

# THE WILDWOOD Independent

Friday, January 20, 2023

theunion.com/news/twi/

Volume 46 No.2

## Teamwork

District 4 Update from Supervisor Sue Hoek January 2023

### SUPERVISOR DISTRICT IV



Sue Hoek

Hello, Nevada County! In early January, when I was sworn in to my second term as District 4 Supervisor, I declared 2023 the Year of the Heart. May we have the courage to reach out with kindness, compassion, and integrity. May the fruits of our labor yield gratitude and generosity. Let's live on that for 2023.

### Emergency Proclamation

On January 10, Nevada County joined 18 other California counties in proclaiming a local emergency due to the series of winter storms that have brought substantial rain, high winds, and significant snowfall at higher elevations, resulting in damage to county roads due to fallen trees, debris flows, and culvert failures. The local emergency proclamation, in addition to state and federal emergency declarations, allows Nevada County to respond more effectively to winter storm impacts, seek and utilize mutual aid as needed, obtain state and federal funding where available, and ensure the county has the necessary tools to endure the ongoing weather events.

Nevada County OES and partners continue to respond, monitor, and stay prepared for the ongoing storms and encourage residents to do the following to stay prepared:

- Fuel up your personal vehicle and make sure you have fuel for your generator
- Check on your neighbors
- Stay tuned to trusted news sources, such as local media outlets and government agencies
- Make sure you have enough groceries for 72 hours
- Ensure you have a secondary way to heat your home
- Charge your cell phone, tablet, laptop, etc.
- Call 211 - not 911 - for non-emergencies
- Sign up for emergency alerts through CodeRED by:
  - visiting [ReadyNevadaCounty.org/EmergencyAlerts](http://ReadyNevadaCounty.org/EmergencyAlerts)
  - texting ReadyNevadaCounty to 99411 and follow the link; or,
  - calling 211 for assistance from a Connecting Point call agent.
- Avoid flooded roads, and never try to drive across a flooded road
- Be aware of flooding concerns along waterways and low-lying areas
- Secure household items that may blow away in high winds
- Use sandbags to mitigate flooding on your property. The county of Nevada has no cost sandbags at four sites listed here and are first come first serve: [www.ReadyNevadaCounty.org/Sandbags](http://www.ReadyNevadaCounty.org/Sandbags)
- Report down trees or flooding on County maintained roads at [www.NevadaCountyCA.gov/ServiceRequest](http://www.NevadaCountyCA.gov/ServiceRequest) for by calling (530) 265-1411
- Report sewer overflows, spills, or flashing lights at wastewater facilities by calling 530-265-1555 to help us prevent or address spills. Do not open sewer cleanouts or break pipes to drain stormwater.

Continued on Page 10

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## INSIDE

### Mother Nature Rules

6

### Pickleball Facts & Myths

9

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# New Beginnings?

CATHY'S SPACE



Cathy Fagan

I have high hopes that 2023 will be a better year than last year.

As I sit here in “my chair” watching the endless rain soaking the earth, I want to be grateful that this might end the drought, and it just might. I am hoping that our elected representatives in Washington will get back to the business of taking care of the people and stop the petty squabbling, we’ll see. I dream that the conflict in Ukraine might be coming to a close, and the prospects look good. The ongoing pandemic seems to be getting under control, but it we still have to stay alert. The challenges with homelessness, immigration, world strife and hunger will always be with us, but we are working on those.

I plan to stop watching so much news and start listening to some good classical music, reading some good novels (no, not Harry’s family problems), and do some journal writing. Social media can have a profound effect on all of us if we let it. I am choosing not to let it.

Being a member of that 1% generation that has experienced it all, I am confident that we will endure and return to normalcy, whatever that is. In the meantime, I am going to just retreat to my kitchen, bake some cookies, have a glass of wine, and listen to Jesse Cook on Pandora.

# Easy Does It

Y'THINK?



Alex Alexander

How many people do you know who are “easy”? You’re instantly comfortable with them. You feel better in their presence. They make no demands of you, explicitly or implicitly. They don’t judge you. They are what they are, they accept you for what you are, and you love them for it.

Humanity moves forward on the backs of our strivers...those intense, productive leaders, who move the world forward to bigger and better things. Strivers get our attention. They command it with their irrepresible energy. They take up a lot of emotional space. They motivate us. They fill the air with a “get it done” vibration, and we respond to that...we get it done.

Yet our easy people have equal strength, and they express it through persistent joy and resilience in the face of life’s randomness and occasional cruelty. It’s the easy people who bring peace, contentment, and satisfaction. They’re the ones who show us how to enjoy the blessings brought by the strivers, while avoiding the stress, conflict, and discontent that makes them strive.

Easy doesn’t mean lazy. It doesn’t even mean laid back, although it is a go-with-the-flow mentality. Easy people take what comes their way and make it work for them. They adapt. They help humanity settle in to the creations of the strivers, and to smooth the rough edges strivers leave in their wake.

My first awareness of easy people and strivers was brought to me by the play-time of my own two very young daughters, many years ago. They would often play school. You guessed it; the striver was the teacher and the easy girl was the student. They were already perfectly attuned to their roles, their characters already taking on the shapes that over the years refined and matured as they grew into young womanhood and now maturity.

Humanity is fragmented into many personality types, not simply easy people and strivers. We also have rebels, academics, caretakers, hermits, introverts and extroverts, leaders and followers, daredevils and safety-seekers, and hundreds of others. And we are each an unpredictable mix of many of these types...nobody is an academic and nothing else...nobody is a striver and nothing else...nobody is easy and nothing else.

I’ve made a hobby of studying personality types and the ways their minds work. You see some of that in these Y’Think? columns. But in all my studies, I’ve never seen an explanation of what I’m calling “easy people,” and I wonder why that is, because it’s clear to me that they exist, probably in large numbers. And it’s equally clear to me that humanity benefits from them in important ways.

It takes a lot of strength to be easy in a world that values striving and the more assertive personality traits. We define success as achievement, and the greater the

Continued on Page 13

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# Notable moments in the life of Martin Luther King, Jr.

Sourced from Metro Creative

Few individuals in American history have made an impact as sizable as Martin Luther King, Jr. King wore many hats throughout his tragically short life, from minister to activist to scholar, leaving behind a legacy that is worthy of celebration.

Though King was assassinated before he even reached his fortieth birthday, his life was filled with many notable events. Many of those events positively affected, and continue to affect, the lives of millions of others. The Martin Luther King, Jr. Research and Education Institute at Stanford University notes that the following are some of the major events of King's life.

**January 15, 1929:** Now commemorated annually as Martin Luther King, Jr. Day (in 2023, the holiday is observed on Monday, January 16), January 15 marks the day King was born in 1929. King was born in Atlanta, where his father was a pastor at the Ebenezer church.

**September 20, 1944:** Despite being only 15 years old, King begins his freshman year at Morehouse College. King was only a high school junior in 1944, but he was admitted to Morehouse, where his father studied for his ministerial degree, after passing the school's entrance exam.

**August 6, 1946:** King's letter to the editor of *The Atlanta Constitution* is published. The letter reflects King's belief that Black Americans are entitled to the same rights and opportunities as White Americans. King's father later admitted this letter was the first time he and his wife recognized their son's "developing greatness."



Photo from Metro Creative

**February 25, 1948:** Following in his father's footsteps, King is ordained and appointed assistant pastor at Ebenezer Baptist Church in his hometown of Atlanta.

**June 8, 1948:** King earns his bachelor of arts degree in sociology from Morehouse College.

**May 6-8, 1951:** King graduates from Crozer Theological Seminary in Chester, Pennsylvania. He delivers the valedictory address during the graduation ceremony.

*Continued on Page 13*



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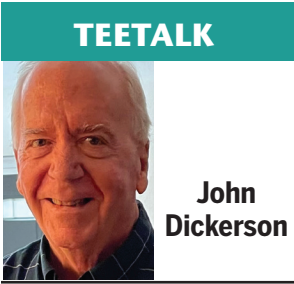
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SPORTS

Mother Nature Rules



The Lake Wildwood Women’s Golf Club kicked off the 2023 Tournament Year with a great event played from the Green Tees in blue bird weather and under a balmy 73-degree temperature. Sunscreen was a must and aloha shirts were the dress code for the day. Oops... must have been a flash back to my years on the Garden Isle.

January Tournament Results:  
Grand Award Winner—Mother Nature  
Last Place—Waterlogged Ladies

Now is the perfect time to become a member of the Lake Wildwood Women’s 18 Hole Golf Club. You haven’t missed a thing, thanks to the timely intervention of Mother Nature, and some great events are coming up starting with the Queen of Hearts Tournament in February chaired by Terri Mesple and Nina Quintal. Coming up after that will be the Saint Patrick’s Day and Queen Bee events...always a lot of fun to play in. These monthly tournaments are always enjoyable, and you don’t have to be a low handicapper to do well... just tee it up and have fun for 18 holes

of golf on our beautiful course with a welcoming group of Lake Wildwood women golfers. Dues are only \$120 for the year and that includes your NCGA membership and GHIN Handicap. Contact Membership Chairman, Patti Egge, at (530) 432-3545 for details on how to join our intrepid group.

**Famous Golf Quotes:**  
“Reverse every natural instinct and do the opposite of what you are inclined to do, and you will probably come very close to having a perfect golf swing.”  
-Ben Hogan

The Lake Wildwood Women’s Golf Club plays weekly on Thursday mornings and is always looking for new members who enjoy some friendly 18-hole competition. If you are a woman resident of Lake Wildwood and want to play golf with some fun gals, contact Patti Egge at (530) 432-3545 for details on how to join. Club-related information and success stories about members who did well at an Away Day or Invitational can be sent to jbd3886@gmail.com. The deadline for the next issue is January 25. Your help makes this article possible. Keep smiling and stay healthy...We’ll see you on the Green!

EDITOR’S NOTE  
From page 2

Even for the places/experiences I am familiar with (like going to the river, camping, hiking, etc.), curating a trip for another person takes a lot more preparation. There is this vulnerability and worry if the person will like something just as much as you do, or if cultural differences mean they

will experience a place in an entirely different light. My boyfriend had fun at the Yuba, but the swiftness of the river certainly surprised him since he was only used to swimming in a pool. In summary, I recommend becoming a “tour guide” for at least a day if you haven’t, or at least start thinking like one. What are the parts of our community you haven’t seen or appreciated?  
The Wildwood Independent Editor

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SPORTS

# Thinking about Fishing Soon!

By Katie Minor, Fishing Club Press Secretary



Photo by Katie Minor | Ron Minor, San Mazorra, and Bob Chappell at the Lake Wildwood Annual Picnic in May.

The Lake Wildwood Fishing Club held its first meeting of the year on January 4 in the Manzanita Room at the Community Center. We dodged stormy weather and power outages and had a great turnout with lively, friendly discussions. Club President Jeremy Zimmerman outlined the club plans for 2023 including the tournament, meeting, and event schedule as well as the first time ever Family Friendly Tournament scheduled for April 15.

Along with the tournaments we hope to have several fishing camps to teach safe, legal, and fun techniques for catching a lot of fish, always respecting Lake Wildwood's Catch and Release policy. VP Bob Chappell presented the Fishing Derby Chart for the year and outlined some of the tournament rules (be sure and get your 2023 fishing license).

The Fishing Club has been a sanctioned Lake Wildwood Club for over 35 years and our Mission Statement is to protect and enhance the Lake Wildwood Fishery as well as encouraging the practices of safe, legal, and enjoyable use of our lake. We'll continue to work with the Lake Committee so together, we can accomplish these goals.

We meet the first Wednesday of the month in the Manzanita Room at the Community Center, 6-7:30 p.m. We have roundtable discussions regarding fishing locations, techniques, tackle, occasional speakers and a lot of comradery. Our annual dues are \$20 per person and \$30 for a family and all Lake Wildwood Residents are welcome to attend and join. For more information about the Fishing Club, visit the Lake Wildwood Website, [lwwa.org](http://lwwa.org), or contact Jeremy Zimmerman, [Jeremy.zimmerman@me.com](mailto:Jeremy.zimmerman@me.com).

SPORTS

# Golf Course Maintenance

By Bill Hamilton

So I go on Christmas break and you've cured the drought while I was gone. Thank you very much and hopefully this is an optimistic omen for the coming new year. Locally, we're reporting 14 inches of rain in the past two weeks, and a righteous 30 inches for the fiscal rain year which began on July 1, 2022. The soil profile, which consists of 50 percent mineral and 50 percent pore space by volume, now consists of 50 percent mineral and 50 percent water. These are saturated conditions and all the air has left the soil leaving it waterlogged. Since the water cannot penetrate the soil anymore, it has nowhere to go but sideways; also known as downhill. With no air in the soil, all the earthworms come to the surface for a breath of fresh air.

"Thank you very much," says every soaked turkey on the property. It's always very interesting to see the surface water flows, drainage pathways, and "birdbaths" that the excess rain exposes under these conditions. The uninteresting thing to see is the sheer mess that the trees make as they drop their sticks, branches, and remaining leaves. Just when you thought it was all cleaned up for the winter season. There are a few trees down on the links, but none of those departures will improve my game at all. Just more unscheduled work and firewood.

Based upon what we're seeing today, it's going to be an extended cleanup on the site as the ground is just too wet to support anything but two feet. Patience, winter rules, cart paths, or a Sunday bag will be in play for a while until this soggy earth dries out. No complaints though, NorCal needs the liquid deposits in the reservoir bank.



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SPORTS

# Lake Wildwood Tennis Club

By Nancy Eubanks & Suzanne Cook

The following Lake Wildwood Tennis Club Year End Report reviewing the activities and highlights of the 2022 year was compiled by Nancy Eubanks, president of the Lake Wildwood Tennis Club. (Edited by Sue Cook.)

### Lake Wildwood Tennis Club End of the Year Report 2022

The Tennis Club held two successful tournaments during the 2022 year: Saint Patrick’s Day and Wimbledon. The Poker tournament scheduled in March was cancelled due to lack of available players (many tennis club members were out of town attending the Paribas Tennis Tournament in Indian Wells during that time). Unfortunately, the Fall Turkey Trot was cancelled due to rain. However, we had three teams participate in the Fall Team Tennis Doubles challenge. Average attendance was about 30 people. All participants had a great time! We are going to drop the wording “tournament” and change it to “social event” because we think the word discourages some people from attending. Thank you goes to Mark Bailey for organizing the player formats for all of the Tennis Club social events. Also thank you to the Board for all its hard work putting together these events and to Paul Segel for organizing the Team Tennis Doubles event.

Jordan Walker, the newest member to the tennis teaching team, is providing camps, advancing player sessions, and private lessons for the youth, 18 and under, in our community. For information about Youth Tennis programs and Adult tennis lessons, please contact Paul Segel at the Tennis Office: 530-432-1378. The Tennis Club will continue to assist the Youth Programs by publicizing in *The Wildwood Independent*, *eBits*, and the Tennis Club website. Paul Segel continues to offer lessons to adults.

Lori Brown put together a survey for our club members to let us know what they would like us to do in the future. Although only 17 people responded, the conclusion was we should keep doing the same events—maybe add some more clinics and more social get togethers.

We have added 15 new members. Welcome one and all. However, on a sadder note we lost a long time tennis player, Gary Kahn. He was very active in our events and had previously served on the Tennis committee board, as a member and president. His name will be added to the commemorative plaque.

We ended the year with \$2052.22



Photo by Sue Cook | Jordan Walker in one of his junior clinics.

### Board members will continue for the 2023 year:

- Nancy Eubanks—President
- Lori Brown—Vice President
- Chris Goodwin—Secretary
- Nancy Bell—Treasurer
- Linda Bailey—Vice President/social events
- Sue Cook—Publicity
- Karen Hood—Membership
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- Kathy Elmore—Social committee

Continued on Page 12

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**SPORTS**

# The Lady Niners Welcome 2023

By Arlene Thelen



Photo courtesy of Arlene Thelen

After a month of no Niner golf, the ladies were looking forward to a new year of challenges. The good news/bad news is that there have been steady rainstorms particularly on Tuesdays since New Year's Day. There may have been a few hardy Lady Niners on the course but very few. Most are waiting for drier conditions before playing their first official round of the year. As a result, there have been no scores or special accomplishments to report.

At the December Christmas Party, the 2023 Niner Board was installed. Claire Ross (Captain), Pat Paulo (Co-Captain), Dawn Castaldo (Secretary), Belinda Metzler (Treasurer), Maggie Poppelwell and Pat Paulo (Handicap), Rita Kahil and Randi Kemper (Membership), Jerri Morello, Katie Minor and Bambi Flanigan (Tournaments) and Deborah Stein (Parliamentarian) will have the answers for 2023.

As of January 1 there have been some rule changes that golfers should be aware of: what modifications there are for players with disabilities, how to use a

handicap in stroke play, what to do if a golf club is damaged, what happens if the ball is moved by natural forces and how to use the back-to-the-line procedure. Check the NCGA website for clarification of these topics ([www.usga.org/2023rules](http://www.usga.org/2023rules) and <https://www.randa.org>). The full updates to the official Rules of Golf digital supplication were available starting January 1, 2023.

Jim Knight announced there have been changes to making golf tee times. There will no longer be an option for "TBD" (To Be Determined) because it was circumventing the equal and fair access to tee time requests which is by design the goal of the Lake Wildwood online system. Also as of December 12, 2022, there will be a six-month trial period of the lottery system only allowing foursomes. The Pro Shop will continue to add players to tee times not filled with a foursome. Groups that have been playing as fivesomes may request that the Pro Shop add a fifth player on a case-by-case basis.

The Lady Niners is a fun group of women who also play nine-holes of golf each week; check them out!

**SPORTS**

# Pickleball Facts & Myths

By USA Pickleball Ambassador Victor

Pickleball is contagious, but in a good way. Have you tried it yet? If not, what are you waiting for?

"Introduction to Pickleball" clinics will be offered. Contact Victor at (530) 205-9752. But, in the meantime, here are some myths and facts about the great game with the silly name.

**Pickleball is a sport for people who are too old or too slow to play tennis.**

**FALSE:** The #1 ranked male player in the world is age 22, and the top female player is a teenager. Pickleball is not "tennis light." Both sports are played on a court with a net. But pickleball uses a paddle, not a racket. The paddle has a short handle and a solid surface. The ball is hard, with holes in it. The serve is underhanded. The pickleball court is small and the game is fast.

**If you are good at tennis, you will be good at pickleball.**

**NOT NECESSARILY:** Fitness and coordination are assets in both sports. But that long backswing from tennis and the popular lob shot don't work well in pickleball. And the overhead power serve that wins points in tennis is illegal in pickleball. Tennis players can become good pickleball players, but they have to work at it.

*Continued on Page 11*



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TEAMWORK

From page 1

New Beginnings

On January 3, seven Nevada County elected officials joined me in being sworn into office for new terms. I was sworn into my second term as District 4 Supervisor, Lisa Swarthout of Grass Valley was sworn into her first term as District 3 Supervisor, Sheriff Shannan Moon Sheriff began her second term, Jesse Wilson started his first term as District Attorney, Natalie Adona became our new Clerk-Recorder/Registrar of Voters, Rolf Kleinhans became our new Assessor, and Tina Vernon began her fourth term as Treasurer/Tax-Collector.

Additionally, the Board of Supervisors made its annual selection of chair and vice chair. The 2023 chair will be District 2 Supervisor Ed Scofield, who is serving as chair for the fourth time now, over the course of his four terms in office! And vice chair will be District 5 Supervisor Hardy Bullock.

I'm pleased to pass the baton to Supervisor Scofield, who will do a wonderful job in this leadership role, running the board's meetings, approving the meeting agendas, establishing committee appointments, presiding over ceremonies, and more.

Award for Innovative Disaster Livestock Program

In 2022, Nevada, Placer, and Yuba counties partnered to create a Disaster Livestock Access Program to support the safe evacuation of livestock from commercial ranch operations during a disaster such as a wildfire. The innovative multi-jurisdictional program was recognized with a 2022 Challenge Award by the California State Association of Counties (CSAC). The CSAC Challenge Awards are the state's premier program recognizing and elevating the most innovative programs among California's 58 counties.

"Ranchers are an important part of our community," said Nevada County Agricultural Commissioner Chris de Nijs. "In the event that Nevada County experiences a fire, this program will give them the ability to save the lives of animals and protect their livelihood."

"The Nevada-Placer-Yuba Ag. Pass program is an amazing example of the agricultural industry working together with our local public safety partners to build a common-sense program that serves the needs of our ranching community without being overly bureaucratic," said Placer County Agricultural Commissioner Josh Huntsinger. "Recognizing that natural disasters, and particularly catastrophic wildfire, will continue to factor into our livestock community's business operations, the Ag. Pass program has

already proven its value during the wildfires that have occurred in Placer County since the program's inception."

"The Livestock Access Pass solution is a well-thought-out way to balance the safety of those working in our ag community with the practicality of protecting our \$25 million livestock industry during an emergency," said Yuba County Agricultural Commissioner Steve Scheer. "It's a program that is strengthened through some very careful collaboration among the three counties, and the effort has gained the appreciation of livestock ranchers throughout the region."

Support and participation from UC Cooperative Extension, CAL FIRE, and the Sheriff and Office of Emergency Services in all three counties helped make the program possible. These partners all have critical roles in evacuations and protecting life and property against a wildfire.

Found out more about the Disaster Livestock Access Program in Nevada County at [www.NevadaCountyCA.gov/DisasterLivestock](http://www.NevadaCountyCA.gov/DisasterLivestock).

Penn Valley Community Foundation

You can order spring flowers, seeds, and bulbs to support the Penn Valley Community Foundation. Find the link for ordering and more information at [www.pennvalleycf.org](http://www.pennvalleycf.org) (under Fundraising). Contact [info@pennvalleycf.org](mailto:info@pennvalleycf.org) if you are interested in joining the board and/or volunteering (event planning, fundraising, and more)!

Events

- Upcoming meetings of the Board of Supervisors (BOS) in 2023:
    - January 24, February 21 and February 28
    - BOS agendas posted here 72 hours prior to the meeting date.
    - BOS Annual Workshop: January 25-27, Gold Miner's Inn, 9 a.m. to 4 p.m.
  - Penn Valley Library events:
    - Story Time, every Tuesday at 10:30 a.m.
    - Lego Club, every Wednesday at 3 p.m.
    - January 26 at 1 p.m., Penn Valley Page Turners Book Club Meeting
  - Penn Valley Chamber of Commerce's Business for Breakfast, February 2 at 7 a.m. at Buttermaker's Cottage in Western Gateway Park
- As always, please reach out if you have questions, concerns, or ideas you'd like to share with me: 530-265-1480 or [Sue.Hoek@nevadacountyca.gov](mailto:Sue.Hoek@nevadacountyca.gov).*



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**PICKLEBALL**

From page 9

**Pickleball players just want to have FUN.**

**ALMOST TRUE:** Pickleball players do have fun. There is plenty of laughter on the courts. But pickleball isn't just fun. It's also great exercise. Playing improves your hand-eye coordination and trains you to use your core muscles for balance.

**Pickleball is a place to meet people.**

**TRUE:** You can show up by yourself during drop-in hours and know you will rotate into different games with different partners against different opponents. It's the ultimate mixer. Everyone is welcome, every time. Pickleball players genuinely like each other and enjoy the social aspects of the game as well as the physical competition.

**Pickleball is co-ed. That makes it less competitive.**

**FALSE:** Pickleball is one of just a few sports that men and women can play equally well because success isn't about raw strength. It's about reflexes, ball placement, and concentration. The court is small and the action is fast. Men and women enjoy partnering with each other, competing against one another, and working out together.

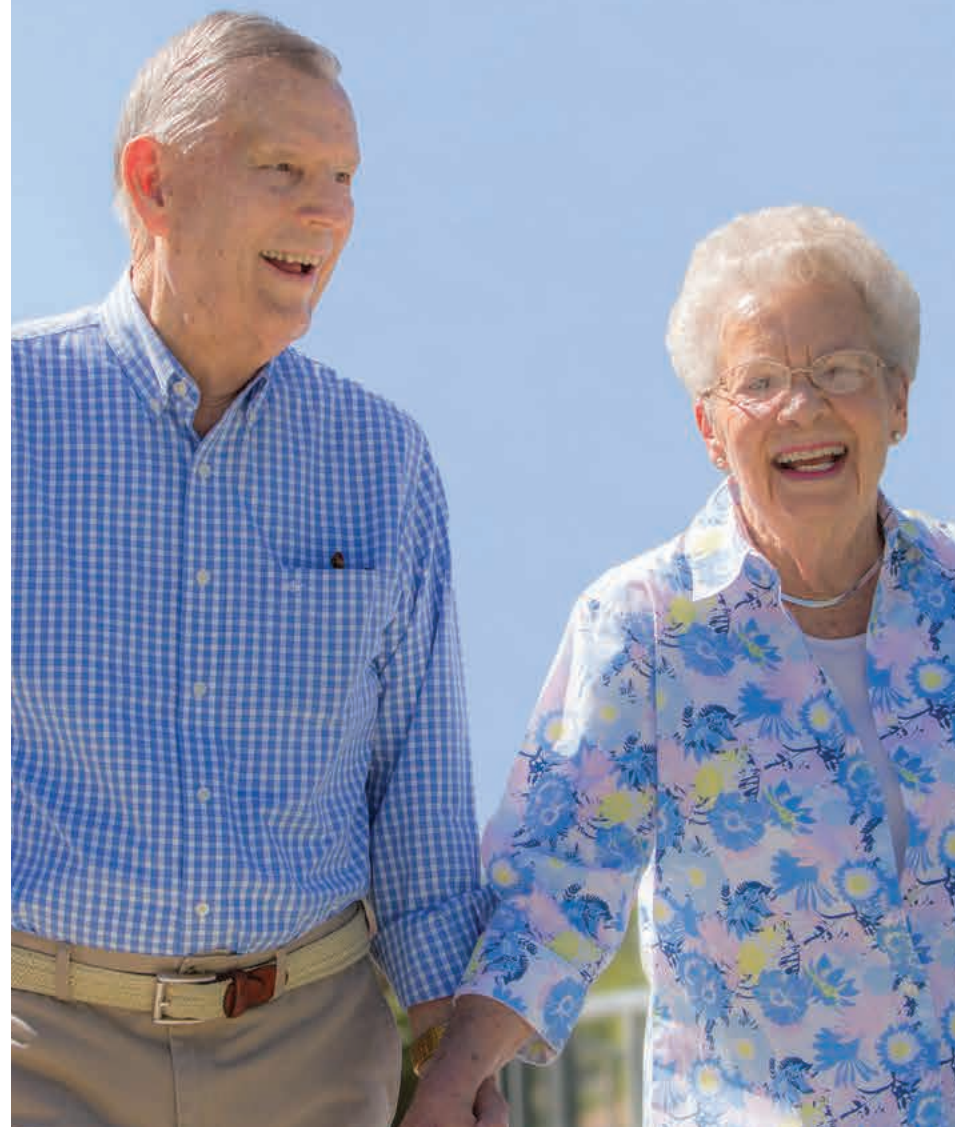
**Pickleball is a passing fad.**

**UNLIKELY:** Pickleball has been around for over 50 years and has exploded in popularity during the last 10 years among all age groups. It's a sport you can play for life. It's inexpensive, requiring only a paddle and shoes. There are many competitive regional and national tournaments. And there is talk of pickleball becoming an Olympic sport. Many communities have built pickleball courts within the last 10 years or have repurposed underutilized tennis courts to meet the demand for pickleball venues.

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TENNIS  
From page 8

We are looking forward to the new year with our same four tournaments/social events plus Team Tennis Doubles in the fall. The Tennis Club is considering organizing additional social events and clinics. Also, the tennis courts will be resurfaced this June (2023) and the Lake Wildwood Tennis Committee continues its work on getting lights for the North Gate Tennis Complex courts.

A few more updates:

Jordan Walker recently held winter junior tennis sessions (for youth ages 6-9 and 10-14) over the two-week break during the holidays which were successfully attended. Jordan continues to grow junior tennis in our community and the Tennis Club supports him whole heartedly. Jordan is a Lake Wildwood resident and substitute teacher in the Penn Valley School District, who brings 25 years of tennis coaching experience to Lake Wildwood. We are very fortunate to have his expertise and enthusiasm for our young tennis population.

Paul Segel continues as our Tennis/Pickleball Manager. He has been a tremendous asset for Lake Wildwood tennis and pickleball, from assisting with the computer support for scheduling/reserving courts for tennis and pickleball, providing computer support and organization for junior tennis camps/programs, helping with all of the Tennis Club activities, maintaining the tennis and pickleball courts from nets to wind screens, as well as cleaning courts when full of dirt, dust or leaves, and drying them when wet, to mention only a few things. In addition, Paul gives private lessons and provides information for players to get involved and connected with activities they are interested in and with other players. The list goes on and I am sure I left some things out. But Paul's consistent presence and hard work year-round is recognized and much appreciated!

The Tennis Club would like to wish all a Happy New Year and we hope to see you on the courts in 2023!



Photo by Paul Segel | Jordan Walker in one of his junior clinics.

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**Y'THINK**  
From page 3

achievement, the greater the success. But doesn't the true definition of success require words like satisfaction, meaningfulness, and happiness? For strivers, the road to satisfaction, meaningfulness, and happiness requires some form of achievement, probably a lot of recognition, and maybe some money. But for easy people, meaning, satisfaction, and happiness come from different directions. Living in harmony with others and the world around us, for instance. Or maybe making contributions in non-competitive areas, such as charitable works and other forms of good deeds. Maybe supporting and enabling strivers in their efforts. Or maybe even the opposite of achievement, which is leaving no mark on the world at all by doing it no harm.

I think easy people tend to have easy egos. They don't need the spotlight, although they may enjoy the spotlight when it comes their way. They revel in the success of others, rather than envying it or being jealous of it. Resentment is a foreign concept to them except for cases of injustice. And, greed doesn't seem to be part of their makeup (isn't greed just a negative form of striving?). In fact, most forms of negative motivation seem to be foreign to them...greed, the need to be "better" than someone else, self-aggrandizement, and keeping up with the Joneses, for example.

Easy people lubricate the machinery of society. Everything works better, it seems, when easy people are part of the process. It's not so much that they try to make things better; it's more like their mere presence softens the hard edges of life, brings out the more pleasant emotions in the rest of us, and makes our grittier experiences less

gritty.

People have told me this about my easy daughter: "I smile more when I'm around her" and that may be the most essential truth about easy people. They're catalysts for the more upbeat emotions in themselves and others. Their impact on the world is their mere presence in it.

Being easy is a state of being, not a skill or a talent. Like roses, rainbows, and puppies, the mere presence of easy people in your life makes your life better. I don't know how. It just does.

I'm not one of those easy people, but I love them when I encounter them, and our world is better for having them in it.

You can contact Alex at [alex.ythink@gmail.com](mailto:alex.ythink@gmail.com). His latest book, "Y'Think?: Essays about the Human Spirit" is available at [Amazon.com](https://www.amazon.com).

**NOTABLE MOMENTS**  
From page 5

**June 18, 1953:** King marries Coretta Scott near the bride's family home in Marion, Alabama. Coretta Scott King would also become a vocal activist, advocating for peace and gay rights and expressing her opposition to apartheid in the 1980s. She would not remarry after her husband's assassination.

**June 5, 1955:** King earns his doctorate in systematic theology from Boston University.

**December 5, 1955:** King becomes president of the Montgomery Improvement Association after the organization is formed at the Holt Street Baptist Church. MIA is formed in response to the arrest of Rosa Parks five days earlier after she refused to vacate her seat for a white passenger.

**January 27, 1956:** A threatening phone call late in the evening inspires King to carry on with his activism.

**January 30, 1956:** King's home is bombed while

he is elsewhere delivering a speech. His wife and daughter are not injured in the blast.

**January 10-11, 1957:** King is named chairman of what becomes the Southern Christian Leadership Conference (SCLC), which was an organization of southern black ministers working together to combat segregation.

**June 23, 1958:** King and other leaders meet with U.S. President Dwight D. Eisenhower in Washington, D.C.

**September 17, 1958:** *Stride Toward Freedom: The Montgomery Story* is published. It is King's first book.

**September 20, 1958:** King survives a stabbing during a book signing in Harlem, New York. During a surgery after the stabbing, doctors remove a seven-inch letter opener from King's chest.

**April 16, 1963:** King writes his "Letter from Birmingham Jail" in response to criticisms of the Birmingham Campaign, a collective effort on the part of the SCLC and the Alabama Christian Movement for Human Rights (ACMHR) to combat segregation

in the Alabama city. The letter becomes one of King's most famous writings.

**August 28, 1963:** King delivers his "I Have a Dream" speech during the March on Washington for Jobs and Freedom.

**January 3, 1964:** King is named "Man of the Year" by *Time* magazine.

**December 10, 1964:** King receives the Nobel Peace Prize in Oslo, Norway.

**March 17-25, 1965:** King helps to lead civil rights marchers from Selma to Montgomery.

**June 7, 1966:** King and other leaders resume James Meredith's "March Against Fear" from Memphis to Jackson, Mississippi. Meredith was unable to continue after he was shot and wounded.

**April 3, 1968:** King delivers his final speech, "I've Been to the Mountaintop," as he returns to Memphis to lead a peaceful march of striking sanitation workers.

**April 4, 1968:** King is shot and killed on the balcony of the Lorraine Motel in Memphis. He is buried in Atlanta five days later.

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## Healing Through the Magic of a Harp

By Mary Beth TeSelle

When it comes to healing your mind and spirit after being affected by cancer, the support of others who have walked a similar journey can be powerful. Lisa Stine believes that power is magnified when it is combined with another universal healer — music.

Stein leads the Dignity Health Sierra Nevada Memorial Hospital Community Cancer Center’s weekly Harp Therapy Support Group. The group combines fellowship and friendship with music instruction, as participants learn the harp together while also lending support to one another.

“The harp is truly a magical instrument – even simple tunes are fun, and nothing sounds bad on it,” explains Stine. “The group allows people to share the beauty and healing power of music.”

Research has shown that cancer patients engaged in music therapy experience increased energy, improvement in heart rate, and decrease in depression. Stine has found that music also helps people to share more openly.

The Harp Therapy Support Group is open to any patient, survivor or family caregiver affected by cancer. No musical training or ability to read music is needed. Stine currently offers two groups — one for beginners and one for those who become more advanced.

The support group has a long history, providing an outlet for countless community members whose lives have been touched by cancer for more than 20 years.

“Some people have stayed for a long time,” Stein says. “Others have discovered musical joy in another instrument or moved on to other support groups. And some have found that the harp isn’t their thing — one person comes with an autoharp while a couple others use their voices to sing along and continue to be active in the group. Music itself is powerful healing!”

The pandemic forced the group to get creative and move their meetings to Zoom for a time. Stein says that while that the online meetings weren’t ideal from a musical perspective, it still allowed the members to catch up with each other and support each other.

This past holiday season, the harpers (known as the SNMH Healing Harps) were once again invited to play at a few senior residences in the area. Stine says for many participants, the opportunity to perform at community events is a fun bonus to being part of the group.



**The SNMH Healing Harps, part of the SNMH Community Cancer Center’s weekly Harp Therapy Support Group, performed at both Atria and Sierra View over the holidays. The group provides a social outlet and support for men and women who have been affected by cancer as a patient or caregiver.**

“We’ve played at churches and senior residences like Atria and Sierra View for holiday music and sing-alongs,” she says. “It is a joy to take the harps around the room after the performances so that the senior residents can try to play something and strum the harps. Harps are mesmerizing and have a magical magnetic sound.”

Stine and her harpers are now preparing a love song set for Valentine’s Day in February and an Irish set for St. Patrick’s Day in March.

The group is diverse both in age and background, but Stine says the attendees all have a common desire to connect and support others who have lived a similar experience.

“We have members, both male and female, ranging in age from their thirties to their eighties,” she says. “I am sure there are as many different motivations as people. But clearly the greatest benefit is the friendships that are made. The members check in with each other in between classes, help with rides or errands, lend other support. Some get together to play together at their homes —and even some advanced members have gotten ‘gigs’ together around town.”

Stine encourages anyone who has been affected by cancer and is interested in the group to check it out.

“The support group is open to new members,” she says. “The new year is a perfect time to start a new adventure of friendship and music.”

The group meets weekly at the hospital for what Stine describes as conversation and music making.

“Everyone brings their little harp to class and takes it home to practice during the week,” she explains. “The group is first and foremost a support group, but the added feature of sharing music together is fun and healing.”

**For More Information**  
The Harp Therapy Support Group is open to new members who have been affected by cancer. To register or for more information, please call Lisa Stine at 530.632.6226.

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