (OC). As always, we will be talking about upcoming rides so be sure to attend. Guests are always welcome!

**Contact: Peter Boyle 408-1955,**  
**vceb@sbcglobal.net**

**Website:**

**http://web.me.com/rettavincent**



#### • Music •

Well, tonight's the night! Showcase 7 opens tonight, the 15<sup>th</sup>, and repeats on the 16<sup>th</sup>. The show promises to be memorable as it features a talented cast assisted by friendly and expert crews. Let us be thankful that we live in an area so blessed with talent, and congeniality. Thanks performers for your efforts — once the "curtain closes" hope

you enjoy a well-earned rest in preparation for another treat next year. Way to go!

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

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

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

**Contacts: Charles Murray 408-1486, KZ2B@sbcglobal.net; Julie Rigali 408-4579, jjrigali@yahoo.com**  
**Website: www.lincolnsuncity.org, Groups, Music**



• **Needle Arts** •  
**Threads of Friendship**

Subgroups meet in the Sewing Room (OC):

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

**Contact: Joan Eastman 543-7172, jeast595@sbcglobal.net**



• **Paper Arts** •

The window theme this month is Asian, which is a favorite of our Group's members, and once again they outdid themselves. Give yourself a treat and come see what they did!

Halloween! The team of Joanie Hinman, Jill Mallory, Phyllis Hunter and led by Joan Porter gave us two wonderful ideas for special cards to have in time for the holiday. They presented a card of funny and scary pumpkin faces along with another based on Alice in Wonderland. Great imagination!

We had a "Stampin' Good Time" at the annual Stamp Art Shoppe's garage sale. Everyone found great bargains to buy.

We welcomed an experienced stamper, Jan Williams, to our group this month.

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

**Contacts: Diane Jackson 645-5554; Barbara Bolenbaugh 434-6581**



• **Photography** •

October will be a Faustian Festival of Devilish Doings offering a potpourri of patently portentous presentations including but not limited to: an oratory on Preparing Photos for Digital (versus Astral) Projection by Ron Parker; the notorious Ask the Group session by the inquisitive Irwin Maloff; the blushing debut for David Kaufman in moderating the immoderate; a visit to Coloma on the 9<sup>th</sup> with



*Photography Group: "Lacemaking" and "Apple Thief" at the 2009 Coloma event by Klara Kleman*

Bill Jensen for the Gold Rush Days Festival; and another gnarly — though yet undisclosed — photo challenge from Rhonda Campbell. Prior challenges have included creating Black and White from color shots, Macro images, and capturing Motion.

**Contact: Jeff Andersen 434-6009, jeff.andersen@sbcglobal.net, Website: SCLHphoto.com**



• **Pickleball** •

In mid-October at least a dozen SCLH players will head to St. George, Utah, and the Huntsman World Senior Games. This long-established,

expertly organized tournament brings players from all over the country in age- and skill-level competition. Also in October: AAU Senior National Championships with Pickleball play at Sun City Roseville and Johnson Ranch Tennis Club, Roseville.

September 25/26, Meadow Vista near Auburn hosts a 50+ age-level tournament and on our courts — new tournament league play into October. Two leagues, each with six four-person teams, play Tuesdays/Thursdays, 8:00 AM. Tournament Director Sue Jonas has a program that brings out the best in players and spectators to cheer them on.

Interested in Pickleball? Come to a Wednesday orientation. Training Director Cal Meissen teaches basics; open play for participants follows. No reservation — come to the courts, 11:00 AM, any Wednesday.

Check court schedules or sign up for a court on the website.

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



• **Players** •

Are you prepared to be terrified? This Halloween, Readers Theater will deliver two excursions into the macabre. In "The Thought," a nightclub "mentalist" channels a thought about an impending murder during a performance. Who will be killed? When will it happen? And, finally, who is the murderer? Meanwhile, in "Leiningen versus the Ants," the lead character has to face his own crisis — a wall of army ants two miles wide and ten miles long. Can he defend his plantation against insects who devour everything in their path?

Mark your calendars for Saturday, October 30, 7:00 PM, and Sunday, October 31, 2:00 PM, at the Presentation Hall (KS). Remember, admission to Readers Theater is absolutely free.



*Players Group: "Christmas Magic arrives November 18, 19, 20; Christmas Magic — Wooden soldiers and Teddy, the bear*



If you'd like to be in these productions, auditions will be held October 4 and 6. Watch for details.

**Contact: Dar Gallaway 408-7209**



### • Poker •

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

For Texas Hold 'em players, there is a separate table available on Mondays.

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

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

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



### • RV •

As we begin to wind down the year, we want to thank some of the RV members who work behind the scene, so to speak. Judy Naragon, our Sunshine person who sends cards to members; Jan Lucas, our Membership person who prepares notebooks for new members and updates our roster. Thanks to Marilyn Poole for making name badges and signs for our RV's.

Our Webmaster, Ricki Montoya, does a fantastic service keeping our members informed of meeting minutes, agendas, special announcements and much more. *A big thank you to all!*

Vice-President Bob Zielinski is working on the 2011 rally schedule and has booked campgrounds through summer of next year. Now is your opportunity to step up and volunteer to be a Wagon Master for 2011.

Mark your calendar for the Holiday dinner, Saturday December 11, in the Ballroom (OC). Details at October 14 meeting.

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



### • SCHOOLS Volunteer •

We have a really important challenge this 2010/11 school year. With all the cutbacks to schools, our volunteers will continue to play a very sig-

nificant role with students, k-12. We receive such positive feedback from principals, teachers, parents and Parent Teacher Organizations because our SCHOOLS Volunteers have made a difference in student achievement, test scores and motivation. Our volunteers are dedicated, conscientious and dependable, therefore, teachers continue to request SCLH residents throughout the year. Volunteering is a win-win intergenerational experience and you can jump on board at any time. A teaching background is not required, just a desire to be with kids.

An Orientation Workshop will be held on Wednesday, September, 22, from 9:00 AM-3:00 PM (lunch provided) at OC. For details about SCHOOLS and the workshop please call or email our contacts.

#### Contacts:

**Sandy Frame 408-1453 or  
sflincoln4fun@starstream.net  
Elementary: Eileen Marks 409-0320,  
emarks@aol.com; Cindy Moore  
408-1452, cindysmoore@me.com  
High School:  
Robert Shroeder 408-3994,  
robt.shroeder@sbcglobal.net**



### • SCOOP • Sun City Organization Of Pooches

Are You Ready to Take in a New Dog? How About Rescuing a Shelter Pup? Shelter dogs come in all shapes and sizes, with a variety of backgrounds. Many are purebreds. When you adopt a Shelter Dog, he/she seems to know you saved his life. When adding a dog to the family, please consider a Shelter Dog first.

The Little SCOOPers are enjoying our Doggie and Owner Backyard Socials. Thank you to all of our generous hosts. Remember the Angler's Cove Walks Wednesdays at 8:00 AM. Maggi Georgi leads the group.

I have lined up a great September Speaker but am awaiting confirmation, so come and be surprised! Meetings are the third Thursday at 3:00 PM at OC. The October meeting will be at the Sports Plaza where we will share a Potluck and play Bocce Ball.

*Remember! Your dog always needs to wear a name tag with your phone number, just in case he does slip out. It happens. Article written by Dianne Ochoa George.*

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



### • Scrabble •

Jumping Jiminy! Great Jehoshaphat! The Scrabble Club is jubilant for "J." Eight points will be yours for placing the tile on the board — more on a double/triple letter/word space. Doing so will make you jump for joy. Jumble the tiles to start the game. Just take a moment to find the spot. Remember, you will need an "o" to make a one letter word — jo. Judge well your placement.

Jump into your jodhpurs. Enjoy your Jamaican Jerk, juice, and cuppa java before you join us after lunch. Be sure the jelly is in the fridge. Ignore the jingle jive-ing through your head. Come through the door jamb, Junk your tickets to Jefferson City and Djibouti. Join the jovial people at 1:00 PM in the Cards Room (OC) on Mondays.

**Contact: Darlis C. Beale 408-0269**



### • Second Cup of Coffee •

On Monday, September 20, the Placer County League of Women Voters (LWV) represented by Kathy Sousa and Randi Swizely, will present "Just The Facts, Please! The General Election State Initiatives." Forrest Funk and Sonya Woods will moderate this session. LWV will discuss the pros and cons of these nine ballot propositions; hand-outs will be available upon entry. There is no better advocate than the LWV whose nonpartisan mission is "to encourage informed and active participation in government". Q&A will occur following the initiative's presentation. This session will be jointly sponsored with the CCRC/Community Forum *starting at 10:00 AM in the Orchard Creek Ballroom.*

\*\*\*On Monday, October 18, Jean Richards will introduce Deborah Studebaker, registered dietitian, in presenting "You Are What You Eat!" As mature and aging adults, nutritional information and education can't be overstated enough, and the regimen we select manifests itself in many ways. Q&A follows.

The Monday, November 15 program is being finalized at press time!

All meetings are held at Presentation Hall (KS) starting at 9:00 AM unless changed/noted.

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



**Singers**

“Hallelujah Chorus” and “O Holy Night” are two of the glorious songs that the Singers are practicing for the December Concerts. Practice sessions started September 7 at 3:30 PM in the Presentation Hall (KS). The music was distributed on September 2 from 1:00 to 3:00 PM at the Sports Plaza.

The December Concerts will be presented at Orchard Creek Ballroom on December 12, 13 and 14. December 12 is a matinee at 2:00 PM with a choice of lunch and show tickets or show tickets only. December 13 and 14 will be evening performances at 7:00 PM with a choice of dinner and show tickets or show tickets only. The Lincoln High School Choir has been invited to participate in the program.

**Contact: Bill Sveglini 434-5655**

**Website: www.lincolnsuncity.org;**

**Groups: Singers**



**Singles**  
**Dynamic Singles**

Celebrate Autumnal Equinox September 29/30, including luxury tour bus:

- Chuk Chanci Gold Resort/Casino, Coarsegold, overnight
- Yosemite Valley Tour;
- Hilmar Farms Cheese Factory Tour, Delhi, 650# cheese “wheels”! Tour then gourmet buffet dinner!
- Late September 30, SCLH



*Singles Group: Upcoming trip includes a stop at Yosemite: El Capital (left) and Three Sisters (right)*

Upcoming — September:

- 15 — Table for Eight, Kyoto Tappan Style Japanese Restaurant, Rocklin, Marilyn Sharp, 434-6898
- 19 — Wine Tasting, Dono dal Cielo Winery, Newcastle; Mike, (707)548-1490
- 23 — Poker Run, Ballroom 6:00/6:30 PM
- 29/30 — Yosemite/Casino/Hilmar: \$220/single; Edy 543-9990

Upcoming — October:

- 8 — Table for Eight, 12:00 PM, Lincoln’s Awful Annies, tour Rogers Coffee Company

- 14 — General Meeting, Ballroom, social 6:00 PM, meeting 6:30 PM
- 28 — Halloween Costume Party / Dance Ongoing:
- Bocce Ball: Wednesdays, Courts, 7:00 PM
- Girls Nite Out: Fridays, Meridians, 5:30 PM
- Golf: Fridays, 18 holes, Jerry 543-8776
- Hiking: First/third Tuesdays, Richard 408-5376
- Tennis: Mondays, Courts, 7:00 PM

**Contact: Sarah Lambrose 543-0035**

**Website: www.lincolnhillssingles.org**



**Ski**

Although Club members are still focused on summer-oriented things, Club officers have already begun to plan a fun-filled 2010-2011 ski



*Audrey Morse, Bill Smith*

*Ski Club: Officers 2009-2010, from left, Mike Connolly, Sandy MacCullough,*

season. We begin with our annual pre-season reception at Mike Murray’s home on Thursday, September 30, at 5:00 PM. Meetings commence October 16 in the Multipurpose Room (OC) at 4:00 PM. The regular meeting schedule is the third Thursday of each month (October-March) concluding with our annual party on April 21.

This season you will not want to miss our trip to Mt. Bachelor, Oregon, the third largest resort in the U.S. in terms of skiable acres with fantastic powder days. Non-powder skiers need not worry as many trails are regularly groomed. The trip dates are February 27-March 4 and we will be sharing lodging and car pooling as we have with our past three ski getaways. Look for details in future articles and on our website.

**Contact: Bill Smith 543-9957, wsmith986@gmail.com; Audrey Morse 408-0968, acjm10.travel@juno.com; Mike Connolly 408-3650, sierrahiker1@att.net; Mike Hilton 408-0346, Mhilton@aol14.com**  
**Website: www.lhskigroup.org**



**Softball, Senior League**

Elections for the LHSSL Board were held August 3. Board mem-



*Softball Group, from left: Bruce Chappell makes a nice catch; Dennis Ratay makes a good contact; Steve Lambert ready to make the catch*

bers serve two-year terms with the option of requesting a third year. Congratulations to Mike Hilton and Rich Murray who replace Marty Rubins and Stan Young in October. Mike and Rich are both outstanding players as well as umpires who will bring expertise and experience to the Group.

The mild temperatures have meant more games were played this year than in past years, when hot temperatures forced cancellations. Safety is a major concern for the League, so when the field temperature goes over 98, games are called. Thanks to Vice President Jim Stocker, a retired physician, we are all more aware of heat stroke symptoms.

The regular season will finish September 3 and the playoffs will go thru September 20, culminating with the Championship games and our banquet.

Our next meeting will be October 3 at 3:00 PM at OC.

**Contact: Dave Rich 543-8614, richerino@aol.com**  
**Website: LHSSL.org**

**Coyotes**

The 70s went 5-0 in Rusch Park winning their 4<sup>th</sup> tournament. Great pitching by Larry Manley, Jim Sandin, and John Wible and offense by Rowan Carlson (.875), Wible (.833), Sandin (.800), John Parks (2 dbls, 2 trp, hr). Next came the 2010 California State Championships in Woodland (2-3) with Wible leading the way (.778, 12rbi), Wally Etterbeek and Parks hitting 2 homers. Then



*Coyotes: Nick Eterovich lines one to left; Roger Kane doubles to right*



the Northern California Championships in Manteca's Field of Dreams (3-2) led by Etterbeek (.786) and Wible (3 dbles, 2 trps, hr, 1.267 slg%). The 65s played in Woodland (3-2) and lost in extra innings in the championship game led by John Dambrosio, Ron Greeno, Nick Fox, and Pete Savoia. Mike Bunyard made two exceptional defensive plays throwing out runners from left center. The 60s Black came in 2<sup>nd</sup> in Manteca (4-1). Roger Cain had 3 homers. The 60s Blue went 3-3 in Woodland and took 4<sup>th</sup> place.

**Contact: Bob Hunter,**  
[bluespritzer@yahoo.com](mailto:bluespritzer@yahoo.com)



### • Sports Car •

We are getting into the last days of summer and the trips are still stacked up. The Dude Ranch visit to the Greenhorn Creek guest ranch was just completed. Horseback riding and outdoor cooking at the old campsite was enjoyed by all. Earlier in the month we got to practice



*Sports Car Group: Sports Cars at rest stop*

our racing skills at the Thunder Hill Race Track in Willows. This event was promoted by Ernie Drake and is quite popular with the sports car crowd.

Still to come are the Oregon Coast four night excursion and the Ironstone Winery Concourse'd Elegance extravaganza.

Our social activities continue to be awesome with The Hot Air Balloon ride in Napa and a BBQ staged at the Sports Pavilion.

The Sports Car Group meets the first Monday of each month at 6:30 PM. We are currently meeting in Kilaga Springs Presentation Hall.

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



### • Square & Round Dance • Sun City Squares

Square Dance historians think that square dancing originated in France. There, dances like quadrilles were popular in the 18<sup>th</sup> century and featured four couples like our modern square dancing. French terms like "do-si-do," "allemmande," and "promenade" still remain a

part of the modern square dancing lexicon.

Meeting Times

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

**Contacts: Chuck Vickers 408-4082,**  
[pjclvickers@starstream.net](mailto:pjclvickers@starstream.net); **Frank Reina 543-3132,**  
[papafrankr@yahoo.com](mailto:papafrankr@yahoo.com)



### • Table Tennis •

Table Tennis Trash Talking, otherwise known as the 4 T's, has finally come to our Group. We have a special section for just this type of speech, as not all our players are so inclined to this mode of communication.

Now, let us not confuse this kind of discourse with the situation where you're about to go on vacation and you want your neighbor to put out your garbage can. We're referencing situations where you're trying to convey false bravado in an attempt to throw your opponent off his game. Such phrases as "I'm gonna whup ya, you poor excuse for a ping-ponger," or "Where did you learn the game; in some alley down by the railroad tracks?"

Trash Talking probably dates back to the era when Neanderthals roamed the earth. There's even some evidence that it dates further back than that, when two hairy creatures started taunting each other as to who could throw a rock or spear further.

So in summation, our Group accommodates all types of talkers, even the silent types, for sometimes it's hard to hear anyone amidst the din of slamming, slicing and top-spinning ping pong balls and any type of talking would be fruitless. (Sessions: Tuesdays 5:30-9:00 PM; Fridays 8:30 AM-12:00 PM; Sundays 12:30-4:30 PM)

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



### • Tap Company •

Summer time and the living is easy — well not so for the Tap Board with so many things going on — a logo contest, new mirrors being

negotiated to assist performance groups and sign-ups for technique classes with performance classes starting in October. In addition, plans are underway for a general meeting in mid-September. Wow!!



*Tap Company: Pat Pelton, left, Associate Director and Barbara Greenfield, Producer/Director are looking forward*

*to greeting the talent that will be auditioning for the 2011 Talent Show*

And remember the 10<sup>th</sup> anniversary Talent Show, sponsored by the Tap Company, takes place in early April 2011. Auditions for this outstanding event will take place October 25. So *Got Talent?* Then head for Orchard Creek and fill out an audition form so you can participate in this wonderful event. For more information, please contact director Barbara Greenfield, at 4085017 or [barbieg1@sbcglobal.net](mailto:barbieg1@sbcglobal.net).

**Contacts: Celeste Morris 253-7272,**  
[celestemorris@att.net](mailto:celestemorris@att.net); **Linda Wilson 356-4287,**  
[Wilson1123@sbcglobal.net](mailto:Wilson1123@sbcglobal.net)



### • Tennis •

Upcoming activities for the Tennis Group (LHTG) include:

- Men's Doubles Tournament — September 18
- Oktoberfest Tournament — October 16
- Annual Dinner Dance — November 4

We are very proud that three LHTG men's Senior 65+ teams are competing in the Northern California USTA sectional playoffs. USTA fall leagues include the Super Senior 65+ league and the 70+ league, teams are now being formed. Check the USTA section of our website for detailed information.

Our August summer BBQ was very successful with almost 200 people attending.

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

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

**Contacts: Jack Williams 408-8947,**  
[j3jwill@gmail.com](mailto:j3jwill@gmail.com);  
**Pat Campbell 543-0618,**  
[patacam@gmail.com](mailto:patacam@gmail.com);  
**Website: [www.sclhtg.com](http://www.sclhtg.com)**



• **Travel** •

The next Travel Group meeting is Thursday, September 16, 7:00 PM, KS. Guest speaker is Mr. Jay Fehan of Collette Vacations. His presentation is entitled, "Travel Tips – What You Should Know Before You Go". The Travel Group Committee will also provide information and brochures on all of their trips.



*Travel Group on an Island of New England Tour*

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

You do not have to be a member to attend our meetings.

**Contacts: Teena Fowler 543-3349; Karen Foley 645-5411; Linda Frazier 434-8266; Sheron Watkins 434-9504**  
**Website: [www.LHtravelgroup.com](http://www.LHtravelgroup.com)**

• **Vaudeville Troupe** •



Well, let's get to it!! The Troupe is getting ready to perform another fantastic, thoroughly entertaining show that we call: "The Cavalcade of Stars." We perform with love and energy for our loyal, fantastic audiences who filled the Theater at our Show in July with laughter, applause and Standing Ovarations at all *four* shows!!

*Thank you all! We really appreciated it!*

Auditions will be held October 12 at Presentation Hall (KS) from 7:00-9:00 PM for the January 7-8 Show. Bring your high-energy act, "wild and crazy" ideas, show-stopping vocals and join us for auditions.

You can be part of another "one-of-a-kind" Entertainment Extravaganza... Call



*Vaudeville Troupe, from left: Angelo Gianni entertains with classic "Arvederci Roma;" romantic couple, Neil & JoAnne Dennis, on stage in July; sultry Del Zeiker sways to "Fiesta Cubana"*

Marina for more information about the auditions or how to join our amazing Troupe of talented, fun-loving people. We'd love to have you join us, even if you don't want to be "on stage"... *but...* you might be surprised at what "talent" you have!! Let's see???

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



• **Veterans** •

More than 100 members and guests filled the Social Kitchen (KS) on August 14 for the Veterans Group's annual ice cream social. This year's event featured entertainment by the Sun City Roseville "Harmonicoots," a talented group of musicians who presented a delightful program of traditional American



*Veterans Group: annual Ice Cream Social, from left, Doug & Sue*



*Cooper, and Jon Hodson, dish up ice cream for the 100+ attendees; the Sun City Roseville "Harmonicoots" were enthusiastically received by the crowd*

favorites and patriotic selections.

The Veterans Group encourages everyone to fly the American flag and make a special effort to show the colors on October 11, Columbus Day.

**Contact: Jon Hodson 543-4687, [jonhodson@gmail.com](mailto:jonhodson@gmail.com)**  
**Website: [lhvets.org](http://lhvets.org).**



• **Water Volleyball** •

Come join us in the pool! Water volleyball is open to all residents of any skill level. You can try it out without joining. Training is available at 5:30 PM on the first and third Mondays of each month. We have open play, competitive (advanced) play, and league play (a new fall league is starting soon). Come and play and get a workout without working up a sweat! Look for us in the outdoor pool at OC, too! Come join the fun!

Play is available at KS on:

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

**Contacts: Gary Haight 408-3658, [gary@sapros.com](mailto:gary@sapros.com); Darryl Hornsby 543-3804, [clayhornsby@sbcglobal.net](mailto:clayhornsby@sbcglobal.net)**  
**Website: [www.lincolnsuncity.org](http://www.lincolnsuncity.org)**



• **West Coast Swing Dance** •

Dance alert! Our next Club Dance is September 16 (KS) with a WCS lesson at 6:00 PM followed by dancing from 6:30-9:00 PM. Second and fourth Friday practices are on September 24 and October 8 where we dance and help each other, Fine Arts Room (OC) 5:30-7:30 PM. We have also secured a Saturday night date for a Club Dance on October 9!

We staged several exciting events this past month with much more to come throughout the fall. First was a workshop where we polished our WCS and Cha Cha moves. Then we had a large turnout for our Club Dance which was great fun.

We continue to add new members and we encourage all levels from beginners to experienced dancers to enjoy a "smooth" dance that is very versatile and fun and can be danced to a wide variety of music from contemporary to rock and country.

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





## Writers

July was an exciting month for the Writer's Group. Two of our members have found favor with a publisher and have their books in print. Of note is the multi-talented Joey Chiesi, who with his daughter, as co-author, has come up with a novel, *A Dollar's Worth*. This may be his first novel, but he has

been a guest columnist previously. Harry Cornwall has a new book in his personal trilogy, *Back to California*. This is the next in his "Down from Arcturas" series, about his fascinating life. All of these books may be found on Amazon.com for purchase. We are justly proud to have so many authors among us and encourage anyone else out there to come and join us in our quest for lit-

erary immortality. We meet in the Ceramics Room (OC) at 6:30 PM, the second, fourth, and sometimes fifth Monday of each month.

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

## Happy 50th Del Webb!

*continued from page 14*

Corporation to deliver a complete and functioning town, it conformed to three basic concepts: Activity, Economy, and Individuality. Much research was done prior to building Sun City that included utilizing many specialists of the day. The grand opening was New Year's Day, 1960. The amenities were in place as well as five carefully appointed model homes. Ten thousand people were expected for opening day. At the end of the day, 100,000 people had shown up! Sun City sold 400 homes in its first month.

Was the idea of Sun City a supernova in the real estate development world? Fifty years ago, people were skeptical of such an undertaking and questioned, for instance, how to sell a 35-year mortgage to a 65-year-old man; and would the owners die faster than new ones could move in? Today we know it as a fantastic real estate explosion whose time had come.

Del Webb died July 4, 1974. His legacy

and visions live on. The Corporation built several more Sun Cities, and recreational properties. In 1987, Del Webb Corporation divested itself of all activities except real estate development, specializing in adult communities. In 2002, Del Webb Corporation sold to Pulte Homes, Inc.

Construction of Sun City Lincoln Hills began in 1999, and represents the departure from previous communities located only in the year-round Sun Belt areas. Northern CA offers a mild, four-season



location and supports the research that shows pre and early baby boomer retirees much prefer to be closer to their families.

Del Webb Corp. was often quoted as saying it does not sell houses – it sells lifestyles. We all benefit from the dreams and passions of the man Del Webb and his

concept of "lifestyle" — including our soft-ball stadium, our fitness and social facilities and our nearly 3,000 acres of walking/biking trails. SCLH exemplifies Del Webb as the leader incorporating environmental sensitivity into his communities, as well as designing houses to reflect stylish and contemporary architecture. The popularity of our Del Webb community is evidenced in the fact that even in a down housing market, and with inventory presently remaining low, buyers are readily available and wanting to purchase here at SCLH.

We take a moment to acknowledge the 50<sup>th</sup> Anniversary of Del Webb's Sun City communities and reflect on a man whose vision has become reality for us as residents in our extraordinary Sun City Community.

*Please note: We have cancelled the Del Webb 50<sup>th</sup> Anniversary celebration party and marketing event announced in last month's Compass. The cancellation was due primarily to the low inventory of houses available in the community for sale at this time.*

## Connections

*continued from page 3*

to provide facility availability and pricing.

**Flu and Pneumonia Shots:** We are offering vaccines for Influenza and Pneumonia at Orchard Creek Lodge. October 7 and 13. Please go to page 34 for full details.

**An effective tool to stay informed:** We have about 1,000 satisfied residents who subscribe to the Association E-Bulletin and tell us how helpful the E-Bulletins are for reminders about upcoming events. We encourage you to enroll and help us help you stay informed so you don't miss something! Steps for registering for the E-Bulletin are as follows:

1. Log in at [www.lincolnsuncity.org/e-bulletin.html](http://www.lincolnsuncity.org/e-bulletin.html)
2. Fill in fields marked in bold.
3. Select Optional Bulletins you want to receive.

4. Click the Subscribe Button.
5. You will receive an email with a link to verify your registration.
6. Click the link to complete the registration.
7. Receive your E-Bulletins!

You can choose to unsubscribe anytime. We promise the information sent will be timely and helpful.

**Association-related information at your fingertips:** If you haven't subscribed to the resident website it's easy to do and you will have access to all kinds of Association-related information along with a direct link to our public website. Send an email to: [webmaster@sclhca.com](mailto:webmaster@sclhca.com) with your name, address and resident ID code and you will receive an email with your username and password.

We continue to receive positive remarks about our public website, [\[lincolnhills.org\]\(http://lincolnhills.org\). Be sure to check out the website and send it to your friends for review.](http://www.suncity-</a></p>
</div>
<div data-bbox=)

Let me know if you have any ideas to help us improve our communications. See you in the Lodge.

## Did You Know?

Our Association website now lists on the home page all meetings scheduled for this week. Pretty handy for jotting on your calendar and staying informed and involved in Association activities.



## Bulletin Board

Please email your bulletin board articles to [judy.hogan@sclhca.com](mailto:judy.hogan@sclhca.com)

**Volunteer Drivers & Bakers needed for the 11<sup>th</sup> Annual SCLH Holiday Arts & Craft Fair** and famous Bake Sale. Home baked goods are needed for our bake sale held during the Fair. All of the proceeds from this Bake Sale are donated to local Lincoln non-profits. For more information or to volunteer, please call Sandy Hamer at 408-4249. Registered NEV drivers are needed during the two-day Fair (November 12 & 13) to help shuttle vendors to their vehicles between Del Webb Blvd. and OC Lodge. For more information or to volunteer please call Mary Hodson at 543-4687. *Vendor tables are still available* for the Arts & Craft Fair portion of the event. Cost \$78 per table. Contact Sue Cooper, 408-7173 [julyscooper@yahoo.com](mailto:julyscooper@yahoo.com).

**AARP Tax-Aide** is looking for volunteers to help taxpayers complete their 2010 federal and state returns in Lincoln during the 2011 tax-filing season. This is a free community service program and is administered by the AARP Foundation in cooperation with the IRS. Volunteers of all ages and backgrounds are welcome. The training and certification class will be the second and/or third week of January, 2011, in Roseville. Some knowledge of computers is required to assist in providing our free electronic filing service (e-file). Volunteers are asked to commit four hours in one day per week during the tax-filing season, February 1 thru April 15. The AARP Tax-Aide program is a wonderful and rewarding experience. For more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2011 tax season please email Mark Burke, Local Coordinator, at [lincmb1@yahoo.com](mailto:lincmb1@yahoo.com).

Brent Jones, spoke to the Lincoln Hill's Fellowship of Christian Athletes, August 13



### Flu & Pneumonia Shots

Given by Maxim Health Systems  
**October 7 • 7:30 AM - 1:00 PM**  
**October 13 • 5:30 - 8:30 PM**  
 Orchard Creek Lodge  
 Forms are available — Business Office (OC)

**You are invited...** to the following presentations held in OC Lodge —  
*The following are vendor presentations open to SCLH residents and people from outside the community. Products or services presented are not sponsored or supported by SCLHCA.*

- Sept. 21 • 6:30 PM Eliminating Back & Neck Pain — Dr. Leamon
- Sept. 22 • 11:00 AM Solarecity Presentation, Oaks (OC) / Ad page 4
- Sept. 30 • 9:30 AM All about Eyes — Dr. Wilmarth, Oaks (OC) / Ad page 15
- Sept. 30 • 11:00 AM Solarecity Presentation, Heights (OC) / Ad page 4
- Oct. 7 • 8:00 AM-12:00 PM Flu Shots, Heights (OC)
- Oct. 7 • 9:00 AM Medi Care and You, Oaks (OC)
- Oct. 07 • 7:30 AM-1:00 PM Flu Shot, Heights (OC)
- Oct. 07 • 9:00 AM Medi –Care and You, Oaks (OC)
- Oct. 12 • 6:00 PM Spinal Aid Center Presentation / Dr. Zorich, Oaks (OC)
- Oct. 13 • 5:30 PM-8:30 PM Flu Shot, Heights (OC)
- Oct. 21 • 6:30 PM Eliminating Back & Neck Pain — Dr. Leamon, Oaks (OC)
- Oct. 29 • 10:00 AM Love Your Home, Design Seminar — Guchi, Solarium / Ad page 70

meeting. Brent J was “All-Pro” four straight years, Pro Bowl four years, three 49er Super Bowl Championship teams. Brent, and wife Dana, are involved with numerous charities, children’s causes, Girl Scouts, and Special Olympics. Following a game with the Philadelphia Eagles, 15 years ago, Brent, and five other 49ers, and a group of Eagles, led by Reggie White, knelt at the 20-yard line, and prayed. They were the first, now very prevalent scene in the NFL, colleges, and high schools. The Lincoln Hills Fellowship of Christian Athlete is a gathering of current, or former athletes, coaches, and those who just love sports. Everyone is *welcome*, the second Friday of every month at 8:00 AM at Meridians, a no-host buffet breakfast, followed by a stimulating speaker.

**Glaucoma Support Meeting:** October 13, 4:00-5:30 PM, Multipurpose Room (OC). We meet the second Wednesday of every month at 4:00 PM. Please join us. More info: Bonnie Dale, 543-2133.

**Italian Club:** Join us for an afternoon of Bocce Ball and BBQ Sunday 12:00-5:00 PM, September 26 at the Pavilion. Delicious food, friendship, and a little competition on the courts. Next month we’ll travel by bus to Reno for the 29th Great Italian Festival Saturday. This is a once-a-year event downtown, Reno becomes Little Italy! Bus space is limited to the first 50 members to sign up. On November 12 it’s our popular annual Turkey Bingo night

complete with a catered dinner by Code 3. Checkout our website: [www.lhitalianclub.com/](http://www.lhitalianclub.com/) to see event flyers and pictures. We have many new members, both singles and couples. Single members can always invite a guest to attend our events. If you are of Italian heritage and would like more information or to join, contact Membership Chair Rose Cesarz, 434-5301. Ciao!

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

**The Peripheral Neuropathy Support Group** will be having a meeting on September 15 at 1:00 PM in the Community Room in Raley’s. More info: Jim Fulcomer, 543-9201.

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

**Republican Club:** Come one, Come all to the BBQ, September 22, 4:00-6:00 PM, at the Sports Pavilion, only \$15 per person,



Due to the late growing season and popular demand...  
**Certified Farmers Market Continues to December!**  
**Wednesdays • 8:00 AM-12:00 PM**  
 Fitness Center Parking Lot at Orchard Creek Lodge  
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# AUDITIONS 2011 TALENT SHOW

Lincoln Hills Tap Company

Celebrating ten years of talent!

Monday, October 25 • 6 PM to 9 PM  
Orchard Creek Lodge • Ballroom

Time is flying by and the *lollapalooza* 10th anniversary talent show, sponsored by the Lincoln Hills Tap Company is scheduled for early April, 2011. Auditions for the *not-to-be-missed* show entitled "10" will be held Monday, October 25th in the ballroom. Auditions for singers, comedy skits, ensemble groups and dancers are welcome, so fine-tune your notes, polish your shoes and come join us! Please check the Business Office next to the Activities Desk (OC) for audition forms. More info: Director Barbara Greenfield, 408-5017 or barbieg1@sbcglobal.net.

WOW, 10 years — amazing, huh?



send check to Roberta Argendeli. Please bring an appetizer if your last name begins with A-M, bring a dessert if your name begins with N- Z. Ted Gaines, candidate for State Assemblyman, will be in attendance and members of the Lincoln City Council. Any questions, please contact Tom Webb at 408-0400.

**Shalom Group:** Happy New Year! The High Holidays are almost over. There is still Erev Yom Kippur, which begins on September 17 at 7:00 PM with services continuing on September 18 at 10:00 AM, Yizkor at 1:00 PM. Afternoon service starts at 5:00 PM and concludes with Nilah at 6:00 PM. Break-the-fast follows the conclusion of services. No other events are scheduled for September. There will be a Woman's Club meeting at Oracle on October 4 where the Chanukah Project, which provides Chanukah gifts, will be discussed. An Ice Cream Social has been put on the calendar, replacing the usual General Meeting, later in October. More information will be provided on the internet and phone. Membership info: Robin Crosby, 408-3500. Use contactshalomgroup@gmail.com for questions and inquiries to the Board of Directors.

**Shooting Group:** Our purpose is to make friends among the SCLH residents who are interested in shooting. People interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays, Thursdays for Skeet and Five Stand. Spring and summer months we meet at 8:00 AM. Fall and winter months we meet at 9:00 AM. For the shooting schedule hours, please contact Michael Pargament, see phone number below. Residents interested in rifle or pistol shooting can contact each other through our Group. Membership is free. Each month we also gather at a different member's home for hors d' oeuvres and drinks. This gives us an opportunity to enjoy each other's company and meet the member's spouses. If you are interested in joining us, contact John Kightlinger at 408-3928 for details of our next get together. Contact: Michael Pargament, 408-0221, jdparg@inreach.com.

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

## Community Emergency Response Team Class

October 20, 22, 26 & 27 • 9:00 AM-4:00 PM • Free

Instructor: Aaron Bjorgum from City of Lincoln Fire Department. Would you like to be better prepared in the event of an emergency? Would you like to be part of a team helping your neighbors during and after an emergency or disaster? Register to take a CERT (Community Emergency Response



Team) class. CERT is a 20-hour course on Disaster Preparedness, Fire Suppression, Light Search & Rescue, Disaster Medical Operations, with an emphasis on team building and safety. CERT training involves some lifting and you should be in average physical health. To be certified, you must attend all classes. More info, see page 78.



## In Memoriam

**Richard M. Hacker**

Rich was a former resident of Berkeley, Orinda and Moraga. He served in the Navy Medical Corp, graduated from Oberlin College and did graduate work at the University of California at Berkeley. Rich coached football and track and taught P.E. at Berkeley High School. He mentored many track athletes over the years and became a Real Estate Broker. Rich enjoyed writing articles about track and his family. He loved analyzing data related to track and field events and real estate. He attended many committee meetings here and encouraged us to continue marketing our Del Webb Community. He leaves his wife of 64 years, Liz, one son and five daughters.

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



## A Good Cup of Coffee, a Good Book and a Puppy

Nina Mazzo

Library Volunteer

"Way too much coffee. But if it weren't for the coffee, I'd have no identifiable personality whatsoever." David Letterman

Books in Orchard Creek's Community Living Room are comprised of paperback fiction from thrillers to romance and other assorted styles. Recently, I found a book titled *Uncommon Grounds* by Maggy Thorsen. The tag line indicated it was "a delicious grande latte of a book." This author writes a mystery series with a gourmet coffee shop as the setting. In my book, a good cup of coffee with a good book makes me smile – add a puppy dog on my lap and I am in Nirvana! Help yourself to a paperback and then return it to the large basket.

Kilaga Springs Library holds an incredibly diverse selection of Fiction and Non-fiction. Volunteers are often asked for author recommendations. Volunteer Verna Webb provides a monthly setting above the magazines with a specific theme or author.

*continued on page 81*

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## Special Events & Bus Trips

### The Music Group Proudly Presents "Showcase 7"

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

**Meridians Dinner & Show Package — 5040-7ADIN**

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

**Meridians Dinner & Show Package — 5040-7BDIN**

The Hills are alive with the sound of music! After a hiatus due to the 10<sup>th</sup> Anniversary Celebrations in 2009, the Lincoln Hills Music Group is kicking off the new season with some of their wonderful discoveries. The program includes



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

### Kilaga Springs — At the Movies! "Enchanted"

**Monday, September 20**

PG; 107 minutes. Oscar nominated movie "Enchanted" starring Amy Adams, Patrick



Dempsey, Julie Andrews, Susan Sarandon. An animated fairy tale romance. Presentation Hall (KS) doors open at 1:30 PM for a 2:00 PM show. Free.

### The Diamonds

**Wednesday, September 22**

**Concert Only — 5200-4GCON**

**Dinner & Concert**

**Package — 5200-4GDIN**

Highly requested for bringing back happy high school memories with their American Bandstand favorites, we end



our Summer Concert Series with the band that popularized "Little Darlin'" and "The Stroll." Get ready to have fun and dance! Amphitheater doors open at 6:45 PM, concert 7:30 PM. Concert Only: \$16; Dinner & Concert Package: \$48.

Dinner package served in OC Ballroom promptly at 6:00 PM. See Amphitheater Guidelines on page 38. Friends, family and guests are welcome!

### Reno — Silver Legacy

**Thursday, September 23 — 1770-07**

Today's bus heads over beautiful Sierras to Reno's Silver Legacy for a day of sightseeing, gaming, lunching, people watching and excitement. You will receive \$10 cash back and \$5 food coupon. What a fun day! Leave the Lodge at 8:00 AM, return ~ 6:30 PM. \$24. RSVP ♦♦ Now.



### Bi-Annual Parking Lot Sale

**Saturday September 25 — 5120-07**

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



### Steinway Grand Classical Piano and Violin Concerto featuring

**Tanya Plescia and Ingrid Peters**

**Wednesday, September 29**

**Show Only — 5054-07SHO**

**Dinner &**

**Concert Package — 5054-07DIN**

Tanya Plescia, classical concert pianist and composer, will be back on our stage for an exclusive performance on a Stein-

way Concert Grand Piano to present a program featuring guest violinist Ingrid Peters. Enjoy music selections performed by Tanya and Ingrid, as well as solos to include “Two Songs Without Words” by Felix Mendelssohn, the “Sonata Opus 28 ‘Pastoral’” by Ludwig



van Beethoven, and original compositions. Don't miss this amazing event featuring such a grand instrument! Tanya's music has been featured on local classical radio with rave reviews from music critics. Ingrid Peters is a virtuoso violinist with

impressive career in music, composition and improvisation. Ingrid is a member of the Sacramento Philharmonic, the Sacramento Opera Orchestra, and the Sacramento Choral Society and Orchestra. For those who wish to enjoy dinner at Meridians before the



concert including the convenience of reserved front section seating in the Ballroom, we offer a limited number of dinner and show packages. Please visit the Activities Desk for the special menu to include *salad, entrée choice, dessert and coffee*. Please be prepared to give your meal choice when you buy your tickets.

Meridians show package patrons should call Meridians, 625-4040, to reserve their tables prior to the show. Steinway & Sons Concert Grand piano is provided by Sherman Clay Pianos in Roseville, the Delta Region's only authorized Steinway & Sons Dealer since 1870. Ballroom doors open at 6:30 PM, concert at 7:00 PM. Show only ticket \$11, Dinner and Show Package \$41. Now open to Guests.

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



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

become one of the premier events in the state. We anticipate

**Amphitheater Guidelines**

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

**REMINDERS**

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

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

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

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

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

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

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

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

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

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

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

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

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

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





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**Document Destruction  
Monday, October 4**

10:00 AM-12:00 PM, OC Fitness Parking Lot. Our last one for the year. Cintas offers state-of-the-art shredding trucks and will be on site to provide the service. Paperclips and staples on files okay but no plastics and cardboards. \$10 cash or check per average file box contents payable to Cintas. Just look for the big Cintas truck at the Parking Lot!



**Comedy Night at Kilaga Springs  
Monday, October 4**

**6:00 PM performance — 5052-08A**  
**8:00 PM performance — 5052-08B**

Headliner Kenny Bob Davis has been performing on stage for over 28 years, opening for top country acts such as



Larry Gatlin, Willie Nelson and George Burns. Television credits include “MadTV,” “Sisters,” “Norm Crosby Comedy Shop” and the movie “Gremlins.” Show opener



Heath Harmison is a crowd favorite at comedy clubs with his small town (Twin Falls Idaho) observations that are on spot with hilarity and relativity. Presentation Hall (KS) doors open at 5:30 PM for a 6:00 PM show; doors open 7:30 PM for an 8:00 PM performance. \$9. Now open to Guests! Comedy Night patrons receive \$1 off any \$4 food & beverage purchase at KS Café (extended hours to 8:00 PM) the day of the show.

**Jelly Belly and Wine Tasting in  
Fairfield**

**Wednesday, October 6 — 1811-08**

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

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



nic area. Give the Monitor your choice of sandwich: *Turkey and Cheese*, *or Ham and Cheese* *or Vegetarian* — all on either white or wheat roll. Lunches include fruit salad, cookie and water. Following lunch, receive a souvenir wine glass for wine tasting. Tour the facility to learn about the characteristics of the wine produced and the winery’s history. Lots of walking, wear comfortable shoes. Leave the Lodge at 8:30 AM, return ~ 5:30 PM. \$46 includes lunch. RSVP ◆◆ Now.

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

Don’t miss a return performance with an award-winning acoustic group that performs fiery Celtic tunes, bluegrass, sea shanties and American folk songs. One of the most well attended concerts in 2009,



this resident recommended Vermont-based group weaves a trail through spirited songs and haunting ballads along with New England wit and humor. Up to a dozen different instruments are used, including

banjos, bouzoukis, guitars, bodhrans, and tin whistles. Performances include the Lincoln Center, The Chautauqua Institute, and *National Public Radio*. A no-host bar will be available throughout the evening. Ballroom doors open at 6:30 PM, concert at 7:00 PM. \$13. Now open to Guests!

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

Do you love fine wines and great food? Wineries and restaurants from the Placer

County area showcase their finest vino and edibles at the 8<sup>th</sup> Annual Wine and Food Festival, in Downtown and Old Town Auburn. Begin with check-in at the Placer County Courthouse followed



by drop-off in downtown Auburn where pouring will begin at 1:00 PM. Stroll the streets or hop on one of the *free* shuttle buses between locations with opportunities for tasting and food in both parts of town. A fun day in a charming town not far from home! Leave the Lodge at 11:30 AM, return ~ 6:00 PM, includes food and wine ticket and your own wine glass to take home. \$68. RSVP ◆◆ Now.

**Fleet Week Hornblower  
Luncheon Cruise  
Saturday, October 9 — 1830-06**

It’s Fleet Week — the trip everyone looks forward to! We have reserved space with Hornblower Cruises for your enjoyment of Fleet Week festivities. The US Navy and Marine Corps flight team, the Blue Angels, have been dazzling



audiences since 1946. Enjoy once-in-a-lifetime views, free-flowing champagne and All-You-

Can-Eat Buffet Lunch aboard the stern-wheeler San Francisco Belle. After lunch, step onto the deck, relax in the sun, and enjoy the best views of the Blue Angels show. Be sure to dress in layers and bring a jacket, it gets cold on the Bay. Sample menu available at the Activities Desk. **One city block walk to the boat.** Leave the Lodge at 10:30 AM, return ~ 7:00 PM. \$117. RSVP ◆◆ Now.

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

It’s a festival of Italian food, music and fun on Virginia Street in front of the Eldorado Hotel in Reno, the 29<sup>th</sup> celebration of the sights, sounds and tastes of Ita-



ly, 11:00 AM to 4:00 PM. There will be free live Italian entertainment on three stages, Italian food galore on your own including



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## Know how the tax rules change for Senior Taxpayers



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

- A higher standard deduction at age 65
- A 15% tax credit at age 65 (income limitations)
- A requirement to take out a certain portion of your retirement holdings every year once you reach age 70½, or face a 50% penalty
- A requirement to make quarterly tax estimates once tax withholding from wages ends (at certain income levels)

For details and other tax-cutting assistance, contact —

**Carolyn J. Riolo**  
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that Sutter Roseville Medical Center offers many programs and services designed for your community? These include:



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

sutterroseville.org



**Sutter Roseville  
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a gourmet buffet inside the Eldorado at 4:00 PM. There will be cooking contests, eating contests and grape stomping and the last big farmer's market of the season, something for everyone. Leave the Lodge at 9:00 AM, return ~ 8:00 PM. \$32. RSVP ♦♦ by 9/27.

**Impressionism Part II at deYoung Museum • Tuesday, October 12 — SOLD OUT**

You now have the opportunity to view "The Post-Impressionist Masterpieces from the Musee d'Orsay." The second of two exhibitions from the permanent collection of the Musee d'Orsay in Paris, the first was offered to residents earlier this year. Together with the first exhibition present the artistic evolution in Paris, 1860 to 1915. Highlighted works of nearly 40 artists include Monet, Manet, Renoir, Cezanne, Degas, Gauguin, Pissarro, van Gogh and Seurat. This unique opportunity is made possible as the Musee d'Orsay undergoes a partial closure to refurbish for its 25<sup>th</sup> Anniversary in 2011. The deYoung is the only museum in the world to host both exhibitions. Bring your own lunch or enjoy lunch on your own at the Museum café. Price includes audio headset for use in the museum. Leave the Lodge at 8:00 AM, return ~ 5:30 PM. \$55.



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

**Many stairs.** Jerry Moorman, our step-on guide, will lead this trip into the foothills to visit the impressive Preston Castle in Ione. This unique building with its turrets and tower began life in 1894 as the Preston School of Industry, a reform school for boys. The school was designed to teach boys a trade and ways to survive in life. The Castle closed in 1960 and the boys were moved to the new Preston Youth Correctional Facility nearby. The majestic brick and sandstone building fell into disrepair and is now being refurbished. Enjoy a docent tour of the Castle and its history and Jerry will offer insights into the area. **There are many steps within the Castle and steps to the**



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

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

Quilters/Crafters! This is your day to feast your eyes on everything involving needle arts. The Pacific International Quilt Festival held at the Santa Clara Convention Center has a spectacular collection of 800 quilts and works of wearable and textile art. This well-recognized and largest quilt show on the west coast has not only astounding works of quilt art but also a mall with 300 merchants offering the best fabrics, notions, machines, wearable art and everything for the quilter, artist and home seamstress. This Festival features over 60 workshops and lectures presented by an international teaching staff. For additional information regarding workshops, etc., check the website, [www.quiltfest.com](http://www.quiltfest.com). Price includes admission and lunch is on your own. Leave the Lodge at 8:00 AM, return ~ 7:30 PM. \$48. RSVP ♦♦ by 9/20.



forming, this is your night to shine. We convert our Ballroom into a Karaoke Bar complete with lyrics and music to guide you. Your ticket gets you one free drink of white or red wine, beer or soda and party mix on each table. Additional drinks may be ordered on "pay as you order" basis. Tables and seats are not reserved, first-come, first-served. OC Ballroom doors open at 6:30 PM, Karaoke 7:00-9:30 PM. \$9. Now open to Guests!



**Just Added! New Resident Orientation • Tuesday, October 19**

Offered quarterly and designed for all new homeowners, we will introduce you to new residents and the Community Association management staff. Orientation provides valuable information about your Association committees, lifestyle programming, and groups. Join us from 1:00-3:00 PM in the Solarium. Light refreshments will be served. Free. No RSVP ♦♦ required.



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

**Lots of Walking!** Shop 'til you drop at Union Square! This trip and one scheduled for mid-December are our last San Francisco shopping trips this year! Shop, browse, or people watch. Get your Macy's 11% discount card for the day as you board the bus. To make your shopping more comfortable, we have made arrangements with the bus company to meet you at 2:00 PM in front of the St. Francis Hotel (Post & Powell) to load your packages from your morning shopping so you can do more shopping Lunch on your own. Leave the Lodge at 8:30 AM, return ~ 7:00 PM. \$33. RSVP ♦♦ by 10/1.



**Home, Health and Business Showcase • Friday, October 15**

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



**Karaoke Night Monday, October 18 — 5051-08**

Bring your singing voice to our Annual Karaoke Night and sing-along with neighbors and friends. If you enjoy per-

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

Calling all dancers and music lovers for a bewitching night of great music and fun costumes for a low price! Grab your Halloween mask, cape or wand for a night filled with dancing and spooky activities. Enjoy a variety of music for



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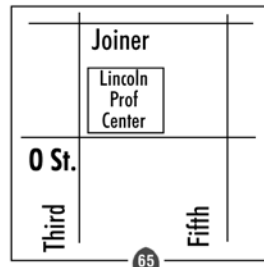
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singles and couples including freestyle, pop, ballroom, west coast swing and



line-dancing with the *Nutones*. Dress-up to compete in the "Spooktacular" costume contest.

Enjoy a no-host bar throughout the evening. Ballroom doors open at 6:00 PM, dancing 6:30-9:30 PM. \$10. Now open to Guests!

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

Let the shopping begin!! We are off to Vacaville to visit the Outlets. Find impressive savings with over 100 stores. Enjoy



approximately six hours of shopping for everything from designer

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

**Just added! Kilaga Springs — At the Movies! "The Producers" Monday, October 25**



PG; 135 minutes. Golden Globe nominated movie "The Producers" starring Nathan Lane, Matthew Broderick and Uma Thurman. A remake of Mel Brook's comedy musical. **New time** — doors open 1:00 PM for a 1:30 PM show, Presentation Hall (KS). Free.

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

Center box (14 seats) \$118; center balcony (non-reserved) \$82. Another trip to famous Beach Blanket Babylon in San Francisco! This zany musical spoof of pop culture has extravagant costumes and outrageously huge hats. Even if you have seen the performance before, the show continually evolves its hilarious parodies of popular icons, updating spoofs and adding new characters and songs throughout the year. Due to rising ticket prices, we have purchased non-reserved seating in the center box and center

balcony sections. The Center Box section has 14 seats directly behind the Magnin Box, which is the first row. The balance



of our seating is in the Center Balcony right behind the Center Box. Enjoy dinner on your own prior to the 8:00 PM show in the North Beach area with many

restaurants within walking distance of the theater. Leave the Lodge at 2:00 PM, return ~ midnight. RSVP ♦♦ by 10/1.

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

Come polka! Our celebration includes traditional Oktoberfest music with the Karl Leberz Band, Viennese dancers from the famous Elk Grove Strauss Festival,



wonderful food, fun, contests and dancing. Enjoy German tunes as your dinner music and audience dancing later in the evening. After

dinner, Stan & Poppi Dunn's dancers will mesmerize you with elegant costumes and traditional waltz numbers performed to the music recording of Vienna's "Waltz King," Johann Strauss, Jr. Feast on a sumptuous buffet of traditional German foods.



For a complete menu, please visit the Activities Desk. Enjoy a no-host bar when Ballroom doors open at 5:30 PM,

Dinner at 6:00 PM, show begins at 7:00 PM. Please inform the Activities Monitor upon registration if you have any dietary restrictions. \$39. Now open to Guests!

**Reno Silver Legacy Monday, November 1 — 1770-09**

Today's bus heads over beautiful Sierra to Reno's Silver Legacy for a day of sight-seeing, gaming, lunching, people watching and excitement. Receive \$10 cash back and \$5 food coupon. Leave the Lodge at 8:00 AM, return ~ 6:30 PM. \$24. RSVP ♦♦ by 10/15.



**Comedy Night at Kilaga Springs Monday, November 1 6:00 PM performance — 5056-09A 8:00 PM performance — 5056-09B** Headliner Tim O'Rourke has performed at

comedy clubs nationwide and appeared and did voice impressions for major television shows including *The Drew Carey Show*, *The Family Guy* and *The Fairly Odd Parents*. A resident favorite from last year's line-up, show opener Mike Betancourt has



an incredible way of changing voices and creating characters. Presentation Hall (KS)



doors open at 5:30 PM for a 6:00 PM show; and doors open at 7:30 PM for an 8:00 PM performance. \$9. RSVP ♦♦ 9/29. Comedy night patrons receive \$1 off any \$4 food & beverage purchase at KS Café (extended hours to 8:00 PM) on the day of the show.

**Off to the Races Thursday, November 4 — 1840-09**

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



Collared shirts and dress slacks are preferred for men while women may wear dresses or tailored pants. No denim, sweat pants, t-shirts, wind

breakers, baseball caps or visors. Tennis shoes for traction OK. Included: admission, extensive buffet lunch served from 11:30 AM – 2:30 PM and complimentary racing program. Leave the Lodge at 10:00 AM, return ~ 7:00 PM. \$59. RSVP ♦♦ by 10/15.

**"Spurs 'n' Hats" Country DJ Dinner Dance Friday November 5 — 5024-09**

Cowboy hats, jeans and boot scoot 'n' boogie music will take over the Ballroom



at our country DJ dance in cooperation with the Country Couples Dance Group. Singles and couples will enjoy

country and rockabilly music all night long. Popular songs will get you on the dance floor to line dance, swing, two-step and more. Chef Roderick will prepare a casual country western menu to kick the night off. For a complete menu, visit the



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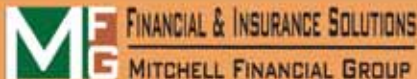
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Activities Desk. A no-host bar will be available when Ballroom doors open at 5:30 PM, dinner at 6:00 PM, dancing 7:00-10:00 PM. \$26. RSVP ♦♦ by 9/29.

**Hillsborough Antique Show & Sale  
Saturday, November 6 – 1781-09**

This is a trip designed for you antique hounds! Travel to the Event Center in San Mateo for the Hillsborough Antiques Show & Sale, one of the oldest antiques shows on the West Coast. This show supports the United Voluntary Services, a



worthy organization. Shop 300 specialty exhibitors from North America and Europe. We plan a stop for lunch at Fresh Choice Restaurant in San Mateo, offering many options for salads, pasta dishes, soups, etc., and includes dessert – buffet style. Trip cost includes show admittance, lunch and non-alcoholic beverage. Additional items at your own cost. Leave the Lodge at 9:00 AM, return ~ 6:30 PM. \$62. RSVP ♦♦ by 10/15.

**“Sparkle & Snow”  
Holiday Fashion Show  
Tuesday, November 9 — 5011-9**

Holiday fashion will sparkle in the Ballroom. Watch friends and neighbors showcase the latest designs from some of your favorite stores to help you ring in the holiday season. Enjoy an appetizing



luncheon and mimosa beverages prior to show. Come early to shop unique vendors displaying the latest accessories and fashion items in the Pre-function Area from 10:30 AM-2:30 PM. Shop even if you're not attending the Fashion Show. We will also offer the popular Gentleman's table this year for men who would like to join us! Advise the Monitor when purchasing tickets if you wish to be seated at the Gentleman's table. If you are interested in being a model, contact Tamara Coil, Events Coordinator. For a complete menu, visit the Activities Desk. OC Ballroom doors open at 11:00 AM; lunch served 11:30 AM; show 12:30 PM. \$29. RSVP ♦♦ by 9/29.

**West Side Story at Orpheum  
Theatre • Wednesday,  
November 10 — 1790-09**

More than 50 years ago, a show about New York City changed musical theatre forever. One of the most memorable musicals and greatest love stories of all time,

**WEST SIDE STORY.**

West Side Story's newest production comes to San Francisco. Don't miss this thrilling presentation! Music includes “Tonight,” “America,” “Maria,” “I Feel Pretty” and “Somewhere.” Bring a sack lunch to be enjoyed on the bus. Our tickets are orchestra seating at the 2:00 PM production. Our coach will drop you off at Union Square after the show for dinner on your own. Depart Union Square at 8:00 PM for Lincoln Hills. Leave the lodge at 11:00 AM, return ~ 10:30 PM. \$105. RSVP ♦♦ by 10/8.

**Simon & Garfunkel Tribute Concert  
featuring AJ Swearingen and  
Jonathan Beedle**

**Monday, November 15 — 5040-09**  
AJ Swearingen and Jonathan Beedle have been performing a remarkable tribute



to the music of “Simon & Garfunkel,” two of the most popular recording artists of the 1960's, for more than a decade. This magical duo will present a 25 song program including “Mrs. Robinson” and “Strawberry Fields,” to “Sounds of Silence” and “Scarborough Fair.” Ballroom doors open at 6:30 PM for 7:00 PM performance. \$14. Now open to Guests. RSVP by ♦♦ 9/29.

**Impressionism Part II at deYoung  
Museum**

**Tuesday, November 16 — 1760-09**  
Continue your exploration and appreciation of the works of legendary Impressionist artists from the permanent



collection of the Musee d'Orsay in Paris. Enjoy the opportunity to view the second exhibit “The Post-Impressionist Masterpieces from the Musee d'Orsay.” See trip

details — October 12 trip, page 42. Bring your own lunch or enjoy lunch on your own at the Museum cafe. Price includes audio headset for use in the museum. Leave the Lodge at 8:00 AM, return ~ 5:30 PM. \$56. RSVP ♦♦ by 10/22.

**“Suds” at Cosmopolitan Cabaret  
Wednesday,  
November 17 — 1793-09**

Suds, the rocking '60s musical soap opera, is loaded with good clean fun, energy and some of the '60's greatest pop hits.



This delightful story is about a young woman and her guardian angels who come to teach her about finding true love in, of all places, a laundromat.

Included in over 50 favorite songs are “Where the Boys Are,” “These Boots Are Made for Walkin’,” “Respect,” “I Feel Good” and “Do You Want to Know a Secret.” Showtime 8:00 PM. We will arrive in time for dinner on your own. Located close to the Crest Theatre, the area boasts many restaurants – Cosmo Café, Esquire Grill, Crest Café, and more. Leave the Lodge at 4:45 PM, return ~ 11:00 PM. \$50. RSVP ♦♦ by 11/1.

**“Christmas Magic” — A Lincoln  
Hills Players Production**

**Thursday, November 18 • 7:00 PM  
Adult 5082-09A Child 5082-09A1  
Friday, November 19 • 7:00 PM  
Adult 5082-09B Child 5082-09B1  
Saturday, November 20  
Family Matinee 1:00 PM Show  
Adult 5082-09C Child 5082-09C1  
Saturday, November 20 • 7:00 PM  
Adult 5082-09D Child 5082-09D1**

What does it mean when a dancing bear, toy soldiers, geisha girls, a princess, can-can girls, reindeer, and Santa all share the same stage? It means that Christmas is



just around the corner, and the Players Group is presenting another Christmas spectacular. Experience a night of laughter and enjoyment

as the OC Ballroom magically transforms into the North Pole, an orphanage, and a loving family home before your eyes. At the heart of the glitter, great music and dancing, see the moving story of an orphan girl dreaming of love and some traditional Christmas magic. The Players'



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Holiday Shows always sell out, so make sure to purchase tickets early. Ballroom doors open at 12:30 PM for 1:00 PM show; doors open 6:30 PM for 7:00 PM shows. \$10 for adults; \$8 for children ages 12 years and under. Families with children will receive priority seating for the matinee show. RSVP ♦♦ by 9/29.

**49ers vs. Tampa Bay at Candlestick Park**  
**Sunday, November 21 — 6300-09**

Nothing says fall like watching a football game at a stadium in the cool crisp air! Leave the driving and parking to the bus driver. Bring jackets and muffs. Candlestick Park in San Francisco is the place for this game with San Francisco 49ers facing Tampa Bay Buccaneers. Game begins at 1:05 PM. We have purchased upper reserved seating in Section 44. **This is our first trip to watch the 49ers play at Candlestick so don't miss it.** We plan to arrive with plenty of time to buy lunch (on your own) from many food vendors available or bring your own. No glass containers allowed in stadium. Leave the Lodge at 9:00 AM, return ~ 7:00 PM. \$87. RSVP ♦♦ by 10/20.



**Concert Performance with "Patchouli" — featuring Sana Christian and Terry Allwein**  
**Monday, November 22 — 5058-09**

The Sana Christian and Terry Allwein Trio known as "Patchouli" brought residents to their feet during their Music Night performance earlier this year. With the amazing response from the first show, we will present a concert performance with their quintet band, including lead guitar, rhythm guitar, 12-string guitar, bass and drums. Hear many of the same favorites from the first program including Aretha Franklin's "Chain Of Fools" and Jeff Healy Band's "Angel Eyes." This diverse group will also perform songs by the Rolling Stones, Fleetwood Mac, the Turtles and Van Morrison. OC Ballroom doors open at 6:30 PM for 7:00 PM performance. \$12. RSVP ♦♦ by 9/29.



**Apple Hill/Jodar Winery**  
**Tuesday, November 23 — 1821-09**  
 Don't miss this beautiful fall ride to visit

the Apple Hill area in the foothills. First stop High Hill Ranch to browse their gift shops for specialty items and purchase apples and apple products – maybe an apple pie for Thanksgiving. The Pie House Restaurant will set aside an area for the group to have lunch at 12:00 PM.



Give the Monitor your choice of a *Quarter Barbecue Chicken* or *Veggie Burger* to accompany *Macaroni Salad*, *Dinner Roll/Butter*, *Apple Pie a la Mode* and beverage of either *Apple Juice*, *coffee* or *hot tea*. Time for more

shopping before departing for Jodar Vineyards and Winery tasting room. Taste handcrafted wines produced in small lots to achieve the Jodar-style balance of bold fruit with graceful oak tones. The \$5 (included) entitles you to tastings and souvenir wine glass. This winery's main focus is red wines and has limited tastings of white wines. Leave the Lodge 9:30 AM, return ~ 5:30 PM. \$48 (includes lunch, an apple fritter to take home, tastings, wine glass). RSVP ♦♦ by 11/1.

**San Francisco Shopping**  
**Monday, November 29 — 1841-09**

**Lots of Walking!** This trip and one in mid December are the last trips to the City this year for shopping, browsing, or people watching. Get your Macy's 11% discount for the day as you board the bus. To make your shopping more comfortable, our coach will meet you at 2:00 PM in front of the St. Francis Hotel (Post & Powell) to load your packages from your morning shopping so you can do more shopping. Lunch on your own. Leave the Lodge at 8:30 AM, return ~ 7:00 PM. \$33. RSVP ♦♦ by 11/12.



**Radio City Rockettes**  
**Arco Arena • Wednesday, December 15 — 4590-09**

Not everyone is able to travel to New York City to see the famed Rockettes Show at Radio City Music Hall. Therefore, Radio City Entertainment is bringing the beloved spectacular to Arco Arena. Fill your heart with Christmas as the world-famous Radio City Rockettes bring their eye-high kicks



and a cast and crew of over 100 to Sacramento in America's #1 Holiday Show, the Radio City Christmas Spectacular! For 75 years, the Radio City Rockettes, the world's most famous precision dance troupe, have been a major force in entertainment. We have reserved seating in Section 101 for the 4:00 PM performance. Leave the Lodge 2:30 PM, return ~ 7:00 PM. \$86. RSVP ♦♦ by 11/15.

**"Spirit of Christmas" at Eldorado in Reno**  
**Thursday, December 16 — 1792-09**

The Eldorado Hotel Casino proudly presents "The Most Enchanting Christmas Show this side of the North Pole!" After a beautiful scenic ride over the Sierras into Reno, you will enjoy time for gaming, browsing, etc., prior to a wonderful buffet dinner beginning at 4:30 PM. Following the buffet, attend the 7:00 PM performance of "Spirit of Christmas," A Magical Celebration. This wonderful New York style holiday presentation features everything that is best about this most wonderful time of the year: breathtaking scenery; gorgeous costumes; wonderful Christmas songs; and the "highest kicking chorus girls this side of the North Pole." Leave the Lodge at 11:30 AM, return ~ 10:30 PM. \$77 includes show and dinner. RSVP ♦♦ by 11/5.

**Cirque Dreams Holiday at Community Theatre • Wednesday, December 29 — 4562-09**

A jaw-dropping winter wonderland! This original new musical extravaganza is filled with spectacle, imagination and whimsical dreams. Ornaments come to life as costumed characters and perform astonishing feats celebrating the holiday



season. An international cast of acrobats, aerialists, singers, dancers and musicians fill this Cirque Dream on stage, in the air and dangling from a 24' tall magical tree. This tribute to the holiday season for all ages has over 100 dazzling costumes, an original musical score and holiday favorites. Leave the Lodge at 6:30 PM, return ~ 11:30 PM. \$67. RSVP ♦♦ by 11/6.

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

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

Mrs. Laura W. Bush has been instrumental in many issues of national and global concern, with particular emphasis on education, human rights, HIV/AIDS and



malaria and women's health. Although Mrs. Bush has left the political spotlight of the White House, she has continued her involvement with America's youth and reading initiatives which are issues she is very passionate about from her years as a former teacher and librarian.

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

Son of the great adventurer Sir Edmund Hillary, Peter Hillary made history in 1990 as the first son to have followed in his father's footsteps to the summit of the world's highest mountain – Mt. Everest. In 1999, they repeated the act; this time in Antarctica. Together they became the first father and son to establish new routes across Antarctica and the South Pole. Hillary is an explorer and philanthropist living in New Zealand and has over 30 expeditions in his career.



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

Tom Brokaw, one of the most trusted and respected figures in broadcast journalism, has been with NBC News for 44 years. Brokaw has hosted the "NBC Nightly News," "Today" and is currently

NBC Special Correspondent. Brokaw has interviewed every president since Lyndon Johnson and has covered every presidential election since 1968. Brokaw has also written articles for several publications and authored several books, including his first best seller, *The Greatest Generation*.



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

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



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

The year 2010 marks a milestone for the Jane Goodall Institute and its founder, Dr. Jane Goodall, DBE. 50 years ago, Goodall, now a world-renowned primatologist, conservationist and US Messenger of Peace, traveled to what is today Tanzania's Gombe National Park. The chimpanzee behavioral research she pioneered there has produced a wealth of scientific discovery and has expanded into a global mission to empower people to make a difference for all living things.



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

Jeannette Walls' powerful memoir, *The Glass Castle*, has been on the *New York Times* best-seller list for over three years and has sold over two million copies. Walls grew up in poverty with her siblings and brilliant, unorthodox, irresponsible parents. Despite her hardships, she developed the determination to move to New York City at 16, graduate with honors from Barnard College and become a well-known TV personality and journalist for *New York Magazine*, *Esquire*, *USA Today* and MSNBC.com.



**Broadway Sacramento  
2010-2011**

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

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

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



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

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

The classic Mel Brooks movie is alive ... and it's headed here! This wickedly inspired re-imagining of the Frankenstein legend follows young Dr. Frankenstein as he attempts to create a monster but not without hilarious complications. Don't miss the sensational cast delivering your



favorite moments from the classic film, plus brand-new show-stopping numbers such as "Transylvania Mania," and "He Vas My Boyfriend." The brains behind the laughter is Tony winner Mel Brooks himself – who wrote the music and lyrics and co-wrote the book along with his record-breaking team from The Producers. \$67. RSVP ♦♦ by 2/15/11.

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

The world's most famous nanny arrives





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in Sacramento! This Tony award-winning production is everything you'd hope for in a Broadway musical – and more. Produced by Disney and Cameron Mackintosh, the show includes such wonderful songs as 'Chim Chim Cher-ee,' "A Spoonful of Sugar," and, of course, "Supercalifragilisticexpialidocious."



The New York Daily News hails "Mary Poppins" as "a roof-raising, toe-tapping, high-flying extravaganza!" Let your imagination take flight at this perfectly magical musical!! \$82. RSVP ◆◆ by 5/1/11.

## Sold Out Trips/Events thru October 20

### Trip/Event · Date · Departure Time

- Hornblower Cruise and Lunch – September 27 – 11:00 AM
- Impressionism @ deYoung – September 30 – 8:00 AM
- Burn the Floor – October 5 – 6:30 PM
- Fleet Week Bus 1 – October 9 – 10:30 AM
- Impressionism @ deYoung – October 12 – 8:00 AM
- Le Grande Cirque – October 19 – 11:30 AM

## Art Classes

### –Drawing–

#### Drawing Workshop — Portraiture Saturday, October 9 — 1011-08

9:00 AM-3:00 PM (OC). Instructor: Claire Michelet. \$39, handout fee \$4 payable to instructor. Learn how to sketch one of the most fascinating subjects, human faces. Explore each feature that plays a role in human expression and combine them through different exercises and techniques. Practice using contour lines and ways to create volume and shadows. Learn basic anatomical facial structure. There will be a one-on-one help all along the workshop. Beginners especially welcome. A supply list will be given upon registration. Class will take a 30-minute break at 12:00 PM for lunch. RSVP ◆◆ by 10/1.



#### Portrait Drawing from the Model Wednesdays, October 6-27 — 1013-08

1:00-3:30 PM (OC). Instructor: Claire

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

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

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

### –Oils, Pastels & Acrylics–

#### Impressionism and Landscape Painting with Oils and Acrylic Wednesdays, October 13- November 10 — 1030-09

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



32 years and taught extension classes in art for six years for Cal State Hayward and the University of California, Berkeley. He has a master's degree in art from Colorado State College in Greeley. RSVP ◆◆ by 10/6.

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

9:00 AM-12:00 PM (OC). Instructor: Frank Ordaz. \$130 (four sessions, no class October 22). Bring your painting to new heights! Oil artist Frank Ordaz will share his expertise in a limited class for intermediate to advanced artists. Frank's class will focus on understanding light in a fun and engaging manner; how light affects color; creating unified and dynamic paintings with understanding a centrality of focus; color mixing and becoming familiar with painting tools and getting the most out



of them. Still Life and Landscape painting will be used as springboards to understand "indoor" versus "outdoor" light. Frank will demonstrate color mixing as he provides demo at all meetings and answer questions of process as well as tell jokes. Make sure you receive a copy of the supply list when you register. *About the instructor:* Frank Ordaz is an accomplished and award-winning artist and illustrator and was chosen as featured artist for the 2006 White House Easter Egg Roll. For more of his work, please check [www.ordazart.com](http://www.ordazart.com) or you can see Frank at work in his Gallery in Auburn. RSVP ◆◆ by 9/24.

#### Painting Pastels and Oils with Joan Mondays September 27- October 25 — 1050-08A Or Tuesdays, September 28- October 26 — 1050-08B

9:00-11:30 AM (OC). Instructor: Joan Jordan. \$65. Class is open to both pastel and oil painters. Under Joan's guidance, learn the art of pastel or oil painting. No previous training necessary. Create a painting deserving of a beautiful frame. Class divided based on student's art medium. New students, please ask for supply list when registering. RSVP ◆◆ by 9/20 or 9/21.



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## —Mixed Media Collage—

### Mixed Media Collage • Thursdays, October 14-28 — 1140-09

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



plus small objects in the creation of brand new art. One-on-one guidance in the technique of layering torn papers into a collage composition and in the process of composing 3-D paper assemblages will be provided. There is no possibility for mistake in creating this artwork – it is easy, fun and will open your eyes to a fresh, new art using many materials you already have. A supply list will be provided upon registration. At the end of the class, students will finish two frame-worthy pieces of Fine Art. If you have any questions about the class, please call Jo at 543-1357. RSVP ♦♦ by 10/7.

## —Watercolor—

### Watercolor Painting • Fridays, October 1-22 — 1111-09

1:30-4:30 PM (OC). Instructor: Anthony Rogone. \$70 (four sessions). In this watercolor class, you will learn how to develop your “painter’s eye” by using color to show shape and form. You will learn watercolor techniques through instructor demonstration, guided practice, and independent exploration. This fun way of painting keeps your watercolors fresh and spontaneous. The goal of this class is to see it, simplify it and paint it. RSVP ♦♦ by 9/24.

## Ceramics Classes

### Beginning/Intermediate Ceramics with Jim • Tuesdays, October 5-26 — 2013-09

1:00-4:00 PM (OC). Instructor: Jim Alvis. \$54 (four sessions). An introductory class

for residents who have never worked with clay and continuing students who want to further develop their skills. Years teaching art and ceramics make Jim an excellent instructor with expertise in this



medium. Learn basic hand-building and wheel-throwing techniques with individual attention from Jim to accomplish your goals. First-time students will be provided clay and may use instructor’s tools to create their first art piece. Supply list will be provided after the first meeting for future classes. RSVP ♦♦ by 9/28.

### Advanced Ceramics • Tuesdays, October 5-26 — 2053-09

9:00 AM-12:30 PM (OC). Instructor: Jim Alvis. \$54 (four sessions). This course is intended for self motivated students/artists with established ceramic skills. There will be assignments and demonstrations given by the instructor as well as individual guidance in order to further refine students’ techniques and projects. RSVP ♦♦ by 9/28.

### Beginning Hand Building Potter’s Wheel Techniques with Terry • Thursdays, October 7-28 — 2014-09

1:00-4:00 PM (OC). Instructor: Terry Accomando. \$54 (four sessions). Have you ever wanted to work in clay but did



not take the opportunity because you did not know where to start? Terry’s beginning Ceramics class will allow you to work at your own pace receiving individual instruction to achieve your personal goals. She brings 34 years experience teaching Ceramic and Drawing and Painting to help you work independently on any project you choose to make. Terry gives frequent demonstrations introducing you to new and exciting projects. Be sure to bring tools and materials to class for a fun and successful experience. For new students, please ask for supply list when you register. RSVP ♦♦ by 9/30.

## — Earthenware —

### Airbrushing Workshop • Monday November 1 — 1100-09A Firing Fee — 1100-09B

8:30 AM-4:30 PM with an hour lunch

break. (KS) Instructor: David Hoff. Class \$52; additional firing fee \$7. David Hoff is returning to Lincoln Hills with his Airbrush Workshop. This class is open to anyone who wishes to complete pieces with the blend look of airbrushing. For those who have airbrushed before, bring a variety of different pieces. For newbies



in ceramics airbrushing, please bring the pieces suggested on the supply list. No matter what your experience or skill level, this will be a fun class and a great time to make some personal gifts for the holidays. Class price includes airbrush usage and color needed for your pieces. However, students may bring their own pre-cleaned Greenware pieces to work on. Make sure you receive a copy of the supply list when you register. Class size is limited to 18, so sign up early. RSVP ♦♦ by 10/18.

## — Lladro —

### Spanish Oil Painting • Wednesdays, October 13- November 10 — 2060-09

1:00-4:00 PM (KS). Instructor: Barbara Bartling. \$48 (five sessions). This is a beginning and continuing class on how to paint porcelain figurines. **Prerequisite:** Beginning students required to attend five *consecutive* classes in order to complete first-time instruction and project. Lladro



requires a steady hand and concentration. Learn basics by painting a small figurine; price varies, \$5-\$25 each. Project paint is available from instructor; price is based on use upon project completion. Students must contact instructor at least two weeks before class start to place figurine order for the class. Please call Barbara at 645-7263. RSVP ♦♦ by 10/6.

### Lladro Workshop • Wednesdays, September — 2062-01I October — 2062-01J

1:00-4:00 PM (KS). Moderator: Barbara Bartling. \$12 per session. This workshop is for Lladro hobbyists who are going on vacation so cannot attend a class full-time and those who can work on their own. Workshop is *not* for beginners and will not provide instruction from moderator. The workshop is held



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## Golf Cart Inspections at Orchard Creek Lodge



Golf Cart Registration (City/Lincoln)  
8:00 AM at Orchard Creek Lodge  
Thursday, September 16  
Thursday, October 7  
Thursday, October 21

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



in conjunction with the ongoing Lladro class. Workshop sessions can be paid as you come but must be paid before starting the session. No lockers provided for workshop attendees but there will be a locker for all “work in progress.” Moderator responsible for “firing” and making sure everyone is following guidelines and safety procedures. Workshop includes firing and use of moderator’s supplies including brushes and tools. Oils, paints, glazes, silk flowers, etc., available for purchase from instructor during workshop. Space limited; sign up early!

## Computer (PC) Classes

Please continue to give us feedback on the PC class you would be interested in taking by registering in our PC Interest List at the Activities Desk.

### —Operating System—

#### Intro to PC: Beginner’s Guide to Computers • Monday & Wednesday, November 8 & 10 — 2540-09

1:00-4:00 PM (OC). Instructor: Cami Cordell. \$34 (two sessions). Beginners — ask questions, experiment, learn what things are called and how they work. For brand new computer users who want to learn the very basics: how to use the mouse, when to click and double-click, how to copy and paste, save and print documents; how to find, move, copy, or delete files; and how to create folder. We will work on keyboarding skills as well. Class offers two hours of lecture and one hour lab practice per meeting. \$2 handout fee at class payable to instructor. RSVP ◆◆ by 11/1.

### —Microsoft 2007—

#### Practical Excel Mondays & Wednesdays, September 20-29 — 2641-08

9:00-11:00 AM (OC). Instructor: Angela Blas. \$48 (four sessions). We all have to



keep information about things, our collections, party planning, club membership lists, and our address book. Using Excel provides a great way of storing and organizing this information and when combined with Word for mail merge, it is wonderful! This is a very

specific class that focuses on one feature of Excel - how to create a table of data, such as a party invitation list, an address book, an inventory list, medical bills/information, etc., and anything else you want to keep organized information of. RSVP ◆◆ by Now.

#### Word Phase Two: Integrating Graphics and Text Mondays & Wednesdays October 4-13 — 2650-08

9:00-11:00 AM (OC). Instructor: Angela Blas. \$48 (four sessions). **Prerequisite:** Lots of practice with Microsoft Word or Word Phase One or Word Basics. The this class will provide the student with additional practice with Word 2007. We will explore the advanced features of Word such as integrating text and graphics, using smart art, styles, section breaks .creating flyers, brochures, special labels, tables. These are some of the topics we will cover, and Angela will provide tips and shortcuts to do some tasks that previously seemed daunting. Join us for a fun class. RSVP ◆◆ by 9/28.

#### MSWord: Mail Merge • Mondays & Wednesdays, October 25-November 3 — 2650-09

9:00-11:00 AM. (OC). Instructor: Angela Blas. \$48. This is an eight-hour workshop designed to provide the student with the knowledge and practice to execute Microsoft Words’ mail merge. This is a perfect time to learn the class so you can be ready when it’s time to send those holiday cards, invitations and other mailings. Learn how to utilize Microsoft’s Mail Merge to make these tasks easier. We will use it to create labels, form letters, club documents, etc. This will make managing your address list easy, sending written communications much more systematic and managing group lists. RSVP ◆◆ by 10/18.

### —Social Networking—

#### Facebook 1: Getting Started Tuesday & Thursday, October 19&21 — 2693-09A

9:00 AM-12:00 PM (OC). Instructor: Cami Cordell. \$34 (two sessions). **Prerequisite:** Student must have an email account. Want to reconnect with long lost friends but don’t know how or where to find them? Get into Facebook, a fun way to

search and reconnect with friends, old school chums, and family across town or continents. A quick way to stay up-to-date with life stories and photos with people you like. Class teaches the basics: how to sign up, set up a profile,



post first comments. Create an event, post a picture, and invite friends to your Facebook site; more if time permits. Class offers two

hours of lecture and one hour lab practice per meeting. \$2 fee for handouts payable to instructor. *About the Instructor:* An educator for over 15 years, Cami has extensive experience in elementary education and adult instruction developing and implementing various curricula. RSVP ◆◆ by 10/12.

#### Facebook 2: Getting More Involved Tuesday & Thursday, November 2 & 4 — 2693-09B

9:00 AM-12:00 PM. (OC). Instructor: Cami Cordell. \$34 (two sessions). **Prerequisite:** Must have taken Facebook 1 and/or “Friend” the Instructor prior to class. Now that you know how to establish your profile and connect with friends using Facebook (FB), it is time to embellish your site and use the more advanced features FB has to offer. This class will teach you more fun stuff in FB. Class will teach you about video, photos, live feed, notes, links, games, and more. Practice will be provided intermittently throughout class. Also, if you want to learn to use FB from your cell phone, bring phone to class. \$2 hand out fee payable to instructor. RSVP ◆◆ by 10/26.

### —Digital Photography—

#### Digital Photography for Beginners Wednesdays, October 6 & 13 — 2621-09

1:00-3:00 PM (OC). Instructor: Dennis Bowcut. \$24 (two sessions). Forget the computer for this class! In the two meetings, the instruction will focus on actual use of your digital camera. First, we’ll make sense of camera menu and set-up functions, particularly the various symbols and controls and what’s best for particular situations. After gaining confidence with basic camera settings, we’ll explore ways to improve our photographs. You’ll take and share pictures and have an opportunity to view and

compare the projected images as time allows. RSVP ♦♦ by 9/29.

## — Mac Computer Classes —

**Beginning Macintosh • Saturdays,  
September 18 & 25 — 2514-08**

**Or November 13 & 20 — 2514-09**

9:00 AM-12:00 PM (OC) Instructor: Jim Haugaard. \$60. No experience necessary! This is a two-day hands-on workshop, six hours, for anyone who wishes to learn how to use the Macintosh Computer. We will cover all areas of the Desktop including the Dock, Menus, the Keyboard and all the different functions of the Mouse. Beginning word processing will be covered using Text Edit, an Apple application. Use our own desktop iMacs or bring your own laptop. RSVP ♦♦ Now or by 11/5.



**Your Mac and Digital Photography  
Saturdays, October 23 &  
November 6 — 2520-08**

1:00–3:00 PM (OC). Instructor: Irwin Maloff. \$40. Two sessions, no class October 30. **Prerequisites:** Having a Macintosh and a digital camera. Our class will cover basic camera functions and the settings that will give you optimum results in various situations. Students will take pictures and learn how to import them into their Mac. Students will use iPhoto and learn how to organize their photos, do basic editing, and share their photos using email. Please note there is one week between the two sessions. RSVP ♦♦ by 10/15.



**iPhone, iPod Touch, and iPad Class  
Saturday, November 6 — 2660-09**

9:00 AM-12:00 PM (KS). Instructor: Ken Silverman. \$36. Get more out of – and into – your iPhone, iPod Touch or iPad than you ever thought possible. The new iOS4 (the operating system for these devices) is part of the class. This class will demonstrate the many settings and applications on the large screen in the Presentation Hall (KS). Both PC and Mac users can benefit from learning system settings and Syncing your information; how to get all that “stuff” into the unit and discover additional tools and reference areas. Learn how to make folders on your device. Bring your iPhone, iPod

Touch or iPad to class – we have free WiFi which allows you to use the Internet and check out the applications we discuss and demonstrate. Class material fee of \$5 payable to instructor at the class. RSVP ♦♦ by 10/1.

## Cooking

**Cooking with Chef Roderick –  
Risotto!**

**Tuesday, October 12 — 4013-09**

9:00-11:00 AM (KS). Instructor: Chef Roderick. \$15. Arborio rice is a very versatile grain. Chef Roderick will cover different dishes you can prepare with risotto including creamy mushroom. Students will receive printed copy of each recipe and relish Chef's tasty risotto recipes. RSVP ♦♦ by 10/5.



## Crafts

### —Decorative Painting—

**One Stroke™ Decorative  
Halloween Pail**

**Sunday, September 26 — 1040-08**

2:00-4:30 PM (OC). Instructor: Carol Sveglini. Class fee \$25. We will be painting our pails with pumpkins and candy corn, bats and spider webs. Easy and fun to paint. Fill with your favorite candy or use as a pencil holder or put a fall Mum plant to complete your Halloween décor. This will also be a fun Halloween gift for your grandkids to prepare them for trick or treating. \$5 material fee payable to the instructor covers all supplies needed to complete the project. Beginners are always welcome. RSVP ♦♦ by 9/20.



**Decorative Folk Art —  
Thanksgiving Tray • Sunday,  
October 17 — 1041-09**

2:00-4:30 PM (OC). Instructor: Carol Sveglini. Class Fee \$25. Get ready for Thanksgiving! We will be painting a tray for the Thanksgiving holiday. Decorated with a cornucopia filled with the bountiful harvest of pumpkins, eggplant,



squash, apples, etc, this project will get you in the spirit of this wonderful holiday. This is easy to paint. Beginners are always welcome. Instructor brings all the supplies, just come and have fun. Material fee is \$7.00 payable to instructor. RSVP ♦♦ by 10/8.

## —Origami—

**Holiday Origami**

**Mondays, November 15 -  
December 6 — 3040-09**

2:00-4:00 PM (OC). Instructor: Kathy Vanderwerff. \$30. Learn the art of ancient Japanese paper folding, Origami! Class offers varied projects that celebrate the holiday season including holiday decors, cards, napkin rings, gift box and much more. Instructions for each project will be provided so you can



make this a fun project with your family. Students must bring Origami papers (6x6), pencil, ruler, glue stick and scissors to class. Beginners are welcome! Check the display window (OC) for project samples. RSVP ♦♦ by 11/8.

## Dance Classes

*All dance classes: For a smooth transition between classes, dance instruction will finish five minutes prior to advertised ending time. Please clear the room ASAP to make room for the next class. Thank you.*

### —Ballroom Dance—

**Beginning Ballroom – Cha Cha  
Saturdays, October 9-30 — 3518-09**

10:00-11:00 AM (KS). Instructors: Nancy & Steve Fontaine. \$20 (four sessions). 1... 2... Cha Cha Cha! It's as easy as that. This great Latin dance is just plain fun and playful with just enough Cuban hips for the beginner. We will focus on the rhythm, leading and following & fun while we learn the beginning steps for this dance. RSVP ♦♦ by 10/1.



**Intermediate Ballroom —  
Country Two Step • Saturdays,  
October 9-30 — 3519-09**

11:00-12:00 PM (KS). Instructors: Nancy & Steve Fontaine. \$20 (four sessions).





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Work on Country Two Step at the Intermediate level, continuing where we left off last month in the beginning level. Learn to polish your leading and following skills and bring your technique and style up a notch. Great dance, great class! RSVP ♦♦ by 10/1.

### -Clogging-

#### **Clogging I with Janice • Tuesdays, October 5-26 — 3571-09A**

11:00 AM-12:00 PM (KS). Instructor: Janice Hanzel. \$20 (four sessions). **Prerequisite:** Instructor's approval and/or previous clogging experience. Must be proficient in the Beginning Clogging steps. This class will offer beyond the basics and bring the students' skills to the next level of beginning Clogging. New dances and more new steps will be taught. Music with the Big Band sound, Country, Bluegrass and some Pop will add variety. RSVP ♦♦ 9/28.

#### **Beginning Clogging • Tuesdays, October 5-26 — 3571-09B**

12:00-1:00 PM (KS). Instructor: Janice Hanzel. \$20 (four sessions). Returning students can hone their skills. Janice is a certified clogging instructor with 30 years of teaching experience nationwide and internationally. Clogging is an American Folk Dance with roots in European folk dances and steps brought by settlers from Scotland, Ireland, England, Germany, Africa and Indigenous People of America, the Cherokee. Tap and Country Line Dancing have also found their way into American Clogging. No special shoes required; flat-soled shoes are recommended, or "tennis" shoes. Bring your enthusiasm, a bottle of water, a towel to mop your brow, a friend, and we'll have lots of fun. RSVP ♦♦ by 9/28.

#### **Clogging with Susi**

Instructor: Susan Thomas. Join this fun form of exercise and dance, clogging from Gaelic "clog" meaning "time." Clogging is "time dancing," your heels are the timekeeper. Come and experience the smooth transition from Clogging I to Clogging II where you will continue to learn new dances and new steps at the intermediate level.



#### **Clogging II • Tuesdays, October 5-26 — 3570-09A**

12:00-1:00 PM (KS). Instructor: Susie Thomas. \$20 (four sessions). **Prerequisite:** Completion of Clogging I/Beginning Clogging or instructor's approval. RSVP ♦♦ by 9/28.

#### **Clogging Performance • Tuesdays, October 5-26 — 3570-09B**

1:00-2:00 PM (KS). Instructor: Susie Thomas. \$20 (four sessions). **Prerequisite:** Completion of three sessions of Clogging II or instructor's approval. Learn intricate choreography and formation. Note: Students registered for the Performance class are not required to perform at events. RSVP ♦♦ by 9/28.

### -Hula Dance-

#### **Hula Continuation • Thursdays, October 7-November 11 — 3902-09**

1:15-2:15 PM (KS). Instructor: Auntie Naomi Kalama. \$48 (six sessions). A continuing, not a beginning class. Naomi Kalama is a well-known instructor and performer who teaches Hula, dance of the Islands. Enjoy a fun, relaxing class while experiencing soothing sounds of Hawaiian music. Wear comfortable clothing and be prepared to remove your shoes. RSVP ♦♦ by 10/1.



### -Line Dance-

*Line dancing is great physical and mental exercise. It reduces stress, builds stamina, improves balance, and is an enjoyable way to meet new people. Learn new steps and dances while reviewing what you have learned in previous classes. Dance to mostly Country music.*

#### **Intro to Line Dance • Thursdays, November 4-18 — 3703-09A**

4:30-5:30 PM (KS). Instructor: Yvonne Krause. \$15 (three sessions). This new class meant for real beginners is designed to introduce the basic line dance steps and dances at a very slow and easy pace. If you're new to line dance, or have tried Line Dance I, and it went too fast, this class is for you! Students will be introduced to common line dance terminology. Join Yvonne for a fun class

that will prepare you to advance to more challenging line dance classes in the future. RSVP ♦♦ by 10/29.

#### **Line Dance I/Beginner with Audrey Thursdays,**

#### **November 4-18 — 3601-09A**

2:30-3:30 PM (KS). Instructor: Audrey Fish. \$15 (three sessions). This beginner class will teach you the fundamentals of line dancing, including the basic steps, such as the grapevine, jazz box, shuffle, quarter and half turns at a slow tempo. If you haven't line danced before, we recommend taking Intro to Line Dance first. RSVP ♦♦ by 10/29.

#### **Line Dance II/Beginner — Intermediate with Audrey**

#### **Mondays,**

#### **November 1-29 — 3601-09B**

5:00-6:00 PM (OC). Instructor: Audrey Fish. \$25 (five sessions). This class is one notch above the beginner class, offering more challenging beginning, and some easier intermediate dances. This may include more turns and combinations of steps connected together, sometimes done to faster music. This would be the next step if you've had beginning line dance and wanted more of a challenge, or if you've had previous dancing experience and catch on easily. RSVP ♦♦ by 10/25.



#### **Line Dance III/Intermediate with Audrey • Thursdays,**

#### **November 4-18 — 3601-09C**

3:30-4:30 PM (KS). Instructor: Audrey Fish. \$15 (three sessions). This level of line dance is offered to those who want a bit more of a challenge than the Beginning/Intermediate classes. Moving at a slower pace than Line Dance IV, this class introduces mostly intermediate and some advanced line dances. Don't let this scare you! The dances will have enough basic steps to keep the dancer "above water." It will be a lot of fun, and great exercise. RSVP ♦♦ by 10/29.

#### **Line Dance IV/Advanced with Audrey • Mondays,**

#### **November 1-29 — 3601-09D**

4:00-5:00 PM (OC). Instructor: Audrey Fish. \$25 (five sessions). Dances in this class are taught at a much faster pace than Line Dance II or III. Students





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should feel comfortable learning harder intermediate and advanced dances. Advanced dances may get into other styles of dance, i.e., hip hop, body rolls, arm movements, phrased dances, restarts, and more technical steps and rhythms. RSVP ♦♦ by 10/25.

### Line Dance Beginner Plus with Sandy • Wednesdays, October 20-November 24 — 3701-09A

8:00–9:00 AM (KS). Instructor: Sandy Gardetto. \$30 (six sessions). **Prerequisite:** Must have completed at least six months of Beginner Line Dance I. This class is a step up from the Beginner I Line Dance class. The steps are the basic steps in line dancing, such as grapevine, coaster step, pivot quarter and half turns and many more. Students are expected to understand and execute basic line dance terminologies as instructors lead and teach the dances using line dance lingo. Class will be teaching slower-paced dances than Line Dance II. You don't need a partner to line dance, so join in on all the fun while exercising. RSVP ♦♦ by 10/13.



### Line Dance II Beginner-Intermediate with Sandy Wednesdays, October 20-November 24 — 3701-09B

9:00-10:00 AM (KS). Instructor: Sandy Gardetto. \$30 (six sessions). **Prerequisite:** Line Dance I or Beginner Plus for at least six months. The suggested prerequisite for this class is Line Dance I for at least six months. Understanding the basic terminology of line dance steps is a requirement before enrolling in this class. Line Dance II is taught at an accelerated pace, at a beginning / intermediate level. Dances include full turns, three quarter turns, sailor steps, syncopated vines, etc. Line dancing is great exercise for mind and body. RSVP ♦♦ by 10/13.

### Line Dance III with Sandy Wednesdays, October 20-November 24 — 3701-09C

10:00 -11:00 AM (KS). Instructor: Sandy Gardetto. \$30 (six sessions). Steps or Step Combinations within this level could include: combination turns, i.e., half pivot followed immediately by a quarter pivot; full turns; cross and unwind three-quarter turn step combina-

tion; weaves with syncopation; tags and restarts and many more. Within this level, there is no limitation on the number of turns but caution is requested not to exceed what the dancer is capable of achieving both com-



fortably and safely. The class, though complex, will be fun, pushing students' skills to a higher level. RSVP ♦♦ by 10/13.

### Line Dance I/Beginner with Yvonne Mondays, October 18-November 29 — 3703-09B

9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$35 (seven sessions). In the mid-1800's, settlers arrived in the US with new dance steps for non-partner dancing. They shuffled their feet, clicked their heels, wore fancy clothes and line dancing was born. As with other beginner classes, this class teaches fundamental steps of line dance, including grapevine, jazz box shuffle, quarter and half turns at a slow temp. If you haven't line danced before, we recommend taking Intro to Line Dance first. It's a great way to make new friends while enjoying the benefits of dance and exercise. RSVP ♦♦ by 10/11.

### Line Dance Beginner Plus with Yvonne • Mondays, October 18-November 29 — 3703-09C

6:00-7:00 PM (KS). Instructor: Yvonne Krause. \$35 (seven sessions). For those who have had beginner line dance, this class is a step up from that level, teaching more steps and combinations. This is a transition class from Line Dance I into Line Dance II. Dances become a bit more challenging but will also incorporate what has been learned at the beginner levels, making the dances fun and exciting. You don't need a partner, it's a great way to keep in shape, the music is fun and it's good exercise for your mind and body. RSVP ♦♦ by 10/11.



### Line Dance II/Beginner-Intermediate with Yvonne Thursdays, October 14-November 18 — 3703-09D

9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$30 (six sessions). What our settlers started back in the 1800's has

spread throughout the world. In addition to the great choreographers in the USA, there are thousands of line dances coming into the country from around the world. This class incorporates more turns, shuffles, and syncopated steps as well as review of the fundamental line dance steps. RSVP ♦♦ by 10/7.

### Country Couples Line Dancing — Beginners • First & Third Monday, October 4 & 18 — 3531-09A

7:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$14 per person. All couples who enjoy dancing: Join Jim and Jeanie for this fun instructional evening! They have been dancing and teaching country couples dancing for 20+ years



on the central coast and at Sun City Roseville. This beginning class includes popular country circle dances. Classes are designed to teach basic two-step dance, waltz, swing, and cha cha

and basic circle dances at the social dance level. Dress is casual with loose fitting clothing. Class format: one and a half hours of instruction plus 30 minutes of practice with assistance from instructor and lead students. Music is a mix of country and types to fit the dance steps. Instructors will assess students' skill level on first day of class and may recommend transfer to appropriate class. RSVP ♦♦ by 9/27.

### Country Couples Line Dancing — Intermediate Second & Fourth Monday, October 11 & 25 — 3531-09B

7:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$14 per person. Class is geared for couples who have taken the class before and are ready for more challenging routines. Intermediate level includes waltz, cha cha, swing, two-step, and circle dances that are more complicated and require greater skills than the beginner class. Music is a combination of country and types that fit the dances. Instructors will assess students' skill level on first day of class and may recommend transfer to appropriate class. Class format: an hour and a half of instruction and 30 minutes of practice with assistance from instructor and lead students. RSVP ♦♦ by 10/4.

## —Tap Dance—

### Tap Classes with Alyson!

Enjoy Tap lessons from one of the best tap instructors in the area! If you have tapped before or have dreamed of trying, join us! Instructor Alyson Meador has been teaching tap for 30 years in dance schools throughout Northern California and is currently Artistic Director of the award-winning Sound Out Tap Company in Folsom. She has been sharing her love for the art form with our community since 2000. Students, Beginners to Advanced, may choose from several technique classes. Performance classes, except for the Advance Performance class, will take a hiatus until September. All performance students must be enrolled in a Technique class. Choose any of the classes below that fit your schedule and comfort level.



#### Technique Class

**Mondays, September 27-  
November 15 — 3552-08A**

10:00–11:00 AM (KS). \$40 (eight sessions). RSVP ◆◆ by 9/20.

#### Technique Class

**Mondays, September 27-  
November 15 — 3552-08B**

11:00 AM-12:00 PM (KS). \$40 (eight sessions). RSVP ◆◆ by 9/20.

#### Advance Performance

**Mondays, September 27-  
November 15 — 3552-08C**

12:00-1:00 PM (KS). \$50 (eight sessions). Class is only for advanced students approved by instructor. RSVP ◆◆ by 9/20.

#### Beginning Tap

**Tuesdays, September 28-  
November 16 — 3552-08D**

9:00-10:00 AM (KS) \$40 (eight sessions). Introduction to the basic steps and terminology of tap dance. This class begins every January and runs as a beginning class through November at which time you will move into one of the four already existing tech classes. If you are not feeling comfortable yet, you are more than welcome to remain in the beginning class until you do feel comfortable. Register now if you are interested in trying Tap Dance! RSVP ◆◆ by 9/21.

#### Technique Class

**Tuesdays, September 28-  
November 16 — 3552-08E**

10:00-11:00 AM (KS). \$40 (eight sessions). RSVP ◆◆ by 9/21.

#### Technique Class

**Thursdays, September 30-  
November 18 — 3552-08F**

10:00-11:00 AM (KS). \$40 (eight sessions). RSVP ◆◆ by 9/21.

#### Performance

**Thursdays, September 30-  
November 18 — 3552-08G**

11:00 AM-12:00 PM (KS). \$50 (eight sessions). **Prerequisite:** Concurrent enrollment in a Technique class. Residents who wish to be part of a tap performance for the 2011 Talent Show must enroll in any of the September performance class sessions. RSVP ◆◆ by 9/23.

#### Performance

**Thursdays, September 30-  
November 18 — 3552-08H**

12:00 -1:00 PM (KS). \$50 (eight sessions). **Prerequisite:** Concurrent enrollment in a Technique class. Residents who wish to be part of a tap performance for the 2011 Talent Show must enroll in any of the September performance class sessions. RSVP ◆◆ by 9/23.

#### Performance • Fridays, October 1-

**November 19 — 3552-08I**

12:00-1:00 PM (KS). \$50 (eight sessions). **Prerequisite:** Concurrent enrollment in a Technique class. Residents who wish to be part of a tap performance for the 2011 Talent Show must enroll in any of the September performance class sessions. RSVP ◆◆ by 9/24.

#### Tap for Fun with Judy!

Join us on Monday or Friday afternoon to enjoy a good workout while having fun. Judy has been dancing, teaching, and choreographing dance for many years. This is not a performing group, it is designed for people who love to dance and kick up their heels. If you have an hour or two, put on your tap shoes, feel the music beat and prepare to tap! Choose the day that works best for you.



#### Mondays, October 18-

**November 29 — 3580-09A**

4:45-5:45 PM (KS). Instructor: Judy Young. \$35 (seven sessions). RSVP ◆◆ by 10/11.

#### Fridays, October 22-

**November 19 — 3580-09B**

1:00-2:00 PM (KS). Instructor: Judy Young. \$25 (five sessions). RSVP ◆◆ by 10/15.

## —West Coast Swing— (California's State Dance)

### Beginning West Coast Swing Levels I & II • Wednesday, October 13-

**November 10 — 3511-09A**

8:00-9:00 PM (KS). Instructor: Dottie Lovato-Macken. \$30 (five weeks). Learn the basics of West Coast Swing, California's State Dance from veteran West Coast Swing dance instructor, Dottie. Dottie will teach you the basics of this great dance and will show you how it can be applied to various types and styles of music. You need to complete at least three sessions of Beginning class in order to advance to next level. Join this fun and social class. RSVP ◆◆ by 10/6.



### Intermediate West Coast Swing Levels I & II • Wednesdays, October 13-

**November 10 — 3511-09B**

6:00-7:00 PM (KS). Instructor: Dottie Lovato-Macken. \$30 (five weeks). **Prerequisite:** Must have completed West Coast Swing Beginning levels one and two. RSVP ◆◆ by 10/6.

### Advanced West Coast Swing Wednesdays, October 13-November 10 —

**3511-09C**

7:00-8:00 PM (KS). \$30 (five weeks). **Prerequisite:** Must have completed West Coast Swing Intermediate I and II. RSVP ◆◆ by 10/6.

## Finance

### Personal Investment Seminar Tuesdays,

**October 5, 12 & 19 — 6051-08**

6:30-8:30 PM (KS). Instructor: Russ Abbott. Free. Russ has been a financial



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## Fitness

Register for these classes at Fitness Centers starting September 17 at 10:00 AM.

### —Circuits, Weights, Stretches—

#### Beginning Circuit Class Wednesdays, September 22- November 10 — 830000-08

5:00-5:30 PM. Weight Room (The Wave). Instructor: Julia Wells. Location: The Wave on Weight Room floor. \*\*\*Week one, class meets for an hour, 4:30-5:30 PM, to go over basics of warming up for circuit and weight machine adjustments. Class takes participants through a full-body strength-training circuit, increasing their knowledge of using the equipment safely and effectively while getting a great workout. Every two weeks the class will progress with a few new exercises to include balance, core, and cardio stations. For the beginner exerciser, or participants looking for assistance with a regular weight machine workout in a group setting. **Seven-week session — \$40.** Register at the Fitness Centers.

#### W.O.W. — Working Out with Weights • Tuesdays, October 12- November 16 — 750500-09

11:30 AM-12:30 PM. Weight Room (KS). Join this six-week in-depth, informational strength training program that



will take you from basic to advanced training techniques. Led by instructor/Personal Trainer Jill Boan, we begin with a total body machine program focusing on proper settings and correct form and progress into free weights and cables. Learn how, when & why you need to

change your weights, the best sets, reps and exercises for your body type. You will run away with written programs to carry you through the rest of your life! Limit six people. **Six weeks.** Change your life. **\$75.** Register at the Fitness Centers.

#### Reach for the Top/Stretch & Tone! Tuesdays, October 5-26 — 801000-09 Thursdays, October 7-28 — 803000-09 Tuesdays & Thursdays, October 5-28 — 802000-09

11:45 AM-12:45 PM. Aerobics Room (KS). This class, formerly “Arthritis Take Control,” is designed and presented by Lin Hunter. It is a combination of stretching, range of motion exercises, intervals of cardio movements, balance moves, and toning with weights, bands, balls, and bars. All of this is done to fun music to get your energy level up, help



you become stronger, strengthen your muscles and joints, and build up cardio endurance. The range of motion exercises and stretching will help prevent arthritis and keep you more mobile. Lin

is a licensed nurse and AFFA-certified group exercise instructor; she has been teaching for 40 years! She has been to many workshops to gain the knowledge to help seniors enjoy exercise and improve their health. Lin constantly gives options for modifications and can help you with your special needs. Guaranteed! You will feel great when you leave this class! **Four-week session, one day/week— \$28. Four-week session two days/week - \$52.** Register at the Fitness Centers.

#### Balletone • Tuesdays, October 5-26 — 700000-09

4:00-5:00 PM. Aerobics Room (KS). Instructor: Deanne Griffin. What do you get when you combine traditional fitness movements, ballet-inspired dance movements and the flow of yoga? A fun, flowing cardio class that is perfect for burning calories and sculpting your whole body. Strengthen muscles, strengthen core, increases cardiovascular fitness, flexibility and coordination. All set to upbeat music. **Four-week series - \$35.** Register at the Fitness Centers.

### —Dance/Fitness Centers—

#### Zumba • Mondays, October 18-November 29 — 810000-09

(No class 11/22.) 3:45-4:45 PM. Aerobics Room (KS). Instructor: Nicole Robinson. Zumba is a cardio-aerobic class that fuses musical rhythms and moves to create a



dynamic workout designed to be fun and easy to do! Integrating Zumba into every day, you can achieve long-term benefits while experiencing an absolute blast in one exhilarating class

of calorie-burning, heart-racing, muscle-pumping, energizing movements meant to engage your entire body. Routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. **Six week session — \$48.** Register at the Fitness Centers.

#### Performance Dance with Dolly Fridays, October 8-29 — 771200-09

2:30-4:30 PM. Aerobics Room (The Wave) Instructor: Dolly Schumacher. For the dancer who loves to perform! These classes are a combination of all styles of dance, technique and choreography. Routines are designed for the many performance venues within our community. **Prerequisite:** By audition or teacher’s approval only. All classes are held in the Aerobics Room at The Wave. Two Hour Classes- **Four-week session — \$45.** Register at the Fitness Centers.

### —Health—

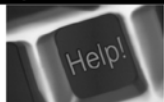
#### Preventing Cancer • Wednesday, September 29 — 860000-07

7:00-8:00 PM, Presentation Hall (KS). Although our bodies are continually bombarded by cancer-causing toxins, learn how to fight back by eating a cancer-preventing diet. This seminar will cover the basic compounds responsible for causing cancer and how to lower your exposure as well as fight such compounds through your diet. Presented by Bronwyn Schweigerdt: Bronwyn has a Master’s Degree in nutrition from Tufts University, and is the author of several weight loss books, including *Free to Eat*. Although Bronwyn speaks all over Northern California, SCLH is her favorite place to teach! Minimum 50 participants. Register at either Fitness Center - \$10.

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**-In the Pool-**

**Beginning Swim Class with Marilyn Wednesdays,**

**October 6-27 — 780300-09**

4:00-5:00 PM. Indoor Pool (The Wave). Instructor: Marilyn Windham, Swim Coach. This class offers an opportunity for those who have wanted to get involved in swimming but weren't sure how. Those in the beginning level are expected to



have some basic water skills, including being able to place your heads or faces under water, having a general comfort level in

the water, and may even include some navigation through water. Basic instruction will be given on dry land and in the water with emphasis on breathing, kicking, and proper stroke. The primary class emphasis is the instruction of the freestyle stroke. Minimum class size of two, maximum of eight swimmers. Goggles highly recommended. **Four-week session — \$40.** Register at the Fitness Centers.

**Intermediate Swim Class with Marilyn • Tuesdays,**

**October 5-26 — 785000-09**

5:00-6:00 PM. Indoor Pool (KS). Instructor: Marilyn Windham, Swim Coach. This class is for those of you who already swim but want to improve your skills.



Those in the intermediate level are expected to swim at least one lap (across the pool) before

resting, with general knowledge of the freestyle stroke. Primary emphasis is for intermediate swimmers to perfect their freestyle stroke

through a variety of drills designed to refine the stroke and help correct faulty ones. Swimmers will also learn to do the backstroke. Minimum class size two, maximum ten swimmers. Goggles highly recommended. **Four-week session — \$40.** Register at the Fitness Centers.

**Core-N-More Suspended Aquatic Exercise with Andrea**

**Wednesdays, September 22 -**

**October 13 — 760000-09**

**Thursdays, September 23 -**

**October 14 — 760100-09**

**Wednesdays & Thursdays,**

**September 22-**

**October 14 — 760200-09**

Wednesday classes 9:35-10:30 AM; Thursday classes 4:00-5:00 PM. Indoor Pool (The Wave). This class maximizes the



benefits of water with the assistance of a Buoyancy Belt. Exercises are performed without touching pool bottom, eliminating impact and

increasing resistance. Class combines exercises that will improve core strength, tone and strengthen major muscles, offer aerobic challenges and improve balance and flexibility. The belt allows participant to control exercise intensity and achieve a total body workout specific to their fitness level. Contact Andrea about a free trial class or with any questions at 844-8824. **Four-week session — \$30. Both dates - \$50.** Register at the Fitness Centers.

**-Nordic Walking-**

**Nordic Walking for Beginners**

**Wednesdays,**

**October 6-27 — 750000-09**

8:00-9:00 AM (The Wave). Instructor: LH

resident Mike Barkhurst, Nordic Walking Instructor with the American Nordic Walking Association, holds three personal trainer certifications in health and fitness. Walking with Nordic Walking poles allows you to gain stability and balance while walking and lessens stress on all your joints up to 40% as compared to normal or power walking. You can get outside and exercise no matter what your present fitness level. Walk as slow as a turtle or fast like a rabbit; this may be the activity for you. Nordic Walking poles are now being used to aid many with Parkinson's disease and Multiple Sclerosis to get out



of their wheelchairs and walk. You can attain benefits from learning to walk with poles that other fitness activities might not

allow. No matter what size or weight you are, the art of walking with poles burns 40% more calories than normal and power walking. Research shows 30 minutes of Nordic Walking is equivalent to 50 minutes of normal walking. The class is split into four one-hour sessions. The first is held inside where you will be given instruction on various types and kinds of Nordic Walking poles available for purchase. The next three sessions are conducted outside at OC. You will be taught the techniques of Nordic Walking. There is very little hiking done in the classes; it is left for you to do on your own as you get full use of a pair of Nordic poles for the four weeks. **Four week session — \$50.** Register at the Fitness Centers.

**Nordic Walking Plus**

**October 5-26 — 751000-09**

8:00-9:00 AM (The Wave). This class is offered to those students who have

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will also be covered. Upon completion of this class you will receive a free DVD displaying the various methods of Nordic Walking to review your technique with. **Four week Session - \$50.** Register at the Fitness Centers.

### —Tai Chi—

#### Tai Chi I—Beginning Sun Form Mondays, September 27- October 18 — 740100-09

1:05-2:05 PM. Aerobics Room (KS). Instructors: Spero & Barrie. Whether you are stressed out, treating a health issue, continually exhausted, or just wanting to get in shape and feel good again, Tai Chi is for you. When it comes to exercise, the highest hurdle to get over is to START. Join us and see how easy it is! Learn a series of gentle stretches, exercises and the beginning 35 movement Sun Short Form. Wear comfortable, flat-bottomed shoes, loose-fitting clothing and bring water to drink. **Four-week session — \$40.** Register at the Fitness Centers.

#### Tai Chi II—White Dragon Short Form Mondays, September 27- October 18 — 730300-09

12:00-1:00 PM. Aerobics Room (KS).



Instructors: Spero and Barrie. Tai Chi is easy to learn and suitable for students of all ages. You will learn the gentle Chinese art of moving meditation

through the 48 movement White Dragon Short Form. You will also learn a series of Chi Kung stretches and exercises. Wear comfortable flat-bottomed shoes, loose-fitting clothing and bring water to drink **Four-week session — \$40.** Register at the Fitness Centers.

#### Tai Chi III — Gentle Tai Chi in the Evening!

#### Tuesdays, September 28- October 19 — 731000-09

7:00-8:00 PM. Aerobics Room (The Wave). Instructors: Spero and Barrie. Are you exhausted at the end of the day? Want to shed pounds, improve balance and lower blood pressure? We can help you get into shape, feel young again and set you on the path to better health with Gentle Tai Chi. Tai Chi can be practiced at any age in any condition. Many with ailments and disabilities practice Tai Chi as therapy, even arthritis sufferers. Each class involves gently moving joints, muscles, and tendons. Wear comfortable shoes, loose-fitting clothing, and bring water to drink. **Four-week session — \$40.** Register at the Fitness Centers.

### —Yoga—

#### Gentle Hatha Yoga with Julie Boone Tuesdays, November 2 – December 14 — 710100-09 Or Thursdays, November 4 – December 16 — 710200-09

(No classes 11/23 & 11/25.) 2:00-3:30 PM. Aerobics Room (The Wave). Julie Boone



continues to provide a gentle Hatha Yoga class in the Ananda Style. Having taught at The Wave since 2000, Julie offers an all-level class that is challenging while still being “do-able.” She is happy to connect

with long-term students as well as yoga newcomers. Her motto is “Yoga is not supposed to hurt!” She offers a four-week series focusing on gentle yoga basics including warm-ups, standing and floor poses, inversions, pranayama (breathing exercises), deep relaxation, and medi-

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tation. Julie will help students modify postures to find a level of stretch that is comfortable. While a physically gentle class, it is not “easy;” strength, flexibility, and balance will be developed. Class is suitable for beginners and the continuing student. Limit: 20 participants. **Six-week session — \$59.** Register at the Fitness Centers.

#### Evening Yoga with Susan Hayes Hatha (Traditional) Yoga Tuesdays,

#### October 19 - 26 — 711000-09

6:30-7:45 PM. Aerobics Room (KS). A fun evening yoga class designed to keep you in shape, at a relaxed pace. Yoga has been proven to increase energy, flexibility, balance, and strength – all while reducing stress. As the seasons change, so should our exercise routines (or lack thereof). Everyone is welcome - from absolute beginners to aspiring yogis. If you’ve never tried yoga before, this is the class for you! **Two-week series - \$20.** Register at the Fitness Centers.

#### Evening Yoga and Meditation with Susan Hayes • Thursdays, October 14 - 28 — 711100-09

6:30-7:45 PM. Aerobics Room (KS). This is a relaxed evening yoga class consisting



of restful and healing yoga postures done in the “yin” and “restorative” styles, followed by deep relaxation and optional meditation.

Each student receives individual attention, and for this reason, class enrollment is limited to 12 students. Come join us! **Three-week series - \$30.** Register at the Fitness Centers.

### — Tennis —

#### Pro Tennis Lessons with Mike Gardetto

#### Sundays, September 5-October 10

Tennis courts 10 and 11. Instructor: Mike Gardetto. Mike Gardetto is USPTA-certified and has been giving



tennis lessons at SCLH for the past seven years. Group lessons with four to 12 participants per group. Focus is on basics of forehand,

backhand, and serves. Proper doubles strategies are also covered. **Six-week session — \$65.**



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**Intermediate —**  
**9:00-9:50 AM — 790600-08**  
**Advanced —**  
**10:00-10:50 AM — 790500-08**

## Gem Stone Cutting

**Intro to Gem Cutting • Mondays,  
 October 11-November 1 — 3081-09**

1:00-3:00 PM (KS). Instructors: Dave Fisk and John Neil of Gem & Mineral Society. Class \$30. Supply fee \$15 payable to instructor. Class is limited to six students for optimum learning. This “hands-on” class provides instruction on safety and operation of lapidary equipment and methods and materials for creating cabochon gemstones. This course must be taken prior to equipment use during Gem and Jewelry Open Workshop sessions. There are four class sessions per course. The photo is of Laguna agates — Cabochons. Questions? Contact instructor Dave Fisk, 434-0747. RSVP ◆◆ by 10/4.

**Lost Wax Jewelry Casting  
 Mondays, October 11-  
 November 1 — 3130-09**

9:00 AM-12:00 PM for class weeks one, two, & four; 8:00-9:00 AM and 1:00-3:00 PM for week three (October 25) (KS). Instructor: Dave Fisk. \$75. Materials fee \$20 payable to instructor first day of class. Learn basic techniques of this millennia-



old craft. Create wax model of desired jewelry or object, invest the model in a plaster-like mold, burn out the wax in a high temperature oven,

inject the metal with a centrifuge, and finish the casting using jeweler’s buff and other tools. Photo is of Lost Wax Ring. Upon completion of the class, students may attend Gem and Jewelry Open Workshops for a nominal fee to use casting equipment. No makeup classes. Requires separate acquisition of casting metal (gold/silver). Silver available from instructor at cost. Questions? Contact instructor Dave Fisk, 434-0747. RSVP ◆◆ by 10/4.

**Jewelry Fabrication • Mondays,  
 October 11-November 1 — 3160-09**

1:00-3:00 PM (KS). Instructor: Chuck Defrenzo. \$60 (four sessions). Learn the basic techniques of metal jewelry sawing and soldering, and more advanced

techniques as time permits. Create a bezel setting for a cabochon gemstone and finish using jeweler’s buff and other tools. Upon completion of class, students may attend Gem and Jewelry Open Workshop for a nominal fee to use equipment. No makeup classes. Maximum of six students. Materials fee of \$10 payable to instructor at first class. Requires separate acquisition of metal (gold/silver). *About the Instructor:* First introduced to custom jewelry mountings (silver and gold) at a local evening school class, Chuck has been creating custom jewelry mountings since 1960. His work has been displayed at the L.A. County Fair, lapidary club shows and his talent has been tapped by the professional jewelry trade. RSVP ◆◆ by 10/4.

**Gem and Jewelry Open Workshop**

Most Mondays and Wednesdays, the Lapidary Shop is open from 8:00 AM-12:00 PM. Most Mondays, the Lapidary Shop and the Casting Shop share the space from 12:00-4:00 PM. Most Wednesdays, lab session from 6:00-8:00 PM, Sierra Room (KS). These workshops are open to experienced persons (after orientation) or those who have completed the Intro to Gem Cutting, Lost Wax Casting or Jewelry Fabrication classes. Experts from the Gem & Mineral Society will oversee the lab. Use lab and equipment including diamond saws, grinders, polishers and drill, and lost wax equipment. Maintenance fee \$5 per two-hour session. Pay Shop Master upon arrival. Questions? Call Dave Fisk, 434-0747.

## Glass Art

### —Fused Glass—

**Beginning Fused Glass Jewelry •  
 Tuesdays, October 19-  
 November 9 — 3098-09**

1:00-4:00 PM (KS). Instructor: Kate Uppal. \$60 (three sessions, no class November 2). If you’ve been wondering how to make a unique, beautiful piece of dichroic glass jewelry, this is the class for you! Dichroic glass, with its ethereal, opal-like quality, makes jewelry unforgettable. In this fun and creative class, learn to make beautiful fused glass jewelry and other small treasures. Included will be the fundamentals of glass fusing: designing, glass cutting, compatibility, safety, and fusing as well as finishing techniques and the proper methods for applying various

findings to complete your designs using both regular and dichroic glass. Students will be given individual attention to accomplish their goals. Students will have an opportunity to create several pieces including: pendants, beads and earrings. Sign up early, class size is limited. Students pay \$40 supply fee to instructor on first day of class to cover required materials to make the jewelry pieces. Students bring paper and pencils and



tweezers; optional: camera. *About the instructor:* Kate Uppal has been working and exploring different forms of fused glass

and precious metal clay artwork for the past four years. She has studied under some of the leading experts in glass fusing as well as dichroic jewelry and glass frit artwork with a portfolio of jewelry and glass artwork expressing her fun-loving character. RSVP ◆◆ by 10/12.

**Fusing Glass Workshops**

**September — 3101-01I**  
**October — 3101-01J**

4:00-6:30 PM on Mondays except for the last Monday of the month, 6:00-8:30 PM, (KS). Moderator: Bill Sutherland or Kate Uppal. \$10 each day. Fusing enthusiasts now have a workshop where they can work on their projects. Bring your glass and fusing projects to the workshop and work on your designs. No workshop moderator will be present from September 20-October 11 so no Fused Glass firing after the workshop. Students will be sharing workshop time with stained glass enthusiasts in the Sierra Room (KS). Pay at the Activities Desk each day you attend the workshop.

### —Stained Glass—

**Stained Glass Workshops**

**September — 3101-01I**  
**October — 3101-01J**

4:00-6:30 PM on Mondays except for last Monday of the month, 6:00-8:30 PM, (KS). Moderator Bill Sutherland or



Jordan Gorell. \$10 each day. Due to nature and expense of working with glass and equipment, this workshop is for experienced students only. A moderator will be in attendance to supervise students to



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safely use equipment but will not teach new methods. If you have experience working with glass but have not had instruction, please inform the monitor prior to enrolling in the workshop to obtain clearance for equipment use. Stained Glass class will be offered next year. Students will be sharing workshop time with fused glass enthusiasts. Pay at Activities Desk each day you attend.

## Jewelry

### —Beading—

#### Six Strands? No Problem Necklace Tuesdays,

September 21 & 28 — 3011-07

9:30 AM-12:00 PM (KS). Instructor: Cathie Szabo. \$30. **Perfect for beginners!** Techniques learned in class are basic and a good way to find out if beading/jewelry making is for you! Just simple stringing and a little patience is all that's needed to create a magnificent six-strand necklace that's sure to be the envy of all. You won't



believe how easy it is to make this necklace. Check out the samples in the display window in OC by the

Fine Arts Room. Choose two complementary or shades of the same color, arrange them in pleasing patterns on each string – that's it! If six-strands are too much for you, Cathie will help you adapt the necklace to less number of strands. Be sure you get the materials list when you sign up for the class. RSVP ♦♦ by 9/14.

#### Jewelry from Cabochons, Rocks and Fused Glass • Tuesdays, October 5 & 12 — 3011-08

9:30 AM-12:00 PM (KS). Instructor: Donnette Thomas. \$30. I'm sure that a few of you have made a fused glass piece, or have some rocks and cabochons accumulated through the years. This class can help you incorporate your stones, cabs, or fused glass art, into a bracelet, necklace or pin, whatever your preference. I had a cabochon that was in my jewelry box for years until I rescued it. You can see this cabochon, an Oregon Briggs (brown & beige) in the display case at OC. If you know how to crochet, I have sample bracelets of crocheted wire with focals in the display case as

well. If you have any questions about the class, Donnette is always available by phone: 425-3666. Be sure to check the materials list that prints on your receipt when you register for the class. RSVP ♦♦ by 9/28.

#### Loop the Loop Bracelet • Tuesdays, October 19 & 26 — 3011-09

9:30 AM-12:00 PM (KS). Instructor: Cathie Szabo. \$30. Are you a fun person? If so, here's a bracelet that echoes your fun personality. Loops of beads alternate all around an easily stitched base. Choose fun colors as an accent or classic colors to go with everything. Familiarity with small beads and stitching is best for this project, but beginners can choose the "chunkier" option on the materials list for an easier introduction to bead stitching. And "old pros" at stitching can opt for either the "daintier" or the chunkier version. Instructions will include how to do both versions. Be sure you get the materials list when you sign up for the class. RSVP ♦♦ by 10/12.

### —Precious Metal Clay (PMC)—

#### Beads and Hollow Forms

Tuesday, October 5 — 3160-08

10:00 AM-5:00 PM. (KS). Instructor: Jewelry artist, Patrik Kusek. Class fee: \$51 plus \$31 materials fee. In this day long workshop you'll learn the fundamentals of making beads and hollow forms. Patrik will demonstrate how to make



beads without a core—tube beads, solid beads, lentil beads and sandwich beads. You will leave with several completed beads, designed and constructed by *you!* You will receive handouts and resources, and the skills necessary to make fine silver jewelry from start to finish in your own home! Materials fee will include one package PMC+ and some consumables in class in like paper, butane etc. Instructor's tools will also be available for students to use if needed. Extra materials, tools etc. will be available for purchase after class. RSVP ♦♦ by 9/14.

## Language

#### Beginning Conversational French

Thursdays, October 7-28 — 6090-08A

9:30-11:30 AM.(OC) Instructor: Claire Michelet. \$64. Prepare for your travel in France and learn how to converse in French using real-life situations. Acquire basic French conversational skills and learn all the essential sentences that will make a difference in your stay abroad, plus an insight into local customs. This class is designed for true beginners and also for those who have no practice or relatively no recent practice of spoken French and want to pick up from what they can remember. Topics covered in this class are: Introduction, Personal Identification, Physical Environment (Calendar, Time, Directions, Numbers, Colors), Meals, Food & Drink. RSVP ♦♦ by 9/30.

#### Intermediate Conversational French • Wednesdays, October 6-27 — 6090-08B

4:00-6:00 PM.(OC) Instructor: Claire Michelet. \$64. Refine your conversational skills through a variety of inspirational and pertinent topics. Delve into French Culture and gain an in-depth understanding of its particularities and differences. There will be a special emphasis on pronunciation, and rhythm of the French language. This class is designed for students who have a basic understanding of the French language. This class is not for beginners! Topics covered in this class are: French Savoir-Vivre, French Delicacies, & Real Life Situations Part 1 (Greetings, At the Restaurant, & Shopping). RSVP ♦♦ by 9/29.



## Music

### —Guitar —

#### Guitar I – Introduction to Guitar Fridays, October 29-December 17 — 4261-09A

8:30-10:30 AM (KS), Instructor: Bill Sveglini. \$57 (seven sessions, no class November 26). This class is designed for the person that has not played before or hasn't played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Use nylon string guitar as the strings are easier to press down and you have more room for your fingers when you learn and play chords. The teacher will be



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happy to advise you on the purchase of a guitar if you need help in selecting one. Supply list will be provided upon registration. Most supplies will be available for purchase from instructor first day of class. Questions? Please call Bill at 434-5655. RSVP ◆◆ by 10/22.

### Guitar II — Intermediate • Thursdays, October 14 - December 9 — 4261-09B

8:00-10:00 AM (OC). Instructor: Bill Sveglini. \$65 (eight sessions, no class November 25). This class continues the course of study in Guitar I. Course of study includes: reading music in the first position, learning basic chords and chord patterns, strumming and basic finger-picking and use of guitar pick. The class will also provide basics of music knowledge (notes, rests, measures, bar lines, etc.). Learn and play many old favorite songs in varied styles as well as sing while you play. The class promises to be a lot of fun. New students, ask for Supply List when registering. RSVP ◆◆ by 10/7.



### Guitar III – Advanced Thursdays, October 14- December 9 — 4261-09C

10:00 AM-12:00 PM (OC). Instructor: Bill Sveglini. \$65 (eight sessions, no class November 25). **Prerequisite:** Students must have instructor's approval to enroll in this class. The class is a continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. We continue to study finger picking for various styles of music. Class will also introduce students to varied types of ensemble playing, duets, trios, and quartets. RSVP ◆◆ by 10/7.

## -Music History -

### New! History of Movie Musicals, Part I Thursdays, September 23- October 14 — 4271-08A

10:00 AM-12:00 PM (Kilaga Presentation Hall). Instructor: Ray Ashton. \$20 (four sessions). We are happy to announce that Ray Ashton will be continuing his highly entertaining and informative class presentation on various musical histories as a regular instructor in our community. This class is *not* presented thru Osher Lifelong Learn-

ing Institute. For his first class, Ray will bring the class to a journey in the History of Movie Musicals from the grand experiment of the *Jazz Singer* starring the great Al Jolson, to the backstage musical, to the incomparable Fred Astaire. Experience the athletic Gene Kelly, the enchanting Rita Hayworth, and the wonderful Judy Garland on the big screen while Ray covers the history of their movies.



Discover the masterful movie directors who changed everything and the studios that encouraged their grand vision, MGM, 20<sup>th</sup> and Columbia. Finally, in this session, see how the Broadway musical came to Hollywood. Each class will include video clips, lecture and class discussion. Movie enthusiasts, music lovers and history buffs will find this class educational and fun. For additional information and special previews of each class, visit [rayashton.com](http://rayashton.com). Sign up at the Activities desk for this class. RSVP ◆◆ now.

### History of Movie Musicals, Part II Thursdays • October 28- November 18 — 4271-08B

10:00 AM-12:00 PM Presentation Hall (KS). Instructor: Ray Ashton. \$20 (four sessions). This class is *not* presented thru Osher Lifelong Learning Institute. Part 2 begins with a look at two of the Movie Musicals greatest directors: Robert Wise and Bob Fosse. Study their unique visual styles and the way they changed the Movie Musical forever. See the majesty of the Sound of Music and the remarkable artistic achievement of West Side Story, the fabulous style of Cabaret and the prophetic All That Jazz. In the final two classes, we will explore the resurgence of the Movie Musical in the 21st century visiting more Broadway classics like The Producers and The Phantom of the Opera, popular hits like Mama Mia and the disturbing Sondheim masterpiece Sweeney Todd. So... get ready for a musical and theatrical treat as we complete our journey and enter the new millennium through the history of movie musicals. Sign up at the Activities desk for this class. RSVP ◆◆ by 10/7.

## -Keyboard -

**Play In a Day, Keyboard Class**  
Tuesday, October 26 — 4270-09A  
10:00 AM-12:00 PM (OC). Instructor:

Greg Isett and/or Karen Ramirez of Music Exchange. \$30. Have you always wanted to play the piano keyboard but never had the chance? If so, then this is the class for you! The music experts of Music Exchange are bringing their wonderful "Play In a Day" music program to our community. Play in a Day is a two-hour keyboard class designed for the beginner who wants to see if it's possible to play a key-



board instrument. This fun class will teach students how to read music, learn to play chords and familiarize themselves with the keyboard. At the end of the two-hour class, students will learn to play "Canon in D," "Ode to Joy" and several other songs arranged for beginners. Class will provide the practice keyboards, workbook, a beginner music book and a CD with the musical background used on the class for each student. Class size is limited to eight, so sign up early! Additional classes will be scheduled depending on student interest. RSVP ◆◆ by 10/19.

### Play In a Day, Keyboard Continuation Class Tuesday, September 28- October 19 — 4270-07B

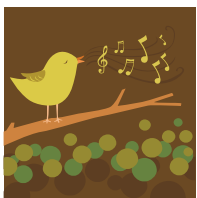
10:00-11:00 AM (OC). Instructors: Greg Isett and/or Karen Ramirez of Music Exchange. \$48 (four sessions, no class November 23 for November session). **Prerequisite:** Must have completed Play In a Day Keyboard Class. The fun continues! From the successful Play In A Day Keyboard class, this four-week class will cover all the topics needed to play the piano, keyboard or organ. You will learn music terminology, read notes, count and play all of the major and minor chords. You will also learn the basic set up of all brands of keyboards. The one hour class will provide both lecture and hands on activities. Keyboards are provided. Class fee includes basic Music book and handouts. RSVP ◆◆ by 9/21 or 10/26.

## -Voice -

### Singers Vocal Boot Camp Continuation • Fridays, October 29- December 17 — 6131-09

10:45 AM-12:45 PM (KS). Instructor: Bill Sveglini. \$57 (seven sessions, no class November 26). **Prerequisite:** Completion

of first Vocal Boot Camp or have studied music. NOTE: *Class starts and ends one*



*week later than advertised in July Compass.* This is a continuation class of Vocal Boot camp. We will continue to learn and improve on reading and following sheet music.

We will study rhythm and work very hard on notation recognition in treble and bass clefs. RSVP ♦♦ by 10/22.

## Rescue & Preparedness

### Community Emergency Response Team Class

**October 20, 22, 26 & 27 — 6013-09**

9:00 AM-4:00 PM (OC). Instructor: Aaron Bjorgum from City of Lincoln Fire Department. Free (four sessions). Be part of



the team! Would you like to be better prepared in the event of an emergency

or disaster? Would you like to be part of a team helping your neighbors during and after an emergency or disaster? You are invited to register to take a CERT (Community Emergency Response Team) class. CERT is a 20 hour course on Disaster Preparedness, Fire Suppression, Light Search and Rescue, Disaster Medical Operations, with an emphasis on team building and safety. CERT training involves some lifting and you should be in average physical health. This four day class is free and includes text book and lunch. To be certified, you must attend all classes. For further information, contact CERT Chairperson, Bill Szabo at 434-6667 or Luci Hightower, SCLHCA Executive Assistant, at 625-4062. RSVP ♦♦ by 10/13.

## Sewing

*Residents must be certified to use Association sewing machines. A one-hour certification class on how to operate and maintain the machines is offered the second Monday each month in the Sewing Room.*

### Bernina 440 Quilting Certification Monday, October 4

**Or October 25 — 4058-09**

4:00-5:00 PM (OC). Instructor: Sylvia Feldman. \$50. Learn comprehensive

free-motion stippling for quilting with fabric mover using our new Bernina 440 Quilting machine. There will be instructions on the use and care of the machine with all the features and enhancements the machine has to offer. This one-hour, one-on-one intensive training class will leave the student with confidence and ease to use the machine. Class fee covers all materials needed for the training including batting materials, thread, fabric and step-by-step instructions. RSVP ♦♦ five days before class date.

### Bernina Serger Certification — 4055-011

Second Monday of the month, 1:30-2:30 PM (OC). \$15. Instructor: Sylvia Feldman. All supplies will be provided during class. Class limited to three students.

### Bernina Sewing Machine Certification — 4054-011

Second Monday of the month, 3:00-4:00 PM (OC). \$13. Instructor: Sylvia Feldman. Class cost includes a sewing starter kit with bobbins & needles. Please bring your own scissors to the class.

## —Creative Hardanger—

### Hardanger Norwegian Embroidery Tuesdays, October 5-26 — 4022-01J

3:30-5:30 PM (OC). Instructor: Ana



Bertha Valbuena. \$28 (four sessions) Want to acquire a new and easy hobby? Join us in the Sewing Room as resident instructor Ana

Bertha shows you the techniques in this beautiful embroidery form from Norway. First hour provides students with general embroidery instruction. Remaining class time is geared to practicing basic Kloster stitches. You will need to purchase a kit the first day of class from instructor: small kit \$12.50, large kit \$20. RSVP ♦♦ by 9/28.

## —Doll Class—

### Soft Fabric Doll Class Tuesdays, September 28-

**October 19 — 3180-08**

1:00-4:00 PM (KS). Instructor : Nancie Wiseman. \$60. Materials fee: \$10 payable to instructor. **Prerequisite:** Student must bring their own sewing machine to

class (no sewing machines will be provided). Learn the basic art for creating a soft sculptured doll in this four-week class. You'll be given the directions for this fabulous tall doll that can be made to either permanently sit with bent knees or stand 18"-20" tall. You'll learn



to paint her face as well as create and sculpt her body and make all of her clothing including shoes and underwear. Doll making is intriguing and fun and the best part is decorating and embellishing their clothes with odds and ends of lace and flowers and buttons left in your sewing drawer.

Nancie will help you decorate your doll and make her extra special and each doll will come out with a completely different look and dress depending on the fabrics, laces and embellishments you choose. See the doll example in the window display at Orchard Creek for more details and inspiration. \$10 materials fee includes pattern, use of all glues, pens for drawing faces, Ink for printing faces, stencils and stamps for making faces, stuffing tools, turning tools, buttons for joints, heavy threads for joining body parts. This project will be a great gift for your grandchildren or anyone who collects dolls. RSVP ♦♦ by 9/21.

## —Knitting—

### Beginning Knitting • Wednesdays, September 15-29 — 4070-08A

1:00-3:00 PM. (OC). Instructor: Nancie Wiseman. \$30. This class is for the real beginning knitter. If you have knitted long ago, need a refresher, or want to learn how to knit, come to this class



and learn the joy and relaxation of this timeless craft. You'll learn the basics and begin to understand

the skill as Nancie teaches you to cast on, knit, purl and bind off. Even if you already have some basic knitting skills you are sure to pick up some tips and techniques from this class. See Intermediate Knitting for more information on Nancie. Students must bring a size 7 or 8 straight or circular knitting needle (if you know how to use it) and worsted weight yarn in a light color to class. RSVP ♦♦ by 9/8.





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**Intermediate Knitting • Mondays, October 4-25 — 4070-08B**

9:00 AM-12:00 PM (KS). Instructor: Nancie Wiseman. \$60(four sessions). **Prerequisite:** Must know how to Knit, Purl and Cast On. This class is for anyone who already knows how to knit but would like



to improve their knitting with help on ideas such as reading instructions, checking gauge, working intarsia, cables, lace, short rows, and buttonholes, finishing, or improving general knowledge of knitting. Bring the knitting you are working on plus the pattern or the supplies to start a new project and Nancie will help you finish your knitted projects while you improve your knitting skills. About the instructor: A 1992 International Design competition winner, Nancie not only designs but writes patterns for several yarn companies as well as writes articles and knitting designs for all of the major knitting magazines. Additionally, she has written nine books on Knitting and Crochet and two books on Quilting. RSVP ♦♦ by 9/27.

**Writing**

**New! How to Tell Your Story Wednesdays, October 20-November 10 — 3140-09**

9:30 -11:30 AM (KS). Instructor: Fred Ekman. \$48 (four sessions). Have you ever thought of sharing some of your memories of your childhood, teenage years and beyond with your kids and grand-

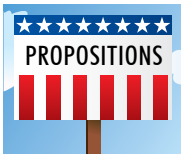


kids, but aren't really sure how to get started? This workshop will help you recall childhood words and phrases. The use of photos will help you remember special moments. Explore ways of telling your story without putting your readers to sleep, by writing in voice. In this workshop we will capture 60 plus years in 15 year increments. Finally, we'll discuss examples of printing and binding options. Your finished auto-bio should make great Holiday gifts for the young ones! Bring your laptop, or paper and pencil, and relive your past. For more information, contact Fred Ekman at fred@fredekman.com or (916) 709-2496.



**Just the Facts, Please! State Election Propositions Monday, September 20**

10:00 AM-12:00 PM, OC Ballroom. Are you curious about the upcoming state election propositions? Do you want political information that is more understandable? Join our Placer County guest panelists Kathy Sousa and Randi Swizely



from The League of Women Voters (LWV) to discuss these issues, the pros and cons! The LWV works "to encourage informed and active participation in government." The LWV efforts are non-partisan. The nine qualified state propositions will be presented, literature hand-outs provided, and questions answered. The Lincoln Hills Second Cup of Coffee Group and the Communications and Community Relations Committee is jointly sponsoring this free event. Forrest Funk and Sonya Woods from the Second Cup of Coffee Group will be the program moderators. Please join us for this educational and informative session.

**The Lincoln City Council Candidates Forum Tuesday, September 28**

10:00 AM-12:00 PM, OC Front Ballroom. Two city of Lincoln Council seats are open for the November 2 Election! The Lincoln Hills Community Forum has extended an invitation to the qualified candidates for a Candidates Forum.



Today, two Lincoln Hills residents are in the running! A resident moderator will make the introductions with the City Clerk and each candidate will present a short bio and interest for this position. Next, we will proceed to ask questions to each candidate for a short response. The following are some sample questions only. "What are your individual positions on the City's budget

and general revenue dilemma?;" "Is the proposed ballot Utility Tax the only new revenue stream?;" "What impact will occur if the proposed school bond ballot does not pass?;" and more!! If time permits, question cards from the audience will have been collected and selected for the candidates' response. Please join us for this important moment prior to voting, listening to our future city leaders inform and share their visions with our community residents.

**Preparing for End of Life Issues Tuesday, October 5**

7:00-8:30 PM, Presentation Hall (KS). Michael Gunther Maher, MD, Chief, Continuing Care at Kaiser Permanente, has a passion for caring for older patients. He sees the need for expertise



and compassion because of the important implications for quality of life for both the patient and the families. Dr. Gunther Maher will help us learn how to prepare for the End of

Life. We will gain a clear understanding of what an Advance Directive means in relation to managing our health care. He'll also discuss end of life scenarios: CPR; the role of hospitals, nursing homes, and hospice care. There will be ample time for questions. Please join us for this thought-provoking presentation as we learn to age gracefully. Free.

**The A, B, C ... and D's of Medicare Wednesday, November 3**

7:00 - 8:30 PM, Orchard Creek Ballroom. Margaret Reilly, HICAP (Health Insurance Counseling and Advocacy Program) Program Manager for the nine-county Sacramento region, is proud of the advocacy and educational functions of HICAP.



She has many years of non-profit experience, focusing on Health and Human Services. Ms. Reilly will discuss the A, B, C ... and D's

of Medicare and include what to expect from the *Affordable Care Act of 2011*. There will be ample time for questions. Please join us for this timely presentation as we enter the enrollment period for Medicare options. Free.



## Open Space Report

*continued from page 19*

fire fuels is cited as a success which should be continued. Invasion by beavers continues to be a challenge. Management of the beaver population is critical to protection of the wetlands and maintenance of the small remnant of trees in our Open Spaces—and sometimes in residents' yards. Several years ago we obtained permission to implement an eradication program for Yellow Starthistle, a non-native plant that has invaded much of California. Our preserve areas still have a small scattered population of this noxious plant, but growth is controlled by selective spraying and hand pulling. Since seeds of this plant can survive for years before sprouting, control is a long-term project.

Three other non-native weeds were pointed out for control: Stinkwort, Rush skeletonweed, and Klamathweed (also known as St. Johnswort). Stinkwort and Rush skeleton are members of the sunflower family. These weeds like damper areas although Klamathweed will also flourish in dry areas. Our Facilities Department was provided Open Space maps with infestations of these weeds noted. It is interesting how such weeds migrate to new areas. Nature

has provided them with the ability to have seeds carried on the winds, on animals or humans, or by passing through the digestive systems of migrating birds or other animals. Our facilities staff has reviewed the biologist's report and made site inspections for all locations listed. Schedules have been prepared to address these areas, taking into consideration seasonal aspects of these plant's lives.

It is interesting to note that the biologist's report list more than 110 plant types within our preserve areas, almost 90 bird varieties, and several mammals which have been observed during site inspections. During the presentation to our Board, a question was asked about the current proliferation of voles (also known as meadow mice) that seem to be eating our lawns and shrubs. Dr. Shea told us that these creatures grow in three-year cycles and that this is a banner year. Between the predators that consume voles and the natural cycle, we should see them become a much lesser problem soon.

So, enjoy using our trails and the sights of our wonderful connection with nature. Just leave the care of the Open Space preserve areas to our Facilities Department and consider what a privilege it is to have these resources at hand.

## A Good Book

*continued from page 35*

Recently, volunteer Adrian Felice has worked to develop a binder with suggested authors within a certain genre. The categories include: Espionage, Female Detectives, General Fiction, Historical Fiction, Horror, Humorous, Military, Mysteries & Thrillers, Romance and Science Fiction/Time Travel. For example, I am a fan of Sue Grafton and learned that Perri O'Shaughnessy writes with a similar style and story line. The binder is located on top of the area holding the classic books and will also include the *New York Times* Best Seller List.

Thanks to those who continue to donate newer (after 2002) books. Call volunteer Sally Scotch at 543-0792 and she will coordinate a time for you to drop off more than two or three. Volunteer opportunities are available to help us maintain the shelves in Kilaga Springs and Orchard Creek — call Sandy Maloff at 408-2368. Investment materials are maintained by Cleon Johnson, 408-5648. The Community Living Room (OC) contact is Nina Mazzo at 408-7620.



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**Retractable Patio Covers**



Retractable patio awnings create an outdoor entertainment area while protecting you, your furniture, and your plants from the hot sun.

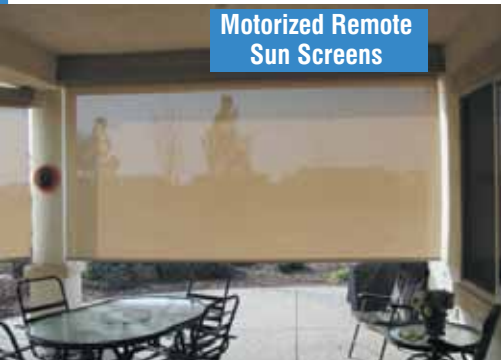
- Full Design Recommendations
- Familiar with SCLH Design Guidelines
- Lincoln Hills References
- Locally Owned & Operated
- Personalized Service
- More info on products—



**Retractable Window Awnings On Sunrooms**

Retractable window awnings allow you to take control of hot sun while enhancing the beauty of your sunroom.

**Motorized Remote Sun Screens**



With shade screens at a 6% openness, you won't feel boxed in and your plants will love the diffused light.



**UV Protection Sun Screens**



Sollette sun screens allow afternoon entertaining without you and your guests having to retreat indoors because of bright, hot summer sun.

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

**Don's Awnings, Inc.**

(916) 773-7616

Roseville, CA

Lic. #408203

Financing available OAC



**Combination Lattice & Sun Screens**



**Don Libolt Owner-Builder**

