



# OAKMONT NEWS

Oakmont's Semimonthly Newspaper

www.oakmontvillage.com/news

May 15, 2020 • Volume 59, Number 10

## Oakmont Golf is Back



■Marty Thompson

Golf returned to Oakmont with the Valley of the Moon Club announcing the opening of its driving range and the first play on the Valley of the Moon course, where play under a new operator was delayed by the COVID-19 emergency.



Sonoma County gave the go-ahead for golf to resume starting Monday, May 4.

Advance Golf Partners said in an emailed announcement it was opening its driving range and Oakmont's former west would fully reopen on Friday, May 10. "We now have before us the enormous task of getting the Valley of the Moon Club course in condition to open. Our entire team will be working to accomplish this as quickly, and as safely, as possible," AGP said.

The driving range was operating daily from 8 a.m. until 4 p.m. Greg Anderson was named earlier as general manager of AGP's Oakmont clubs.

AGP said there would be added maintenance staff working on the Valley of the Moon course for several days. It asked that people walking on the course walk on the Sugarloaf (formerly east) course. "Please aid us in letting (the maintenance staff) work." No date was immediately announced for opening the Sugarloaf course.

The coronavirus shutdowns also stopped work on remodeling the dining and bar facilities at the Valley of The Moon Club. "We were able to complete most of the demolition in the Clubhouse and Golf Shop. We are looking forward to the beginning phases of construction as businesses start opening up again," AGP said in an email.

### COVID-19 MEASURES

AGP said it was following federal, state and local coronavirus safety guidelines for employees and customers. It said staff would regularly clean restrooms and sanitize touch points, and that staff and customers must observe six-foot social distancing.



The AGP website said the club pro shop was not open, with check-in for play outside. Payments were being accepted only online or by credit card and tee times were limited to six per hour.

Staff members were told to wear face covering, and customers would be asked to do so when the pro shop opened, AGP said. Players were asked to bring face coverings and observe social distancing. No shared equipment was permitted. No club cleaning will be done by employees.

Hand towels, ice chests with water, seed/sand bottles, on-course bunker rakes, ball washers, community tees, scorecards and pencils, rakes for sand



Golfers on the old east course, viewed from the tee on hole 17. (Photo by John Williston)

See **GOLF** on page 3

## Virtual Town Hall Outlines Plans for Los Guilicos Psych Facility

■Jackie Reinhardt

A virtual Town Hall meeting hosted by OVA May 5 provided details about Sonoma County Health Department's plans to open by year's end a 16-bed psychiatric facility at the Los Guilicos site across from Oakmont. Under discussion since 2012, the Sonoma Health Healing Center would serve 60 Medi-Cal patients a month with a mental health diagnosis.

Bill Carter, director of the County's Behavioral Health Department, said a contract is being finalized with Crestwood Behavioral Health which would operate the center after renovating the long vacant Children's Receiving Home.

See **TOWN HALL** on page 3

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



Irises are standing at attention throughout Oakmont. These vivid purple specimens have delight with a view of the Valley of the Moon Golf Course. (Photo by Cathy Rapp)

## Clean Up For Fire Season

■Staff Report

With fire season approaching, it's time to start attacking the weeds and tall grasses. OVA is urging members and sub-HOAs to put weed abatement strategies into action and align to Cal Fire and Santa Rosa Fire Department guidelines for creating defensible space around homes.



Smoke from a first fire of the season can be seen from western Oakmont the afternoon of April 30. The fire near Wallace Road overlooking Rincon Valley did not reach any buildings. (Photo by Julie Kiil)

A new Sonoma County order relaxes restrictions and allows resuming landscaping and gardening services, with contractors responsible for adhering to all social distancing protocols set by the county.

See **FIRE SEASON** on page 3

## Keeping Fit at Home



John Phillips

How to stay in shape while staying home during the coronavirus closures? Oakmont's fitness trainer, John Phillips, offers tips inside this issue. See page 3.






**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

## Oakmont Strong

WE GOT THIS.





Now more than ever you need experience and guidance to assist with your real estate goals. Call, text, or email me and let's talk about your real estate

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

### NEW LISTING



**504 Vista Ct | \$779,000**

3 bed  
2 bath  
1,955 ± sq ft

On the first fairway of the Sugarloaf course. Upgrades, wood floors, high ceilings and gorgeous views. Owner maintained.



**COMPASS**

Compass is a real estate broker licensed by the State of California and abides by Equal Housing Opportunity laws. License Number 0866271. 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.



synsolar.com  
707.823.8003  
License # 913951

**SYNERGYSOLAR**  
& ELECTRICAL SYSTEMS, INC.

Sonoma County's Solar & Energy Storage Experts



# 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



Invested in you.





## GOLF Continued from page 1

traps, and all on-course water stations have been removed from the course, AGP said. On the greens, flags are being left in at all times. All cups have been raised above green height to avoid reaching in the cup for a ball.

No food service was being provided, there was no indoor or outdoor seating and no rental clubs were available.

The Valley of the Moon course was designed by golf architect Ted Robinson, whose other work includes the Fountaingrove Club in Santa Rosa.

While no date was announced for resumption of play on the former east course, which has been renamed Sugarloaf Golf Club. AGP said in an email, "We fully expect both courses to be open by June 1."

AGP also unveiled a new logo for the Valley of the Moon Club.

### WALKING ON THE COURSES

AGP offered assurance to Oakmonters who enjoy walking on the courses that lie in the center of the community. "Your walking privileges will not be going away," AGP said on its website. "We have

applied a great deal of out-of-the-box thinking to determine how members can walk the golf courses while they operate (a benefit to community members we have never seen in all our years of experience, by the way!). We believe we've found a solution, and will be following up in the next couple of days to give you detailed instructions."

AGP said on its website that details would be announced on booking rounds of golf. The website is at <https://www.valleyofthemoonclub.com>.

The 250 acres of golf courses that lie in the center of Oakmont were acquired by the Oakmont Village Association after the former operator, Oakmont Golf Club, ran into financial difficulty. OVA members approved a dues increase to pay for the golf courses, and OVA signed an agreement with AGP to operate the property. AGP renamed the two courses and the former Quail Inn, to be called Luna.

All Oakmont members are social members of the Valley of the Moon Club and The Club at Sugarloaf, the former East Course. Benefits include participation in member social events, member pricing on selected items and access to the planned Sugar Shack at Sugarloaf, to be open only for community members and registered golfers on day of play.

## FIRE SEASON Continued from page 1

Sheep are expected back on Oakmont hillsides soon, and Cal Fire recently cut high grasses on land along Highway 12.

The following are among guidelines to prepare for fire season:

- Create defensible space of at least 30 feet around the home: trim back trees, especially low-hanging branches and branches within 10 feet above chimneys.
- Clean debris from house gutters.
- Rake and remove leaves from around homes.
- Move wood and combustible materials away from your home or deck.
- The most critical area for defensible space is within 5 feet of your home.

The county's shelter-in-place order does allow property owners to shop for tools and materials needed to prepare for fire season, as well as to hire workers to create defensible space and perform repairs for fire safety. Residents and workers must adhere to all requirements for social distancing and

wearing of masks.

The 2020 fire season will also bring increased home inspections for weed abatement. OVA will initiate inspections for the first time this year, focusing on the most egregious areas first and will be done in phases, ending with less egregious areas. The Santa Rosa Fire Department will also conduct annual weed abatement inspections to ensure required properties cut weeds and seasonal grasses that are over four inches in height and maintain this practice throughout the fire season.

Those residents that would like assistance in identifying ways to reduce the fire risk around their homes may contact the OVA office, after the SIP has been lifted. We will assist you in determining ways to reduce the risk of fire in defensible space areas.

Properties required to take this measure include those within the Wildland Urban Interface (WUI), such as much of Oakmont. For more information on the city's program, visit [srcity.org/WeedAbatement](http://srcity.org/WeedAbatement).

For additional tips on wildfire preparedness for property owners in Sonoma County, view Fire Safe Sonoma's *Ready, Set, Go* booklet.

## In-Home Workouts

■John Phillips

The editors asked John Phillips, trainer at the Oakmont Fitness Center, to offer ideas for what residents can do at home to help stay in shape while the gym is closed during the COVID-19 emergency.

I hope everyone is well and maintaining "Social Distancing." This article is to provide some ideas on how you may be able to maintain your health during this troubling time. The first thing everyone should be doing is walking. We can still get out and walk as long as you avoid others. So keep it up!

Let us now review what movements must be done for a full body workout. There needs to be a push, a pull and a squat. Let me start with the squat, because that is the easiest movement yet seems to be the one that everyone dreads.

For the beginner, start with a straight back chair with arms. First try to stand without using the arms to push off with. If you can't do that, then use the arms but try not to push too much. Make sure you come all the way up and be sure that you engage your glutes. Slowly build up to the point that you don't need the arms, then try a lower chair, you may eventually use the toilet (seat down). If you are stronger than that, you may want to go outside and try to find some rocks or buckets filled with water, milk jugs or even maybe a canned item, anything that adds a little resistance. (These items can also be used for the push and pull exercises.)

Another exercise that should also be performed is a lunge or a half-squat. A half-squat is where you have one foot in front of the other with a long space between and then you kneel down. Try to go as low as possible. Remember both of these can be performed by your kitchen counter for help with balance.

The push, that would be everyone's favorite—the pushup. The thing about the pushup is that most people think you need to get down on the ground to do one. Actually, you can do these by pushing off a wall, a table or maybe a chair, depending on how hard you want to make it. This also applies to the plank. The difference is that the plank you hold your position, the body off the ground or at an angle and maintain it for as long as you can. The pushup is a movement where you are pushing the body up and away from whatever is supporting you. Both movements are very important.

You can also flip over onto your back and perform a press. For this you probably want something to add

See **IN-HOME WORKOUTS** on page 4



## 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.



Sonoma County's Premier Hearth Shop

578-9276

#4 South A St., Santa Rosa • [www.warmingtrendsinc.com](http://www.warmingtrendsinc.com)

MENIOTA

AMERICA'S LUXURY FIREPLACE

## TOWN HALL Continued from page 1

Dr. Patty Blum, Executive Vice President at Crestwood, said the focus will be on stabilizing and helping individuals with mental issues gain self-reliance, independence and integrate back into the community. The average patient stay is nine days. "There is no danger to the community based on the people we serve," she told the attendees. A guard will be present to monitor the building from 7 a.m. to 7 p.m.

Described as a home-like therapeutic environment, the facility will operate as a crisis stabilization unit where residents are on an involuntary hold. No drug or alcohol abuse services will be provided. Crestwood expects to hire 35 to 40 people at the Sonoma County location which will be staffed by psychiatrists seven days a week, two nurses on three shifts, case managers and recovery coaches. Crestwood, which operates facilities across California, currently employs 3,200.

"We serve the most marginalized Medicaid eligible population and the most forgotten," Dr. Blum said. "We see our target audience not only as those with significant mental health issues but also their families and their neighbors."



## 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.

## Pétanque Club



■Don McPherson

### HOPING FOR RETURN TO PLAY

Like all others involved with Oakmont-sponsored sports, Pétanque Club members are hoping that by the time this issue reaches homes in mid-May, the opening of the court will be in sight with play permitted under some limits.

Pétanque is played with personal equipment and it is relatively easy to maintain social distancing when boules are thrown and, when necessary, measured. A given game goes forward with as few as two players



Linda McPherson.



Jack Pernet.



Nancy LaPorte.

■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.

and not more than six and space can be left between games. Playing with faces covered is no problem as has, in fact, been experienced during bad air periods of the two most recent fire seasons.

So, with patience and understanding, we eagerly await returning to play.

*When playing pétanque you must stay a minimum six feet away, observe CDC rules, touch only your boules, and throw out your own cochonnet.*

*This summer once play's been revived will this virus be dead or alive?*

*If gear we must wear to throw boules out there we'll don our old N-95s.*

*Some pointers stand straight, some slouchy. Some shooters are chill, some grouchy.*

*Court days we all miss, at home reminisce, we're guided by Anthony Fauci.*

The club welcomes all Oakmont residents to enjoy the challenge and satisfaction of pétanque. Once the current facilities closure has been lifted, the club hopes to resume sponsorship of play consistent with applicable public health restrictions and OVA policies.



Max Hinchman.



Barbara Lowell.

## IN-HOME WORKOUTS Continued from page 3

some resistance, bands work really well, but if you don't have bands you may want to use some canned good or maybe a rock or a heavy bar or board. Again, be creative but safe.

The final movement is the pull. That would be something like a pull up or a row. These are easiest to perform with a band but if you don't have one you can probably use whatever your using for resistance in the above exercises. If your balance is poor you can perform a row from a chair by leaning over and rowing arms up, making sure to use you back. Another great idea is to use a blanket or sheet and a bar or hook that is really secure. Wrap the sheet or blanket around the secure object, with each end in a hand and then stretch the sheet out as far as you can and using your body weight to pull yourself up, simulating a high row or pull-up.

I realize this is a lot of information, but I also hope that it is helpful. With any luck we will be back at the Fitness Center by June. If not, in the next *Oakmont News* article I will go into more details and maybe with luck I will come up with more items that you can use as resistance.

I would also like to suggest those that are computer literate use YouTube, which offers some great videos and exercise routines on that format. Just be aware that if it sounds too good to be true than it probably is.

Also, I am holding my Push Your Potential Class on Zoom, just text me or email me and I'll hook you up.

I look forward to seeing everyone at the center when we reopen, but until that time if you have any questions or advice please feel to email me at wkuout2@aol.com, or call/ text me at 494-9086. Stay safe everyone.



## 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](http://www.oakmontfuture.com).

As we continue to shelter in place or maintain Social Distancing, technology is playing an important part to help us adjust our ways of living. From tele-medicine visits with our doctors, to online meetings via Zoom, to Instacart to get our groceries delivered, streaming media to keep us entertained and online gaming options to replace face-to-face bridge, digital access to books, newspapers and magazines, technology can be your friend. Tune in to presentations and discussions from the Oakmont Futures Club.

Recent presentations available on the website:

April 22: Presentation by George McKinney "Websites and Apps for the 2020 Fire Season"

April 8: Presentation by George McKinney "10 Things to do NOW for Fire Season"

April 1: Presentation by Marilyn Pahr "Twitter: Getting Up-to-date Info"

March 25: Presentation by George McKinney "Staying Current on COVID-19"

February 12: Presentation by George McKinney "Internet Security"

To be informed of upcoming meetings and presentations, join our email list by sending an email to [oakmontfuture@gmail.com](mailto:oakmontfuture@gmail.com).

## Jazz Club

■Dolora DeGeer Hurst

Probably, most of you know that when we write these articles for the newspaper, they are done two weeks ahead. These days, I am just guessing, that we will not have a June meeting. In fact, I am going to say right now, that there will be no June meeting. I will also add that I truly am for a Governor who would rather be safe than sorry!

Here is my recommendation for a truly glorious trip into that wonderful land of great jazz music. Go into your computer and type in "Andrea Motis." This little gal is 25 years old, a beautiful singer, superb trumpet player, and maybe an even better saxophonist. She broadens the realm of exceptional talent. From Barcelona, Spain, she recently taught and performed at Stanford University. She sings in Catalan, Spanish, Portuguese and English. She is married to her mentor, Joan Chamorro, and they are known as the Andrea Motis Joan Chamorro Quintet.

Allow a great amount of time to listen to these incredible musicians when you check out their computer site. They are wonderful!

## COPE Citizens Organized to Prepare for Emergencies

■Sue Hattendorf, COPE Director

Due to the community shutdown, COPE will delay our annual May updating until Oakmont has re-opened all our facilities and returned to normal procedures.

But team leaders, are you aware if any of your team members may need assistance during this pandemic. The main aid may be providing food or pharmaceutical supplies for them. Let them know your availability to assist them in their needs.

Thank you for your support!



## 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

## Quilting Bee

■Elizabeth McDonnell

Masks, masks, masks... I think that is what so many of the Quilting Bee members see in their sleep. Quilters have been busy since before their sheltering in place began, making masks for nurses, first responders, friends, families and just about anyone who asks for one. One incredible member of the Santa Rosa Quilt Guild has made over 700 masks.

Village Sewing Center has graciously collected the masks and then given them out to those who request them. When quilters have had elastic to share with others, they leave it with John at Village Sewing and he gives it out to those that need some. Besides feeling that we are helping others during this strange and difficult time, an added benefit is we use up some of our collection of fabrics!

Joining many quilters across America on Saturday, April 18, some of the Oakmont Quilting Bee members hung their quilts outside their homes. The quilters created an outdoor quilt show and enjoyed talking about their creations with neighbors and walkers passing by.



Joan Rumrill.

Oakmont resident, Janet Shore, celebrated her 96th birthday on April 24. Her friend, Toni Anderson, organized a 20-plus car parade as a surprise. Members of the Bee and Santa Rosa Quilt Guild met on Pythian Drive and after calling Janet to step outside for a moment, proceeded to parade past her home. Some members stopped and sang Happy Birthday and others waved and honked horns. Several cars were decorated with balloons and signs. Cathy Rapp even had quilts hanging on her car. Pam McVey delivered a birthday cake to Janet's garage while wearing her mandatory gloves and face mask, and keeping an appropriate social distance.

When our sheltering in place is over, the Quilting Bee will resume their meetings 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 me at 538-2523.




**Home Health Care, Inc.**  
When Experience Matters  
707-538-0679

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

## Valley of the Moon Rotary Club



■John Brodey

### NORMALCY

We are starting to see small signs that some regularity is returning to our lives. For someone who has lived for spontaneity and dreaded the routine, it's funny how much I have come to miss everyday rituals or routines during our time of isolation. I'm not sure if it is freedom itself we miss, or just the illusion of freedom.

I do not want to go skydiving, ever, but it seems odd to realize that present circumstances make it impossible for me to jump out of a plane with a sheet if I suddenly had the urge. We all know it's temporary, but we are also moved by the realization that some people don't have the luxury of being able to wait it out. They can't afford to. It has been gratifying to see so many people step up and do something not everyone can, to help others. Guy Fieri's fund for restaurant workers comes to mind. A proud son of Sonoma County he has made a difference.

At Rotary we spend our time focusing on where we can make on-going, positive contributions. We have a yearly schedule, of sorts, which at this time of year involves selecting award recipients for those entering college for the first time and those who are already on their way but continue to need financial aid. It's a daunting task and the wonderful people at 10,000 Degrees assist us in reducing the hundreds of applications down to a final list.

The mission, at 10K Degrees, is to focus on providing support for high school students who want to go to college upon graduation. Their track record is amazing as are the stories themselves which invariably highlight the realities of growing up poor, homeless, having learning disabilities and minimal family guidance as well as other disadvantages that confront ethnic minorities.

The stories are real as applicants write short essays about their involvement in community activities, sports and work experiences. They also write about their motivation for wanting to continue their education. Another question focuses on a life experience that required determination and perseverance to reach a goal. For those who have already had a year or two of college and continue to need financial aid, we ask about their college experience so far. What were the challenges, what was unexpected or exciting? We also have complete transcripts of their high school or college work so far.

I noticed that I'm not the only kid who ever got A's and C's, something about doing well in subjects that you find interesting and just average in everything else. But imagine adding some real obstacles to a process that is already demanding for most teenagers. By a majority, most will be the first in their family to attend college. They are also most likely to have had jobs while attending both high school and college.

But each one has a dream and it likely started with the SRJC. They are pursuing fields that show a desire to be productive and help others. The current list includes: sociology, nursing, business, public health, criminal justice and even biology. Reading about their journeys, in their own words, is difficult at times. You can feel the pain and frustration that haunts the narrative but what really shines through is the determination and commitment to live with meaning and purpose.

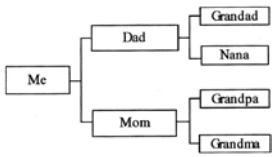
Higher education is an opportunity that these kids clearly deserve, but they have done more than just work for it—they have bled for it. And they will be there when the doors finally reopen.



Claudia Cardenas from 10,000 Degrees spoke to our club recently about the organization's philanthropic activities.



## Genealogy Club



■George McKinney

I am holding video conferences for us on “Famous American Women before Suffrage,” so tune in each week on Fridays at 11 a.m.

May 15: Mary Baker Eddy

May 22: Lucretia Mott

May 29: Nellie Bly

Stay posted here, on NextDoor and the Friday E-Blasts for the date and time of the next meeting of the Oakmont Genealogy Club.

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](http://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](mailto:oakmontancestry@aol.com).

## Boomers



■Carolita Carr

Since we are all still practicing “shelter in place,” I decided to ask Boomer Board members how they are spending their time during these unusual circumstances. Here are their responses:

**Steve Spanier:** “It’s much the same as always. Lots of OVA stuff to do, even in this crisis with things shut down. Elaine and I walk daily, sometimes twice. I work out at home. We often take a drive in the afternoon in our 20-year-old sports car with the top down (I guess that’s our equivalent of howling).”

**Connie Lachowicz:** “Reading a new mystery series that has been on my bucket list for some time. Gardening which includes tending to our 23 rose bushes, jigsaw puzzles, watching Amazon and Netflix series and movies, and daily walks to different areas of Oakmont.”

**Annette Daniele:** Spent a few weeks at my house in Lake County where I did much needed yard work. Here in Oakmont, I try to walk every day. I have been doing yard work here plus baking. I have been reading and working on jigsaw puzzles and, of course, been glued to the TV news.”

**Cindi Clemence:** My morning is tidying up our house and reading the paper. Afternoon is usually a walk to get out of the house, get some fresh air and perhaps see other people as I walk. Some afternoons I might watch TV. I do not watch any of the briefings; it gets me too upset. Our evening is spent watching some of our shows and having a glass of wine to relax.”

**Heidi Klyn:** “I am doing things I haven’t had the extra time for. I detailed the inside of the cars—truck, car, and golf cart. Washed and waxed the outsides. Currently making decorative pillows, purging the file cabinets, cleaning out computer files, and yard work.”

**Tom Woodrum:** “We are happy to help out my mom in South Carolina. We play card games, work crossword and jigsaw puzzles, and watch ‘The Crown’ every night on Netflix. Teresa and I get our 10,000 steps by talking walks on the beach. One thing we are not doing very well is keeping social distance from the refrigerator!”

I am spending time dreaming up themes for *Oakmont News* articles, making jewelry, walking and watching Amazon Prime and Netflix.

We will send any updates (if we have any) regarding event scheduling to our email list and post information in our *Oakmont News* articles. Members can also check our website, [oakmontboomers.org](http://oakmontboomers.org).



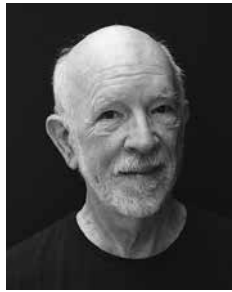
## Oakmont Democratic Club

■Tom Amato

### CAN DEMS WIN SENATE, HOUSE AND KEY STATE RACES?

November 3 will be important beyond the Presidential election. The May 28 General Meeting of the Oakmont Democratic Club (ODC) will feature a panel that will examine some of the non-presidential races that will shape our country’s future and what we can do to be supportive of Democratic candidates.

Regardless of who is elected President, control of the US Senate and House will determine much of what does or does not happen legislatively. Larry Martin, who coordinates the Indivisible Out of District Team, will lead the panel. Indivisible is a nationwide movement of thousands of volunteer-led local groups that engage in progressive advocacy and electoral work at the local, state and national level.



Larry Martin.

Larry is a member of Indivisible Sonoma County, one of the eight Indivisible chapters in Sonoma County. He has been involved in electoral politics since late 2016. He will discuss his analyses of the upcoming elections in three broad categories:

We flipped seven House seats in California in 2018. The Republicans want to take them all back. What are the chances that all will remain in Democratic hands? Which are “safe?” Which are vulnerable? Are more flips possible? Are there seats in other states that are flippable or need protection?

We need to flip four seats to take back the Senate. What are the chances of doing so? Which states are the most likely to flip? Can we flip even more states?

We must win the Presidency. Biden will likely win the popular vote by a massive margin. This race will once more be determined by the electoral college. Which states are critical and what comparisons can we make with the debacle in 2016? But the Republicans are determined to remain in power. What actions will they take to maintain their power and how can we defeat their efforts?

The Indivisible Team has been one of the groups helping Oakmont’s PerSisters target the most critical efforts that we can impact. We will update how we can help their exciting work.

Control of state legislatures in Wisconsin, Pennsylvania and several other states will impact the direction of the country more than many Californians realize. In the 2016 election, a small number of swing voters in Wisconsin and Pennsylvania pushed Trump to victory. Both are 2020 battlegrounds. Additionally, in these states, it is the state legislature that shapes redistricting for US Congressional Districts. This impacts who has majorities in Congress for a decade.

The local Sister District Campaign is working effectively to win key races in these two states that might also decide who is President.

In its meeting on Thursday, May 28 at 7 p.m. the ODC will present the latest on which national races are hot and what we can do at Oakmont to make a difference. The meeting will be by Zoom or by teleconferencing. All are welcome. Contact me at [amatothompson@gmail.com](mailto:amatothompson@gmail.com) if you need help connecting.

## Oakmont Garden Club



■Patty McHugh

“Of all the paths you take in life, make sure a few of them are dirt.”—John Muir

Currently there are no scheduled meetings for the remainder of 2020. We, like everyone else, are in wait-and-see mode and will let you know when we will again be able to announce a meeting.

The Oakmont Garden Club does not meet in the months of June, July and August and we do not typically post a column for those months. Unless we have something important to share with you, you will not see our column again until September.



### SUMMER GARDENING TIPS

- We’re coming up on fire season already so be prepared by removing any deadwood, dry grasses and weeds, and keep your shrubs hydrated.
- Keep a constant eye out for aphids, earwigs, snails and slugs—they love the tender new growth.
- If your fruit trees drop many immature fruits, don’t panic—this is most likely “June Drop” and is nature’s way of thinning the fruit.
- Pinch back side branches of lemon trees by half to correct the tendency of the tree to form fruit on the tips of skinny branches (subject to breaking with the weight of the fruit).
- Eliminate weeds—they compete with plants for water and nutrients (and win). Do not let weeds form seed heads.
- Keep flowering plants deadheaded for extended bloom.
- Conifers in the garden tend to be overlooked because they are seemingly self-sufficient, but they can be subject to beetle attacks that can ultimately kill the plant. To inspect for beetles, look for holes drilled into the tree trunk and seeping resin. Call an arborist.
- Apply or refresh mulch to keep in moisture—especially needed in the drought months.
- July is a month to fertilize everything that is in bloom or budding. If the soil is dry, water well before fertilizing.

### LOOKING AHEAD

This year is one none of us will ever forget. It has changed all our lives and will likely have a significant impact on our lives going forward. Let’s pray that we will all be able to gather our friends and extended family together again soon, take our trips, visit our parks, play our sports and, most importantly, laugh again.

Spend time in your garden and have a wonderful summer!



## Soroptimist Club

■Kathleen Tindle

Welcome to Soroptimist! Our vision is to give women and girls the resources and opportunities to reach their full potential and live their dreams. Our core values are Gender Equality, Empowerment, Education, Diversity and Fellowship. Our club meetings are open to anyone. If you are looking for opportunities to improve lives, this club is open to women in Oakmont, Kenwood, Glen Ellen and surround areas.

The Soroptimist mission is exemplified by its major project, the Soroptimist Live Your Dream; Education and Training Awards for Women. Each year Soroptimist gives about \$2 million to women who need to improve their job skills through education and training. Most are single moms and many are domestic violence survivors. Our focus is for the Betterment of Women and Girls here and throughout the world.

This club is part of Soroptimist International of the Americas, a global volunteer organization for women with over 30,000 members in 21 countries

and territories. Soroptimist volunteer their talents and energy to help women and girls live their dreams every day by giving them the resources to create positive change—for themselves, their families and their communities.

### FLAMINGOS FLOCK TO OAKMONT!

Flocks of Flamingos are flying around Oakmont, bringing smiles to all who walk or drive by the houses. Roosting for a day or two in your yard, they are the pink ambassadors of a “No-Contact” fundraiser by Soroptimist International of Oakmont Wine Country.

For a donation of \$15 a Soroptimist Trained Technician will set up your flock, then remove them after two days. For a donation of \$25, you can host the flock for two days and send it on to a friend or neighbor.

Don't worry, these fake flamingos won't nibble your plants or spread “organic fertilizer” droppings. But your donation will help us provide education and economic empowerment to women and girls



in our community through the Soroptimist Dreams Programs.

If you are interested in joining our Zoom meeting or Funding A Flock, the contact information is: janetf.siowc@gmail.com or call/text Janet at 494-4590.

## MCBRIDE Realty

*McBride Realty is available by appointment to assist with your real estate needs. Your safety is our number one priority and we follow all Sonoma County Health Order Guidelines in our business practices, including the extra measures recommended by the California Association of Realtors. Call us to learn more about the logistics of selling and buying a home at this time, and know that we are here to help you navigate the process.*

### Just Listed in Oakmont



**6738 Fairfield Drive — \$575,000**

Located near the main facilities of Oakmont, this wonderful 2 bd/2 ba, 1,665 sq.ft. Birch floor plan is right on the golf course. You'll marvel at the panoramic views of the massive green lawn (that you don't have to water or mow!) and nearby mountains from the kitchen, sitting room, dining room, and master bedroom. The home is ready for a makeover, or just move in as is.



**8797 Oakmont Drive — \$710,000**

With beautiful views of the East golf course and Annadel, this 1,870 sq.ft. 3 bd/2 ba Juniper floor plan is ready for the right buyer to customize, update and make it their own style. The spacious living and dining room combo has glass sliders to take you out to the patio to enjoy the panoramic views. The sunny breakfast nook is a peaceful place to start your day. Come see this gem.



**345 Mountain Vista Court — \$739,000**

This beautiful Juniper floor plan on the golf course offers outstanding views of Annadel State Park and Hood Mountain. This home features 2 bd/2 ba, an office, large living room, dining room, eat-in kitchen area and an enclosed patio. Hardwood floors in entry, hallways, kitchen and office. Kitchen has Corian countertops, newer cabinets, and double oven. Move-in ready.



**439 Pythian Road — \$799,000**

Morning sunshine floods this beautiful 3 bd/2 ba, 2,009 sq.ft. home with stunning views of Hood Mountain and Oakmont's golf course. The efficient kitchen was designed with the home chef in mind and features stainless steel appliances, including a double oven, gas cooktop, built-in refrigerator, and a garden window. Other features include updated bathrooms, recessed lighting, ceiling fans, skylight, radiant heat flooring, ceiling speakers and so much more.



**7602 Oakmont Drive — \$819,000**

This dazzling 3 bd/2 ba, 1,858 sq.ft. Sonoma floor plan has custom cabinets in the remodeled kitchen plus stainless appliances, 6-burner gas cooktop & an added pantry with pull-out shelves. It is in the private peaceful rear yard where you can enjoy entertaining on the rear patio and separate rear Trex deck. There are raised planter beds, 2 well-established lemon trees as well as a retractable awning. A very special Valley of the Moon home.



**6344 Meadowridge Drive — \$1,150,000**

Stunning Gallagher-built 2,599 sq.ft., 3 bd/2.5 ba Taylor Mtn floor plan with spectacular views from both the front & rear of the property making outdoor entertaining a pleasure. Many updated features include the kitchen with solid surface counters over white cabinets, a 5-burner gas cooktop, built-in refrigerator & a walk-in pantry. You'll love the spacious master bedroom suite with its large walk-in closet & access to the expanded rear deck. A truly beautiful Oakmont home!

**707-538-2270**

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

DRE #01151843

## Quilter Feted at 96



Photos by Julie Kiil.

A surprised Janet Shore, president of the Oakmont Quilting Bee, watches from her driveway as members parade by in their cars to celebrate her 96th birthday under COVID-19 restrictions. Toni Anderson of the Santa Rosa Quilt Guild organized the event. A friend asked Shore to come out and talk. The cars, which had been positioned on Pythian Road, drove by on cue



with drivers singing Happy Birthday. A cake was delivered by a masked, gloved friend observing coronavirus rules.

## Oakmont Square Dancing Club



■ Susan McLean

Hello square dancers and would-be square dancers. We are looking forward to dancing again when it becomes safe to do so.

Due to the length of the COVID-19 hiatus, we have decided to begin again at beginner basic level when we resume. That means it will be a great time to start square dancing if you have been waiting for a new class. It also means that all current dancers will be able to dance at the Sunday workshop time and/or the Tuesday class with our caller, Lawrence Johnstone. We'll keep you posted.

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

**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

myQ  
Battery Backup

Garage Door Depot

**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.*



## Oakmont Birders

■Barbara Kendrick

### BIRD OF THE MONTH: BLACK-HEADED GROSBEAKS

In Oakmont, the arrival of the Black-Headed Grosbeaks is an audible harbinger of spring. These birds pop up in April and announce their presence with a long, lilting song that fills the air. When several males find themselves in the same vicinity, they often duel it out “Three Tenors” style—each delivering an impassioned little aria designed to melt the heart of any nearby female. Actually, the female need not be that nearby, given how well the singers project.

You stand a good chance of hearing Black-Headed Grosbeaks on Channel Drive near the large Annadel parking lot, where the old plum trees grow—this is a favorite hangout, though they can show up wherever there are tall trees. They may still be singing by mid-May when this article appears—we can always hope!

So far, we’ve only discussed the audibles, so here are the visuals. True to their name (unlike some birds—we’re talking about you, Orange-Crowned Warbler), Black-Headed Grosbeaks have black heads and massive bills, which they use to crush sunflower

seeds and hard-shelled beetles. (They’re also among the few birds that eat Monarch Butterflies, unphased by their toxins.) Their wings are black with large white patches, and the male has a rich pumpkin-colored breast with yellow below. The female is drabber, with distinct white “eyebrows” on a dark head and a buffy-orange breast. Grosbeaks are a little smaller than a robin and stocky, with large heads and shortish tails.

To spot Black-Headed Grosbeaks once you hear them singing, look at the tops of nearby tall trees, where they like to show off. Females also sing, but shorter and quieter songs. Both sexes attend the nest, and both will sometimes sing softly while sitting on it (charming, if not always wise in a bird-eat-bird world).

Black-Headed Grosbeaks are partial to sunflower seeds, so if you have these in your yard feeder, they may visit. In profile their large heads and beaks are distinctive—like a finch on steroids.

Caveat: If you see a medium-size black-headed bird with a reddish body on or near the ground, it’s probably not a Grosbeak. If it has a full black hood, black wings with small white spots, rust-colored sides, and a white breast, it’s a Spotted Towhee (the more colorful cousin of our friend the California Towhee). They are also quite vocal, but usually make a short, strident rasping call—on the other end of the melodious spectrum from the Grosbeak.

Like birds and bird watching? Join the Oakmont Birders mailing list by contacting [bkendrick@jps.net](mailto:bkendrick@jps.net). Share what you’re seeing. Questions about birds? We’ll try to answer them. Bird walks will resume eventually!

Female Black-Headed Grosbeak, courtesy of Tom Grey.



Male Black-Headed Grosbeak, courtesy of Paul Higgins.

Spotted Towhee, courtesy of Tom Grey.





**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

## Cows Moved Away from Oakmont

The four Holstein cows that graced an eastern Oakmont hillside for 25-plus years have moved on, leaving their fate a mystery. The black and white wooden heifers on their steep hill were easily seen while walking along Oakmont Drive near Riven Rock. A friend of the hillside quartet, Barnee Alexander, reported: “Those of us who viewed the cows daily, planting wild flowers around their hoofs, are sad to no longer see them. We have learned that the cows decided it was time to move to greener pastures. It had become too difficult to continue on as classic icons for Crestridge. They wanted a quiet peaceful retirement. They have sent word that they are delightfully happy and contented.”



Photos by Danna McDonough.



# Hikers



■Martin Johns

As this is written, the inland Sonoma parks have just re-opened with this among the caveats: "The recreation must be initiated from one's residence and may not involve the use of a motor vehicle to travel to any park location, except to the limited extent necessary to provide for disabled access as a reasonable accommodation." Your hiking club is intent on following the rules that have made the attenuation of the spread of COVID 19 so successful in the county.

It is clear that Annadel is within range of many of us, and equally that most of us are at least somewhat familiar with that facility. We will not be organizing any group activities under the current set of regulations as it is difficult to coordinate from our different home locations to a common entry point entirely without vehicles.

In any case the park is well known and not requiring of hike leaders to be enjoyed—and various maps are available online for download or purchase, e.g. <https://www.sonomahikingtrails.com/parks/annadel-state-park/>. We encourage all to access Annadel, or even Hood Mountain, Sugarloaf, or Spring Lake within the rules and using the most convenient itineraries for our individual locations. Additionally, the golf courses are again available for walkers.

Please stay tuned to our website [oakmonthikingclub.com](http://oakmonthikingclub.com) as circumstances or our strategies may change at any time, and indeed may have already as this was written more than two weeks before publication.

Meanwhile here are some pictures of past activities at our off-limits coastline. Stay well and enjoy the new liberties.



Bodega Head. (Photo by Tony Lachowicz)



Goat Rock Coming Up. (Photo by Martin Johns)



Hiking along our beautiful coast. (Photo by Martin Johns)



North Sonoma Mtn. (Photo by Marilyn Pahr)

## We'll Tune-Up Any Air Conditioner For \$88...

No Matter  
What Brand.

No Matter Where  
You Bought It.





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

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



## Oakmont Health Initiative Free Fitness Classes

■Charlene Bunas

**WHAT:** Free classes by JoRene

**WHEN:** Mondays, Wednesdays and Fridays—temporarily postponed

American photographer, naturalist and writer Edwin Way Teale (1899–1980) said it best when he said, “The world’s favorite season is the spring. All things seem possible in May.”

Like, for example, the Oakmont Health Initiative (OHI) classes. Is it possible to exercise with JoRene? The answer is “Yes.” And the answer expands: the temporary arrangement is that 9 a.m. Monday and Wednesday classes will be live via Zoom. There are two ways to make your connection: 1) go to Friday E-Blast, scroll to OHI exercise classes and on Monday, follow link to class; 2) go to zoom.com and enter ID and password of the meeting. The Monday and Wednesday meeting number is 967-9942-2442 and the password is 66370.



One thing Edwin Teal did not tell us: when will we get to shed masks, open doors to friends and family and eat in a restaurant? When can we shake hands, greet with a hug, and shelve hand sanitizers. When will Berger open? When will Monday, Wednesday, Friday morning exercise meet at Berger Center?

Just in case Berger Center opens and classes begin in mid-May, please read the usual disclaimers: Equipment for JoRene’s class—non-skid mats, TheraBand, 3# hand weights, athletic shoes (supportive but not too grippy,) and a water bottle. Fragrance-free, please.

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. 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.

## Forrest Yoga

■Carol King, RYT (Registered Yoga Teacher)

### CHAIR STRETCH AND BALANCE CLASS RETURNS TO OAKMONT ON ZOOM

**WHEN:** Wednesdays at 10:30 a.m.

**QUESTIONS:** Carolking1234@yahoo.com

It’s time to feel better in your body. Move at the pace your body needs. Find your breath and gently stretch all of you. Strengthen and challenge your core. Please email me before Wednesday so I can send you the link information.

Equipment: 1) yoga strap, 2) yoga block, 3) free weights (props can be ordered from Yogadirect.com, YogaOutlet.com, Gaiam.com, Amazon, Target and many other places).

Substitutes: 1) man’s neck tie, 2) rolled up beach towel, 3) nothing (good for students with shoulder issues).

### FORREST YOGA CLASSES ON ZOOM

**WHEN:** Tuesdays 12:30–1:30 p.m.; Thursdays 10–11 a.m.; Saturdays 9–10 a.m.

Enjoy the gifts of a committed yoga practice—feel steady, grounded and focused. Nourish yourself with deep breathing and strengthening abdominal work. Clear our stuck or stagnant energy and boost your prana (life force).

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, yoga blanket (or use a rolled large beach towel)—see above for other substitutions and ordering info.

New students: Please email me prior to the day you want to join the class—carolking1234@yahoo.com.



## Oakmont Ukesters

■Florentia Scott

### GET STARTED ON UKULELE WITH ZOOM

Bored with quarantine and dreaming of learning to play the ukulele? Your dreams are about to come true, for the Oakmont Ukesters are offering a free online tutorial via the Zoom app.

The tutorial is designed for people who have never played ukulele before and wish to get started on a musical journey that can last a lifetime. In six weekly 40-minute lessons, participants will learn how to hold and tune an ukulele, basic strum patterns and chords, and many easy songs.

No experience or musical knowledge necessary. All you really need is a computer, tablet, or smartphone; the Zoom app which can be downloaded for free from the App Store; a ukulele and a burning desire to play it. We guarantee that at the end of the first lesson, you will be able to play at least one simple song.

Don’t have a ukelele and not sure where to start looking? No worries. We will also be offering a 40-minute pre-tutorial session on “How to choose the right ukulele at the right price for you.”

Tutorials will be limited to six participants and will begin as soon as six people have signed up. And if more than six people want to sign up, we’ll just have to schedule more sessions! If the shelter-in-place order is lifted before the six weeks are up, we’ll switch to in-person sessions if participants agree.

The Oakmont Ukesters are a group of enthusiastic uke players ranging from brand-new tutorial graduates, to experienced players. Our primary objective is to relax and have fun.

Interested? For more information or to sign up, leave a message for me at 591-1929, or email hikingscott@yahoo.com.

## Pickleball Corner



■Doc Savarese

### HOW TO GET OUT OF A SLUMP?

The quality of play in pickleball is cyclical just like life. When life is going well, you are most likely experiencing feelings of peace of mind, self-satisfaction and euphoria. With your game going well, the ball appears to be the size of a volleyball: you see it well and you can hit anything. Then gradually or sometimes immediately it all slips away. What happened? How do I get it back? You are in a slump.

The first realization when you are in a slump is accepting that both life and pickleball play are cyclical and therefore normal—everyone has crests and troughs. An old saying states that you are only as good as you are on your worst day. So it becomes paramount that one has to develop the resilience to cope with the damage of their worst day. It is important to understand that it is up to each person to accept and manage the challenges that they are facing.

Second, don’t complain or whine. Sure, we can all have feelings of anger and injustice due to the slump. I can assure you that these negative feelings won’t move you forward whether it be in life or on the pickleball court. For example, in pickleball, complaining about not hitting the ball due to the wind is magnified if you are not watching the ball closely. Such as in life, if you are not prepared early, a fast pace or a virus can be punishing. Don’t blame external conditions.

Third, a written plan is an excellent means to implement a constructive way to work out of a slump. A written plan can help you stay focused. It should be short but include what you wish to achieve, i.e. tactics/timelines and measured results. In pickleball, it may be working on a drop volley. When you work on a new shot you tend to be more focused and enthusiastic just like you were in the beginning.

This is a good metaphor for dealing with life’s slumps. Fixing the problem is up to each individual. As Bill Haley aptly put it in his song, “Get out of the kitchen and rattle those pots and pans.”

I hope that these recommendations will assist you in moving out of your slump and be on the rise once again.



Cartoons by Peter Copen.



## Oakmont Sunday Symposium

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

[www.oakmontsundaysymposium.org](http://www.oakmontsundaysymposium.org)



■Marilyn Pahr

### OAKMONT SUNDAY SYMPOSIUM BROADCAST SERIES

Due to the Corona Virus Shelter-in-Place protocols, speaker presentations are being pre-recorded and posted on our website, <http://oakmontsundaysymposium.org>. Join in for a live Q&A at 11 a.m. on the date of the speaker's talk. No password or specialized software is required to view.



#### MAY 17: DR. ANDY MERRIFIELD 2020 ELECTION: WHERE IS IT NOW?

Dr. Andy Merrifield, emeritus professor of political science at Sonoma State where he taught US politics for decades, will bring his insights and experience to share with us what he sees happening in the 2020 elections. Hear from an expert with a specialty field in the US Presidency. Hang on to your seat! No matter what he foresees, this should be a most interesting ride!

We will have a live Zoom Q&A with Andy on Sunday, May 17 at 11 a.m. Check the website on Sunday for the connection information. You may also email your questions to: [osscomments@gmail.com](mailto:osscomments@gmail.com).

#### MAY 31: TBA

Stay tuned via the OVA E-blast and Nextdoor postings or join our email list for current info: <http://oakmontsundaysymposium.org/contact-us.html>.

#### ACCESS THESE PREVIOUS PRESENTATIONS ON OUR WEBSITE

April 26: Hollis Robbins, *How Do We Know? Genealogy to the Rescue!*

April 19: Dr. Mary Foley, *Infectious Disease: From Florence Nightingale to Anthony Fauci*

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

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

#### THANK YOU GORDON FREEDMAN

As we approach the close of our 2019–2020 season, we say goodbye and thank-you to one of our own, Gordon Freedman. Gordon has been a member of the Oakmont Sunday Symposium since 2010 and has been our Speaker Chairperson since 2017. He and the Speaker Committee have sought out excellent speakers in many fields and backgrounds.

Finding great speakers takes an enormous amount of time and energy. People assume it takes some time, but few understand just how much time. It's one of those symposium tasks that takes wa-a-a-a-y more time, energy and effort than anyone thinks. And Gordon did this, not just for one week or one month, but for every week and every year for years.

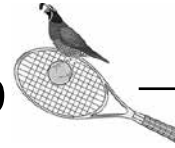
As a solid pillar of the symposium, Gordon will be greatly missed, but will always remain a cherished member of our symposium family.

Since the symposium moved to the Berger Center, we have seen our attendance grow over 50% with many meetings seating 150–200 Oakmont members.

Judie Coleman will be the new Speaker Chairperson.



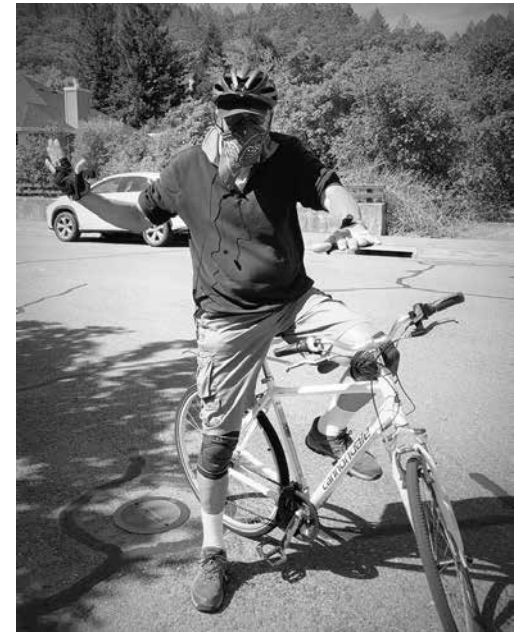
## Tennis Club



■Joanne Phillips



Neil Linneball practices his serve form while repairing his garden gate.



Tony Agocs demonstrates proper balancing on his daily bike ride.

### WHAT ARE OTC MEMBERS DOING INSTEAD OF TENNIS?

We asked OTC members what they were doing to stay sane and safe during the lockdown.

**Kathleen Tindle** is doing lots of hiking around beautiful Oakmont, along with yoga, meditation, and prayers. She misses her friends and family but keeps up with folks by Zooming and Facetimeing. She also tries to find things to laugh about and shares a couple of tennis jokes:

Why did the tennis player charge the net? She ran out of cash.

I'm not saying I'm lazy, but during a game of tennis the umpire said "break point" and I headed for my chair.

**Zlatica Hasa** walks daily with George on Oakmont Drive from their house down to Stonebridge and back. The round trip is four miles and they chat with Oakmont friends they meet along the way. Additionally, on a nice sunny day, she adds a six-mile bike ride. For entertainment, she listens to old rock music like "Staying Alive" by the Bee Gees and few others bands such as the Beatles.

**Ruth Layne and Edilberto Loaiza** have been watching their own version of Wild America for pretty much the last month. A pair of geese nested on the pergola of a house across the golf course from them on hole 6, (after inspecting Ruth's house several times and ultimately rejecting it). Ruth and Ed waited patiently for the big day, when on April 27 the four goslings hatched. After taking several walks over the rooftop in preparation for the big dive, they woke up

early, before anyone could bug them (except Ruth and her binoculars and sorely put-to-use camera), and launched those babies out into the world. Even though Ruth got up at 5 a.m., she didn't actually get to see that part (very secretive operation, evidently), but she did catch them walking in their little goose line across the course to get to wherever they were going to live for the next little while.

### WHAT DO YOU DO

#### WHEN YOU CAN'T PLAY TENNIS? EAT!

While the tennis courts are closed, we will feature great recipes from our OTC members to keep us occupied as we shelter in place. This installment is courtesy of the OTC's Sunshine Person Olivia Kinzler. For adventurous eaters!

#### POKE (Hawaiian tuna or salmon—marinated):

½ lb. salmon or tuna, cut into tiny cubes

1 1/2 tbsp. soy sauce

1 tbsp. red onion, chopped

1 1/2 tbsp. sliced scallions

1/2 tsp. ginger, minced

1/2 tsp. sesame oil

1 1/2 tsp. black sesame seeds

1/2 tsp. crushed pepper flakes

1/2 tsp. Chili Garlic Sauce

1 tbsp. macadamia nuts, finely chopped

Pinch of sea salt

Mix all ingredients together. It will be spicy, so you might want to cut back on the pepper flakes or chili sauce. Place in the fridge for an hour or so, then serve on blue corn chips or your favorite cracker.

Enjoy!

## Just for Fun Games Club

■Phillip Herzog

### WHO, WHAT, WHERE, WHEN, WHY?

The Just for Fun Games Club is a great place to make friends and play all sorts of old and new games like: Rummikub, Hand and Foot, Pan, Settlers of Catan, Parcheesi, Spades, Splendor, Ticket to Ride, Uno, Mah Jongg and so much more! We meet in the Card and Game Room at the CAC (Central Activities Center) every Saturday at 1 p.m., and on the second and fourth Thursdays at 6:30 p.m. There are multiple games being played at the same time and you will always be able to choose what game you want to play. We are not too serious—because we play games Just for Fun! Currently, we have about 20 people playing games at each meeting.

We have a large collection of games on hand and players often bring new and different games as well. If you have any games that you would like to donate

or lend to the club, please let us know.

Come check us out even if you are not good at games, we enjoy the extra company. Everyone is welcome to come and have a good time at the Just for Fun Games Club. Come and have fun with us!

For more information contact me at 843-3053 or send an email to [goldguyphil@gmail.com](mailto:goldguyphil@gmail.com).

### COVID-19

During this time of shelter in place we are not meeting at all. However, it is still possible to play games. People can play games at home with those who are there, or you can play games online with other real people, or against the computer. Or how about set up a Zoom time to play a real board game with others using the video part of Apps like Zoom.

I am not a tech person so you will have to figure it out. Please let me know if you had success! Game on.



# 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).

### 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.

### 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.

### 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.

### 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.

### 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.

### RESIDENTIAL WINDOW AND PRESSURE CLEANING SERVICES SERVICO 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.

### GARDEN TRIMMING

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

### 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](mailto: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](http://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: cjmprod567@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

May 16-31  
Jennifer Rabalaes  
(808) 839-4479

June 1-15  
Marianne Neufeld  
953-5302

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

1<sup>st</sup> and 3<sup>rd</sup> 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.



## Bocce Club

■Linda and Don McPherson

### RESUMPTION OF PLAY EAGERLY AWAITED

Bocce Club members eagerly await information this month about when and under what Public Health Order restrictions bocce play can resume. Once OVA has re-opened its recreational facilities, conditions for regular daily and tournament play will depend upon any applicable limits and requirements placed on recreational gatherings.

Bocce Club members will be advised promptly by e-mail when and under what circumstances daily play can resume and also will be notified when the next scheduled tournament will be played as well as whether any planned summer socials can go forward.

While we wait, members stay in touch with their



Bocce Club amici as best they can in these days. Never again to be taken for granted: greeting friends before the daily chip draw, admiring the well-groomed courts, pleasant breezes and umbrella shade, hot summer sun, Summer Bocce socials, measuring, measuring, navigating tortuous courts, forgetting who rolls next, tossing out the pallino, calling it red or green, fancy bank shots, Casinos, monthly Saturday Tourneys, chocolates as prizes for winners and “runners up.”

Alas, there is no substitute for bocce’s enduring special characteristic—its social ambience.

### TUESDAY NITE BOCCE LEAGUE CANCELED

With great regret, after surveying registered competitors and alternates planning to play in the club’s new six-team Tuesday Evening Bocce League, League Director Jim Tosio has announced postponement until next year of the inaugural season that was to begin on May 12. Tuesday Evening League play is now scheduled to begin on May 11, 2021. The 36 rostered players for 2020 will have priority in registration for the 2021 season.

#### “The Way We Were”

Barbara Streisand, writers Alan Bergman, Marilyn Bergman, Marvin Hamlisch

*Memories light the corners of my mind*

*Misty water-colored memories of the way we were*

*Scattered pictures of the smiles we left behind*

*Smiles we gave to one another for the way we were.*



Ah, the measuring.



Mother’s Day Tourney Winners, May 2019.



Battle of the Sexes Tourney Winners, June 2019—  
tournament in jeopardy, June 2020

## Lawn Bowling



■Phil Bowman

### CAN WE BOWL YET?

As of now, the answer is “no.” It seems like we should be able to do so. After all, we do this outdoors so wearing masks and keeping 6 feet apart (no high fives) should make us safe. But how will we handle raking? And, no matter how helpful you are feeling, don’t pick up and hand an opponent’s bowl to them.

And, of course, the scheduled tournaments are in abeyance.

What about the Sonoma Wine Country (senior) Games? They have been cancelled for this year. The OLBC has decided to hold its own Senior Games this summer on days to be determined. Teams are forming; as of now one additional team is needed. If you want to participate, check with Jerry Garland. Same format: Bowl on Friday and Saturday; start at 9 a.m. each day (arrive 20 minutes early); three games in the morning, one hour for lunch, three games in the afternoon.

Of course, this all depends on whether the Governor has “opened” the state. If you have signed up, you’ll be kept advised.

### BOWLING PROBLEM

The usual goal for each shot is to be close to the jack. Often it has been moved during play. If it has been relocated close to the margin of the rink or the plinth what do you do? First, proceed very carefully. If you miss the jack your bowl could go out of bounds or in the ditch.

Here is an example of how to deal with a jack very close to the ditch.

This may not be the best possible shot, though most of us would be proud. An even better shot would be to nudge the jack into the ditch and have your bowl fall on top of it. That may be too much to ask for.

Hope to see you on the Green!



Tough shot.



Condition of the Green: it looks great, though lonely.



Still have the best grass in Oakmont.

## Volunteer Opportunities Around Sonoma Valley

### PRESS RELEASE

SonomaValleyVolunteers.org is the Sonoma Valley’s new portal for volunteer opportunities, where local community organizations are posting tasks and resource needs. Among the current listings:

- Redwood Empire Food Bank urgently needs committed volunteers at its Hanna Boys’ Center food distribution site Fridays from 10 a.m.–2 p.m. Some tasks require lifting up to 40 lbs.

- La Luz seeks 2020 Census volunteers to make person-to-person phone calls to ensure no one in Sonoma Valley goes uncounted.

- Sonoma Mentoring Alliance seeks volunteers to mentor local youths an hour per week remotely from home.

- The Sonoma Community Center seeks makers of cloth masks that local non-profits can donate to individuals in need.

- For those who are able to circulate safely in the community, multiple agencies need help with services to ensure local food security, including meal preparation, distribution, and delivery.

To view more details about these opportunities, to sign up, and for more information, visit [www.sonomavalleyvolunteers.org](http://www.sonomavalleyvolunteers.org), and please help spread the word about this valuable local resource by sharing with friends and family members.



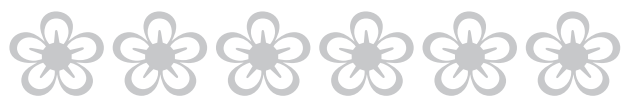
### WINDSOR HEALDSBURG CREMATORY & MORTUARY

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



### OAKMONT RENTALS

*Locally Owned - Internationally Known*



**Linda Frediani**  
Full Service Property Management  
Or Placement Only  
DRE 00810124

#### Full Property Management

- Vacation Rentals
- Single Family Homes
- Duplexes, Triplexes
- Quality Free Market Analysis
- Find Tenant
- Screen Applicant
- References ✓
- Credit ✓
- Eliminate The Stress ✓

**707-303-3555** 6580 Oakmont Drive



**Sonoma Patient GROUP**  
Longest permitted dispensary in Sonoma County

**Seniors & Veterans 10% Discount Everyday!**

**Safety Brands Selection**

**Open Daily 10 - 7**  
**Free Delivery with Minimum Purchase**  
**PICKUP AND DELIVERY**

**SonomaPatientGroup.com**  
2425 Cleveland Ave., #175  
Santa Rosa, CA 95403  
707-526-2800 C10-0000285-LIC

weedmaps  
Instagram, Twitter, Facebook icons

**Our Company Policy Is FRIENDLY!**

**You're Going To Love Doing Business With Us!**

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

