

THE WILDWOOD Independent

Friday, June 16, 2023

theunion.com/news/wildwood-independent/

Volume 46 No. 12

Community Relations Committee Announces Citizen of the Year

By Mike Zemetra, CRC Chair

This year's Citizen of the Year nominees were:

- Roberta Beauregard** advocates for people wherever she is and whatever she is doing. Due to her diligence and perseverance our community pool is open from April to October for the entire community to enjoy. She volunteers weekly at our local school and raises funds through Roots and Wings. She is a key member of the Fire Wise committee who helps conduct home assessments for members. Bottom line she is just a good person who listens and takes an interest in her fellow members.
- Citizens who Care** is a LWA Club that has been picking up roadside litter for 22 years. Over about 15 walking miles along Pleasant Valley Road and Highway 20, 48 members actively devote their time to this job on a monthly basis. This is a truly unique group of unsung individuals who help make our neighborhood and surrounding communities attractive and safe.
- Phil Garcia** has selflessly devoted himself to making the Social Committee one of the major forces for community relations within Lake Wildwood. Over the past several years he has led the efforts to making our

major holidays events to remember. He organizes the seasonal decoration of the clubhouse, sponsors the Valentine's Day party, the 4th of July Celebration, and the annual Home Tours. Without his efforts and the Social Committee Lake Wildwood would be a duller and less interesting place to live.

Lulu Rosprim has been described as motivational, inspiring, caring, giving, and compassionate. She is much more than a Zumba or Water Aerobics Instructor. She treats every student like they are part of her family. Whether remembering birthdays or being there for her students during difficult times she embodies the compassionate attitude of our community. Her generous and caring nature makes her a standout member of Lake Wildwood.

Barbara Tiegs was our 2021 Citizen of the Year who continued to distinguish herself as the chair of the Firewise Committee. Even though she has recently resigned as chair of the committee she continues to work as an



Submitted photos

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Happy Father's Day Weekend!

EDITOR'S NOTE



Dora Scott

At the time of writing this, I'm not sure what my family's Father's Day plans will entail, but I'm sure there will be pickleball, karaoke, hiking, or dancing involved!

My dad is inspirational in the way that he always tailors his life to bring him happiness and enjoyment. He used to paint and was an architect, and that artistic passion evolved into his love for photography and adventure. He was a wedding photographer for years before retiring,

and now travels to all the different national parks to take pictures of America's beauty.

Those who know him will agree that he is the life of the party, always goofing around and cracking dad jokes. Silliness aside, I know that he will always be there for me and support me in whatever I do. Happy Father's Day dad!

I hope you all also have a great day this Sunday and celebrate the father-figures in your life. Here are a few local events that you could celebrate this Father's Day at:

The **Father's Day Bluegrass Festival** will be at the Nevada County Fairgrounds from June 15 to June 18. Be sure to grab your dancing shoes and have some fun!

If your father or husband doesn't want to take charge of the grill for their special weekend, the Holbrooke has their **Summer BBQ on the Patio** event on June 17 from 11 a.m. to 4 p.m. There will be music by DJ Suga Troll, cold drinks, and bottomless BBQ!

The Curious Forge Arts Center is pulling out all the stops on Sunday with their **Father's Day Metal Mayhem** event from 11 a.m. to 2 p.m. This will be a workshop where participants can learn the basics of welding and plasma cutting. You will be able to create your own custom metal entryway wall shelf!

Whatever you decide to do, I hope you all have a great weekend!

The Wildwood Independent Editor

CITIZEN OF THE YEAR

From page 1

intern at the Nevada County Office of Emergency Services. Barbara serves as the community's eyes and ears for grant money to solve our Firewise issues. She has worked on obtaining a multimillion-dollar grant for the Penn Valley Area Fire Break project that will assist us in reducing our fire insurance costs. She tirelessly promotes the Firewise Festivals, Defensible Space inspections, and all our community communications. She truly deserves recognition for her commitment of time and energy to Firewise projects over the past year.

6. **Paul Towne** is one of the hardest and most dedicated volunteer workers in Lake Wildwood. For the past two seasons he has produced outstanding entertainment by bringing concert quality bands to the park and Cedar Room. He loves to entertain as a DJ at our dances and Karaoke in the Bar. As president and member of the video club he has produced some of the finest television and video in LWA for the past 20 years. He walks and cares for our dogs as if they were his own. Paul truly loves the community and uses all his talents to entertain and educate our community.

7. **Gail Headstrom** is always helpful and supportive of her neighbors. She participates annually in the AARP Tax Preparation program as well as serves on the LWA Finance Committee where she does the quarterly bank reconciliations among other activities. She recently assisted staff by performing the duties of Senior Accountant during a personnel shortage. She helped interview for a new Director of Finance. She is active in pickleball and does all the financial accounting for its 320 members. This is just a partial list of what she does in the community. Outside of Lake Wildwood she has served as an election poll worker, volunteer for the Center of the Artis, board member for the Nevada county Domestic Violence Coalition, and Chief Business Official for several School Districts in Nevada County. Her tireless dedication to the welfare of others makes her an impressive choice for Citizen of the Year.

Our congratulations and appreciation go to all the nominees. This year's Citizen of the Year is Gail Headstrom. Congratulations Gail!

THE WILDWOOD Independent

www.twi-news.com

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CATHY'S SPACE



Cathy Fagan

I want to take this opportunity to express my thanks to all of the men in my life, whether they are family members, friends, or neighbors, for just being there when you were needed.

This Sunday is your day. Do what you enjoy, eat what you want, take a couple of naps, have an extra beer or do nothing at all. Allow yourself

to be pampered and showered with affection and love. You deserve it.



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Where Do You Keep Your Soul?

Y'THINK?



Alex Alexander

A few weeks ago I read Cathy Fagan's column about Spring cleaning, in which she talked about sorting through all the keepsakes that reminded her of her past, and which she said contained pieces of her soul. Her columns are the gold standard for writing in our newspaper, but this one was especially insightful. Coincidentally (great minds?) I had been struggling to write a "soul" column of my own, also about the things we accumulate over the course of our lives and how those tell us something about our souls.

Do you know what a soul is? The whole idea of "soul" begs for definition, doesn't it? But I don't have a definition that captures the essence of a soul. It's like defining love. We all know it when we see it, when we feel it. But the very act of definition diminishes it. I figured out why that is. It's because words aren't up to the task. Love exists at the feeling level, not the language level. Similarly, the soul is the foundation of what it means to be human, much more fundamental than conscious or even unconscious thought. Soul, like love, is beyond the reach of language.

So let me try anyway.

I know what soul is not. It's not physical. It's not a thing. But it's also not a thought, and it's not an emotion. Is it a spirit that inhabits you? That would imply that it can also escape you. I guess a lot of humanity believes that...that the soul is an animating force that inhabits us for the span of our lives, then departs upon death, maybe to go on to inhabit someone else (reincarnation), or become elevated to a new kind of existence, or maybe just to extinguish, like a light bulb turning off. Nobody knows for sure.

We do know that, when the soul leaves the body, the body becomes inanimate matter...just a lump of stuff that used to be somebody.

Does that mean that the soul is life itself? That doesn't seem right. A cockroach has life, but does it have a soul? I don't think so, but what do I know? Maybe, as some spiritual beliefs suggest, every object, plant, or creature has a soul. I doubt that I'll ever know.

But I do know that I have a soul. Or maybe a better way to say it is that I am a soul... my soul, not my body, is me. That sounds right. The thing that defines me as a person, more than anything else, is my soul.

Now we're getting somewhere. My soul has content, and that content is me, in my case, or you, in your case.

Everything I have done in my life bears the imprint of my soul. All my achievements. All my failures. All my relationships (the good ones as well as the bad). All my thoughts and beliefs.

Continued on Page 12



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The Social Committee's Annual Fourth of July Celebration

Submitted by the Lake Wildwood Social Committee

July 4th is fast approaching. So many people enjoy this celebration, but it takes a lot of people helping to make it happen. If you have some time to help, please call Kathy at 530-432-4723. The Schedule of events is listed below.

Fourth of July Event Schedule The Social Committee's Annual Celebration

- 8:30 to 3:00 — FOOD SERVICE 10:00 to 3:00
- 8:30 — Children's Bike Parade Sign-in (No motors allowed; Community Center Upper Parking Lot)
- 9:00 — Bike Parade in Community Center Upper Parking Lot
- 9-10:00 — Watersports Demonstration
- 10:00 — Yankee Doodle Dandy Dog Parade (Lower Marina Parking Lot)
- 10:00 — Food Service Begins
- 10:30 — Sack Races / Bingo Begins
- 11-2:00 — Patriotic Tattoos
- 11:00 — Bean Bag / Bulzi Bucket
- 11:30 — Cookie Walk
- 12:15 — Water Balloon Toss
- 12:30 — Games Start At Pool (guests must be accompanied by a member)
- 1:00 — Veteran Honored & Flag Ceremony (Bingo & Voucher Sales Pause)
- 1:30 — Bingo & Voucher Sales Resume
- 1:45 — Watermelon Eating Contest (Sign up in advance at Information Booth to participate)
- 2:00 — Voucher Sales Close
- 2:15 — Limbo Contest
- 2:30 — Bingo Ends
- 2:45 — Beer & Wine Sales Close
- 3:00 — Close

FIREWORKS AT DARK

Music on the Lake: Chicago the Tribute

Submitted by the Lake Wildwood Social Committee

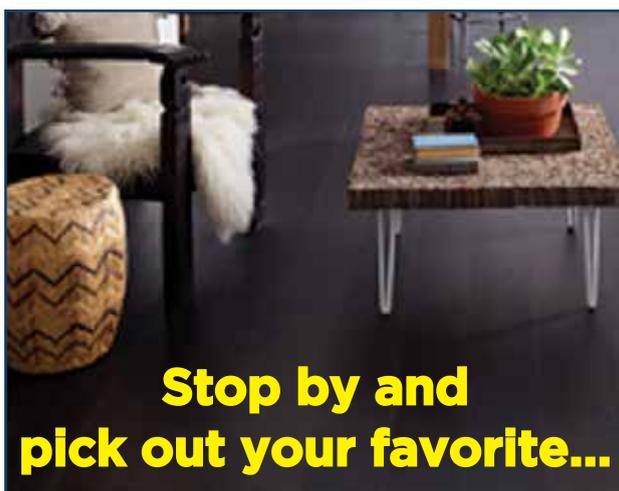


Courtesy photo

The second concert of our Music on the Lake series features Chicago the Tribute. Chicago is an American rock band formed in Chicago, Illinois, in 1967. Self-described as a "rock and roll band with horns", Chicago's songs often combine elements of classical music, jazz, R&B, and pop music.

To date, Chicago has sold over 40 million units in the U.S., with 23 gold, 18 platinum, and eight multi-platinum albums. They have had five consecutive number-one albums on the Billboard 200 and 20 top-ten singles on the Billboard Hot 100.

Come to Commodore Park on June 24 and party to the music of Chicago. The concert starts at 7:00 and tickets are \$20.00. Tickets can be purchased online here: <https://www.brownpapertickets.com/event/6032986>



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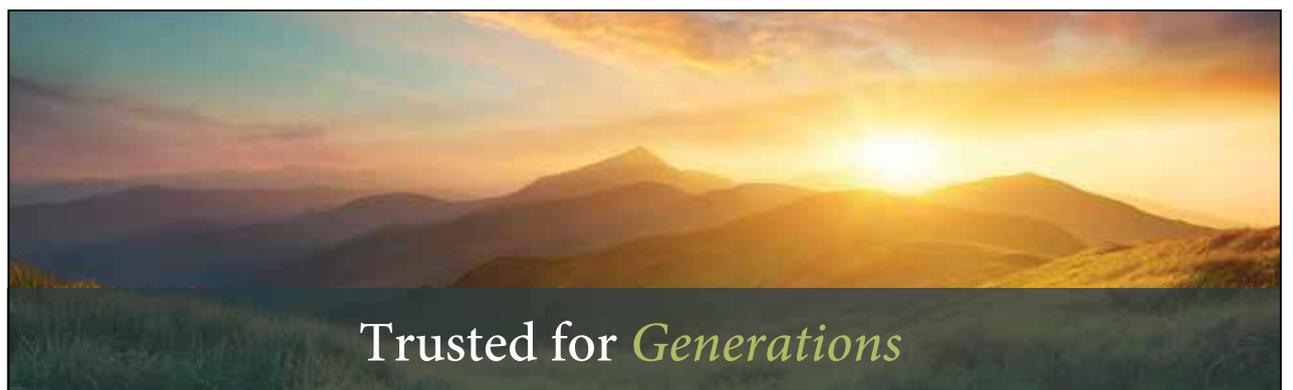
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LWW Bridge Club Raising Money for Alzheimer's through Games, Community Pop-up

By Bev Britton

Most everyone knows someone affected by Alzheimer's Disease—whether it's a friend, colleague or even a spouse or parent. In fact, one in three seniors dies with Alzheimer's or dementia.

That's why the Lake Wildwood Duplicate Bridge Club takes its annual Alzheimer's fundraiser seriously. But, they also make it fun—by playing three games of duplicate bridge and sponsoring a community-wide donation event at Holiday Market on Saturday, June 24.

This will be the bridge club's 10th year partnering with Unit 461 of the American Contract Bridge League (ACBL) to participate in The Longest Day fundraiser for the Alzheimer's Association.

"We are proud of our past efforts to help raise money for this leading voluntary health organization in Alzheimer's care, support and research," says Deanna Heyser, who co-chairs the event with Jamie Newman. "The Alzheimer's Association has made great strides providing support, education, and resources for both the caregivers and those affected by this debilitating disease."

"We know that it's an exhausting road on which to travel, and we're grateful for any help," Jamie adds.

Three opportunities to play

The fundraising begins with a 9:30 a.m. game on Tuesday, June 20, at the Lake Wildwood Community Center. Players should arrive by 9:15 a.m. to register—and enjoy complimentary



Courtesy Photo | Lake Wildwood Duplicate Bridge Club members will be outside Holiday Market on Saturday, June 24, to collect donations for the Alzheimer's Association. Shown here are 2022 volunteers Jamie Newman, left, Pam Moreland, Deanna Heyser, and Jim Hook.

home-baked scones and coffee while greeting others.

The second game starts at 1:30 p.m. on Tuesday, June 20. Again, please arrive 15 minutes early. More home-baked goods, a cheese/cracker platter and coffee will be offered during the afternoon session.

Unit 461 will host a game at 9:30 a.m. on Wednesday, June 21, at the Golden Empire Grange in Grass Valley. Please arrive by 9:15 a.m.

Fees are \$5 per person per session, and players do not need to be ACBL members. However, proof of recent COVID vaccination is required. Additional donations are always welcome!

Help out at Holiday

Volunteers from the bridge club will also be outside the Penn Valley Holiday Market from 10 a.m. to 3 p.m. on Saturday, June 24. Commu-

Continued on Page 14

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2023 Freedom Festival

Submitted by Phil Garcia, LWA Social Committee

Grass Valley Grocery Outlet and Penn Valley True Value are back with the 2023 Freedom Festival, sponsored by Lake Wildwood's Social Committee! The Freedom Festival is a free event held on Saturday, July 1 from 6-10 p.m. at Commodore Park for all Lake Wildwood residents and friends.

This event offers a surplus of free activities for all ages, including great music from a live band, corn hole, bounce houses, and face painting. Raffle tickets are available for purchase for the chance to win an inflatable paddle board, corn hole set, YETI products, and more! Although outside food and beverages are welcome, there will be hamburgers, hot dogs, and soft beverages available for purchase. In addition, local brewery Bullmastiff Brewing will be selling alcoholic drinks.

Not only is it a fun outing for friends and family to gather, but all raffle proceeds and donations are given directly back to our community. This year, the proceeds will go to local school teachers from Clear Creek Elementary, Williams Ranch Elementary, and Ready Springs Elementary to help alleviate student and classroom material costs.

We are so excited for year three of this fantastic event so don't miss out on an evening of beats, eats, and drinks!



Courtesy photo

SPORTS

Great-Grandmother Plays Golf with Great-Granddaughter

By Kay Cesak

Sienna Mayo, (Age 14) great-granddaughter of Kay (Cesak) Gilbert played in the Lake Wildwood 2023 Ladies Golf Invitational tournament May 31, June 2-3 with her great-grandmother, Kay.

Sienna is a freshman at No. West Christian School in Phoenix, Arizona, where she qualified for the Varsity golf team earlier this year.

Her passion for golf came from attending golf camp here at Lake Wildwood for the past three years, where her great-grandfather, Carlis Gilbert, is a PGA golf instructor.

While Sienna just began playing last year, Kay has been playing for many years.

They both love the game of golf and enjoyed the once-in-a-lifetime experience together!

Sienna hopes to continue her golfing through college and one day belong to the LPGA!



Courtesy photo



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SPORTS

Men's Niners Bingo-Bongo-Bango Tournament May 30, 2023 Results

By Chuck Talley

Our May 30 tournament featured a Bingo-Bongo-Bango format. This is not a team event as each member of the foursome competes individually.

Scoring:

First on the Green: One point

Closest to the pin after all golfers have reached the green: One point

First in the cup: One point

Nine holes of golf, twenty-seven points available per foursome.

Thirty-five players teed it up in Flight #1 on the front nine. As there was a winner in each group, not enough space to mention each contestant.

Flight #1 winners:

Bill Stamatis	Grand Champion	11 Points
Bruce Watkins		10 Points
Bill Mann		10 points
Bernie Theobald		9 points
Andy Spooner		9 points
Steve Swanson		9/12** points
Dub Willsey		9 points
Mike Baca		8 points*
Allen Knight		8 points*

Closest to the pin on pin #3: Patrick Beauregard 6'11".

Thirty-one players teed it up in Flight #2 on the back nine.



Courtesy photo | Serious business on the Green!

Flight #2 Winners:

Wally Riel	Grand Champion	10 points
Vince DeFrank		9/12** points
Terry Bichlmeier		9 points
Larry Schofield		9 points
Joe Metzler		9 points
PK Frawley		9 points
Mark Wandro		8 points*
Darrell Trimble		8 points*

Closest to the pin on #6 Joe Metzler 6'1"
Next Tournament: Buddy Backer Alternate Shot Format June 20.

* Tie for 1st place
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SPORTS

Wildwood Putters Update

Linda Brown, Lake Wildwood Putters

So wonderful to see new faces joining our Putters group, as well as our regulars! What a great way to start your Thursday mornings with some fresh air and a little friendly competition! Come join the fun! Sign-ups take place near the Clubhouse putting green at 8:45 a.m. and tournament play starts at 9 a.m. Bring a putter and one golf ball. Cost to sign up is \$5, and \$1 each time you play.

Results from the May 25 tournament are as follows:

- 1st Place** with 33 putts – Wendi Cegelski, Katie Minor
- 2nd Place** with 34 putts – Nancy Black, Jackie Sponsler
- 3rd Place** with 35 putts – Irmgard Boies, Dianne Riehl

Aces

- 6 – Katie Minor, Claire Short
- 5 – Pat Hammermaster
- 4 – Nancy Black, Wendi Cegelski, Jackie Sponsler
- 3 – Irmgard Boies, Linda Brown
- 2 – Annette Bichlmeier, Joan Broomfield, Dana Glendinning, Peggy Guilday, Kathy Hendricks, Dawn Morris, Dianne Riel, Rita Teixeira, Arlene Thelen
- 1 – Patty Haney, Barbara Smiley, Sandra Weber

Women's Invitational Results

TEETALK



John Dickerson

It's a wrap on a busy May schedule for the Lake Wildwood Women's Golf Club, topped off by a very successful Women's Invitational. Chairperson Janice Pucci was assisted by an Invitational Committee which included Kalli Brzezinski, Jody Bond, Maddie Graham, Kim Mason, Mo Mazzocco, Mary Moyer, Carol Plette, Candy Pray, Nina Quintal, Kathie Rupert, Trish Willard, Peggy Zarriello, and Steve Berry.

Championship honors went to the team of Patti Linney (LWW), Laurie Fox (Sharp Park GC), Alma Ortega-Avery (LWW), and Candice Maruyama (San Jose CC) with 191 Stapleford points in the two-day event. Sue Cookson (LWW) and Kathy Giroux (Blackhawk) won the exciting four-hole Philly Race.

Women's Invitational Flight Winners

Flight One:

- 1st Place Team – Marilyn Baca, Lorraine Shatto, Sandy Twohig, Mary Dietrich
- 2nd Place Team – Kalli Brzezinski, Agnes Kennedy, Kim Mason, Terry Oliver
- 3rd Place Team – Penelope Crumpley, Vicki Philpott, Chris Fridman, Elizabeth Phillips
- 4th Place Team – Susan Sainz, Theresa Garcia, Betty Moyles, Pam Katros



Photo by Steve Berry | Women's Invitational champions Laurie Fox, Patti Linney, Alma Ortega-Avery, and Candice Maruyama.

Flight Two:

- 1st Place Team – Sue Cookson, Kathy Giroux, Maddie Graham, Kelly Billick
- 2nd Place Team – Joanne Zemetra, Kathy Kennedy, Bridget Buford, Liza Wolfe
- 3rd Place Team – Sandy Sammon, Jill Wilson, Sandy Thornton, Mary Shrimpton
- 4th Place Team – Carol Plette, Betsy Plette, Peggy Zarriello, Judy Wood

Flight Three:

- 1st Place Team – Janice Pucci, Mary Jane Brusher, Mary Allred, Lynne Foulger
- 2nd Place Team – Denise Stein, Peggy Hubert, Yveta Testman, Andrea Davis
- 3rd Place Team – Linda Thode, Kathy Belding,

Continued on Page 14



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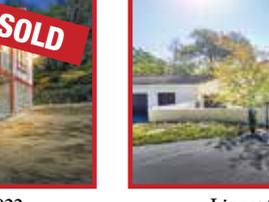
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SPORTS

Pickleball Trivia

PICKLEBALL



Margee Lopez

Have a little fun with these trivia questions!

1. What magazine first featured a story on pickleball in 1975?

- A. Sports Illustrated
- B. Pickleball Magazine
- C. The National Observer
- D. Tennis Magazine

2. In the 1980s and 1990s tournament participants who lost a match were required to referee the next match announced.

- A. True
- B. False

3. A "Short Hop" is what kind of shot?

- A. Dink
- B. Serve
- C. Baseline drive
- D. Half volley

4. Why is a wristband used on a team during a tournament?

- A. Fashion
- B. Identify the score
- C. Identify the starting server on the team
- D. Track number of games won

5. Name the player who has turned pro at the youngest age so far.

- A. Ben Johns
- B. Leigh Waters
- C. Anna Leigh Waters
- D. JW Johnson

6. What was the average player age according to USA Pickleball in 2021?

- A. 16
- B. 25
- C. 38
- D. 56

7. In doubles, you must stand in this location when your partner is returning the ball.

- A. Non-Volley Zone
- B. Baseline
- C. Transition Zone
- D. Anywhere on your side of the playing surface

8. What common strategy is used to keep forehands in the middle when there is a lefty and a righty on a team?

- A. Front and back formation
- B. Stacking
- C. Shake and Bake
- D. Lobbing

9. As of 2021, which Pro Player has won the most PPA titles for a female?

- A. Simone Jardim
- B. Lucy Kovalova
- C. Catherine Parenteau
- D. Jessie Irvine

10. It is illegal to do an Around The Post (ATP) shot on the service return.

- A. True
- B. False

11. The Non-Volley Zone is often referred to as the "Kitchen"-a term coined by this source.

- A. A group of cooks who played together
- B. A grandma wanting to stay out of the kitchen
- C. Players on courts located near a popular takeout kitchen
- D. The origins are unknown

12. Which team won the first Bainbridge Cup in Madrid, Spain?

- A. Team North America
- B. Team India
- C. Team Asia
- D. Team Europe

13. Pickleball has been spotted at all these locations except this one.

- A. The Great Wall of China
- B. At the South Pole
- C. On a glacier
- D. Nepal

14. This shot is when a player runs back to hit a ball between their legs.

- A. Between-the-leg shot
- B. Tweener
- C. Behind-the-back
- D. In-between shot

15. A ball hit between the net and the net post is considered the same as an around the post shot and is legal.

- A. True
- B. False

16. How many bounces do wheelchair players get during each rally?

- A. 1
- B. 2
- C. 3
- D. 4

17. A player has volleyed the ball and their momentum may make them step into the Non-Volley Zone. Their partner, who is positioned outside the NVZ can grab them and prevent a NVZ fault.

- A. True
- B. False

18. A ball that hits the net post and lands in is a live ball.

- A. True
- B. False

19. If a player is injured during a rally, what happens?

- A. Play is immediately stopped
- B. The point is replayed after the player recovers
- C. A time-out is called by the injured team
- D. The rally continues to its conclusion

20. In 2021, the largest number of pickleball players are in this age range.

- A. 6-17 years old
- B. 18-34 years old
- C. 35-54 years old
- D. 55-64 years old

21. Which Pro Player and USAPA National Champion was a former tennis player and wrestler?

- A. Ben Johns
- B. Tyler Loong
- C. Tyson McGuffin
- D. JW Johnson

22. These two Professional Tennis players tried pickleball in Austin, TX in 2018 for a charity event.

- A. Steffi Graf & Maria Sharapova
- B. Andre Agassi & Andy Roddick
- C. John McEnroe & Roger Federer
- D. Novak Djokovic & Rafa Nadal

23. The original pickleball court on Bainbridge Island was this prior to being used for pickleball.

- A. Basketball court
- B. Tennis court
- C. Badminton court
- D. Backyard patio

Answer Key: 1) C, 2) A, 3) D, 4) C, 5) C, 6) C, 7) D, 8) B, 9) A, 10) B, 11) D, 12) A, 13) B, 14) B, 15) B, 16) B, 17) A, 18) B, 19) D, 20) B, 21) C, 22) B, 23) C

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SPORTS

Tennis Club

WILDWOOD TENNIS CLUB



Sue Cook

Local News

Now is the time to sign up for the next upcoming Tennis Club event! The annual Wimbledon Tennis Event and Brunch is scheduled for Saturday, June 24, 2023. This event is free to all Lake

Wildwood Tennis Club members and is one of the most popular events of the year. It includes plenty of round robin play polished off with a wonderful brunch in the tradition of England's All Lawn tournament. Players are also encouraged to wear all white as is the tournament's tradition. Sign up by NOON on Thursday, June 22 so brackets can be made and food arranged. Tennis Club members may sign up for play and lunch, or just lunch at the North Gate Tennis Complex bulletin board. Information about the Tennis Club and other tennis activities and community events is available at the North Gate Tennis Complex, and in *eBits*, *The Wildwood Independent*, and on the LWA Website under clubs.

Just in time for the Wimbledon Tennis Event are the resurfaced tennis courts at the North Gate Tennis Complex, shiny new and ready for play!

Tuesday morning tennis drop-in resumes June 20, beginning earlier with the heat, at 8:30 a.m., and still going until 11:30 a.m.

World News

By the time this article is published, the French Major Open tennis tournament will be over and the next Major will be Wimbledon, which is scheduled to take place from Monday, July 3 to Sunday, July 16, 2023. Wimbledon is held in

London, England, at the All England Lawn Tennis Club. The Wimbledon Championships, commonly known simply as Wimbledon, is the oldest tennis tournament in the world.

Tennis Tidbit of the Week

Tennis is unique in that professional players compete on different surfaces during a regular season, and the four Grand Slams are played on grass, clay, and hard courts. Each of these are better suited to certain players and contain different characteristics.

- Hard courts are the most common surface on the professional circuit and are considered the most neutral of tennis courts. Hard court has a surface of concrete or macadam. Its characteristics include producing a medium speed of the ball and highest bounce. It is also best for baseline players and longer rallies. It is used at the US Open and Australian Open Grand Slams. It favors most styles of play, with the high and predictable bounce making for longer rallies.
- Clay is the slowest of the three surfaces, meaning it slows down the speed of the tennis ball and generates a higher bounce. It is best for baseline players, drop shots, and for those who use a lot of spin on the ball. The French Open Grand Slam is played on this surface.
- Grass is the opposite of clay and it is the fastest surface in tennis. The slippery surface allows the ball to generate speed, and the softness of grass produces a lower bounce, keeping the ball close to the ground. It is best for serve and volley, and big servers. The Wimbledon Grand Slam in England is played on this surface.

See you on our Lake Wildwood hard courts!

SPORTS

Lake Wildwood Men's 18 Hole Golf Club

By Howard Palmer

The club held its annual Spring Match Play Tournament three consecutive Wednesdays starting on May 10. The event was a two man team event with 48 teams involved in six flights. After the first Wednesday, the winning teams advanced to winning bracket and the losing teams moved to the consolation bracket. First and second places came from the winning bracket and third place came from the consolation brackets.

First place winners were: Flight 1, Steve Ennis and Jim Grant; Flight 2, Mike Faudoa and Rich Coburn; Flight 3, Reiner Binsfield and Brad Crumpley; Flight 4, Steve Guilday and Dave Franklin; Flight 5, John Fochetti and Bill Mann; Flight 6, Jerry Engleskirchen and Joe Fernandez.

Second place went to: Flight 1 Allen Prows and Eric Jackson; Flight 2, Tim Texiera and John Dolan; Flight 3, Jeff Seid and Ken Mlack; Flight 4, John Paulo and Bill Black; Flight 5, Bob Pucci and Mike Ferguson; Flight 6, Doug Wells and Don Wells

Third place finishers were: Flight 1, Evans Andropolous and Jim Twohig; Flight 2, Jim Quintal and Dale Mesple; Flight 3, Scot Nelson and Gene Vander Plaats; Flight 4, Gene Palmer and Bob Manee; Flight 5, Larry Cook and Jeff Smith; Flight 6, Dave Doench and Jeff Davis.

The club has two new members joining and they are Steve Herndon and Fred Arnold. We look forward to meeting you on the course.

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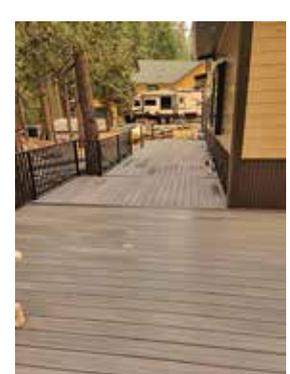


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Unique multi-level 4-bedroom, 2.5-bath home, 2,042 sq ft home on 0.33 acres in Lake Wildwood. Open entry to living room with stone hearth and wood stove, large front porch and rear patio facing a landscaped forested setting.

MLS# 223046465 - Price: \$387,000



Wonderful craftsman 1-bedroom, 1-bath, 1,424 sq ft home on 20 acres in south county, Grass Valley. Spectacular evening views, open floor plan, granite counters, large 2,100 sf shop with 14' ceilings!

MLS# 223044442 - Price: \$649,000



Desirable south county Lake of the Pines Ranchos home. 4-bedrooms, 3.5 baths, 3,160 sq ft, on 5.31 acres. Home features a versatile layout, 3-car garage, ample storage, open floor plan, and wrap around deck.

MLS# 223047212 - Price: \$750,000



Nice 2-bedroom, 1-bath, 826 sq ft home on 2.25 acres in Grass Valley with end of road privacy. Home features recent updates including paint, Smarter Broad Band, flat to gentle sloping land, and an established garden with greenhouse.

MLS# 223052157 - Price: \$425,000

LAND



Vacant 0.29-acre lot in Lake Wildwood where you can build the home of your dreams. Lake Wildwood's natural beauty comes to life through a lush green backdrop.

MLS# 223017822 - Price: \$44,100



Wonderful, level Lake Wildwood building site with all utilities available. Entry to lot is on Chestnut court but it can best be seen from Lodgepole.

MLS# 223012194 - Price: \$68,500



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Y'THINK

From page 3

There's evidence for all of this, isn't there? I'm a lot like Cathy Fagan. I have many things I've collected and kept around me... pictures, writings, souvenirs, diplomas, things people have given me over the years, the books that sit on my shelves, the junk collected in drawers and boxes. If you could look at all of it, it would tell you something about me at a very deep level. You would know something about my soul.

So, my question, "Where do you keep your soul?" is really about the things I've collected over the years, the things that, more than words, describe the deepest parts of me. Those things are not my soul, but they remind me of it, and, if you care to look, they tell you about it. When I'm gone, I want those things—some of them anyway—to be kept by those I love, those who will be left behind when I'm gone. They are themselves the strongest evidence of my soul. They each bear my imprint, but they are each much more than my contributions. They are products of their own construction—their own souls.

Where do I keep my soul? It's within me, just as yours is within you... it is me, just as yours is you. But it also exists in the things, and the people, and the memories that I value.

I keep most of this stuff in my inner sanctum, which, for me, is an extra bedroom, converted into a makeshift office. Everywhere I glance, I see a piece of my soul. A three-by-five index card, with my hand-written wedding vows to Ali (I accidentally read it backwards at our wedding ceremony). A favorite picture of one of my daughters. The flag that draped my father's coffin. A book that touched me deeply. The saber that I carried as a cadet at West Point. A klutzy paperweight that my granddaughter made when she was small. A picture of a sad clown, painted by my mother, years before she died. The very arrangement of the room itself, which follows patterns that are meaningful to me and no one else. And probably a lot of stuff that I don't even recognize as meaningful, but supports me in some unconscious way.

Do you do that, as Cathy and I do? Do you collect pieces of your soul? And if you do, where do you keep them?

You can contact Alex at alex.ythink@gmail.com. His latest book, "YThink?: Essays about the Human Spirit" is available at Amazon.com.

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Teamwork

June District 4 Update from Supervisor Sue Hoek

SUPERVISOR DISTRICT IV



Sue Hoek

Dear Friends, Neighbors, and Fellow Nevada County Residents,

If you have children, they have likely had their last day of school for the 2022-2023 school year. Congrats to any graduates in your household! Wish-

ing local kids an active, joyful, and safe summer! On that note, I hope you've heard the message about local rivers: Stay Out to Stay Alive. We had a lot of snow this past winter, and it's going to be melting for quite some time. That snowmelt runs into our local rivers and, right now, they are running fast and high. They are DANGEROUS. There have been two drownings this season on the South Yuba River, and there will likely be more. Nature is powerful—much more so than you are. Just stay out and look forward to cooling off in the river much later this season, when it's safe.

Stay Out to Stay Alive

Every year, first responders receive several calls for service for visitors who have an accident at the South Yuba River due to slips and falls. Swift water rescues are performed many times through the summer months due to unsafe river conditions.

This year, high water flows have already taken two lives and are modeling similarly to high river flows in 2019, when multiple lives were lost in June alone due to visitors and locals recreating in dangerous river conditions.

"From now through July, please avoid getting into the river at all costs. When you enter the water at this temperature and these flows, the consequences can be dire," said Nevada County Consolidated Fire District Operations Chief Pat Sullivan. "One cubic foot of water weighs 64 lbs. We are currently seeing above 5,000 cubic feet of water and force in the South Yuba River every second, compared to average yearly highs of about 2,000 to 3,000 feet which are still considered dangerously high."

Instead of swimming in dangerous river conditions, residents and visitors are encouraged to swim, paddle, or boat at Nevada County's beautiful recreational lakes, explore area trails, and shop or dine locally. Find ideas on Nevada County events, activities, and your next adventure at www.GoNevadaCounty.com.

If you're recreating along the South Yuba River, remember that you are in a remote location with minimal to no cell phone service, with fifteen to forty-five-minute response times. Emergency call boxes are available at Edwards, Purdon, and Highway 49 river crossings. Please obey parking restrictions and only park in designated areas, so emergency response vehicles can access remote areas and narrow roadways when necessary.

Nevada County's Community Wildfire Protection Plan – Survey!

Nevada County Office of Emergency Services is investing substantial grant funding in three critical wildfire and multi-hazard strategic plans: an update to the Community Wildfire Protection Plan (CWPP), an update to the Local Hazard Mitigation Plan (LHMP), and for the first time, launching a Nevada County Evacuation Study.

"We see planning around wildfire protection, hazard mitigation, and evacuation as critical for developing a roadmap for resilience. These plans will help us chart our course for addressing some of the most pressing challenges before us," says Alex Keeble-Toll, Nevada County OES Senior Analyst.

Nevada County residents are encouraged to participate in a survey, available in English and Spanish, from June 1 through August 31, to provide input in the process: <https://bit.ly/3IR60Yc>

Free Lunches for Kids Under 18 at County Libraries

Lunch at the Library begins Monday, June 12 at Penn Valley and Bear River Library locations! Lunch will be offered Monday through Friday from 12 p.m. to 1 p.m. through August 11.

Free lunches at the library for children and teens 18 years and under. You do not need to sign-up, show identification, or have a library

card. Lunch will be served on a first come, first served basis. The library offers these healthy meals in partnership with the Food Bank of Nevada County through the USDA Summer Food Service Program. We hope you will come for healthy lunches, summer reading, and free activities to help young minds and bodies grow and thrive! Crafts and activities will be offered during the lunch at the library program hour. Visit nevadacountyca.gov/summerlearning for a complete calendar of events.

Grass Valley and Madelyn Helling Libraries will begin offering lunch at the library on Monday, June 19th, provided by the Grass Valley School District Child Nutrition program.

Events

- Upcoming meetings of the Board of Supervisors (BOS):
 - June 27, July 11, August 8
- Food bank, Thursdays 9:30 to 11:30 a.m., Penn Valley Seventh-Day Adventist Church
- Penn Valley Library events:
 - Lunch at the Library, every weekday (except for June 22, July 4 and July 27) 12-1 p.m.
 - Story Time, every Tuesday at 10:30 a.m.
 - Lego Club, every Wednesday at 3 p.m.
 - PAWS to Read, every other Tuesday at 3 p.m.
 - June 29 at 1 p.m., Penn Valley Page Turners Book Club Meeting
 - July 13, 2 p.m., Ukulele Strum Along with Troubadour Terry
 - July 14, 11 a.m. to noon, Conservation Ambassadors' Wild Things

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.

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TEETALK

From page 9

Connie Berg, Tommie Kelleher

4th Place Team – Judy Pennington, Geneiva Cestkowski, Amy Lujan, Tanja Henderson

Flight Four:

1st Place Team – Jerry Morello, Terri McCall, Dawn Castaldo, Sally Fitts

2nd Place Team – Virginia Gompertz, Norma Zarnegar, Cheryle Tonis, Carrie Ishizaki

3rd Place Team – Shari Davis, Lisa Johnston, Joyce Maddox, Patricia Conn

4th Place Team – Dottie Teague, Jacque Wilson, Maria Fahey, Shelly Kilgore

Some great golf was played in the May Friend's Day tournament highlighted by Birdies by Penelope Crumpley, Joan Dickerson (2), Karen Price, and Trish Willard. The outstanding play also included Chip-Ins by Chris Fridman (2), Sandy Twohig, Karen Price, Mo Mazzocco (2), Gail Johnson, and Dawn Castaldo.

May Friend's Day Results

Flight One:

1st Place Team – Penelope Crumpley, Chris Fridman, Liz Phillips, Vicki Philpott

2nd Place Team – Karen Price, Joan Dickerson, Doreen Lewellen, Linda Thode

3rd Place Team – Carol Plette, Nina Quintal, Peggy Zarriello, Connie Berg

Flight Two:

1st Place Team – Joanne Zemetra, Bridget Buford, Judy Pennington, Amy Lujan

2nd Place Team – Maggie Popplewell, Tricia Marquez, Trish Stella, Sandy Thornton

3rd Place Team – Terri Mesple, Judy Wood, Jerri Morello, Rose Frazier-Hart

The Lake Wildwood Women's Golf Club was well represented at the Peach Tree GCC Women's Invitational last month as well. The team of Nina Quintal, Joan Dickerson, Patti Egge, and Nancy Stallins took Overall Low Gross honors and Joanne Zemetra's

team took 2nd place in the first flight. The 1st place team in flight two included Candy Pray and Dianna Mortara.

Famous Golf Quotes

"I'm getting better at golf now because I'm hitting fewer spectators."

-Gerald Ford

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 June 28. Your help makes this article possible. Keep smiling and stay healthy... We'll see you on the Green!

BRIDGE CLUB

From page 6

nity members generously donated more than \$800 at the 2022 pop-up booth.

"Last year was our first time reaching out to the greater Lake Wildwood-Penn Valley community via Holiday Market, and the results were truly inspirational," Heyser says.

Added to additional donations from local residents and bridge players, the Lake Wildwood Duplicate Bridge Club and Unit 461 raised \$6,696 for Alzheimer's research in 2022. "It's important to note that 100% of donations go directly to the Alzheimer's Association," says Jim Hook, the club's game director.

Bridge club volunteers will have Alzheimer's resource information

available at the Holiday Market booth and can provide specific referral information as needed.

"We want to make sure that our community has knowledge of services and resources available locally," Heyser notes.

Donations can be made in person at any of these events (checks made payable to "Longest Day") or online at https://act.alz.org/site/TR?fr_id=16164&pg=personal&px=10641355.

Please contact Deanna Heyser at 831-402-2735 for additional information about the Alzheimer's Association. For more information about playing with the Lake Wildwood Duplicate Bridge Club, contact Bev Britton at 415-827-4821 or bevbritton@sbcglobal.net.


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Dig in the dirt: Gardening is good for you

By Mary Beth TeSelle

Whether you are in it to enjoy the fruits of your labor or for the relaxation that comes from digging in the dirt, research confirms what most green thumbs already know: Gardening is good for you.

The most obvious benefits of a home garden are nutrition related. The fruits and vegetables grown in your own yard are fresher and more nutrient-rich than anything you can purchase at your local grocery store. Growing your own food has also been shown to help you eat more fresh fruits and vegetables, while also controlling what kinds of fertilizers and pesticides come in contact with your food.

In addition, experts at the Centers for Disease Control point out that the physical act of gardening — digging in the dirt, pulling the weeds, planting the seeds — is a good form of exercise and can improve your health and reduce your risk for many diseases. Activities like raking and cutting grass might fall under the category of light to moderate exercise, while shoveling, digging, and chopping wood might be considered vigorous cardiovascular exercise.

Beyond the cardiovascular benefits, active gardening also engages nearly every major muscle group in the body, which is vital to our overall health and can help to prevent age-related weight gain.

Gardening may also be good for our brains. Researchers in Korea gave 20-minute gardening activities to people being treated for dementia in an inpatient facility. After the residents had raked and planted in vegetable gardens, researchers discovered increased amounts of some brain nerve growth factors associated with memory.

Studies in the United States have found that gardening can improve mood and increase self-esteem. Researchers found that when people spent time in a garden, their anxiety levels dropped and they felt less depressed.

A 2011 study found that when people with depression participated in a gardening intervention for 12 weeks, several aspects of their mental health, including their depression symptoms, were significantly improved. Those improvements lasted for months after the intervention ended.

And one more added bonus — the sunlight you are exposed to while gardening for just half an hour can provide a substantial amount of vitamin D, which lowers your risk for many types of cancer, diabetes and even dementia.

Want to experience the many benefits of gardening but aren't sure how to get started? Try these tips:

Start small and plant things you and your family will enjoy eating.

Choose your garden spot carefully (it should have at least 6 hours of good daytime light and access to water).

Use contaminant-free soil.

Consider using a raised garden bed, which allows you to control the soil and nutrient blend.

Talk to other gardeners in your neighborhood to get a sense of what grows well and when.



SNMH Emergency Department nurse Mark Hayden works on a tomato cage in the hospital's Share the Spirit Wellness Garden. The garden not only provides produce that employees and volunteers enjoy but also provides health benefits for those who volunteer to tend to it.

Hospital garden provides fresh produce and respite

Even our community hospital is enjoying the many benefits of gardening! Dignity Health Sierra Nevada Memorial Hospital recently completed construction of a nine-bed vegetable garden on the hospital campus known as the Share the Spirit Wellness Garden.

Hospital employees and volunteers have been busy gearing up for the summer planting season. Recently, the team planted tomatoes, watermelon, zucchini, beans, raspberries, strawberries, and some herbs. Soon the team will harvest garlic, onions, and leeks that were planted in the fall.

"The Share the Spirit Wellness Garden is a place of health and respite for employees and volunteers to come together and have a peaceful place to grow vegetables while making time for stress relief, respite, and camaraderie," said Sandra Barrington, SNMH Foundation Executive Director. "In the future we hope to offer wellness classes at the garden to encourage patients to increase their consumption of fresh veggies and incorporate stress reduction activities into their daily lives."

For now, the produce from the hospital garden is used by employees and volunteers but Barrington says the hope for the future is that the hospital café will be able to use the produce, with the surplus donated to other local nonprofits.

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