



OAKMONT NEWS

Oakmont's Semimonthly Newspaper

www.oakmontvillage.com/news

April 15, 2020 • Volume 59, Number 8

White Oak Trees Come Down

Many of the hazardous liquidambar trees along White Oak Drive in front of the Central activities Center were removed during the last week in March. OVA Facilities Manager Rick Aubert said the trees were diseased, too close to power lines and damaging the irrigation system. Their aggressive roots were above ground, and Aubert said sidewalk damage and safety also were a concern.

OVA's landscape contractor True North's arborist, David Huppe, recommended their removal. Huppe



Photos by Julie Kiil and Rick Aubert.

told OVA, "The tree species is known for aggressive root systems, dangerous seed pods, and limbs that split off frequently." True North felled the trees, chipped the wood and scattered the chips over the site. Four remaining liquidambar also were to be removed.

The trees will be replaced with crape myrtles when that type of work can resume after the coronavirus restrictions end.



This rainbow appears to arch over the 1st hole of the Sugarloaf (East) Golf Club course on March 25. (Photo by Maureen McGettigan)

Current and Future Directions in Oakmont

The *Oakmont News* interviewed OVA President Steve Spanier on the status of several association issues.



COVID-19

Q: Why did you need to shut down OVA's outdoor facilities? The virus isn't known to transmit through water, so there's no need to close the pools.

Similarly, people who play bocce, pickleball, tennis and other sports believe they can easily ensure social distance.

A: OVA's restrictions are completely in line with county and state law. If we're to be responsible community leaders, we really have no option to do anything else.

The county and state have issued shelter-in-place orders. Our Supervisor, Susan Gorin, said in a newsletter on April 1 that people over the age of 65—the vast majority of our community—should not even be going to the store and should "strictly self-isolate."

See **SPANIER** on page 6

Video Conferencing App Keeps Oakmont Connected

■Ashlea Thomas

Oakmont is zooming into 21st century technology!

As the Covid-19 quarantine has forced the community to stay indoors, business has sky rocketed for shelter-in-place-friendly companies. Perhaps the most successful is a leading video conferencing software app called Zoom Video Communications, known to most as "Zoom."

Zoom provides the ability to virtually interact with co-workers, peers and family via video or audio conference call. Its core features include one-on-one meetings, group meetings and screen sharing.

See **BOARD** on page 3



Oakmont During the Virus Shutdown

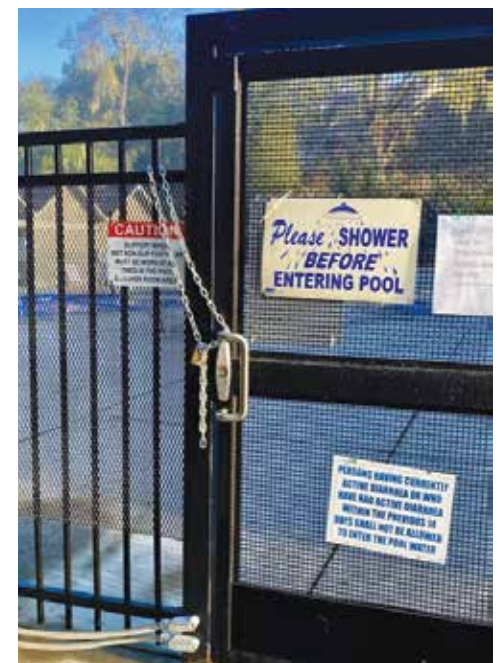
■Marty Thompson

Quiet streets, deserted buildings and playing fields: The story of Oakmont during the shutdowns caused by the coronavirus pandemic.

Neighbors were saying hello from a social distance as they walked nearby streets for exercise and a chance to get out of the house. For many, a pet dog was a handy reason to go for a stroll. Throughout the day there was no shortage of walkers, neighbors often pausing to visit from six or more feet away.



A sign on the front door at Oakmont Gardens limits entry to essential visitors, medical personnel and staff. (Photo by Marty Thompson)



A chain and padlock bar entry to the Central Pool. Oakmont key cards also have been deactivated during the emergency closure, but members should save them for remote activation when buildings can reopen. (Photo by Julie Kiil)

As of March 26, Oakmont reported its first coronavirus case with the Sonoma County total at 49. OVA President Steve Spanier said in an email the individual had recently traveled internationally and was at home with instructions to call an ambulance if they experienced shortness of breath.

See **SHUTDOWN** on page 5

PSRT STD
U.S. POSTAGE
PAID
SANTA ROSA, CA
PERMIT NO. 323



OAKMONT RENTALS
Locally Owned - Internationally Known



Full Property Management

- Vacation Rentals
- Single Family Homes
- Duplexes, Triplexes
- Quality Free Market Analysis
- Find Tenant
- Screen Applicant

Linda Frediani
 Full Service Property Management
 Or Placement Only
 DRE 00910124

✓References ✓Credit
 ✓Eliminate The Stress

707-303-3555 6580 Oakmont Drive

Oakmont Strong 

Resilient - Compassionate - Courageous - Agile - Caring - Experienced - Dependable

WE GOT THIS.



COMPASS

Compass is a real estate broker licensed by the State of California and abides by Equal Housing Opportunity laws. License Number 01866771. All material presented herein is intended for informational purposes only and is compiled from sources deemed reliable but has not been verified. Changes in price, condition, sale or withdrawal may be made without notice. No statement is made as to accuracy of any description. All measurements and square footage are approximate. This is not intended to solicit property already listed.



Virginia Katz
 SRES® | REALTOR®
 707.486.4491 | DRE 0898612
 FYE





World of Carpet One
 FLOOR & HOME

•CARPET •HARDWOOD •LAMINATE •AREA RUGS
 •HUNTER DOUGLAS WINDOW COVERINGS •TILE

GOOD DEALS. GOOD DEEDS. GOOD BUSINESS.

World of Carpet One
 FLOOR & HOME

3023 SANTA ROSA AVENUE
 SANTA ROSA CA 95407
 707-524-1450
 www.worldofcarpetsantarosa.com

LOCALLY OWNED BY THE CARSTON FAMILY SINCE 1968




Bootsie
 Purr-tastic!

You know what I like? Purring. I like it because it's my way of saying "thanks" for the belly rubs, the grooming sessions and for playing with me! I may be 12 years old but I still "got it" in the play department- I'm like a kitten! Now all I need is a home I can call my very own. Come in and sweep me off my paws!

HUMANE SOCIETY
 of sonoma county
 Santa Rosa & Healdsburg
 HumaneSocietySoCo.org

Is a Reverse Mortgage right for you?



Contact me to learn more about:

- The benefits of a reverse Mortgage
- Our application process

Loans made or arranged pursuant to Real Estate Corporation License Endorsement #01104032, California Bureau of Real Estate (877.373.4542). Business services and products do not originate from HUD, FHA, the Government of the United States, or any Federal, State or Local Government Agency.

Tracy Kline | Residential Mortgage Representative
 707.541.1486 | Tracy.Kline@exchangebank.com
 NMLS# 277734 | exchangebank.com



Exchange Bank
 Invested in you.



Regular Oakmont Association Committee Meetings

■ OVA Administration

The listed Oakmont Village Association meetings are open sessions. Any interested Oakmont residents are invited and encouraged to participate in these important meetings.

MEETINGS	DATE	TIME	PLACE*
Architectural (No participation) / christel@oakmontvillage.com	2nd Tues. Monthly	1:30 PM	Conf. Rm.
Oakmont Village Association (OVA) Board Workshops <i>(Check our calendar in the event that a workshop does not occur)</i>	1st Tues. Monthly	1-3 PM	Berger Center
Oakmont Village Association (OVA) Board Meetings	3rd Tues. Monthly	1-3 PM	Berger Center
COMMITTEES	DATE	TIME	PLACE*
Communications (CC) / oakmontcommittee@gmail.com	4th Wed. Monthly	10 AM	Conf. Rm.
Community Development (OCDC) / ova-ocdc@sonic.net	2nd Wed. Monthly	3 PM	Ste. B
Community Education and Transparency Committee (CETC)	1st Thurs. Monthly	10 AM	Mgrs. Conf. Rm.
Finance (FC) / ova-finance@sonic.net	The Thursday before the Regular Board meeting	2-3:30 PM	Rm. B
Long-Range Planning Committee (LRPC)	1st & 3rd Mon. Monthly	1 PM	Conf. Rm.
Landscape Improvement Committee (LIC)	2nd Tues. Monthly	10 AM-12 Noon	Mgrs. Conf. Rm.
League of Maintained Area Associations (LOMAA)			
Regular Meetings	1st Mon. Monthly	12 Noon	Rm. B
Quarterly Meetings	1st Wed. (March, Sept., Dec.)	7 PM	West Rec.
LOMAA Annual Workshop	2nd Wed. (June)	9 AM	East Rec.
Emergency Preparedness Committee (OEPC)			
OEPC Board	1st Thurs. Monthly	2 PM	Rm. B
OEPC Community Meeting	3rd Thurs. (Jan., May, Sept.)	2 PM	Berger Center

A quorum of OVA Board of Directors may be present at these meetings. *It is sometimes necessary to change meeting locations and/or dates and times. Please check the Rec. Center bulletin boards for written notice of change or call the OVA office prior to scheduled meetings for confirmation.

LOCATIONS
Room B is in the Central Activity Center, 310 White Oak Drive. Conf. Rm. is in the OVA Office, 6637 Oakmont Dr., Ste. A. Mgrs. Conf. Rm. is in the OVA Office, 6637 Oakmont Dr., Ste. A

Sign Up for Email Announcements From OVA

■ Staff Report

If you are not currently receiving email announcements from Oakmont Village Association, you can sign up by visiting <https://oakmontvillage.com/signup>.

On that page, you must enter your email address, and then select your email sharing preference, before clicking on the "Subscribe" button.

Step 1: Enter email Address.

Step 2: Select Email Sharing Preference.

Step 3: Click "Subscribe."

After completing those three steps you will receive email updates from OVA moving forward.

OVA emails include the weekly E-Blast and updates. An example of an update was the closure of all facilities due to the coronavirus.

If you were receiving email announcements from OVA prior to last Dec. 31, and then suddenly stopped, this is due to a new state law, SB 323, requiring HOAs to provide a list of member contact information to requesting members. That prompted OVA to delete its email distribution list and ask members to sign up anew and indicate whether they want their emails given out.

BOARD Continued from page 1

"Even outside of the shelter-in-place order, social isolation is a real problem, especially in communities like Oakmont," said Colin Hannigan, OVA's information technology coordinator. "Being able to actually look your friends and family members in the eye and see their smile is a very healthy tool."

Zoom's basic service is free, and grants users to hold an unlimited number of meetings, usually capped at 40 minutes. A monthly fee is required for longer meetings and recording abilities, but that charge has been waived during the Covid-19 crisis.

As much of the country is bound to their homes, and many working remotely, Zoom has become an essential tool in keeping communities and businesses connected by turning a regular phone call into something much more interactive. As a leader of multiple Oakmont clubs, resident George McKinney said, "There is a possibility of using Zoom to bring in people who cannot physically make a meeting, or as a way of recording a meeting. We are definitely looking into that."

Boasting 2.22 million active users, Zoom stock surged 50% last month and the company continues to bask in the glow of insatiable demand. With the extension of Sonoma County's Shelter-in-Place order until May 3, it seems Zoom's popularity will continue to thrive as it is in Oakmont.

Clubs and committees have tested the waters with Zoom as a sense of normalcy is craved while navigating through the pandemic. "While we only have three committees and four clubs who have scheduled meetings with OVA's Zoom account, we've hosted 19 meetings since purchasing Zoom in mid-March, with nine upcoming meetings currently scheduled," Hannigan said.

"Zoom works surprisingly well for a discussion group," McKinney said. "I've got Futures, Great Decisions, Genealogy and Sunday Symposium all using Zoom to meet each week."

With the arrival of Zoom comes inevitable pushback and concerns over how easy it is to use. However, if this extra time at home has done anything good, it has allowed individuals the chance to become acquainted with technology that may seem daunting at first.

OVA staff has found Zoom to be an integral part in making telecommuting more human over the last few weeks. It has enabled OVA staff to continue to meet face-to-face when in-person meetings haven't been possible. Using Zoom, "We have been able to continue many of our day to day operations," said OVA Executive Assistant Dawn McFarland.

As it has successfully been utilized by so many, Zoom appears to have a firm grasp on its relevance in Oakmont.

"Zoom will definitely be used after the quarantine," McFarland said. "For example, if someone would like to attend a meeting, I envision those individuals to be able to attend virtually. OVA is very excited to be able to continue to integrate more tools to allow for Oakmont residents (to have) access to information pertaining to the operations of the association."

Warming Trends Oakmont Special

**Only available to Oakmont Residents
15% OFF**

- High-Efficiency Inserts • Decorative Gas Log Sets
- Clean Burning & Clean House • Push Button Fire
- No More Spare-the-Air Alerts

We provide a complete line of high-efficiency, clean-burning gas inserts, stoves, fireplaces, and decorative log sets, as well as all EPA certified wood-burning units.

We are the premier hearth shop in Northern California and are the only hearth shop in the North Bay that offers our own in-house installation.

So, whether you prefer the traditional warmth and feeling of a wood fire or choose the more convenient option of gas, Warming Trends, Inc. is your clear choice.



Warming Trends Inc.

Sonoma County's Premier Hearth Shop

578-9276

#4 South A St., Santa Rosa • www.warmingtrendsinc.com




Valley of the Moon Rotary Club



■John Brodey

LIFE IN THE TIME OF COVID

Well, here we are over a month into self-isolation. For some that has meant actual quarantine and for others it has meant risking their lives daily to save ours. It has given us all pause for thought. A sorely needed time out. A few observations and thoughts have popped into my head lately and it seemed they might be worth sharing. Here they are:

- It is true, everybody knows they are going to die, they just don't believe it.
- Now I know what FDR meant about fear. When facing a crisis, fear is our greatest enemy. Fear of our own mortality, losing someone we love, fear of the unknown and fear of loneliness.
- As a species, we are amazingly resilient and adaptable. If you doubt the strength of the human spirit read Aleksandr Solzhenitsyn's *Gulag Archipelago*.
- No one alive has been through something quite like this before. Our continued well-being will boil down to how well we work together and care for each other.
- Facts and knowledge are essential tools for survival. Gun shops aren't really an essential business.
- The few things that we now realize can thrive during the darkest of times are creativity, love, humor, compassion and selfishness.
- Fear is relative and even with the myriad of things that worry us right now, I can't imagine being a single mother of three living from paycheck to paycheck.
- We have too much stuff. A lot of people have decided they can live with a lot less than they realized. Who hasn't looked around after a month at home and wondered how it all got there?
- We can't live without each other. Relationships on every level are like air itself. The need to be part of a couple, family, tribe, organization, club is both our most wonderful quality and potentially, our greatest weakness.

• Such once in a lifetime events are nature's way of telling us we need to reconsider our priorities. It is time to reflect on what our lives are all about and what's truly important. As Solzhenitsyn puts it: the object of life is not prosperity but the maturity of the human soul."

• Crisis in the era of technology is an amazing thing and the positive benefits far outweigh the negative aspects. A video chat last week on Zoom with my 96-year-old father and four siblings, who are scattered all over the world, was the first time in three years that I have been able to see them all in one place.

• NextDoor has become a delightfully positive and mutually supportive forum and that is very nice to see.

• Some things will never be the same again but in their place some very good things will take their place. My wife may decide to wear makeup again but if she doesn't, we'll never be late to anything again.

One of the more amazing experiences of the past two weeks was how we could manage to have our Rotary meeting take place on Zoom. There were 45 of us plus our speaker, Steve Spanier. We had 20 members in their little "Brady Bunch" boxes on each page. And the pages rotated depending on who was speaking. It was a real boost to see my VOMR family, again all in one place at the same time. As much as everyone was eager to see each other, it didn't hurt attendance that we moved the meeting to 9 a.m. It seems more people stay in their pajamas all day than I realized.

Cribbage Club

■Jon Kline

STAY-AT-HOME CRIBBAGE— LET'S PLAY!

The Oakmont Cribbage Club has suspended our regular Tuesday afternoon meetings due to the continuing Covid-19 Shelter-in-Place orders and subsequent BOD's closing of the CAC card rooms. However, club members have been playing at home with spouses and online with other club members as well as family and friends from all over the world.

In addition, we are reaching out to club members and all Oakmont cribbage players to participate in a weekly online tournament in which every participant plays 6 or 9 games against the same group of opponents. The player who wins the most games will be declared the winner. Prizes are yet to be determined, but suggestions are welcome. The play and scoring will be similar to the weekly "Grass Roots" cribbage club play in over 250 cities sanctioned by the American Cribbage Congress (ACC).

The site most of us are using is Cribbage Pro, which is a free app that's available on iPhone or Android platforms. We encourage all cribbage players to download that app and start practicing against the computer.

Once you get comfortable with the playing procedures, we encourage you to contact the Cribbage Club. We will email you the club membership list so that you can start playing with other Oakmont residents and join in our weekly tournaments.

For more information about cribbage you can go the ACC website at www.cribbage.org.

While we all sheltering in place and practicing social distancing, it's important to reach out and continue to interact with others via phone, video chat and other online activities. Please stay safe and well.

Contact me with questions at alsonjonny@gmail.com or (650) 279-0001.



The Future of Oakmont Smarter Living Today and Tomorrow

■Marilyn Pahr

WEEKLY VIDEO CONFERENCES

The Oakmont Futures Club is not holding group meetings while the OVA facilities are closed. We expect to return to our normal schedule (5 p.m. on the second Wednesday of each month in East Rec.) once facilities reopen.

In the interim, we are holding short informational video conferences each week on Wednesday at 4 p.m. The topic for each will be posted on the E-Blast and emailed to everyone on our email list. These will also be recorded and a videotape will be available on our website: www.oakmontfuture.com.

If you want to be on our email list, send your email to futureoakmont@gmail.com.



707-538-0679

Offers a full range of Home Care services including RN, LVN, CNA, Home Health Aide Companions

New Residents' Reception April 28

■Ashlea Thomas

If you are new to Oakmont, this is for you! New residents are invited to gather at the Berger Center on Tuesday, April 28 from 10-11 a.m. There will be a presentation by OVA Manager Kevin Hubred, and an opportunity to ask any questions you many have.

Light snacks and refreshments will be served. Hope to see you there!

AARP Free Income Tax Service in Oakmont Has Been Suspended

■Frank Tindal

The Tax-Aide program operated by AARP in partnership with the IRS that has been operating here at the Berger Center has been closed down pursuant to a nation-wide order by AARP to reduce the risk of coronavirus exposure to the volunteers and taxpayers. The team of volunteers that has been hard at work providing free income tax service for seniors and low-income families for several years is now on stand-by awaiting an end to the shut-down order and the opening of the Berger Center.

Taxpayers with appointments were contacted and informed that the closure will be until further notice from AARP. When the service is re-started, volunteers will call and get new appointments set up.

The April 15 tax filing deadline has been extended to July 15 by the IRS, so taxpayers just need to be patient while the coronavirus pandemic runs its course and the AARP tax service is able to get up and running again.

Taxpayers can then drop by the Berger Center to make an appointment and get the IRS-required interview form in preparation for their appointment with a tax counselor. If you have any questions about the AARP tax service, please call me at 537-6927.

Insuring Oakmont Since 1963

After nearly 50 years of serving the Oakmont community, George Petersen Insurance Agency continues to provide customized services that focus on security and value.

Call our Santa Rosa office for assistance with:

Homeowners Insurance Auto

Earthquake

Long-Term Care

Life & Health

Estate Planning



George Petersen Insurance Agency

707.525.4150 | www.gpins.com
175 W. College Ave. | Santa Rosa, CA 95401
License # 0603247

SHUTDOWN Continued from page 1

OVA staff was available via telephone and email, with email preferred. The board and its committees did business by using an online virtual meeting service called Zoom. Some clubs met by conference call.

Updates on changing conditions were provided to OVA members by email.

The OVA shut down all of its facilities March 18. That included all buildings and outdoor recreation areas such as the swimming pools and spas, tennis and pickleball courts, lawn bowling, bocce, and petanque. The community garden also was closed.

OVA postponed its annual meeting and the counting of ballots in this year's board election for 90 days from its April 6 date. That would have been a virtual meeting, with residents able to watch online. County guidelines meant no more than 10 people could have been in the room. The inspector of elections and some people who had volunteered to count ballots said they were reluctant to attend.

Spanier noted that there was no mystery about the election, with four candidates for four positions. "A quorum was achieved weeks ago, so we know we have a valid election. All four candidate will be elected. The only drama is who will receive the least votes. That person will get a one- rather than a two-year term," he said in an email to members.

The golf courses, which had been closed while their new operator readied for business, also became off limits for walkers under a county order shutting "parklands and recreational lands operated by private groups and nonprofits." That meant no walking, biking or using private carts on the two courses, Valley of the Moon Club said in an email.

Club and group meetings and performances were canceled or postponed. Oakmont Lifeline Learning canceled its spring classes, with a preview of fall offerings set for August.

Facilities Manager Rick Auburt said the maintenance staff was going facility by facility, room by room, performing a thorough cleaning from the ceiling down, and sanitizing all tables and chairs. The staff also was maintaining pool and water chemistry according to health requirements.

The Oakmont Village Market was open as it had during earlier emergencies, doing business owner Dave Arcado described as "hectic." The store delivers orders of \$25 or more without charge, and Arcado said home delivery orders increased tenfold. "One day we did almost 100 deliveries. We come in in the morning and you can't stop working," Arcado said, observing "The community needs it."

Cleanliness was the order of the day. The market was using only its own fresh sacks rather than those brought in by customers. "We spray the counter after each customer. Our employees are changing gloves and washing their hands frequently," Arcado said.

Entry to Oakmont Gardens was restricted to staff and "essential visitors," according to its owner, MBK Senior Living. It said the facilities were sanitized daily and meal service in individual residences. MBK said it had increased staff hourly pay by \$2.

Fatal Crash in Oakmont

■Staff Report

A former Daly City doctor who had been living in Oakmont died in a horrific crash as he was turning out of Oakmont onto Highway 12 early on Thursday, April 2.

The California Highway Patrol said the victim, identified as Dr. Harry "Jeff" Gee, died when the Honda Civic he was driving was T-boned by a tree-trimming truck whose driver ran a red light on Highway 12 at the west entrance to Oakmont.

The truck driver was booked at Sonoma County Jail on suspicion of gross vehicular manslaughter while intoxicated and causing injury while driving under the influence.

The CHP said the driver was an employee of a Santa Rosa-based tree service who was towing a wood chipper with the work truck and was eastbound on Highway 12 approaching Oakmont Drive around 7:30 a.m. when he entered the intersection on a red light.

The intersection was clogged for several hours after the accident while traffic was diverted around the wreckage.

Oakmont Singles



■Alan Schackman

FROM THE PRESIDENT'S DESK

We at the Oakmont Singles Club wish for all of our members and friends to be safe and healthy during this Covid lockdown. Please reach out to us if you have a need for help or assistance getting food, medicines or just a friendly voice on the phone.

We will return at some point in time, perhaps May or June with Bon Appetit and a BBQ with outdoor games to celebrate Summer.

We shall overcome! (Thanks to Dr. Martin Luther King)

Oakmont Cannabis Club



■Heidi Klyn

WHEN: Monday, May 4, 2 p.m. **WHERE:** East Rec. **TOPIC:** "Making Friends with Cannabis" with Larry Tackett, a health professional, Hellerwork Practitioner and health educator for 35 years

Larry Tackett recently began working with Mercy Wellness in Cotati as the Wisdom Community Outreach representative. He self-medicated with cannabis for 45 years his service-related PTSD symptoms and with the advent of medical cannabis found better ways to manage his condition. He is also an anthropologist and became interested in the impact our aging population is having on the fabric of our society.

His research and interest led him to live communally for 20 years in Marin and to form a company called Caring Circles to support friends to create circles of caring for each other when a medical crisis arrived. He also worked with participants to put their financial and legal lives together to be prepared for the challenges before they occurred.

Mercy Wellness hired him in 2019 to research the use of cannabis in the 55+ demographic and how it was impacting their lives. Based on that research, Larry began working with Mercy to support the aging community to make friends with cannabis and begin using it as the biological gift it is to support us to live better lives as we age and live longer.

On Monday, April 6 at 2 p.m. we will cover all aspects of cultivation of the plant from seed, to soil amendments, to clones. Also there will be information on edibles, salves, tinctures and oils. David Scott will be speaking about a new dispensary coming close by and what to expect.

Free Windows PC and Smartphone Help

Do you have a smartphone or PC computer with which you need assistance? Howard Neckel, Carl Appellof or Andy Holroyd-Sills may be able to lend a hand. If you would like to see if one of them can help, call Howard at 282-9030, Carl at 291-5278, or Andy at 775-5220.

We are looking for additional people to help our Oakmont neighbors with their PC problems. If you'd like to volunteer, please call Carl at 291-5278. Thanks.

OTLC April-May Classes Cancelled

■Tina Nerat

Due to Covid-19 virus and shelter-in-place orders from the county and state, OTLC has cancelled all April and May classes. Refunds are being processed and will be sent out.

In early May we will determine whether June classes will be cancelled as well. Our website www.oakmont-learning.org will have updated information.

Please be safe everyone!

Oakmont Caregiver Support Group Meetings Continue!

■Vickie Jackanich

The support group is meeting by conference call at this time, due to the coronavirus shelter-in place orders.

It's a time when many of us are feeling particularly alone and want the opportunity to share with others. If you are caring for your spouse, a friend, or another family member who is in physical or mental decline, you are welcome to join the group. It doesn't matter if the person lives with you, in his or her own home, or in a facility.

This support group is an opportunity for family caregivers to talk about what's working and what's challenging in their lives, to seek tips from others and information on resources, and to share laughter (and sometimes tears). It's important to know that you're not alone in your caregiving journey.

If you are interested in participating, contact me at 595-3054 or Dorothy Foster, LMFT at 793-2152 for dial-in details.

HAULING HANDS
Junk removal • Moving • Deliveries
FREE ESTIMATES 707-228-6792
HaulingHands00@gmail.com

Alan & Denise Scott Realtors
Experience you can trust
McBRIDE AND ASSOCIATES Realty
CalBRE # 01376399 & 01766149
Direct: 707-486-8256
6520 Oakmont Drive, Santa Rosa
alan-denisescott@comcast.net
www.oakmontseniorhomes.com

SPANIER Continued from page 1

As of April 4, we are now urged to cover nose and mouth with bandanas or cloth masks when we're out on errands.

Let's talk for a moment about the philosophy behind these laws. COVID-19 is serious business. It's killing lots of people, and older people are particularly susceptible. It can transmit well before carriers demonstrate any symptoms and it can take up to two weeks to present itself, so it's easy to think you're fine when you're really a disease carrier. Every carrier, on average, infects more than one other person. The false sense of security this virus presents is extremely dangerous. And, once COVID-19 symptoms do present, the virus can defeat a respiratory system virtually overnight. So, all of us should do everything we can to keep the virus from spreading. That spirit is behind everything we're doing.

Might we be too cautious in our approach? Maybe, but given the downside, why take that risk? We'll survive not playing pickleball or golf, even for months at a time. But, if COVID-19 begins to spread within Oakmont, all bets are off. The tradeoff isn't worth it.

Q: How can we track what's happening?

A: It's hard not to track what's happening. Even the Weather Channel app provides county and state COVID updates. Every news source seems focused on the virus and its effects. Some are more reliable than others. We believe the best information may be found on websites offered by the state, the county and the CDC.

Q: What will happen to Oakmont businesses?

A: Every Oakmont business will be adversely impacted by COVID-19. Some may fail, especially those most affected by social distancing requirements (such as the barbershop and beauty parlors). COVID-19 will forever alter the landscape of Valley of the Moon and Sonoma county business.

As Oakmont residents, we must support the businesses we care about. We can positively impact our future by finding ways to sustain the businesses, their owners, and the people who work for them.

2020 BOARD ELECTION

Q: Why did you postpone the counting of ballots?

A: We did this to protect our ballot counters and Inspector of Elections, and because it is not an "essential activity." Our legal counsel recommended

it and we agreed. We had four candidates running for four spots. Because we reached a quorum weeks ago, we know that all the candidates running are certain to be elected. The only outcome yet to be determined is which candidate received the fewest votes and will serve a one- instead of a two-year term. With all candidates serving for at least another year, the counting of ballots is not urgent. Postponing the determination of election results will have no practical effect on Oakmont projects or politics, but it may save lives.

Q: Why didn't more candidates apply?

A: We can't know for sure. It may have been because people see it as a difficult job, made so by public criticism and having to cope, seemingly endlessly, with serious problems. It may have been because people are generally happy with the job we're doing. It may have been because no one thought they could unseat the incumbent directors. It may have been due to apathy. It could be a combination of these, or other reasons. We'll never know for sure.

We truly wish more candidates had applied. Our Spring election is the one time every year where the community has the power to choose our leaders. It would have been nice to test whether the community believes our approach to Oakmont governance is working effectively.

But we can't manufacture candidates where there are none. Nor can we force people to serve on a nominating committee. So, we work with what we have.

Q: Will there be a nominating committee next year?

A: Probably not. Our legal counsel has told us it's an anachronism, an artifact from a different time. Today, qualified members can nominate themselves and run for a board position. Everyone who does so is provided the same opportunities to make candidate statements that run in our publications and participate in the candidates' forum. A nominating committee is simply unnecessary.

ADVANCE GOLF PARTNERS (AGP) AND THE GOLF CLUB

Q: Every month, OVA provides money to AGP, but we can't use the facilities. How is this justifiable?

A: Right now, unfortunately, we're paying for all Oakmont facilities and are able to use none of them. This was also true when fires forced all Oakmont residents to evacuate and when most OVA facilities

were unavailable due to power outages.

OVA still has the same responsibilities as before and, by and large, the same expenses. Thanks to the Oakmont Neighbors Together program put in place last year, residents who are unable to make dues payments can apply for aid confidentially. Contact the Council on Aging for more information.

Q: This is a perfect storm for AGP. Just as it was about to open the courses and realize some revenue, COVID-19 hits. What will happen if AGP cannot sustain itself financially?

A: AGP is a seasoned business operator with a broad base of operations across the country, so we hope that doesn't happen, but this is a unique time. AGP can apply for a variety of loans to help protect the paychecks of its employees and provide money partially guaranteed by the government to handle disasters like COVID-19.

The OVA/AGP partnership was intended to be long-term, but if AGP can't survive what might be a lengthy recession, we'll cope with it as we cope with everything else—by looking in detail at our options, talking about them with all of you and choosing the one we believe is best for the community. We can't determine in advance what that might be because we can't predict the future. Developing circumstances will affect our decisions and choices.

Q: Why can't we walk on the golf courses, especially while there are no golfers there?

A: Until further notice, it's against county policy. Golf course homeowners have complained about the behavior of some individuals, and the county has recently threatened action if we don't adhere to their policy. OVA leadership acts irresponsibly if it tells residents it's OK to break the law. Further, it's not our choice to make. Golf club facilities have been leased to AGP, and they carry the operational responsibilities, liabilities and property insurance.

LOS GUILICOS VILLAGE (LGV)

Q: What is the status of LGV? Will it ever go away?

A: As long as the county considers it useful, LGV is unlikely to go away. We've checked with legal counsel and it appears we have no effective legal grounds upon which to protest its existence.

That said, the future is unwritten. If the county does not completely and stringently continue to follow current operating guidelines, and should changes negatively affect our community, OVA plans to act.

Continued onto next page

New Club Focuses on Constitution

■Grace Boyle

**THERE'S A NEW CLUB IN TOWN:
THE CONSTITUTION CLUB**

"Founded by Republicans, the new OVA-approved Constitution Club is open to those willing to look at current events and issues from a constitutional perspective regardless of political party affiliation," notes Oakmont resident Jane Gyorgy, one of the club's founders and designated spokesperson.

According to Gyorgy, questions the new club seeks to answer include: What's really in the constitution? What does it really say? How does it apply today? Since all sides say it's under attack, how can the club support the constitution?

The Constitution Club came about through the efforts of Gyorgy who together with Oakmonter Jim Cotton regularly initiated Republican gatherings at the Quail Inn for significant events—the primary, election night, State of the Union. Turnout was inspiring, filling the banquet room at the Quail to capacity.

"We should channel this energy into a mission," they surmised. And the Constitution Club was born.

Four other Oakmont residents joined Gyorgy

and Cotton as founding members of the club. The following quote from a recent founders' meeting sums up the path the club will take: "The liberty our constitution guarantees has made us the most prosperous nation the world has ever seen, the land of opportunity where people who work and study really can get ahead. Unless we work to see that the constitution is understood and properly applied, we are getting off our path."

Gyorgy adds: "We don't have any constitutional scholars in the club but we can look at an issue and ask: how does this really read? What does this really mean?"

The club has a commitment from Laura Ingraham to be a speaker next time she is in California.

The inaugural meeting of the club, open to all Oakmont residents, took place March 13. More meetings, lectures and presentations are planned. From Gyorgy: "If you are interested in defending the constitution but feel alone, we have a place for you to go."

For more information or to join the club email ConstitutionClub2020@gmail.com.

Canine Club

■Randi Hulce

SPRING IS HERE

As more of us are walking our fur babies longer and more often, this is a reminder to be a good neighbor and pick up anything your pup leaves behind! Not only is it part of our OVA rules, but it is just plain courteous and part of being a conscientious dog owner.

**WHAT'S HAPPENING
WITH THE DOG PARK?**

See OVA President Steve Spanier's comments on page 7.

MEMBERSHIP

If you have not renewed your membership yet for 2020, do drop off your check in our folder in the OVA office. Annual dues are \$12/individual, \$20/household. Membership forms for new members are available in our folder at the OVA office or download at www.oakmontcanineclub.org.

WOOF!





Continued from previous page

Our new LG Shelter Committee will continue to monitor the site and recommend to the board actions to protect Oakmont as needed.

Q: Have any incidents occurred recently?

A: There have been no significant incidents. There have been a few verbal altercations between LGV residents and a lot of complaints from LGV residents towards operator St. Vincent de Paul (SVDP) in response to the Governor's shelter-in-place order. To protect the safety of residents, the site has been quarantined and shuttle service limited to "essential services" such as grocery shopping and doctor's appointments.

Q: Has the LGV shelter been extended from the April 30 termination date to August 1? What government entity made that decision?

A: The county gave SVDP the green light to operate until August 1. The county and SVDP are currently working on a new lease for that period. Thus far, the county has honored the shared request for sufficient resources to continue shuttle, security and sufficient staffing services.

Q: Is there an update on the Fire Marshall's original opinion that the mini houses must be removed after six months or be equipped with sprinklers and receive other costly changes to stay in use?

A: Apparently, the city's Fire Marshall granted permission for these shelters to stay in their current location for up to one year without requiring any additional structural changes (i.e. fire sprinklers).

Q: Is LGV currently prohibiting volunteer contributions on site? How are the residents being fed? Can you briefly describe the plan if residents become ill with the virus?

A: To prevent contagion vectoring between Oakmont and other volunteers and the village, no volunteers are allowed on site. We expect that volunteers will be permitted to return after the health crisis has passed. SVDP is still providing meals (breakfast, lunch, and dinner) to residents. Three LGV residents at a time may sign up to go to the grocery store. They are provided with personal protective equipment before they go into the store and are provided with hand sanitizer before they return to the shuttle.

The Department of Public Health will be testing a sample of staff and residents at the site for COVID-19. If someone is sick, they will be quarantined off-site (at either the Gold Coin Motel or one of three other motels the county is using as quarantine sites for homeless people).

THE DOG PARK

Q: What's up with the dog park?

A: Pending permit approvals and the lifting of restrictions associated with county and state shelter-in-place and social distancing guidelines, we hope to open Happy Tails Dog Park this summer.

Q: Why build a dog park now when so many other projects are so much more important?

A: Because we've been working steadily on this and are ready. The money is accounted for in the budget and we have sufficient bandwidth to do this while working on other projects. Dog owners deserve a spot for their dogs to run without leashes. Dog parks are common in active adult communities.

Q: Almost \$200,000 for a dog park seems really high. Why can't you just put up a fence and call it a dog park for much less money?

A: It would be nice if this were true, but it's not. Based on input from a consultant who has created more than 20 dog parks, dog parks of this size typically cost between \$300,000 and \$400,000. In Sonoma County, permitting and ADA requirements alone cost tens of thousands of dollars. This amenity will support thousands of visits per year, will cost Oakmonters only about \$40 per person (one time), and will serve our community for decades.

Q: It doesn't seem like many people need or will use a dog park. Why create one here in Oakmont when there are dog parks close to Oakmont that Oakmont dog owners can use? Most Oakmonters will have to drive to the park anyway.

A: Oakmont is home to somewhere between 500 and 1,000 dogs. While not all of our dog owners will use the park, many used the (now unavailable) Wild Oak Polo Grounds, and eagerly anticipate availability of this amenity. Having our own dog park will encourage social interaction between Oakmont residents (as well as Oakmont dogs). In addition, a dog park is a common checklist item for people planning a move to an active adult community.

Q: Don't you care at all about the fact that neighbors will be impacted by the dog park?

A: We care about all our Oakmont neighbors. Our dog park committee diligently searched for a site on OVA land that was distant from all Oakmont homes, in vain. The planned site is the best choice available. It is not visible from the homes on Silver Creek and is well away from all other Oakmont homes.

OAKMONT BYLAWS

Q: Why is it so hard to change the bylaws?

A: Although there were some minor edits almost 30 years ago, most of our bylaws date back to the founding of Oakmont in the 1960s. Changes are way overdue, but have not been done because amending our bylaws requires over half of all Oakmont homeowners to approve any update. This means that more than 1,600 approval votes from our base of about 3,200 residences will be needed to modify our bylaws.

In recent Oakmont elections we have received between 1,500 and 2,000 properly voted ballots, generally somewhat more than half of the number mailed out. While it is theoretically possible to obtain approval for bylaw changes, they would require almost 90% of our community homeowners to vote "yes." Achieving such a supermajority is very difficult and is realistic only for completely noncontroversial changes that are clearly necessary.

Q: What is your current strategy for making bylaws changes?

A: Based on input from our legal team, we're taking a two-step approach.

First, we plan to lower the bar for bylaw amendments. The recommendation from both the Bylaw Revision Committee (BRC) that did so much hard work last year and our legal counsel is to set a threshold equivalent to our other elections—the majority of a minimum 25% quorum. This threshold ensures that a small percentage of Oakmonters cannot make inappropriate bylaw changes, but that we will be able to make needed changes that are long overdue. Circumstances permitting, we plan to schedule a vote to adjust the amendment threshold soon.

Second, after lowering the threshold, we'll schedule community discussion on changes to align with current law and other governing documents, and to consider proposed changes made by the BRC. The specifics of any changes that might be put to a community vote have not been determined, nor have they even been discussed by the Oakmont Board as yet. (Any such discussion would be a violation of California law outside of an open meeting). However, many of the ideas proposed by the BRC were communicated last year with the committee's final report. Later in the year, following extensive, and we anticipate, "lively" community discussion, we can develop a ballot for voting "up or down" on some specific changes or groups of related changes. Decisions on all of this can be made later. First things first.

Oakmont Democratic Club



■ Tom Amato

MAKING OUR WORLD BETTER DURING THE PANDEMIC

As we look towards hope during this pandemic, the Oakmont Democratic Club plans to work on positive things we can do. First, we are resuming our monthly general meetings through ZOOM. Second, we will seek through regular ebcasts to highlight things we can do from our homes.

We have rescheduled our Climate Crisis panel in a ZOOM format which will present a hopeful note on how county residents are creating a healthy relationship with Mother Earth. At the Thursday, April 23, 7 p.m. meeting of the Oakmont Democratic Club, local environmental leaders will share victories, challenges and some visionary ideas.

Three panelists will look at both the local policies being discussed by city and county leaders and the larger question of how much right we have as citizens to control the environment in which we live.

George Gittleman, a rabbi who co-chairs the Interfaith Clergy Caucus



of the North Bay Organizing Project, has spoken and written extensively around the ethics of our relationship with the natural world.



Mike Turgeon is a leader with the Friends of the Climate Action Plan (FoCAP). Mike, along with being a key environmental leader, is a retired Methodist pastor.

Cory O'Gorman is a member of the Rights of Mother Earth Campaign (RoME). Cory has a background in anthropology and is completing his master's degree studying forest ecology and Traditional Ecological Knowledge.



In 2012, Santa Rosa created a Climate Action Plan (CAP). However, much of the Plan was not implemented and our state continued to generally get hotter and dryer. Last year, FoCAP as part of a larger coalition, got Santa Rosa City Council to make CAP implementation a Tier One Priority and to take several notable steps. But from maintaining urban

growth boundaries to divesting from fossil fuel, big decisions confront local government. Mike will share insights on how we can help shape good decisions.

Related to this struggle, is the larger question of what legal rights we have as residents vs. those of multinational corporations to shape our physical environment. The Rights of Mother Earth Campaign is an effort challenging existing legislation that limits our rights to protect the long-term sustainability of our environment. Cory is actively organizing artists, clergy, youth, indigenous leaders and others to win local rights.

There are also larger ethical questions about how we treat our planet and what we leave for future generations. George Gittleman is the Senior Rabbi at Congregation Shomrei Torah and among his published works is a reexamination of the Book of Genesis which shapes much of the traditional Judeo-Christian framework for how we relate to our planet. We look forward to an interesting and provocative discussion.

Participation in the meeting is through ZOOM or by phone. We will include a link to the meeting in future club emails or contact me at amatothompson@gmail.com if you need help by April 22. All are welcome.



Forrest Yoga

■Carol King, RYT (Registered Yoga Teacher)

WHERE: Your place. Live Zoom classes twice a week
COST: \$60 for six classes (just like before). Payments can be mailed to my home address at 9327 Oak Trail Drive or use venom.com where my new handle is @Carol-King-95.

INFORMATION: <http://www.carolkingyoga.com>; email carolking1234@yahoo.com; 696-5464

FORREST YOGA CLASSES

WHEN: Tuesdays 12:30–1:30 p.m.; Thursdays 11 a.m.–12 p.m. (new time)

Come to class and ease your stress! Increase focus and calmness with this healing practice. Breathe deeply and allow tight areas to relax. Challenge your core.

Forrest Yoga does not require strength or flexibility; it only requires that you bring a willingness to learn how to feel authentically and respond honestly.

All levels welcome. People with injuries or conditions are encouraged to attend.

Equipment: yoga mat, blocks, strap and a yoga blanket or large beach towel. (Props can be ordered at Yogadirect.com, YogaOutlet.com, Gaiam.com, Amazon, and Target).

Please send me an email if you are interested in joining the Zoom classes and I have not heard from you: carolking1234@yahoo.com.

CHAIR STRETCH AND BALANCE CLASS

Recorded classes are planned. If there is enough interest in live Zoom classes, they will be offered. Please email me if you would like live Zoom Chair Stretch and Balance classes.

Fitness Club

■Tom Kelley

HAVE YOU SEEN MY FRIEND?

I have not seen my friend for a while. It has only been about four weeks, but it seems much longer. We used to get together several times a week at various times until the virus happened all too suddenly.

There was an article in the local newsletter that told me that my friend was no longer available. I understand why, but it made me sad. It may be a long time, even months, before we can resume our relationship. Now, we wait to see when we can reconnect.

During our forced separation, I have been on long walks and ridden my bike, but it is not the same. In fact, I have gained some weight and do not have as much energy. This happens when something so important is missing in my life.

I enjoyed the accessibility and social interaction, but most of all, my friend challenged me. It caused a lot of aches and pain as all relationships do, but this made me stronger and healthier. I am very grateful and it is not only me that misses our time together. Peggy, John, Jack, Charlie, Margo and many others are eager for the shelter-in-place to be lifted.

So, we all look forward to renewing our friendship with the Fitness Center. See you at the gym someday! The picnic on May 15 has been cancelled.



Aerobics Class

■Betsy Smith

This class is for those who want to start a fitness program or stay fit!

WHAT: Low impact aerobics class

WHEN: Tuesdays

TIME: 4:30–5:30 p.m.

WHERE: West Rec. Center downstairs

COST: \$8 per class or four classes for \$25 or eight classes for \$50

WHY: To enjoy keeping fit with friends while working out to catchy music and from your aerobics base. You should be able to get up and down from the floor.

INFO: Bring yourself, water, mat, weights

INSTRUCTOR: Betsy Smith, bsmith@sonic.net

Balance and Strength Building

■Betsy Smith

WHO: Those who want to start a fitness program, improve or stay fit

WHAT: Strength and Balance class using weights, large balls, little balls, and bands

WHEN: Thursdays, 4:30–5:30 p.m.

WHERE: West Rec. Center downstairs

COST: \$8 per class or four classes for \$25 or eight classes for \$50

WHY: To enjoy keeping fit with friends while working out to catchy music and from your fitness base. You should be able to get up and down from the floor.

INFO: Bring yourself, water, mat, weights, and a large ball you can sit on if you have them.

INSTRUCTOR: Betsy Smith, bsmith@sonic.net

Chinese Qigong

■Shera Carlton

Your liver's true calling: "Miracle Peace Keeper" processing fat and protecting the pancreas, glucose and glycogen storage, vitamin and mineral storage, disarming and detaining harmful pathogens and toxins, screening and filtering blood, and finally guarding you with its own personalized immune system. Like our endangered earth's environment so goes our livers. Send loving kindness to your liver.

WHEN: Saturdays 9–10 a.m.

WHERE: Lower West Rec.

INFO: 5organqi@gmail.com. Donations excepted

Interval Training

■John Phillips

Studies have shown that Interval Training helps keep us young and active and promotes weight loss more than any other activity including cardiovascular work. If you need some new ideas on how to work out, then you may want to check out our Interval Training class.

It takes place on Mondays, Wednesdays and Fridays at the Lower West Recreation Center at 2 p.m. Equipment needed: lite hand weights, a non-slip mat and water, and the ability to get off the floor.

The first session is free, drop-in fee is \$8 or you receive 10 sessions for \$64.

Oakmont Health Initiative Free Fitness Classes

■Charlene Bunas

WHAT: YMCA Healthy Living—free classes by JoRene
WHEN: Mondays, Wednesdays and Fridays 9–10 a.m.

WHERE: Berger Center

Income tax, property tax, sales tax, capital gains tax, kiddie tax, wealth tax, estate tax, corporate tax, city and county tax and the burden of being taxed all take their toil this month. We fret and stew, worry and wonder what we get for our money.



And then there's exercise? It taxes the body, does it not? What do you get in return? Fitness, positive frame of mind and energy. Like taxes, exercise is for everyone. Monday, Wednesday and Friday exercise classes welcome men and women. We come for the exercise, we leave with the benefits.

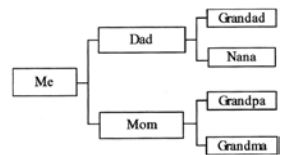
Equipment for JoRene's class: Non-skid mats, 3# hand weights, athletic shoes (supportive but not too grippy,) and a water bottle—hydration revitalizes. Fragrance-free, please. Share the floor with kindness.

Word to the wise: For your safety, good balance and lateral movement are needed for quick aerobic moves. A fall may cause serious injury. Check with your doctor prior to beginning any exercise regimen. All Free Fitness Classes are too large to accommodate those who need special supervision.

If you have shoulder, back, knee problems, anything that is painful, it is advisable to join a smaller, well-supervised class first, and consult a personal trainer or medical professional to learn modifications that are suitable to your condition. Participants need to use their judgment and body awareness, altering each exercise to prevent injury. Be careful dear ones.

Genealogy Club

■Melinda Price



VIDEO PROGRAM

We don't know when the next meeting of the Oakmont Genealogy Club will be, but stay posted here, on NextDoor and the Friday E-Blasts for the date and time.

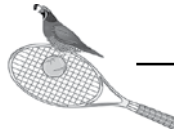
Of course, the March 23 meeting was cancelled, but that doesn't mean the planned presentation is not available. George McKinney is holding video conferences for us on "Famous American Women before Suffrage," with the first session featuring Susan B. Anthony occurring on March 20. The second program was Friday, March 27 focusing on suffragette, Carrie Chapman Catt. You can view the recorded lectures on our website at www.oakgenclub.org by clicking on "Recent Presentations."

Each week on Fridays at 11 a.m. these presentations will continue for the next few weeks. If you'd like to participate but are uncomfortable with video conferencing or don't know if you have the right equipment, email George, and we'll try to get you started. Please sign up on our e-mail list to get more info.

The Oakmont Genealogy Club regularly meets upstairs in the West Rec. Center at 1 p.m. on the fourth Monday of each month, except July and December (or wildfires and pandemics!). There are no club dues, and everyone is welcome to attend our meetings, both newbies and experienced researchers.

For information about genealogy research or club activities please visit our website at: www.oakgenclub.org. Past programs are posted there as well as tips and links. If you have research questions or would like to receive our e-newsletter, email: oakmontancestry@aol.com.

Tennis Club



■Joanne Phillips

LUV YOUR NEIGHBOR—STAY AT HOME!



Nothing is more important than your health and the health of our community. We may love our sport, but tennis is certainly not worth dying over. So, let's be patient until this pandemic subsides and we are back on the courts again. We are dedicated. We are resilient. And we will be back! Stay safe everyone.

THE OAKMONT COURTS MAY BE CLOSED, BUT DON'T DESPAIR

The USTA offers these great tips for keeping your body in shape while the courts and



gyms are closed:

1. Need to be creative with equipment. Use bodyweight, cans, jugs (anything that doesn't break) for weight equipment.
2. Could be a good time to try new things, like yoga.
3. Best way to make a workout more challenging is to add more reps, slow the tempo down of each rep, add in isometric holds for weak points.
4. Try Escalating Density Training (EDT). Pick a timeframe you have to work within (15 minutes), choose how many exercises you want to do and how many reps of each exercise you will do in each set. Then perform the circuit as many times as possible with good quality reps. Next time you do this, try to beat your last total.
5. Get a partner to hold you accountable for each day.
6. Work on recovery, sleep! Try to increase an hour a night.

YOU'VE GOT MAIL!

All OTC members should have received their 2020 OTC Roster by mail earlier this month. If you have not received yours, please contact Jon Kline, Membership Chair at (650) 279-0001 or alsonjonny@gmail.com.



HOW TO STAY CURRENT ON OTC EVENTS WHILE YOU'RE STUCK AT HOME

The 2020 event schedule is subject to change due to the coronavirus. In order to have the most current information, please access the group's website at: <https://oakmonttennisclub.shutterfly.com>.

If you are having trouble accessing the website, please contact Stephanie Wrightson at swrightson51@gmail.com.

MCBRIDE Realty

Do you have friends or family looking to move to Oakmont, or are you considering selling your home? Call one of our caring and professional agents to assist you with your real estate needs.

Meeting the Real Estate needs of the Oakmont Community since 1986



Donn Paulson
(707) 953-5975
DRE# 00988223



Eileen Heavey
(707) 538-2270
DRE# 00928142



Peter Schmidt
(707) 890-1335
DRE# 01472650



Mary Carretta
(707) 484-2286
DRE# 00899339



Ron Albright
(707) 328-5920
DRE# 00868178



Karen Sites
(707) 888-5044
DRE# 01439227



Denise Paup
(707) 696-0023
DRE# 01218751



Fran Berger
(707) 477-0987
DRE# 00807430



Barbara Lynch
(707) 696-4431
DRE# 00642851



Barbara Sloan
(707) 741-1733
DRE# 02092832



Vanessa Devoto
(707) 583-4202
DRE# 01976215



Nancy Devoto
(707) 953-5458
DRE# 00771931



Debbie Devoto
(707) 326-3004
DRE #01893275



India Williams
(707) 322-9393
DRE# 00853181



Alan Scott
(707) 529-4135
DRE# 01376399



Denise Scott
(707) 486-8256
DRE# 01766149



Florence McBride
(707) 538-2270
DRE# 00792765



Ululani McBride
(707) 396-0499
DRE #01853778



Marie McBride
(707) 322-6843
DRE# 01169355



Peggy Cummins
(707) 538-2270
Admin Assistant

707-538-2270

www.mcbridere.com • 6520 Oakmont Drive, Santa Rosa, CA 95409

DRE #01151843

Oakmont Birders

■Barbara Kendrick

LOCAL HUMMINGBIRDS

While there are a number of hummingbirds that live in or migrate through California, in Oakmont the most common species, by far, is the Anna's hummer. You can see them year-round near hummingbird feeders and almost anything that blooms. Both male and female have solid green backs with pale-gray breasts, and mature males have brilliant iridescent rose-pink heads and flaring throat feathers (called gorgets).



Anna's hummer, courtesy of Tom Grey.



Allen's hummer, courtesy of Tom Grey.

In early spring another species, the Allen's hummer, begins to arrive from their southern wintering grounds to breed here, lingering on through July. Allen's have a mix of rusty-orange and green on their backs, and the males have pale orange breasts and a white collar below an iridescent orange gorget. Females have the same general coloration but are drabber (with no gorget).

It's not difficult to tell the two species apart—Anna's look all-green, Allen's have a lot of rusty-orange. And while Allen's are a bit smaller than the Anna's, they're big on attitude. Once found, your feeder becomes their personal property,

and other hummers of any species are unwanted intruders. When Allen's visit your yard this spring, you're likely to see them defiantly flaring their tails and hotly pursuing each other, stopping for a quick nectar refill until dive-bombed by a rival.

Another less-common species that appears here in the spring is the Rufous Hummingbird. It looks very much like the Allen's but has a solid rusty back with sometimes a hint of green—the color proportions vary (there are other subtle differences too, but even experts can have trouble making positive IDs). Rufous hummers make the Allen's seem downright hospitable—bird guides charitably describe them as "feisty." Their zeal to drive off other birds extends well past hummers—they fearlessly go after most birds, even jays, who come near their feeder. Rufous hummers usually stop for just a short time in our area. If there's a sudden large commotion around your nectar feeder in March or April, a Rufous may be visiting.

The formula for making your own nectar is four parts water to one part table sugar. Do not use food coloring. Clean your feeders regularly. In hot weather, change the nectar often to avoid fermentation (and surly hungover hummers).

Like birds and bird watching? Join the Oakmont Birders mailing list by contacting bkendrick@jps.net. Bird walks will resume at some point!



Boomers



■Carolita Carr

In our last article, we asked you to "stay tuned" for news of our next event. All we can do now is to ask that again. We have cancelled our band concert with the Illegals, which was to be this month, and the status of our May 15 concert with More Joy is still to be determined.

The ancient curse "May you live in interesting times," has certainly been visited on all of us. So, until we can all meet together and dance or listen to great music, the Boomer Board wishes that you all stay well, stay at home when possible, and be cautious if you must go out in public.

We will send any updates regarding event scheduling to our email list and post information in our *Oakmont News* articles. Members can also check our website, oakmontboomers.org, if they wish.

Underground Sheltering?



Oakmonter Kathy Rapp captured what looks like a community of gophers taking advantage of the lack of golfers on the golf course just off her backyard. It's assumed the sheltering-in-place critters are paying attention to distancing rules and not using tunnels to visit.

**Business,
But Not
Quite
As Usual...**

We are open and servicing our customers during this uncertain time... just know that we are doing everything to keep you (and our Techs!) protected. As a precaution, we will:

- Wear masks in your home upon request
- Wear gloves in your home
- Sanitize work areas

Your safety is our priority!



Call For An \$88 AC Tune-Up
(707) 242-1200
MooreHomeServices.com

Our Promise To You: 100% Right, Or 100% FREE!



Oakmont Solar Project



The solar panel project at Oakmont parking lots moved forward with a Terracon Consultants field geologist and California Geotech on location drilling to collect soil samples to help determine construction design at the three recreation centers' lots. The work did not collide with parking needs, as the recreation centers were closed. (Photo by Julie Kiil)

What's Growing On at the Community Garden?

■Terri Somers

To slow the spread of COVID-19, all OVA facilities, including the community garden, were closed on March 18. We appreciate the gravity of these decisions—lives are at stake. We look forward to the garden opening once the threat dissipates.

Gardening is an activity that improves our physical and spiritual well-being and we all could use a little more of that! I checked in with one of our food gardeners, Stephanie, to see how she is occupying her time during social distancing.

Living on the golf course, Stephanie's major challenge is deer, but she is able to propagate a thriving herb garden. It doesn't take much space. Most herbs (not basil—sorry) are eschewed by deer.

Select an area with, at least, four hours of sun and well-draining soil. Pots also work as long as potting soil is used and there is drainage. Order seeds online but choose local or nearby companies as the seed will be better adapted to our climate. Some of her favorites are Renee's Garden, Territorial Seed, Bountiful Gardens and Kitazawa Seed. The seed packet will provide planting instructions.

Stephanie keeps her soil moist (like a well rung-out sponge; not wet) for best germination and seedling growth. When plants are established, she cuts back on irrigation. Bees and beneficial insects will visit if you let some of your herbs bolt (flower) later in the season.

Armed with items found at home, she created "deer-proof" planting areas to grow her favorite veggies. An old wooden deck box was turned upside down and



Herb garden: culinary lavender, thyme, tri-color and common sage, chives, oregano. (Photo by Stephanie Wrightson)

holes were drilled to create a 2x4' planting box for tomatoes and basil. She placed the box close to the south side of the house where it will receive the most sun. She will rig bird netting that she can roll and up down for protection from critters. She is growing tomatoes and basil on her sunny kitchen counter to be transplanted to the box when the threat of frost passes. In May, she will plant winter squash parallel to the golf course.

She protects the seedlings with bird netting, but as they mature, their sticky vines deter deer and rabbits. She used a large pot to sow three of her favorite leaf lettuce varieties. If you don't have pots, look around the house and yard. An old dresser drawer, basket or sturdy shopping bag can serve as a container as long as you add drainage.



Get creative with veggie and herb containers. (Photo by Stephanie Wrightson)

Consider the depth of the container relative to the root system of the vegetable: for example, you can grow baby leafy greens in 5 inches of soil, whereas a tomato would appreciate at least 12 to 18 inches. If it is too late to start seed, some companies will mail seedlings. Or, call a local nursery to see if they have curbside service. See the Master Gardener website for more information about growing veggies and herbs (<http://sonomamg.ucanr.edu/>).

Stephanie also is using the sheltering-in-place period to fire-harden her landscape. She reduced the size of some shrubs, removed others near the house and pruned out dead or dry material inside remaining shrubs. She used a combination of home-propagated succulents and those ordered online to create two succulent rock gardens next to the house where shrubs once were planted. In addition, she suggests an aggressive approach to weed removal while the soil is soft from spring rains—great exercise.



New succulent herb garden will fill in as plants grow. (Photo by Stephanie Wrightson)

She concluded our discussion with this well-known saying: Gardening is cheaper than therapy... and you get tomatoes!



SOLSTICE
SENIOR LIVING

Live. Life. Vibrantly.

Keep Your Loved One Healthy with Solstice

The health and safety of our residents is always our top priority. At a time when many seniors are isolated at home, we have each other!

WE ARE ACCEPTING MOVE INS AT THIS TIME!

Precautions:

Limit their exposure by:

- Limiting visitors
- Screening employees, residents and vendors daily
- Sanitizing commonly touched surfaces regularly
- Monitoring adjustments to national health guidelines

Services:

- Daily meals delivered to each resident
- Housekeeping and fully-stocked supplies
- Vibrant Life® activity program

Please contact Paul or Ryan at 855.642.9070 to learn more about how Solstice can serve your loved one during this time.

SOLSTICE SENIOR LIVING AT SANTA ROSA
3585 Round Bard Blvd
Santa Rosa, CA 95403

GREAT DECISIONS

1918 • FOREIGN POLICY ASSOCIATION 2020 EDITION

■George McKinney

Great Decisions is a national program developed by the Foreign Policy Association (FPA) which features discussion topics on important international issues. Participants read background material and then discuss their thoughts in a Zoom video conference.

We meet weekly on Zoom at 10 a.m. We send out notices on the topic, the background material, and how to join the meeting. If you want to be part of this program, send your email to oakmontgd@gmail.com.

Square Dancing Club



■Susan McLean

We don't usually dress up for square dancing, but made some exceptions for our 2019 holiday party. As you can see, we form gender-neutral squares so that all dancers can get in on the fun. It's one way to put a modern spin on a traditional form of dancing.

Along those lines, check out the following video from Funny or Die for a little chuckle.

Gender is a Construct Do-Si-Do: <https://www.youtube.com/watch?v=AUKR4FpChcc>.

INFORMATION: Call Jenny at 367-2102, Susan at 367-0417 or Phil at 843-3053



Oakmont Sunday Symposium

Berger Center, 7902 Oakmont Dr.
Sunday, 10:30 a.m.–12 noon / \$3 donation
www.oakmontsundaysymposium.org



■Marilyn Pahr



Some images from our past season.



Due to the Coronavirus Shelter-In-Place protocols, we are live streaming some of our talks on our LIVE page, <http://oakmontsundaysymposium.org/LIVE> at our usual 10:30 a.m. Sunday time. No password or specialized software is required to view this live stream.

Join our email list for current info: <http://oakmontsundaysymposium.org/contact-us.html>.

Recent video talks will be posted on the website:

Jim Masters, *The U.S. Census: Why Is It Important?* (April 5)

Mark Randol, *What We Can Learn From Pandemics in the Past* (March 29)

Although we had to cancel the in-person remainder of our 2019/2020 season, it was a successful season

with over 3,000 guests in attendance—with an average of 152 curious folks per session.

The Oakmont Sunday Symposium is a non-sectarian, non-partisan organization that provides an intellectually stimulating, educational program of talks to the residents of Oakmont and their invited guests. Speakers are distinguished experts in their fields. Topics include history, contemporary political issues, regional geography, nature, health, travel, literature, art, music and more.

In its 25-year history, the Sunday Symposium has hosted over 750 speakers, many of whom come from various Bay Area universities and colleges as well as experts from our own community.




Sonoma Patient GROUP
Longest permitted dispensary in Sonoma County

Seniors & Veterans
10% Discount Everyday!

Seniors 60+
Veterans with Military ID or DD214

Ask us about Delivery & Online Ordering for In-Store Pickup!



Visit Our New Website at:
www.SonomaPatientGroup.com

2425 Cleveland Ave #175 | Santa Rosa
707.526.2800 Open Daily 10 AM–7 PM
A10-18-0000177-TEMP



OAKMONT GENERAL & IMPLANT DENTISTRY
FAMILY • COSMETIC • IMPLANT DENTISTRY



DR. MICHAEL RICE
6575 Oakmont Drive, Santa Rosa, CA 95409

NEW PATIENT SPECIAL

x-rays • exam • professional cleaning
• oral cancer screening
& gum health evaluation

ONLY \$199 (valued at \$399)

Give us a call today!
(707)539-8956

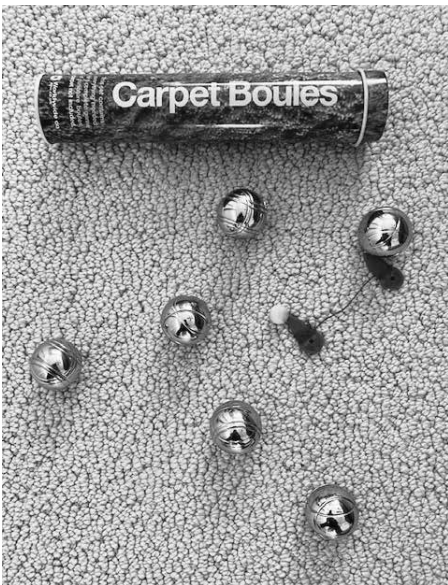
Pétanque Club



■Don McPherson

PÉTANQUE PLAY CANCELED

Oakmont pétanque players have bid a wistful au revoir to the pétanque court in light of the OVA closure of all facilities consistent with applicable public health orders. Until conditions change, homebound players must make do with “Carpet Boules” or the small selection of rudimentary pétanque apps available for android or ios devices.



Desperation Days: Carpet Boules.

Daily play, club play and the scheduled April 18 Springtime Tournament are canceled. All Oakmonters are asked to avoid the pétanque court between Berger Center and the OVA offices and to refrain from allowing dogs on the court.

Club members will be advised by e-mail when the restrictions are lifted.

Of course, Oakmont Pétanque is not alone in the region. The Valley of the Moon Pétanque Club in Sonoma has canceled all play at Depot Park until further notice and rescheduled its Wine Country Open from April 18–19 to August 22–23. La Pétanque Marinere Club in San Rafael has similarly canceled all play on its courts until further notice as well as its April 11 and May 9 scheduled tournaments.



Will we ever be this close again?

OVA IMPROVEMENTS

The Pétanque Club is grateful to OVA for several recent improvements to the pétanque facilities. The concrete sidewalk that had been destroyed nearest the old putting green has been replaced, providing a border for the court as well as access to summer shade. OVA also purchased and installed new, durable scoreboards for each of the three courts that are stored in the pétanque locker when not in use.



New sidewalk and scoreboards.

Just prior to suspension of play due to the National Health Emergency, a new crushed granite playing surface was installed. Pétanquers were eagerly awaiting the resumption of rain to compact and “season” the new surface. The rain came but, alas, so did the closure. Return to play is eagerly anticipated.

PÉTANQUE AT OAKMONT

The club welcomes all Oakmont residents to enjoy the challenge and satisfaction of pétanque. When the current restrictions are lifted, the club will resume sponsorship of daily player-arranged casual play and open club play on Wednesday and Saturday mornings at 9:45 a.m. with teams chosen randomly as well as tournaments and social events.



The good old days...



Au revoir: until we meet again.



■Ray Haverson

MICKEY GILLEY CANCELLED

I am sorry to say due to the virus and the safety of all guests I have cancelled the Mickey Gilley Show on March 24. However, I talked to Mickey and he really wants to do the show for us so he is looking at dates between August and December and he will let me know what those dates are. That being said we will pick a date and let you know what that is.

You have two ways you can go: I will refund your money or you and your party can stay on the list so you will have your seats already for the next show. In some cases, if you stay on the list you would have better seats than you have now.

Your seats will be refundable at all times up until 10 days before the new date of the show.

Please let me know all names in your party and how they would want to proceed by calling me at 539-6666 or e-mail me at haversonr@comcast.net.

CINCO DE MAYO DINNER/DANCE CANCELLED

This is to let you all know we have cancelled our Cinco De Mayo dinner/dance that was on May 8. It looks like our virus will still be with us and the last thing we want is to take the chance of spreading it around.

I will keep you all posted on other events Sha-Boom has planned in the future.

You all stay safe and remember the 6-foot rule.

Feel free to call me at 539-6666 or e-mail me at haversonr@comcast.net.

Oakmont Garden Club



■Patty McHugh

“At certain times in one’s life the ebb and flow of a tidal stream and the setting of the sun are not insignificant events.”—Author Unknown

This is one of those times!

APRIL MEETING CANCELLED MAY 20 FIELD TRIP TO SFBG CANCELLED

Sadly, we won’t be seeing you again any time soon. We hope to reschedule the March and April speakers to another time and will post when we know. Our field trip to the San Francisco Botanical Gardens may be considered again for next year. Of course, we are sorry to miss the 150th Anniversary celebration at the garden but, even so, it will be a memorable trip. Surprisingly, as close as we are, many of us have never been, so it is a real treat.

Unfortunately for all of us, our normal lives are disrupted by the unseen enemy known as COVID-19. As long as we are all cognizant of keeping distance from others yet staying connected, adhere to the guidelines set forth by the CDC and State, and are kind to each other, we will weather this!

Those of us who are blessed to have a garden, however small or large, can still bring joy to our lives in these troubled times. There is little more therapeutic than spending a few hours outdoors in our gardens. April is a gorgeous time of year in the garden, something is always in bloom and the garden is filled with the fragrance of flowers, the buzzing of bees and the frolic of the butterfly. The sun warms our body and souls.

Set aside some time every day this Spring to enjoy the outdoors. Maybe this is the year you finally decide to plant a vegetable garden, or to remove those overgrown shrubs. Start that project you’ve been putting off for some time—don’t be discouraged if it isn’t finished this year—baby steps...

Continue the tasks outlined in the April 1 Garden Club article. By now, you should be able to set out those tender annuals and vegetables. There is always work to be done in the garden!

Be well, friends.



Pickleball Corner



■Doc Savarese



Cartoons by Peter Copen.

ADAPTATION FOR SENIORS

Many adaptation strategies focus on improving short-term capacity without considering long-term strategies. The COVID-19 virus is teaching us that we must incorporate preventive behavioral changes if we want to continue the healthy lifestyle to which we all aspire. For example, establishing a nutrition strategy will have the benefit of increasing your body's immune system needed to prevent or fight diseases along with enhancing your physical capacity for pickleball.

It is also obvious that those who demonstrate proactive behavioral changes such as shelter in place, social distancing, frequent hand washing and not touching your face (average person touches their

face 100 times per day), reduces the spread of this pandemic virus. Those unknowing or unwilling to modify their behavior will realize an increase potential for exposure to self and others. Just like learning a new sport such as pickleball, this modified behavior requires learning the basic fundamentals and foundations that will help keep you healthy and safe.

It has become highly possible that the COVID-19 virus has increased our awareness to vulnerability of unforeseen changes in not only the immediate but also the distant future. There appears to be a "new normal" upon us whereby our normal behavioral habits of camaraderie, friendships and laughter that we often receive from activities such as pickleball, is

and will be changed.

As a psychologist, I have always believed that life is 10% of what happens to you and 90% of how you react to it. Subsequently, the individual who develops effective behavioral adaptations will be in a better position to have the coping mechanisms necessary to thrive and survive. This essentially means changing the way that we normally act. This requires changes in social patterns, communication methods, feeding habits and exercise patterns. Conditions have changed and action is required to return to, maintain, or attain what we desire.

Can an old dog learn new tricks?

OAKMONT PICKLEBALL PLAY INFORMATION

WHERE: East Rec. Center lower courts, Courts #1 and #4

WHEN: New players (strictly beginners) Introduction to Pickleball and Coached Play (for beginners and novices), Tuesday from 9–10 a.m.

ATTIRE: Court shoes with non-marking soles

EQUIPMENT: Balls are provided. Loaner paddles are available for introduction and coached play. These balls and paddles are for use only on the Oakmont Pickleball courts.

WEBSITE: <https://oakmontpickleball.shutterstock.com>

NEW PLAYER CONTACT: Pauly Uhr, richuhr@gmail.com, 984-4186; and/or Nancy Lande, Nancy_lande@comcast.net, 978-2998

Quilting Bee

■Elizabeth McDonnell

In spite of mandatory shelter-in-place orders, many Quilting Bee members are keeping busy sewing and quilting on projects. Our members received emails from Village Sewing in Santa Rosa and Broadway Quilts in Sonoma, asking us to make fabric masks to be donated to nurses at our local hospitals. While not as protective as the N95 masks, many of the nurses have no mask at all and they contacted the shops asking for people to make and donate the masks. Countywide and nationwide, quilters and sewers have responded.

Diane and Cherie have offered to deliver the masks to Village Sewing and Cherie has offered yarn to knitters and quilters if they need something to keep their hands busy. She has left her donations on her front porch to be picked up without personal contact.

A few of our members have shared pictures of projects they have just completed or on which they are working. Sharing the pictures and information keeps all of us in touch with each other. Lisa shared a picture of the Redwood Country Cloggers quilt she recently made.

Earlier in March seven of our Bee members held a quilt retreat at The Bishop's Ranch on Westside Road near Healdsburg, a beautiful, peaceful place and close to home. We spent many hours working on our quilt projects, helping each other arrange blocks, laughing and having fun. Pam McVey made a baby quilt top which just needs quilting before she gives it as a gift. The ranch served yummy, healthy meals and we looked forward to hearing the old-fashioned farm



Pam McVey's baby quilt top.

bell ring calling us to eat. I don't know about anyone else but I'm sure I gained a couple of pounds in spite of the walk to and from the dining hall.

Lisa Thorpe is the artist-in/-residence at the ranch and she popped in to meet us, see our projects and invite us to her studio. We did so and loved seeing her creative fabric work. Two of our quilters are in charge of arranging speakers and teachers for the Santa Rosa Quilt Guild and they arranged for Lisa to speak and teach with the guild in early 2021. Several of us have



Lisa's Redwood Country Cloggers.

already said we would take the class.

An added bonus to the trip was that spring had sprung: pastures and lawns were lush green and plants and trees were blooming. It was so nice one day we ate our lunch outside enjoying the view of the Russian River Valley and Mt. St. Helena. The week was great fun and we look forward to returning next year.

The Quilting Bee meets on the second and fourth Wednesday of each month in the Arts and Crafts room from 1–4 p.m. and the third Saturday of each month from 9 a.m.–4 p.m. to machine and hand sew projects. For further information please call at 538-2523.





Bocce Club



■Linda and Don McPherson



Will Tourney Winners ever stand this close again?

QUE SERA, SERA

Like all other Oakmonters, bocce players are sorely missing regular fixes of the very social game they love. Just as substantial court maintenance work had been completed by an OVA contractor and members were enjoying the new, true playing surfaces, the facilities had to be closed.

Consistent with OVA policy and the applicable Public Health Orders, the Oakmont Bocce Courts remain closed to everyone, regardless of club membership and regardless of whether personal equipment is used. All Oakmonters are asked to avoid the Bocce Courts area above the West Rec. Center. Dogs are always prohibited in the area of the courts.

DAILY AND TOURNAMENT PLAY CANCELED

All club daily play, monthly scheduled tournaments, and club activities are canceled indefinitely. Bocce Club members will be advised promptly by e-mail when daily play can resume and also will be notified when the next scheduled tournament will be played.



The Good Old Days!



TUESDAY NITE BOCCE LEAGUE

Jim Tosio, director of the club's new Tuesday Evening Bocce League, has notified

all 36 registered competitors in the league's six teams as well as registered alternates that the planned May 12 start of the league's first six-week session may be in jeopardy. Closure due to the Public Health Emergency will be monitored closely. Tosio indicated that the league's season could begin as late as June 30, in that case finishing on October 3 instead of the planned August 18. All competitors will be notified of developments by e-mail.

WINE COUNTRY GAMES CANCELED

Due to Public Health Emergency, the Sonoma County Council on Aging has regretfully announced that the Bocce competition will not be held since the scheduled 10th Anniversary 2020 Wine Country Games have been canceled. Anyone who has already registered and paid registration fees can contact volunteer Games Coordinator Leigh Galten at the Council on Aging 525-0143 x 121, concerning a refund.

Lawn Bowling



■Topher Gayle

Given all the uncertainties we're facing, Mary Blake and I thought it would be fun to just relive a few images from the last year. So this article is short on text and long on images of happy bowlers!

ALTERNATIVES TO BOWLING AT THE GREEN

What do you do when the green is closed and we're mostly all staying inside, and when we do venture forth, we must carefully keep our distance? We want to bowl! Well, there's a smartphone app that is fun for a while, but it doesn't get our blood moving at all. What to do? What to do?

I found myself getting a little stir-crazy. My wife was out in the garden, moving rocks around, or digging holes, or something. I had stayed inside. I was getting twitchy. I wanted to roll things around. Hmm, what to do? I know! I've got a cantaloupe, I've got some apples. I'll set up a bowling green right here in my living room! I figured I could play singles with my wife when she came in. But you know, I hate to lose, so I figured I'd get in a little practice while she was outside.

I rolled the cantaloupe down the hall. That's my jack! And then I rolled some Granny Smiths after it. I followed that up with some Galas. I wanted to see which had a more consistent bias. But neither one had much bias at all. This was discouraging. Hmmm. They were too symmetrical. What to do?

I know! Eggs! They'll never roll straight. Perfect! I used Easter egg coloring to make three eggs green, and three eggs red. First, I tried rolling the green ones—beautiful! Lovely curved path, hooking at the end, just like real bowls. Lovely! My first few rolls

landed right next to the cantaloupe. Ah, I have this thing figured out. But you know, a little practice goes a long way. So I rolled the red ones.

I rolled one and then another. I needed a wick off of one of the green eggs with my third red egg. Splat! And that's when she came inside. The yolk's on me! When they say "wear whites," this is not what they mean. My sweetie was not too pleased. Well, I guess the hallway floor needed mopping anyway.



Ande Anderson, James Chang and Frances Coryell.



Liliane Rains and Ann Miller.



These gals are ready to bowl!





■Pastor Brinda

Hello Beloved Community,

Well that just happened... can you believe this crazy world? The best thing I can say in response to this is do not be afraid. We live in a new world of hype. Everything is worse or going to be worse so be afraid. But God tells us to be wise and discerning but do not be afraid. He also tells us to not be as the world with no hope.

The world is telling us we have to do this and do that, it is for our best. And what they are really doing is instilling fear in so many people. Be wise, wash your hands in soap and water frequently, don't go around people who are sick, and if you are sick for goodness sakes don't go out and about. But if you are well and diligent and in a low risk area use good judgment in when and where you go.

Remember you are old enough to have been through many illnesses and disasters already. What you already know and what the world does not know, is our God is a great God. He has brought you this far and therefore, you know you are in good hands. Moreover, he promises to never leave or forsake you. So whatever is yet to come, we have hope in the promises of God.

Let it not be said that His people are governed by fear instead of faith. Continue in your prayers day and night and remember those who are struggling. Remember while the world focuses on one issue, this virus, so many people around us have other serious issues and concerns. So, let us not forsake our neighbors.

Call the church if you need one of us to pick up groceries for you or if we can be of assistance in other ways, and especially if you need prayers. Let's work together as the body of Christ encouraging one another in the Lord. (Disclaimer: this was written on March 15, a lot can change in two weeks but God's word will not change).

God bless you,
Pastor Brinda

Now you don't have to miss church if you have a computer or a Smart TV with the internet. The church will be streaming live every Sunday at 10:30 a.m. via YouTube. Search for Oakmont Community Church and register. If you need assistance call the church and our tech person will help you navigate the steps.

Oakmont Community Church is a Non-denomination Bible-based church. We invite you to be a part of church family.

For more information on upcoming events, classes and meetings see the OCC calendar at occsantarosa.org.

How can we serve you? Need prayer, hospital visit, or communion? Pastor Brinda Peterson, 595-0166. The Church Office/Manse: 6687 Oakmont Dr. Website: occsantarosa.org.



Kiwanis Club of Oakmont



■Jeff Davis

KIWANIS INVOLVED DIRECTLY WITH CHILDREN

Recently one of our former Oakmont Kiwanis Club Presidents was summarizing past club budget records and found that in the past five years the club has made donations totaling \$154,000 to organizations around Sonoma County who help better the lives of disadvantaged children. This was made possible by the efforts of members to organize and work at our various fund-raising events and to Oakmont residents who have generously contributed to Kiwanis in return.

It is personally satisfying to reflect on the positive effects these donations may have had. It is also satisfying to many of our members that we are able to be involved with children directly to support them and to help them to accomplish some of their own goals for their communities.

This starts in schools at the elementary grades and goes through high school level. At nearby Kenwood Elementary and at Luther Burbank Elementary (where, for many students, English is a second language) we do things like spend time with first-grade students in their classroom helping them with small projects and supporting them in their progress, helping with yard maintenance projects and awarding

recognition at year's end for academic and service accomplishments.

At the high school level we support student Key Clubs, part of a Kiwanis effort to encourage students to look at service to the school and to the community as a desirable goal in their lives. The Key Club at Montgomery High School, for example, has been a leader to other Key Clubs in their enthusiasm for service. They set their own agenda and almost every week are involved in projects such as packing items at the Redwood Empire Food Bank, cleaning trash out of creeks and beaches, providing help at school-wide events.

Oakmont Kiwanis members work at some of these projects side-by-side with the students. In turn, Key Club members come to Oakmont to help the Oakmont Club with events such as our Carnitas and Margaritas Dinner and monitoring runners at the Human Race. Kiwanis also awards college scholarships for students who have distinguished themselves academically as well as serving others.

So, Kiwanis Club members have opportunities to help our communities in many ways, depending on personal schedules and agendas. Please come to a meeting and see how you can contribute to a friendly and dedicated group: 8:30–9:30 a.m. Thursdays at the Berger Center (breakfast available beforehand).

Music at Oakmont 2020–21 Season

Celebrating 30 Years of Great Chamber Music

Thursday, Oct. 15, 2020

EINAV YARDEN, piano

Thursday, Nov. 12, 2020

NICHOLAS CANELLAKIS, cello
MICHAEL BROWN, piano

Thursday, Jan. 14, 2021

CARION WIND ENSEMBLE
Dóra Seres, flute
Egils Upatnieks, oboe
Egils Sefers, clarinet
David M.A.P. Palmquist, horn
Niels A.V. Larsen, bassoon

Thursday, Feb. 11, 2021

ISRAELI CHAMBER PROJECT
Daniel Bard, violin
Michal Korman, cello
Guy Eshed, flute
Tibi Cziger, clarinet
Sivan Magen, harp
Assaff Weisman, piano
with Hila Baggio, soprano

Thursday, Mar. 11, 2021

CURTIS ON TOUR :
THE NINA von MALTZAHN
GLOBAL TOURING INITIATIVE
of the CURTIS INSTITUTE of MUSIC
Ida Kavafian, violin
Peter Wiley, cello
Curtis Institute players

Thursday, Apr. 8, 2021

OMER QUARTET
Mason Yu, violin
Erica Tursi, violin
Jinsun Hong, viola
Alex Cox, cello

Concerts take place at the Berger Center in Oakmont, and are open to all Oakmont residents and their invited guests. Single tickets are \$25, cash or check, at the door. Season tickets for the six concerts will be available for \$125 at the March 12, 2020; April 9, 2020; and Oct. 15, 2020 concerts, at the door only. Checks should be made out to Music at Oakmont.

www.musicatoakmont.org

CLASSIFIEDS

HERITAGE ROOFING CO.

Specializing in residential re-roofing. Top quality workmanship. Honest and reliable. Oakmont references. Free estimates. Lic. #673839. 539-4498.

PAINTING AND FAUX FINISHES

Reasonable rates, free estimates, Oakmont references. Lic. #573530. Gary Luurs, 528-8489.

BABE'S TRANSPORTATION

A personal transportation service for airports, cruises and vacations. Call for reservations. Plus Babe is on the road again for local doctor visits, shopping, etc. Call Stephany at 545-2850.

B&J CONSTRUCTION

BRUCE JOHNSON, GENERAL CONTRACTOR

Remodeling, kitchens and baths. Reasonable rates. Small jobs OK. Free estimates. Lic. #428073. Call 996-1454.

GOLF CARTS

Huge selection of value-priced, new, used and re-conditioned golf carts for sale. Professional repairs, service. Many years servicing our friends in Oakmont. 584-5488.

SUE CARRELL & ASSOCIATES

PROPERTY MANAGEMENT SERVICES Offering tenant placement. Managed accounts provide service to tenants and owners for repairs, periodic inspections, accounting and monthly reports. (707) 282-9268 (office), (707) 291-3655 (cell).

MARTHA L PROFESSIONAL

HOUSE CLEANING

Home, office, move-outs. Window, bed linens and much more. 19+ years of experience. References upon request. 548-9482 or marthal1041@att.net.

DANIELLY'S FITNESS

We bring a mobile gym with personal trainers from Sonoma Valley directly to your home or outdoor. Now training is easy! Let us map your fitness plan to help you achieve your goals. Danielly was elected one of the top 3 personal trainers of Sonoma Valley Best Professionals 2018. Danielly Rocha-Lanter, (707) 343-5777.

FIREPLACE CLEANING AND SERVICE

Warming Trends has been cleaning, servicing and installing fireplaces, stoves and inserts for 30 years. Call 578-9276 for any fireplace needs.

BODEN PLUMBING, HEATING AND AIR

For all your plumbing and heating needs. Local plumbers in business since the late 20th century, licensed, bonded and insured. Same day service is often available. Money-saving coupons! CA Lic. #659920. Please call (707) 996-8683 or go to www.BodenPlumbing.com.

COMPUTER OOPS??

Oakmont Onsite Personal Computer Services. Call Chuck for all things computer. VOM Rotary member, computer instructor. References available, many satisfied Oakmont customers. \$50/hr. 293-8011.

ST. FRANCIS BARBER SHOP

Established 1963. Old fashion haircuts at a reasonable price. No appointment needed. 120 Calistoga Rd—down the breeze way by Safeway.

COOL CUTS HAIR SALON

No appointment for haircuts. Coloring, perms, styling. Great people, great prices. Open 7 days. 140 Calistoga Rd., Santa Rosa. www.coolcutshair.com. 538-3277.

REPAIRS PILING UP? CALL RAY

No job too big or too small. Heating, water heaters, plumbing, electrical, drywall, patching, painting, appliance repairs, honey do's, etc. Quality and affordable. Ray, (707) 280-2699.

FOR ALL YOUR PAINTING NEEDS

Quality affordable work at reasonable rates. Interior painting including rooms, cabinets, railings, decks, fencing. Pressure washing and more. Call Michelle, (707) 378-3600.

WC'S LOCKS AND KEYS

Professional, experienced locksmith for all your security needs. Senior discount. Call today! 539-6268. Wayne Carrington, LCO #2411.

GARAGE DOOR SERVICES

Locally owned and operated Dependable Doors offers full servicing, repair, and replacement of garage doors and motors. Call Casey at (707) 775-8009 for all of your garage door needs. Lic. #1016951.

ENTRY DOORS

Local professional installation. Wood and Fiberglass Doors. Free estimates. Call Brad Chiaravalle, 539-3196. View photos at www.doorbeautiful.com. Lic #527924.

HANDYPERSON

Little fix-its and knotty problems. All trades repairs. Electrical and plumbing fixtures, carpentry, assemblies, labor. 30 years helping Oakmont. Lic. #560098. Jay Williamson, 539-5217.

YOUR PERSONAL CAREGIVER AND ADVOCATE QUALIFIED TO CARE FOR ALL YOUR NEEDS

Available 24/7 (w/backup, if needed). 20+ yrs. of honest, reliable, competent experience. Native Californian, bonded, fingerprinted and DMV clear. Specialize in Alzheimer's. A flat rate for 24-hr or overnight care. Starla, (925) 698-6312.

DECKS, FENCES, KITCHENS AND BATHROOMS

Finish carpentry and general construction. Licensed, bonded and insured. CA Lic. #1044479. Call 843-9469 or (707) 393-9748.

GARDEN TRIMMING

Trees, hedges, shrubs done with an emphasis upon a natural look. Since 2007. Richard, 833-1806. Oakmont.

NOSE TO NOSE PET SITTING

The best care for your best friends. Cat care. Daily visits. Overnight companionship. Insured and bonded. Profile and referrals at petsit.com. Alix Moline, 637-6267.

ERIC WILSON, GENERAL CONTRACTOR

Remodeling specialists. Kitchens, baths, roofing, plumbing and electrical. Fire and water damage repair. Quality service, reasonable rates. Proudly serving locally for over 25 years. Free estimates. Lic. #669482. Call today (707) 328-3555.

ONE WAY PLUMBING, INC.

Dependable, experts serving you and your neighbors with excellence and integrity for over 20 years. Licensed, bonded and insured. Senior discounts available. CA Lic. #854537. Find us on the web at www.onewayplumb.net or call us at 537-1308 for all your plumbing needs.

MOGRACE RESIDENCE AFFORDABLE RESIDENTIAL CARE FACILITY FOR THE ELDERLY (RCFE)

Where grey-headedness is a crown of beauty! Come and be an extension of our family. Address: 6299 Country Club Drive, Rohnert Park, CA 94928. Contact Monicah Gracegu at (707) 703-2565, 24/7.

HELLO FUN! (ALL AGES)

Electric Bikes for all riders. Trusted brand, 5-year warranty. Local delivery and service. Pedegosantarosa.com. Call Colin, (707) 540-0253.

HOUSE CLEANING

Home, party clean-up, windows. Free estimates. References. Call (707) 293-7949 or email mireyaramirez7171@gmail.com.

FOR RENT IN OAKMONT

\$2,500 per month. Views, 2 BD 2 BA, large lot. Available April 15th. For more info please call Jan, (707) 944-1941 and leave a message.

THERAPEUTIC & RELAXING MASSAGE

30+ years of experience doing and teaching massage. Sessions are structured to meet each client's needs. Introductory rate \$65. Call or text Charlotte for appt. CA Lic. #34755. (831) 238-6473.

HERNANDEZ MAINTENANCE

Mowing, hedge trimming, edging/weed-eating, spring/fall clean-up. Tree work, lawn fertilizing. Landscaping design and more! Weekly, bi-weekly. References, free estimates. Call (707) 344-0235.

BAY GRAB BAR

Certified Aging in Place Specialist. Safety and independence w/grab bars, handrails, ramps. Call Bill, 509-8222. Lic. #1062187. www.BayGrabBar.com.

HEALTHY WATER, HEALTHY HOME

Enagic makes a medical-grade water machine that can clean your house, face and food with PH 2.5-11.5 waters. The healthy drinking water is alkaline, restructured and anti-oxidant. Watch the video about the product: <https://vimeo.com/355227187>. For free samples call Brady, (360) 265-0494.

GARAGE DOOR & OPENER SERVICE OVERHEAD DOOR CO. OF SANTA ROSA, INC.

Locally owned and operated for over 50 years. Does your garage door opener have a battery backup? Call us for all your garage door needs. Annual service, broken springs, repair/replace your garage door or opener. Call us at 542-4949. Lic. #281347.

RESIDENTIAL WINDOW AND PRESSURE CLEANING SERVICES SERVICIO WINDOW CLEANING CO.

Decks, stucco, pavements, gutters. Free estimates. Call Dennis at (707) 249-3343.

FURNITURE REPAIR

George's furniture repair and refinishing, antiques and caning. Oakmont references. 30+ years experience. Free estimates. Call George at 987-3059.

NOTARY PUBLIC

Oakmont resident, retired Escrow Officer. Carol Palombino, 953-8324, carolpal3@yahoo.com.

MORSE PAINTING

Wishing everyone in Oakmont stay safe and healthy. See you when the shelter-in-place order is lifted. Dan Morse, (707) 799- 5823.

HONEST, RELIABLE AND LOVING CAREGIVER

Experience with home health/hospice care, dementia, Alzheimer's and bed-bound patients. Attentive and respectful care for seniors or just companionship. Nights, weekends and 24-hour team care available. Fingerprinted with excellent references. Martha Lorenzo, (707) 308-8802.

Oakmont News Classified Rates

- Classified ads of 150 spaces or less, (payment to accompany this form) \$25 per insert
- Pre-paid standing ads of 150 spaces or less, for a period of 3 months (6 issues) \$120
- Pre-paid standing ads of 150 spaces or less, for a period of 6 months (12 issues) \$216
- Pre-paid standing ads of 150 spaces or less, for a period of 1 year (24 issues) \$384

A space is a letter (including those in the heading), punctuation mark, and a space between the words in the ad. Additional \$4 for the next 40 or less spaces. Whenever applicable, CA state license or certification number must be included.

DEADLINE: 10 days prior to publication.

Classified Order Form

NAME _____
 ADDRESS _____
 CITY, ZIP _____
 \$ _____ Check, Money Order or Cash
 HEADLINE _____

 BODY TEXT _____

MAIL TO: CJM Productions, 2105 Longhorn Circle, Santa Rosa, CA 95401
 Tel (707) 206-1957 • cjmprod567@gmail.com

Oakmont News

... is owned by the **Oakmont Village Association** which, through its board, sets editorial policy. The **OVA** has contracted with **CJM Productions** to handle typesetting, layout, printing and free distribution of the *Oakmont News*, the latter by U.S. mail, to each home via 3rd class mail.

CJM Productions also handles advertising for the *Oakmont News*.

CJM Productions and the **Oakmont Village Association** assume no responsibility for the content of any ads that appear in the *Oakmont News* nor do we endorse or recommend any product or service advertised herein.

CA law requires all CA licensed contractors to list their license number in their service advertisements. CA law also requires contractors performing work totaling \$500+ (incl. materials & labor) must be licensed by the Contractor State License Board (CSLB) to work in California. For information contact the Contractor's State License Board at www.cslb.ca.gov.

Oakmont Village Association

OAKMONT VILLAGE ASSOCIATION

Hours: M-F 9 AM-5 PM—Open during lunch
Tel 539-1611
6637 Oakmont Dr., Ste. A
OVA E-mail: askova@oakmontvillage.com
Website: www.oakmontvillage.com
Go to the members only page to view the monthly calendar, Board Meeting Minutes, criminal activity information and more.

MAINTENANCE OFFICE

Hours: Daily 6 AM-10 PM
Tel 539-6720
Maintenance Building (next to Central Auditorium)

CONDOMINIUM FINANCIAL MANAGEMENT (CFM)

OVA Accounting
Tel 800-585-4297

OAKMONT NEWS

Tel 707-206-1957
E-mail: cjimprod567@gmail.com

ARCHITECTURAL OFFICE

Hours: M-Th 9 AM-Noon, 1-5 PM
Tel 539-0701
6637 Oakmont Dr., Ste. A
E-mail: christel@oakmontvillage.com

PAS MANAGEMENT COMPANY

Hours: M-F 9 AM-Noon, and 1-4 PM
Tel 539-5810
6572 Oakmont Dr., Ste. A
(for Association Maintained Homes)

AVAILABLE IN OVA OFFICE

- GAS SHUT-OFF WRENCH.....\$9
 - TENNIS COURT KEY.....\$2
 - VIALS FOR LIFE.....FREE
 - RESIDENT ACCESS CARD.....\$25 EA
 - REPLACEMENTS.....\$25 EA
 - GUEST ACCESS CARD.....\$25 EA
 - EMERGENCY CONTACTS FOR RESIDENTS
- This form is confidential and used only in case of an emergency to notify your named contacts.

BULLETIN BOARDS

There are three OVA bulletin boards, one at each recreation center, where OVA events can be posted. Please bring in notices to the Events Coordinator at the OVA Office. Size is limited to 8.5"x5.5". Items "For Sale", "For Rent" or "Want to Buy" can be put on a 3"x5" card and left at the OVA Office.

LOCKER RENTALS

Annual Locker Fee \$30 (January 1-December 31). If you wish to rent a locker, come to the OVA office and give us a check, your information and the number of the locker you want to rent. You provide the lock. We can prorate the annual fee. Daily use lockers are free. NOTICE: Weekly locker inspections are done by OVA Maintenance. Locks could be sawed off with no prior notice and locker contents removed on all unpaid lockers. Items will be held in OVA Maintenance office for 30 days. If you have any questions, please contact the OVA Office M-F 539-1611

GUEST PASSES

The following are OVA Guest Pass types and duration: 1) Guest from outside Sonoma County—up to 90 days; 2) House sitters—up to 90 days (OVA host must present written request to OVA Office for approval prior to visit); 3) Guests living in Sonoma County—2 days per card, and no more than 3 cards per month. Guest cards are available during regular hours in the OVA Office for a \$25 non-refundable fee. Guests accompanied by their Oakmont host are not required to have a Guest Pass.

STORAGE UNITS AND PARKING

Call Oak Creek RV & Storage, P.O. Box 2246, Santa Rosa, CA 95405. 707-538-3230

OAKMONT COMMUNITY GARDEN ON STONEBRIDGE

For more info on signing up contact OVA at 539-1611 or email Oakmontcommunitygarden@gmail.com. Spaces are available.

FITNESS CENTER

Central Activity Center, 310 White Oak Dr. Daily 5 AM-9 PM. Closed at 7 PM on Tues. for cleaning. Closed Thanksgiving and Christmas day.

**NEED A RIDE? GIVE A RIDE!
OAKMONT VOLUNTEER HELPERS**

We provide the following services to Oakmont Residents:

- Transportation to medical/dental appointments in Santa Rosa only
- Grocery shopping to Safeway (at Calistoga Center only)
- Meals on Wheels, 525-0383

**COORDINATOR
Rides to Medical
Appointments
Rides Within Oakmont**

Call 9AM-5PM
April 16-30
Matt Zwerling
539-8996
May 1-15
Barbara Lowell
538-0333

If you would like to be a volunteer, please call 539-8996. Donations to Oakmont Volunteer Helpers are appreciated and tax deductible. Mail your check payable to Oakmont Volunteer Helpers, 6637 Oakmont Dr., Ste. A, Santa Rosa, CA 95409. Thank you.

Mon.-Fri. medical rides before 9 AM or after 4 PM are subject to limited volunteer driver availability. No service on weekends or holidays. Please call at least three full working days prior to appointment. **We regret that we are unable to provide either wheelchair or emergency service.**

POOLS & JACUZZIS

Access to OVA pools is by magnetic card. Call OVA Office, 539-1611 if you need a permanent new member pool access card or to register for a temporary guest pool access card.
WEST: 7 AM-9 PM (Closes 7 PM Wednesdays for cleaning)
EAST: 6:30 AM-9 PM (Closes 7 PM Mondays for cleaning)
CENTRAL: 5:45 AM-9 PM (Closes 7 PM Tuesdays for cleaning)
JACUZZI HOURS: Same as facility. No one under 18 years in West and East pools and Jacuzzis.
CENTRAL POOL CHILDREN'S HOURS: 11 AM-2 PM (Exception: 12 Noon-4 PM Memorial Day Weekend thru Labor Day.) Children must be accompanied by an OVA member/resident or adult with a valid guest pool access card. NO LIFEGUARD ON DUTY AT ANY OVA POOL. ALL FACILITIES CLOSED CHRISTMAS DAY.

PASSAGES

Please contact OVA resident Bev Schilpp by phone 538-4293 or by E-mail wallyschilpp1@peoplepc.com if you would like to have published in the *Oakmont News* the name and date of death of your loved one.

BLOOD PRESSURE CLINIC

Wed 10:30 AM-12 PM, Berger Center, Room D. Contact: Del Baker 539-1657.

LETTERS TO THE EDITOR WRITER GUIDELINES

The Oakmont News welcomes residents' letters to the editor about Oakmont life. Email letters of no more than 250 words to news@oakmontvillage.com. Writer's name, address and phone number must be included. Writers will be limited to one letter published every 90 days. Letters may be edited for length and clarity.

STREET CLEANING

City streets in Oakmont are cleaned by the city early on the fourth Friday of each month. Residents who want their streets swept should avoid street parking overnight on those days.

LIBRARY

Central Activity Center, 310 White Oak Dr. Hours: Daily 6 AM-9 PM. Closed Christmas Day. It is run by volunteers. All donations are gladly accepted. Materials we cannot use will be passed on to others.

PUBLIC TRANSPORTATION AVAILABLE IN OAKMONT

- CityBus #16 bus takes residents to 5 different shopping centers weekday mornings and around Oakmont afternoons.
- Sonoma County Transit #30 bus goes to Memorial and Kaiser Hospitals and downtown Santa Rosa. Returns via Oakmont to Sonoma.
- Schedules available at OVA office.

**2019-2020
OVA BOARD OF DIRECTORS**

E-mail: askova@oakmontvillage.com

Steve Spanier, President
bod.steve.spanier@gmail.com

Tom Kendrick, Vice President
bod.tom.kendrick@gmail.com

Heidi Klyn, Secretary
bod.heidi.klyn@gmail.com

Elke Strunka, Treasurer
(Non-voting officer)
elke@oakmontvillage.com

Carolyn Bettencourt, Director
bod.carolyn.bettencourt@gmail.com

Noel Lyons, Director
bod.noel.lyons@gmail.com

Jess Marzak, Director
jmarzak@oakmontvillage.com

Marianne Neufeld, Director
bod.marianne.neufeld@gmail.com

**GENERAL MANAGER
Kevin D. Hubred**
kevin@oakmontvillage.com

OVA BOARD MEETINGS

1st and 3rd Tuesdays of the month
1 PM in the Berger Center
All residents of Oakmont are welcome.

The Board of Directors of Oakmont Village Association reserves the right to select those articles submitted for publication that seem appropriate to the purpose of this association.

E-MAIL LIST

Do you want to stay updated on what is going on in Oakmont? Join the OVA E-mail list. You will receive Board Meeting Agendas and Minutes, Oakmont Notices, Meeting Announcements and the weekly Manager's Newsletter. To join, go to the OVA office and fill out a sign-up form, or visit www.oakmontvillage.com/oakmont-residents/. To receive E-Blast by E-mail, click the "join our E-Blast email list" link. If you would like a hardcopy, please come to the OVA Activities office. They are located on the front counter.

Hikers



■Martin Johns, President



Tri-Nighter 2018.

Please keep checking website for updates: www.oakmonthikingclub.com.

THE CURRENT SITUATION—MARCH 28

At the time of writing, our hiking program is suspended due to the closing of parks by the County of Sonoma Health Officer on March 23: <https://socoemergency.org/order-of-the-health-officer-closing-parks/>.

Prior to that we had amended our schedule, in some cases reducing travel distances to obviate car-pooling. Members had been conscientiously distancing, and no issues had been encountered with other users of the parks. We look forward to resuming a schedule as soon as permitted, perhaps by the time you read this it will already have been possible. Stay tuned to our website, oakmonthikingclub.com.

GENERAL CLUB INFORMATION FOR NEWCOMERS

History: In some form or other the club has been around for nearly 50 years. George Anderson was a prominent figure in early days. The club in its present form dates back about 30 years, when Ken Stueben and others were instrumental in increasing the versatility of the hikes to appeal to a wider range of participants. More history is available on the website. Today we have about 120 members, with any particular hike typically having 10 to 20 people.

General: This active outdoor club provides Oakmont residents the opportunity to hike with others in local parks and open space areas. Club hikes are held each Thursday generally in Sonoma, Marin and Napa counties. As well, the club sponsors an annual potluck dinner, a summertime barbecue, and a Spring and a Fall "Tri-Niter" hiking getaway to use some of the great parks in our state, a few hours drive from home. Hike leaders come from many of

our active hikers.

Hike Categories: Hikes are available to all levels of ability. If you are in doubt, start low and work up as desired, and pay attention to the posted descriptions of individual hikes. The following are not rigid guidelines.

1. Short Hikes: are 2-4 miles in length with minimum elevation gain on good surfaces at an easy pace. Short hikes leave Berger parking lot at 9 a.m. on the first Thursday of each month.

2. Intermediate Hikes: are 4-7 miles in length, up to 1000' elevation gain on a variety of trails and surfaces. Intermediate hikes leave Berger parking lot at 9 a.m. on the second, third, fourth and fifth Thursdays of each month.

3. Long Hikes: are 6-11 miles in length with up to 2000' plus elevation gain on all types of trails and surfaces. The hikes sometimes are divided into faster and slower paced groups. Long hikes leave at 8:30 a.m. on the first, third and fourth Thursday of each month.

All club events are advertised in the *Oakmont News* (which has up to a month's lead time for articles prior to a particular hike) and on the club's webpage. Reservations for weekly hikes are not required—just show up at the Berger Center at the designated date and time.

HIKER STATS FOR 2019

Here are the most miles recorded hiking last year in each category. Prizes were awarded at the Potluck dinner in January:

- Short Hikes: Carl Appellof—27.9 miles, 800' elevation, 8 hikes.
- Intermediate Hikes: Linne McAleer—116.1 miles, 13,800' elevation, 19 hikes.
- Long Hikes: Chuck Chenault—217.6 miles, 34,400' elevation, 24 hikes.

See you on the trails soon.



Crater Lake 2016.



Ledson Marsh, Annadel.



Long Hikers Practicing Social Distancing.



Tony and Larry.

Women of Faith Bible Study



■Cynthia DiBenedetto, Leader/Contact

DAVID: SEEKING A HEART LIKE HIS BY BETH MOORE

Due to current health concerns for everyone this study is suspended. When we are able to resume, this is your personal invitation to join us in a new Beth Moore bible study. Presentation is on a large-screen TV (titles for hearing impaired).

This class is a compelling women's Bible study of David, "The man after God's own heart." Companion to the class is a Beth Moore workbook.

David will delight and disappoint you. If you've ever experienced doubt, temptation, loss, family problems or personal inconsistencies, this study is for you. God will never give up on you. Explore how David's life proves this promise to be true.

Beth Moore is a powerful Christian speaker and

Bible Study author. She enjoys getting to serve women of every age and denomination and she is passionate about women knowing and loving the Word of God. These presentations are not to be missed! Beth's pursuance in this Bible Study brings it to life and her engaging style of speaking keeps you interested and enthralled to the very last word!

This is a weekly non-denominational study. Our class is small and informal—a very comfortable setting to meet new people and gain new knowledge of The Bible.

Please contact me for updates or prayer concerns.

DATE: Tuesday

TIME: 9:30-11:30 a.m.

PLACE: Meeting room B, Central Activity Center

CONTACT: Cynthia DiBenedetto, 538-4505



Lifelong Learning

■Marlena Cannon Tremont

Unfortunately, all Spring classes have been cancelled. Credit card registrations have been refunded and registrations made by personal check are being processed by Santa Rosa Junior College and will arrive shortly.

Lifelong Learning is also cancelling our Campbell Jazz concert scheduled for May 7. Refunds have been processed through PayPal. For questions regarding refunds, please contact oakmontlifelonglearning@gmail.com.

Please watch this section of *Oakmont News* for news on upcoming concerts and Fall classes.



WINDSOR HEALDSBURG CREMATORY & MORTUARY

9660 Old Redwood Hwy.
Windsor CA
info@whcmortuary.com

838-6000

Mortuary Lic. FD1925
Crematory Lic. CR-383

- Family owned & operated • Serving all Faiths
- Cremation & burial services offered where you define tradition
- Our on-site crematory eliminates the need to have your loved one transported from one facility to another
- Pre-planning & pre-funding are also available for those who wish to reduce the burden on your family at the time of need
- Most complete & economical cremation package in Sonoma County
- Se Habla Español • Cremation options start at \$1095.00



LiftMaster

Get in your garage, EVERY TIME

Opens and closes your door...even when the power is out

- The Battery Backup System ensures your garage door opener continues to work
- Powerful DC motor belt drive system is durable, ultra-quiet and maintenance-free
- MyQ® technology enables you to close your garage door or turn the lights on or off using a smart phone or computer from anywhere
- Lifetime motor and belt warranty



707-575-9103 | Garage Door Depot

<http://thegaragedoordepot.com/>

Northern California's premier source for all of your garage door needs. Serving homeowners and contractors since 1983.