



OAKMONT NEWS

Oakmont's Semimonthly Newspaper

www.oakmontvillage.com/news

August 1, 2020 • Volume 59, Number 15

Fire Safe Landscape Policy Approved

■Al Haggerty

A two-phase Fire Safe Landscape Policy beginning with the removal of flammable plants and finely shredded bark within five feet of each house and removal of dead or partially dead trees from the property by Aug. 21, 2021, was passed by the Oakmont Village Association Board of Directors at its July 21 meeting.

The policy adopts the Santa Rosa Fire Department list of Firewise trees, shrubs, bushes, perennials and ground covers. The list is available at the OVA Architectural Office or on the SRFD website (pg. 11 "Living With Fire in Sonoma County").

The policy will be posted on the Berger Center bulletin board and is printed in this issue of the *Oakmont News* to allow a 28-day review by association members. Essentially, it was adopted in place of a broader one which was tabled at the meeting but was described as a "good master policy" as Oakmont moves forward with its efforts to become a fire safe community.

The policy adopted specifies that landscaping plans for front, side and back yards must be submitted to the Architectural Committee with the AC application for approval before any work may begin. "All landscaping must be maintained at all times to assure attractive appearance," it continues. "Trees, shrubs, bushes and all plant materials must be cut back to remove any dead material for fire safety and appearance."

All trees shall be limbed to at least six feet from the ground not to exceed 1/3 of the height, limbs must be pruned to allow six feet clearance from the roof; limbs within ten feet of the roof shall be removed and areas under tree canopies must be free of weeds, dry plant material and bushes creating a potential fire ladder. Also dead branches shall be removed and no newly planted trees will be allowed within 10 feet of the house or canopies of other trees.

Other requirements allow the use of hardscape materials such as rock, gravel, brick, pavers or concrete to create a five-foot defensible space around the house. And the use of rock between plants in front yard landscaping is exempt from the rule allowing not more than 15% of rock in front yard landscaping. In addition, new installations such as gates, protective patio golf screen, sheds or portions of fence that attach directly to a home must be made of metal, not wood, and chimney spark arrestors are required on all wood-burning fireplaces.

Along with the removal of flammable plants and bark within a five-foot defensible space, the removal of all dead or partially dead trees and finely shredded bark such as gorilla hair and removal of all leaves and pine needles from roof and rain gutters is required in Phase One ending Aug. 21, 2021. Other requirements

See **BOARD** on page 7

Hubred Resigns As General Manager

■Jackie Ryan

Kevin Hubred, OVA's general manager, is resigning his position effective August 5 to relocate to Sacramento.

Hubred said he is leaving Oakmont for personal reasons, foremost among them the ability to return with his wife Susan to the Sacramento area, where he lived and worked for 32 years before coming to Santa Rosa.

"My time here has been great and I've met a lot of wonderful people," said Hubred, who became the general manager here in January 2018. He had high praise for the OVA board and the staff, calling the board "the best I have ever worked with." He thanked the board and Spanier for the support he received.

"I will really miss the staff members," he said. "OVA is very lucky to have so many talented, customer service-oriented people working in the best interest of the community every day. This is an exceptional, dedicated team. They keep the operations running smoothly working with our members and our many volunteer committees."

Hubred said his goal for Oakmont was to gain Firewise USA community status, which was granted by the national organization in October, 2018. "We have spent more than \$5 million collectively on safety and defensible space initiatives," he said. "We continue to track that work and urge everyone who lives here to become knowledgeable in creating defensible space and hardening homes. I care deeply about this community, and we know fires will become more intense in the years ahead."

See **HUBRED** on page 3



Dog Park



At last! Construction started in July on Oakmont's own dog park. Iris Harrell, Oakmont Building Construction Committee chair, confers with contractor Owen Mitchell beside Stone Bridge Road as Mitchell prepares to start the two-month job of creating the park. (Photo by Julie Kiil)

AGP Leaves; New Lessee Sought

■Staff Reports

Advance Golf Partners abruptly ended its relationship with Oakmont July 14, sending the OVA scrambling to find a temporary operator and a new lessee to keep the courses open. In a letter to members, AGP said it was sorry to have to leave, but it would not disclose its reason.

"There is a huge hole in this story that we simply can't talk about. We truly wish we could, but we can't," said OVA President Steve Spanier in his report at the July 21 board meeting. "Our lawyers have very good reasons for telling us not to talk. If you were us, and your legal counsel advised you not to talk, and you talked anyway, you'd be guilty of not correctly serving the community by upholding your fiduciary responsibility. I'd love to hold a town hall meeting and tell you everything I know. Not being able to explain this situation and defend our actions is the most difficult thing of all."

AGP took over operations of the courses February 6 with great fanfare and promises of a brilliant future for Oakmont golf. The west course was opened for golf in May and renovations had been started on the former Quail Inn and the Pro Shop on the East Executive Course along with upgrades to the courses themselves. Golfers have returned to the courses in significant numbers not seen in years, perhaps in part due to pandemic lockdowns.

See **GOLF** on page 6

Los Guilicos Services Likely to Remain at Current Levels

■Jackie Ryan

Oakmont's Los Guilicos Shelter Committee says they have received assurances from county elected officials that the level of services at Los Guilicos Village (LGV) will not be reduced in the coming months as they address alternate locations for the sanctioned homeless shelter.

Susan Chauncy, who chairs the Shelter Committee, reported to the OVA Board July 21 that the committee is working collaboratively with the Los Guilicos Advisory Council, a development that has enhanced the ability to monitor operations and supervisors' decisions.

LGV was set to close on April 30, but the deadline was extended, in part because of the pandemic and the need for beds. Recent reports that supervisors intended to make facility permanent drew protests from Oakmont and neighboring communities. On July 7, the Board of Supervisors voted 4 to 1 with Gorin opposing to continue to operate LGV indefinitely until an alternate location is secured.

Chauncy said Supervisor Susan Gorin has said no reduction in security or transportation services is planned, and Gorin has asked Barbie Robinson, interim director of Sonoma County health services, to confirm continuation of services.

"(To cut services) would change the entire model," Chauncy said. "We have every reason to believe that services will not change, and we will continue to interface with the supervisors and with Jack Tibbetts

See **LOS GUILICOS** on page 3

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





CELEBRATING 33 YEARS OF EXCELLENCE

Our years of experience have prepared us for this unprecedented time. Oakmont Gardens is in the unique position to provide for all of your needs, right on site.

Move in by August 31st and save up to \$6,000 on select apartments!*



**Oakmont
Gardens**
MBK SENIOR LIVING

(707) 703-4010

301 White Oak Dr., Santa Rosa, CA 95409
OakmontGardens.com

Must move in by 8/31/20. Based on apartment availability, limited restrictions may apply.

INDEPENDENT LIVING • ASSISTED LIVING

License # 496803601

To help us all stay safe and healthy in this unsettling time, I offer private showings via virtual tours and seller-approved one-on-one visits. You can preview my properties listed below.



8941 Oak Trail Drive \$429,000
8941OakTrail.com



22 Valley Green Street \$437,500
22ValleyGreen.com



6749 Wintergreen Court \$630,000
6749Wintergreen.com



86 Oak Island Place \$665,000
86OakIsland.com



6715 Fairfield Drive \$699,000
6715Fairfield.com



162 Valley Lakes Drive \$699,000
162ValleyLakesDrive.c21.com



374 Riven Rock Court \$750,000
374RivenRock.com



7388 Oakmont Drive \$825,000
7388Oakmont.com



413 Woodley Place \$925,000
413Woodley.com



Linda Frediani, Broker/Owner
707-322-4519

6580 Oakmont Drive, Santa Rosa 95409
www.c21valleyofthemoon.com

CalDRE# 00610124

Call me for your free
property evaluation

Letter to the Editor

OAKMONT NO. 16 SHOPPING BUS

There are still many residents who are not aware of this service. While Oakmont is an "active" community with most of the residents enjoying golf, tennis, pickle ball, bocce, lawn bowling and swimming, there are still so many residents, who are paying the same monthly dues, but are unable to partake in any of these activities because of failing eyesight and/or age. And, of this group none are able drive.

The No. 16 bus is a lifeline for these Oakmont residents, enabling them to get to grocery stores and pharmacies. It would be a real tragedy if Oakmont should ever discontinue this vital service for this most in need group.

Please point out this service more often in the *Oakmont News*. Thank you.
Frances Waska

The Oakmont News welcomes letters from residents to express opinion, criticism or praise. See details on how to send at oakmontvillage.com/news or in this issue on the Oakmont Village Association page. While letters may be edited for length and spelling, Letters to the Editor are not edited for accuracy of content. The opinions are that of the writer and not necessarily the Oakmont Village Association.

LOS GUILLICOS Continued from page 1

to monitor operations." Tibbetts, who is a Santa Rosa City councilman, is the executive director of St. Vincent DePaul, which runs LGV.

Chauncy told the OVA Board that "other shelter locations have been identified and that Supervisor Gorin is working with the mayor of Sonoma to identify a location for a small shelter."

She said while there have been no verified problems in Oakmont associated with LGV residents, the committee remains "concerned not only about the safety of our community and the risk of fires, but also about the residents of LGV and their ability to be provided with the housing, employment and mental health services that are needed for them to transition to stability."

Tibbetts reported to the committee that the LGV residents have been doing vegetation management, and shuttle services are very limited and that the behavior of the residents is an ongoing, but manageable concern during these hot days of summer, Chancy told the board. He also said 16 senior individuals had been moved to LGV from Sonoma State, and he has suggested to supervisors that it might be "prudent to continue to transition the demographic of LGV to an older population. This would make the daily management less challenging in many ways and hopefully provide some comfort to the residents of Oakmont and surrounding areas."

HUBRED Continued from page 1

Before joining Oakmont, Hubred said he gained fire abatement and vegetation management knowledge at Auburn Lake Trails, a FireWise USA community he managed. He also managed Riverlake Community Association.



Steve Spanier, OVA president, said Hubred has made numerous contributions to Oakmont during "trying times." "We will miss his professionalism, his calm demeanor and steadying influence, and his fervent commitment to the concept of servant leadership. We were the grateful beneficiaries of

his vast industry experience. His departure leaves a void that will be difficult to fill. I know I speak for the entire community in wishing him and his family the best," he said.

A board personnel committee with members Spanier, Tom Kendrick and Marianne Neufeld, will meet early next week to begin defining the search process for a general manager and appointing an interim.

Volunteer Opportunity

COMMITTEE OPENING

The important Oakmont Community Development Committee is looking for one or more new members. This committee deals with all things not specifically Oakmont. That is to interact with all outside agencies including the city and county or businesses whose actions may affect Oakmont and/or its members.

Preferably the candidate would have some experience dealing with governmental agencies and political entities but all candidates who live in Oakmont and have a sincere desire to better our community will certainly be considered.

To apply send your information to the ODCD care of the OVA office. Thanks to all of you who want to consider this challenging opportunity.

DANIELS
CHAPEL OF THE ROSES
Funeral Home & Crematory

Family is at the heart of everything we do!

1225 Sonoma Avenue
Santa Rosa
707-525-3730
www.danielschapeloftheroses.com
FD #209/CR #92

BEST
SONOMA COUNTY
READERS CHOICE 2017 • 2018 • 2019

Family owned since 1875

Wes, Carol and Will Daniels with Patricia Daniels, Oakmont Resident

OAKMONT DENTAL
General & Implant Dentistry
Tony Sanchez, DDS
Debra A. Riker, RDH, BS, MS
707-539-0336
6594 Stone Bridge Road, Santa Rosa 95409
oakmontdentist.com • info@oakmontdentist.com

Serving Sonoma County Since 1962

JACK SMITH GLASS & SASH, INC.
Replacement Windows & Doors Specialists
Featuring Fiberglass, Vinyl & Wood Products
• FREE ESTIMATES • SENIOR DISCOUNTS

• Shower Doors & Tub Enclosures • Mirrors
• Skylights • Table & Desk Tops • Retractable Screens

544-0640
1050 N. Dutton, Santa Rosa • www.jacksmithglass.com

Open M-F, 8AM-4:30PM
Or by Appointment

Lic. #432558

New Fire Safe Landscape Policy

Oakmont Members have until August 18, to review and comment on the new OVA Fire Safe Landscape Policy.

OVA directors voted in favor of the new rule at their July 21, board meeting. Under California Civil Code 4360, members of the Oakmont Village Association are given at least 28-days to review and comment on proposed rules. The association must provide the text of the rule and its purpose and effect as follows:

Proposed Rule Addition: The Fire Safe Landscape Policy.

Purpose and Effect: Oakmont residents will be subject to Fire Safe Landscape measures at their homes and properties according to these rules, including fire inspections at their properties within Oakmont.

The Board of Directors will be discussing the proposed rule addition at its August 18, meeting, which will be held via Zoom and will be live-streamed at 1 p.m. Members will have an opportunity to make comments on the proposed policy addition before adoption by the board (according to California Civil Code 4360 and 4040, respectively). If adopted, the new rules will become effective immediately.

FIRE SAFE LANDSCAPE POLICY

1. Landscaping plans for front, side and back yards must be submitted to the Architectural Committee (AC) using the AC Application which can be obtained from the AC office or OVA website under Architectural. All landscaping projects require prior written approval by the AC before any work may begin.

2. Fire-safe landscaping is a combination of plant material (such as fire-resistant trees, bushes, shrubs, flowers, lawn, ground cover plants) boulders, gravel, rock and composted mulch. Sustainable fire-safe landscape should be easy to care for, while presenting an aesthetically pleasing, attractive appearance.

3. The Architectural Committee has adopted the City of Santa Rosa Fire Department list of fire-wise trees, shrubs, bushes, perennials, and ground covers can be obtained from the AC office and Santa Rosa Fire Department website (pg. 11 "Living With Fire In Sonoma County").

4. All landscaping must be maintained at all times to assure an attractive appearance. Trees, shrubs, bushes and all plant materials must be cut back to remove any dead material for fire safety and appearance.

5. All sickly, dying or dead trees, shrubs and bushes must be removed and can be replaced with new plants with prior AC approval. Trees, shrubs, bushes and any plant material listed on OVA's Flammable Plant List are not allowed within the 5-foot defensible space next to the home nor shall they be chosen as new plants to install in the 5-foot defensible space or in any new landscaping.

6. Lawns must be mowed, weed free and watered sufficiently to maintain a healthy and green appearance.

7. Trees: a) Established trees shall be limbed to a minimum of at least 6 feet from the ground not to exceed 1/3 of the tree height. b) Limbs overhanging a roof shall be pruned to 6-foot clearance from roof. c) Limbs within 10 feet of a chimney shall be removed. d) Areas under tree canopies shall be maintained free of weeds, dry plant material, and bushes, creating a potential fire ladder. e) Dead branches shall be removed. f) No newly planted trees will be allowed within 10 feet of the house nor within 10 feet of canopies of other trees.

8. Hardscape materials such as rock, gravel, brick, pavers or concrete may be used to create a 5-foot defensible space around the perimeter of the home. The criteria of most concern is the fire protection on all sides of the home. No bark is allowed in the 5-foot defensible space. Fire-wise shrubs, perennials, ground covers and flowers allowed in the 5-foot defensible space shall be 18" high or less, and irrigated. A list of fire-wise plants can be obtained

from the Architectural Office and the City of Santa Rosa Fire Department website (page 11 "Living With Fire In Sonoma County").

9. Front yard landscaping should be aesthetically pleasing with consideration of plant size at the time of planting, their maturity and ultimate spread. One shrub or small groups of plants for every 25 square feet is suggested. Groups of plants within similar water requirements can create a landscape mosaic that uses water more efficiently and is more likely to slow the spread of fire and create a beautiful low maintenance garden.

10. Front yard plantings and side-yard street frontage plantings may be mulched with rock, gravel, or bark. Bark should be kept to a minimum, but no bark or rock is allowed in large areas without live plants. Finely shredded bark, such as Gorilla hair bark, is not allowed. A survey entitled Combustibility of Landscape Mulches can be obtained from the AC office and here. Plans must specify what rock, bark, gravel, etc., color and size, is desired. A sample of rock must be submitted with application and must be approved by the AC. Rock used as mulch between plants is exempt from the 15% rock rule calculation.

11. All new installations such as gates, protective patio golf screens, sheds, or portions of fence that attach directly to a home must be made of metal, not wood.

12. Chimney spark arrestors are required on all wood burning fireplaces.

13. Exceptions to the above paragraphs #3, 7 and 8 may be granted as the AC may deem appropriate.

The above Fire Safe Landscape Policy will be enforced in phases but can be implemented by property owners sooner than specified if desired.

Phase 1: beginning immediately upon Board approval of this policy and to be completed by August 21, 2021.

All Oakmont Properties:

1) Property owners shall remove plants on OVA Flammable/Do Not Plant List from within 5-foot defensible space zone.

2) Property owners shall remove all bark within 5-foot defensible space zone.

3) Property owners shall remove all dead or partially dead trees and shrubs.

Continued onto next page

5 Ways to Brighten & Cool YOUR HOME

HURRY!
SALE ENDS 8/31/20

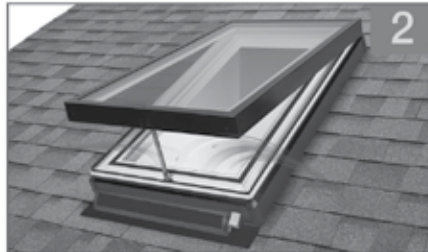


1

Your home TOO DARK?

Solatube, the modern skylight that brings natural light to every room in your home.

- Great for hallways, kitchens, bathrooms, closets, etc.
- Save with a 26% Federal Tax Credit*
- NEW- Solar Daylight Dimmer and Low Profile Sun Collector



2

Does your skylight refresh your home?

Our skylight replacement service will update your old, broken, leaking skylights fast.

- Our Fresh Breeze Skylight will help cool your home
- Heat & UV blocking technology
- Save with a 26% Federal Tax Credit*



3

Your home TOO HOT?

Whole House Fans keeps your home cool & healthy in minutes, for pennies a day.

- Improve your indoor air quality using clean air from outside
- Save huge on A/C costs with fresh cool ventilation
- Super quiet operation



4

Your attic or garage TOO HOT?

Our solar & electric fans remove blazing hot air from your attic and/or garage; creating a cooler space.

- New advanced technology delivers exceptional power
- Save with a 26% Federal Tax Credit*
- Available for all roof types and garages

Buy 2, Buy 3, Buy 4 Save More
Hurry, Sale Ends 8/31/20



Solabrite
707-307-5055
www.solabrite.com



Li: # XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX ©2020 Solabrite International, Inc.

• Virtual Design Consultations • 2 Hour Installation • CDC Safety Procedures

- 4) Property owners shall remove finely shredded bark, such as gorilla-hair.
 - 5) Property owners shall remove all leaves and pine needles from structures' roof and rain gutters.
- Phase 2:** To be completed by August 21, 2022.
- Trees:**
- a) Areas under tree canopies shall be maintained free of weeds, dry plant material, and bushes, creating

- a potential fire hazard.
 - b) Limbs overhanging a roof shall be pruned to 6-foot clearance from roofline.
 - c) Remove tree limbs that extend into the 5-foot defensible space zone.
- Items will be added to Phase 2 and additional phases as the Firewise Safety Committee determines appropriate requirements.

Revised Golf Screen Policy

Oakmont Members have until August 18, to review and comment on the revised OVA Golf Screen Policy. OVA directors voted in favor of the revised rule at their July 21, board meeting. Under California Civil Code 4360, members of the Oakmont Village Association are given at least 28-days to review and comment on proposed rules. The association must provide the text of the rule and its purpose and effect as follows:

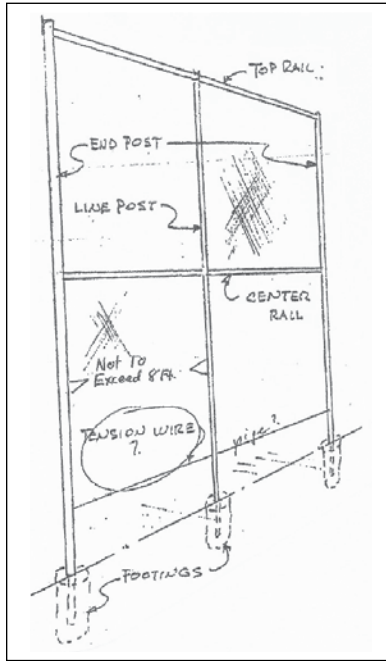
Proposed Rule Addition: Golf Screen Policy.
Purpose and Effect: Oakmont residents will be subject to the new Golf Screen measures at their homes and properties according to these rules.

The Board of Directors will be discussing the proposed policy addition at its August 18, meeting, which will be held via Zoom and will be live-streamed at 1 p.m. Members will have an opportunity to make comments on the proposed policy addition before adoption by the Board (according to California Civil Code 4360 and 4040, respectively). If adopted, the new rules will become effective immediately.

OAKMONT VILLAGE ASSOCIATION ARCHITECTURAL COMMITTEE GOLF SCREEN

Each application for a golf screen shall comply with all of the following:

- The application shall include plan and elevation of the screen and its relation to the house property line and the golf course and shall show the location and type of trees and shrubs to be planted to soften the screen's impact.
- Construction and maintenance of the screen shall be the responsibility of the homeowner.
- Minimum construction standards should be increased as required for larger screens.
- Golf Screens may be constructed along the side yard property line on the inside of the requesting owner's property line.
- Height of Golf Screens can vary depending on the property site conditions.



• The applicant should not rely on the Golf Screen for full protection of the property.

Minimum Construction Standards:

1. End posts shall be 1-7/8" OD; line, top and center posts shall be 1-3/8" OD; all painted flat black, with posts set in 24" deep X 8" dia. concrete footings.
2. Bottom tension wire shall be 9 gauge, set 18" to 24" above ground level to facilitate landscape maintenance.
3. Screening shall be 1" mesh, Cissel Polynet, or approved equal, attached to posts and rails with vinyl coated clips.

City Permit Required.

Valley of the Moon Rotary Club



■ John Brodey

START YOUR DAYMON WITH A HEALTHY BREAKFAST

That may not make much sense unless you caught our last article about President Susan Boak reaching the end of her one-year term. As of July 1, we welcomed a new president, the man who will try to fill her high heels, Daymon Doss. Daymon is a perfect candidate as he has been a board member, crab feed chairman and all-around leader since the minute he joined Valley of the Moon Rotary. We have met the challenges of adjusting to the new normal thanks to Susan's leadership and Daymon, without question, will ably lead us through the transitions that lie ahead.

After the 4th of July holiday, we picked up right where we left off with a full calendar of speakers and guests. It turns out that our first speaker of the new year was Claudia Vecchio, president and CEO of Sonoma County Tourism. I can't think of a more difficult job during a time of crisis, although a close second would have to be serving as a defense attorney at the Salem witch trials.



Claudia Vecchio is the President and CEO of Sonoma County Tourism.

But to give it some perspective, despite her extensive experience in similar positions in Nevada, Ohio and Branson Mo., nothing could have prepared one for the reversal of fortune brought on by two massive fires and now a pandemic. Her new job here began on Dec. 1, 2017. Just the first week of the Tubbs fire saw Sonoma County lose \$70 million in tourism dollars. Seems like there was no place to go but up from there... until now.

SoCo sees about 10.8 million visitors per year, of whom 4.8 million stay overnight. We have a lot going for us in terms of our reputation. Forbes named Sonoma County a top 20 travel destination last year and we were selected as the No. 1 wine region of the year. But even for an iconic tourist magnet like Paris, how do you take advantage of being so desirable when no one can come visit? How do you sell ice cream when everyone is temporarily lactose intolerant?

Well, Claudia immediately shifted the organization's focus to local travel: people who are fine driving from the bay area for the day to enjoy a break. The quarantine has obviously caused a reassessment of goals and a resulting reduction in operating budget by a million dollars to \$2.188 million and a decrease in staff size from 25 to 15. As for now, the marketing coverage is scaled back and SCT is promoting those commercial enterprises that have limited operation.

The food and wine industries are our life's blood and working to encourage locals to order out from restaurants and support wine sales speak to the importance of playing defense as well as offense. Protect the product. Her expertise in Millennial marketing is a particularly useful resource. Now that RV and camper sales are through the roof, perhaps we will see 21st Century "wagon trains" making their way west.

Things may never quite return to normal but our fans will not lose their taste for what we offer.



Phone: 538-5115
 Fax: 538-0367
 Keyprops@pacbell.net
 www.keyprops.net

Just minutes from Oakmont
 at 4908 Sonoma Highway
 Santa Rosa



Agent Marie Canale, Agent Victoria May,
 Broker Katherine Phillips, Agent Cathy Carroll
 Broker DRELic #00560683

**Big Enough to Serve,
 Small Enough to Care**

From condos to country estates.
 Rental property management as well as sales.

T.V. OR INTERNET PROBLEMS?
 NEED HELP WITH YOUR
PHONE, IPAD COMPUTER?

TECH SUPPORT \$25/HR.
ZEKE GRAHAM (707) 696-5788

Women's Golf Club

■Kathy Faherty

As I mentioned in the last issue, a huge benefit to belonging to the Valley of the Moon Club and joining the Women's Golf Club at Valley of the Moon (WGCVM) is the portal it opens to WGANC and the opportunity to play at 104 premier courses in Northern and Central California. WGANC sponsors, and quite professionally runs, both Open Days and Special Tournaments at each of these courses every year. (Well, unless there's a pandemic! But all those events were scheduled at least a year ahead of time and many have been canceled so far this year due to COVID-19.) Regardless, I'd like to give you a flavor of what those events are like by relating some personal experiences.

In 2019 a big crew of us attended the Swingin' Seniors Tournament in Cameron Park. Who knew there was a beautiful golf course in Cameron Park? It's always just been an exit sign on the way to the South Shore of Lake Tahoe for me! This is a two-day cumulative round tournament using a Stableford format. Sometimes the two days are played at two separate nearby courses, but this time both days were at Cameron Park.

The first round begins at 1 p.m. and is followed by dinner at the sponsoring club. Then we all stayed at the nearby Best Western and did more socializing by the pool with players we had met that day.

The second day begins with a full breakfast at the participating golf club, followed by the second round of golf and a wonderful Awards Lunch in the club's dining room and then the drive home with more time to get to know one another even better and share lots of laughs.

Another tournament I attended last year was the Team Challenge. Two teams of four each went from Oakmont to play at Crow Canyon and Blackhawk, two beautiful and challenging courses in the Danville area. Same drill as above, but playing at a different course each day.

The previous year four of us trekked to Carmel to play in an Open Day at Quail Lodge. We stayed for two nights in a lovely inn in the Carmel Valley and made a little mini-vacation out of it and enjoyed the Carmel-Monterey area.

Last year Mattie Rice and Sue Clark played two-day tournaments at The Olympic Club and Pasatiempo. You'll have to ask them how much fun they had!

In spite of the many disappointing cancellations during this challenging year, several member clubs are doing the best to sponsor tournaments following all the protocols to stay safe. Fountaingrove and Castlewood are having events this month and a group of us are going to play the North Course at Silverado on July 15. I'll tell you about that in the next issue.

GOLF Continued from page 1

Tom Kendrick, OVA vice president, presented a financial accounting provided by Treasurer Elke Strunka. The total costs for the golf asset to date is \$4.3 million, which includes the purchase price of \$3.6 million, real estate commissions and escrow of approximately \$89,000 and a loan pre-payment penalty of \$250,000. Another \$297,000 accounts for tenant improvements such as services, furnishings, construction, equipment, HVAC, and fees and permits. Kendrick said AGP retained about 1% of improvement costs, or \$2,847. AGP returned \$75,000 of the capital reserve fund, when the lease terminated. "The money that was spent was invested in the property. It's ours," he said.

"There will be additional costs related to improvements (going forward)," he said. "We plan to account for all the work that is being done. This is work we have to do and will take full advantage of as we go forward. There is complexity everywhere you look and we are dealing with it."

Kendrick said a wholly-owned subsidiary called Oakmont Village Property Corporation (OVPC) has been created to "define and carry forward" all reporting and accounting for the operations of the golf asset. He said OVPC will allow for independent

reporting, with "obvious cross over," in some areas, but with the ability to keep things separate from other OVA business and more understandable for members.

Spanier said despite the unexpected interruption, he is very optimistic that a new lessee will be found in less than two months and the current temporary operator CourseCo, Inc. is expected to be one of the bidders along with Billy Casper Golf.

Spanier said he was not surprised that several companies offered to run the club on short notice. While he said he could not discuss certain details, we are "confident that what happened to AGP is extremely unlikely to happen to either of the two operators we're considering."

"CourseCo and Billy Casper Golf are interested in long-term lease agreements to run the club. Following competitive bidding and negotiation periods, we hope to have a lease agreement in place with one of them in the next 60 days," he said.

CourseCo is a local bay area company and Billy Casper Golf is a national owner operator of 140 golf clubs across the country.

The construction is expected to be completed in September.



Oakmont Democratic Club

■Tom Amato

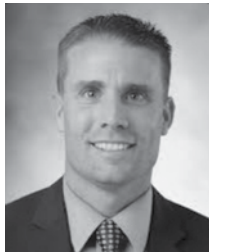
CONGRESSMEMBER HARDER ZOOMS INTO OAKMONT AUGUST 15 IN SWING DISTRICT FIGHT

On Saturday, August 15 at 3 p.m., first-term Congressman Josh Harder returns by Zoom to Oakmont at a Town Hall hosted by the Oakmont Democratic Club. Joining Congressman Harder will be State Senator Mike McGuire.

California's 10th District is extremely important for the Democrats to hold this coming November. Josh won his 2018 race by a few points, despite being outspent 2-1, with Republicans spending around \$15 million trying to defeat him. Josh doesn't take corporate PAC money, so the money he's raised has been from individual donors who believe in him, rather than corporations. His race is again forecast to be one of the closest in the country, and Republicans are zeroing in on him.



Congressman
Josh Harder.



Senator
Mike McGuire.

Josh's opponent, Ted Howze, is self-funding his campaign and is to the right politically of Trump. Howze is a climate change denier who has referred to homeless people as "vagrants and criminals" in a primary debate. House Republicans think that they have a path back to a majority and it runs straight through the 10th district.

It's important to note that Trump's popularity has actually gone up in this Central Valley district, so our main focus is to make sure folks know about all of Josh's first-term accomplishments thus far (he held over 18 town halls and introduced over 16 bills). Most importantly, his amendment to the Coronavirus relief package guaranteed two weeks of paid sick leave for small business workers. Harder voted to impeach President Trump.

There is no charge for attending our August 15th event, but we hope all attendees make generous donations. This being a top race requires the necessary funds to ensure Democrats hire organizers to get out Josh's positive message. In the primary election on Super Tuesday, Josh won the day with 43.5% of the vote. However, the Republicans still managed to take home a majority of the votes, so we still have a lot of work to do to recreate Josh's winning coalition of 2018.

If Harder wins reelection this year, we can start to transform the Central Valley from the top of the ballot to the bottom. For many people, Josh is the first Democrat to ever represent them in a local office. With a strong Democrat at the top of the ticket, we can work to register the district's large and growing Latino population and transform the electorate long-term.

For more information email us at oakmontdemocraticclub@gmail.com.

Oakmont Democrats have launched a new webpage with lots of information on the Harder race and other local and national elections. Please visit us at oakmontdemclub.com



STEPHEN R. OLSEN

Attorney & Counselor at Law

Specializing in the prompt and detailed preparation of comprehensive estate plans, including:

- Wills • Health Care Directives • Powers of Attorney
- Various types of Trusts designed to meet the specific needs of clients

Call for a no-cost telephone consultation

(707) 578-6033 • www.willsandtrustssonomacounty.com

WE MAKE HOUSE CALLS





■Marilyn Pahr

As we go to press, the re-opening of the Oakmont Village Library is still a work in progress and dependent on county health orders. The books miss you, the volunteers miss you and we know you miss having access to the books, DVDs and audiocassettes that enrich your lives.

The library has over 20,000 items available for Oakmont residents and their guests. No fees, no due dates, no library cards, no sign outs—just browse and take them home. When we open, please do take home a generous amount of materials and think about bringing some to your neighbors who may not be comfortable yet making a trip to the library.

Your Oakmont Village Library functions due to the dedication of the volunteer teams who process, sort and shelve the materials that “magically” appear on the shelves. During these challenging times, half of our over 100 volunteers have had to reluctantly resign from their respective teams. Those volunteers who can will be working to get the library opened for you but need your help and cooperation.

How many of those books you had checked out and meant to read got read during the Shelter in Place? How many books from your personal library are ready for a new home in the library? We’re guessing it’s a lot and if everyone returned all their items and gave us donations, it might look like this picture.

If you can hold onto your items for a while, we’ll let you know when we feel we can handle the additional workflow.

The most up-to-date information on library hours, how and when to return materials and procedures for entering—wearing masks, etc.—will be in the OVA weekly E-blast.

Please consider volunteering—we can use your help. Email oakmontvillagelibrary@gmail.com.

BOARD Continued from page 1

have to be met in the second phase to be completed by Aug. 21, 2022.

As a part of the Firewise USA Community designation obtained in 2018, the board approved the establishment of a Firewise Safety Committee including Iris Harrell, chair of the Building Construction Committee, as chair and Katy Carrel, Burt Schraga, Jackie Ryan and Dave Watts.

PERFORMANCE REVIEWS

In a move to gauge their own performance, the board voted to conduct a “360 review” of the board members. This process, described as soliciting feedback from a variety of points of view, will include periodic input from OVA members, peer directors and OVA staff. OVA members will be invited to take part in a survey to provide performance evaluation and feedback concerning directors’ performance. Directors also will be asked to evaluate each other and request input from OVA staff about each director. The community will receive a summary report and each director will receive detailed feedback. All input will be anonymous.

While Director Carolyn Bettencourt said she was uncomfortable with the review and conducted the only “no” vote, board president Steve Spanier said, “We all have weaknesses and strengths and the purpose of the review is to improve.” He added that “it needs to be done carefully.”

The board lifted its previous closure of the Oakmont Library and authorized reopening as soon as practical after an applicable county order is issued. In the meantime, OVA staff and volunteers are allowed access to the library to perform “ground work” needed before opening.

The board approved a \$21,250 contract with True North for the removal of ladder fuels for defensible space from OVA-owned property between the backyards of 6374 and 6416 Stone Bridge Road and the adjacent creek. The fuels are described as potential fire hazards.

A resolution to approve changes to the Hearing Procedures, Enforcement and Fine Policy recommended and reviewed by the association attorney failed on a 3-4 vote. The vote hinged on a provision that association members cannot be accompanied by an attorney at a hearing. This was challenged by several directors.

July 21 Board Actions At-a-Glance

■Harriet Palk

Finance Policy Committee: FPC members resigned for personal reasons and the board dissolved the committee effective immediately.

Facilities Re-opening: Because of County COVID orders, nothing more can be reopened in Oakmont. The Central Pool could be opened for lap swimming if demand increases. Ping-pong tables can be used playing singles with one’s own equipment. Reservations required.

Building Construction (Iris Harrell): 1. Suite B is finished. 2. The OVA generator has been installed; the CAC generator is coming. 3. Construction on the dog park started July 20. 4. The solar canopy project awaits permitting.

Oakmont Community Development: Emergency egress in case of fire is the #1 priority. A meeting was held with the Santa Rosa Fire Department in which it was discussed that Channel Drive could be used for automobiles if not needed for emergency vehicles and that Highway 12 be could be limited to traffic in one direction between Oakmont Drive and Pythian Road.

The Oakmont Senior Living Elnoka development may have new life. Wally Schilpp will step up once again to come to look out for OVA’s interests.

Veterans Day: Planning on an online program since it doesn’t appear that Berger Center will be available due to COVID-19.

Defensible Space Inspections and Fire Control Policy Approval: With Noel Lyons voting no, tabled approval of the policy pending approval of the Fire Safety Landscape Policy and suggestions for fire safety inspection in phases.

Firewise Safety Committee and Charter Approval: Approved establishment of and charter for committee to encourage and assist Oakmont residents to work together in their Firewise efforts. Appointed Iris Harrell as chair.

Fitness Center Reopening Guidelines: In accordance with Sonoma County orders, voted not to reopen the OVA Fitness Center at this time.

Library: The Board will authorize reopening as soon as practical after county orders allow.

Defensible Space Fire /Safety Landscape Proposal: Approved the defensible space proposal from True North to remove ladder fuel behind homes at 6374 through 6416 Stonebridge to edge of the creek in the amount of \$21,250.

360 Degree Review for OVA Directors: A “360 review” process for the OVA Board of Directors will be established based on periodic input from OVA members, peer directors and OVA staff. Twice per year, OVA members will be invited to participate in a survey to provide comments, performance evaluation information and feedback concerning director performance. At the same time, each director will be asked to evaluate the other directors and will request input from OVA staff members about each director. Following the survey, OVA staff will prepare a summary report that will be made available to the community and provide specific detailed feedback to each board director.

**News happens daily in Oakmont.
Read the latest online at
www.oakmontvillage.com/news**



**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

MENIOTA
AMERICA’S LUXURY FIREPLACE

Bocce Club



■Linda and Don McPherson

RE-OPENING RULES

In an effort to encourage renewed, regular Bocce play consistent with the County Health Order, the Bocce Club issued the rules governing play at all times at the West Rec. Bocce Courts effective July 10. The following applies to all play on the bocce courts and will continue to apply until the County Health Order is further modified.

1. Masks: Masks will be worn at all times while in the bocce area or on the courts. Masks need to cover the face from mid nose to under the chin.

2. Social distancing: Players must maintain a minimum 6-foot distance from other players at all times. If you need to remove your mask (water break, etc.), please move 10 feet away from the cement pads at either ends of the courts.

3. Number of people: The Bocce court area will be limited to a maximum of 8 persons, with a maximum of 4 persons per court. No other persons can be present during that time. The center court (court 2) will be vacant at all times. Play is limited to one hour if other parties arrive to use the courts and are waiting.

4. No shared equipment may be used. This does not apply to shared households. This applies to all bocce equipment: balls, scoring board, pallino(s) can only be touched by one person during play. Additional pallino(s) can be ordered online. Players must identify their individual balls via markings (tape, stickers). Do not touch others' designated balls. Decide which ones are yours before picking up balls.

5. Hand sanitizer: All players will bring hand sanitizer. The person designated to score will wipe down the scoring board and pegs at the end of play with hand sanitizer. Gloves are recommended during play to avoid possible cross contamination.

6. Chairs, water, etc.: The benches, tables, etc. have been removed. Please bring your own chairs, water, etc.

7. Play at your own risk: This includes all bocce members and any guests.

8. Health: No players will come to the courts who have any illness symptoms.

Tournament play is still prohibited under the Health Order. Club members will be advised by e-mail of all developments regarding tournaments and club events when they occur.

Last Wednesday and Friday would have been the always-popular Grandparents' Kids' Day Bocce sessions. Grandparents' Week had to be canceled this year due to the Coronavirus.



Community Garden Brings Joy, Relief, Beauty and General Wellness!



■Sue Aiken

Current gardeners along with brand new members are grateful for the reopening of the Community Garden roughly six weeks ago by both the county and subsequently the OVA. We are especially grateful for OVA Maintenance in assisting us to make this happen and we love the sheep! Sheep were amazing to watch as they ate their way through Oakmont weeds around the perimeter of the garden. Their group behavior seems to involve periods of silence as they stand together unmoving, even to eat.

Flowers, new veggie plantings and weed free beds welcome all who enter the garden, making it a place of quiet serenity, focused activity, joy and peace. Gardening has been often referred to as a way to relieve stress and to bring a sense of accomplishment

into one's live.

Currently we have a few garden spaces available to anyone in the Oakmont Community who would like to start a garden. We have information available about vegetables that can be planted year around. It is never too late to plant. If you are interested in learning more please send an email to oakmontcommuniytgarden@gmail.com. Someone will email you a response and set you up with a meeting with our Orientation Leader, Marilyn Pahr.

The cost of having a space and being a member of the OGC is \$5! This incredible deal is due in part to all that is generously provided by the OVA, like the land, water, tools and much more.

We hope to see you in the garden!

Our Tune-Ups Take 90 Minutes...

And Protects Your AC All Year Long!



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

Our Promise To You: 100% RIGHT ... or 100% FREE! SM

Pickleball Corner



■ Doc Savarese

EMOTIONAL WELL-BEING

What we have in common during this pandemic is stress and anxiety. It's been quite a challenge as we attempt to fathom our funding resources along with obtaining household food and cleaning products, while trying not to become hysterical about the uncertain future. Recently a pickleball friend told me that he finally decided to call a psychologist and told him that he was constantly anxious, and wanted to know what to do. The psychologist told him that he was obsessive/compulsive. He said that he was so shocked that he called back 10 times to make sure the psychologist was certain.

Emotions such as anxiety and stress are common in situations such as we are experiencing. However, when it is ongoing and intense, the consequences can result in increased heart rate, restlessness, disturbed sleep, and poor concentration. This causes a chemical release of cortisol which produces physical symptoms in the body such as headaches, sweating, dizziness and muscle tension.

I have observed that most members of the pickleball club have learned tried and true coping mechanisms. During these trying times, it is important to recognize that our lives are very disrupted and that many of our coping mechanisms may not work. Subsequently, adding new ones can be very beneficial. Which reminds me: why do horses have a better sense of well-being than humans? It's due to their stable environment.

Living in the present is considered by many experts to be an excellent coping mechanism for well-being. Staying in the present tense has long been known to reduce anxiety and stress. One of the best strategies for staying in the present is "mapping out," which means following a plan of obtainable actions for a week or even the next day.

Recently I ran into a fellow pickleball player as she was leaving the court. I remarked how happy she looked. She responded by saying that the shelter in place was good for her and that she was feeling better than ever. She continued saying that the restrictions facilitated her commitment to improve her lifestyle by implementing a plan of action which included regular exercise routines, and modifying her eating and sleep habits.

Interpersonal communication is also a critical component for emotional well-being. It's been four months since we began dealing with the pandemic, which hopefully will end in the near future. Even though most of us haven't been going out much, technology and social media has provided us with multiple ways to connect and communicate. Incidentally, zoom and streaming have become positive additions in

my life.

There's a stereotype that men who play pickleball are bad at showing their emotions. This isn't true. I know a player who loves his wife so much, he almost told her.



People with a positive sense of well-being are more likely to live healthier and longer lives. Following is a list of well-being characteristics which were identified by psychologist, Dr. Ylenio Longo. Reviewing the list can be beneficial to help you determine what might be missing in your life, and identifying where extra efforts are needed.

- Happiness: feeling happy and cheerful.
- Vitality: feeling full of energy.
- Calmness: feeling relaxed.
- Optimism: being hopeful.
- Involvement: feeling engaged.
- Awareness: being in touch with how you feel.
- Acceptance: accepting the way that you are.
- Competence: feeling highly effective.
- Significance: feeling that what you do is worthwhile.
- Congruence: what you do is consistent with how you feel.

New Player Orientation: Arrangement can be made by contacting Pauly Uhr at 984-4186 or Nancy Lande at 978-2998 to schedule a session.



Cartoon by Peter Copen.

MCBRIDE Realty

McBride Realty's Current Listings



7839 Oakmont Drive
Sonoma — \$998,000



6316 Meadowridge Drive
Mt. Hood — \$879,000



6 Oak Forest Lane
Sylvan 32 — \$435,000



342 Oak Leaf Circle
A-Unit — \$489,000



13 Woodgreen Street
Fourplex — \$429,000



352 Singing Brook Circle
Sonoma — \$699,000



7149 Fairfield Drive
Juniper — \$742,000



65 Autumn Leaf Drive
Custom — \$797,000



6577 Meadowridge Drive
Fourplex — \$325,000



8350 Oakmont Drive
St. Helena — \$745,000



122 Valley Lakes Drive
Juniper — \$649,950



386 Riven Rock Court
Bennett Mtn — \$649,000



231 Belhaven Circle
Birch — \$799,900



6457 Meadowridge Drive
Cypress — \$520,000

Oakmont's #1 Real Estate Office in Sales & Service

For more information, or to make an appointment to see any of these beautiful homes, please call our office.

707-538-2270

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

DRE #01151843

Pétanque Club



■ Don McPherson



The club's July Bastille Day celebration last year included a tournament and potluck and featured member Jean-michel Poulnot's singing and directing of "La Marseillaise." The event had to be canceled this year due to the Coronavirus.



The design concept proposed for a portable beach pétanque set.

nautically themed, beach-play oriented pétanque set proposed for release by the upscale French swimwear company Vilebrequin.

Chauvin imagines the set as a collapsible flat-packed aluminum and nautical rope border for a 12-meter rectangular court together with two telescopic masts,

a rigging and fastening kit, and fold-away colored flags. Notwithstanding the designer's reputation and Vilebrequin's cachet, it remains to be seen if the product will actually be manufactured since, among other reasons, court borders are not necessary for playing pétanque, the overhead rigging and flags could inhibit lobs, and except for hard-packed sand or gravel, beaches are not a very desirable surface for play. Nevertheless...

The club welcomes all Oakmont residents to enjoy the challenge and satisfaction of pétanque. Daily games are underway at the Pétanque courts, between Berger and the OVA office building, from 9:45 a.m.–noon Monday through Saturday per the Country Order and special club rules that have been posted and emailed to all members. The club will announce to members when it will officially resume sponsorship of open, random team selection Club Play on Wednesday and Saturday mornings in that time slot.

PLAY RETURNS

Pétanque play via player-arranged daily pickup games continues on the Oakmont courts. The club is using the two side courts, leaving the middle court vacant to promote social distancing. The result is a maximum of 12 players until the County Health Order is further relaxed.

Those using the courts are reminded to bring and use their own equipment, face covering and hand sanitizer. The club strongly encourages proper wearing of face coverings at all times. Scoreboards, throwing circles, and chairs are not available until further notice.

PÉTANQUE PRODUCT INNOVATIONS

The pandemic appears to be spurring pétanque product and design innovations. Prior *Oakmont News* editions have described the new Tapis de Pétanque "throwing mat," the Point 27 and Shoot 100 formats for individual-based competition, and Obut's new "Le 531" donnée circles and pointing grille for practice and individual-based competition.

Now French designer Antoine Chauvin has published a pétanque design concept in *Wallpaper Newsletter*, an online digest of "inspiration, escapism and design stories." Chauvin's concept is a portable,



St. Francis Flooring Inc.



Owners & Operators Cheryl & Kerry Brown with Holly

707-539-4790

FREE ESTIMATES

Discounts to Oakmont Residents

Mon–Fri 9AM–5PM, Sat by appointment only

www.stfrancisflooring.com

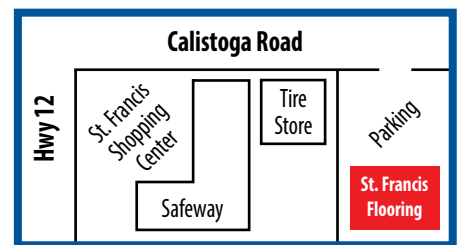
116 Calistoga Road, Santa Rosa

(Behind St. Francis Shopping Center)

**Free In-Home Flooring Design Consultation
Within Sonoma County**

- Excellent Customer Service
- Competitive Pricing • In-House Licensed Installers
- All Work Done In a Timely Manner
- Check Out Flooring Samples From Our Large Showroom
- Serving Sonoma County For Over 30 Years

- Hardwood • Carpet • Vinyl • Laminate
- Cork Floors • Duraceramic



Construction License #879688

WE SPECIALIZE IN RESIDENTIAL & COMMERCIAL FLOORING



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

838-6000

Mortuary Lic. FD1925
Crematory Lic. CR-383

WINDSOR HEALDSBURG CREMATORY & MORTUARY

- 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



Square Dancing Club



■ Susan McLean

We actually got a chance to dance! The Oakmont Squares helped Helen Louis Kivell celebrate her 102nd birthday.

Helen often accompanies her daughter Judy Hand to our square dance nights and always graces us with a big smile as she keeps the beat. So, we donned our jeans and white shirts complete with bandanas for masks and promenaded in front of Helen's grandstand on July 9 while observing social distancing. Our caller Phil Herzog created the following "call" so we could add to the festivities and still dance without a partner (unless a household member could dance with us). Most just danced with a phantom partner.

Bow to your partner
Bow to the Birthday Girl
Face your partner
Give her a twirl.

Right foot up, left foot down,

Walk on out and turn around.
Clap your hands, slap your knees
Wave at Helen if you please!

Face your partner, dosado,
Face this way, yell Ho Ho Ho!
And a bottle of rum.
Hey y'all—ain't this fun?

Now face your partner, walk on past
U-turn back and swing your lass.
Now walk out once more and turn around
Half sashay and stomp the ground.

Dance this way, yes dance back in,
We're here today 'cause we love Hel-in
We've done this today, we've done this drill,
Bow to each other, bow to our birthday girl.

For information about our club call Jenny at 367-2102, Susan at 367-0417 or Phil at 843-3053.



Clap your hands (club president, Jenny Watts); Slap your knees (Dave Watts). (Photo by Steve Baldaremos)



Helen Louis Kivell, the birthday girl at 102. (Photo by Steve Baldaremos)



Oakmont Square Dancers heading to Helen's. (Photo by Steve Bladaremos)

BEFORE

Original Asking Price

875K

COMPASS
CONCIERGE

Sold For

1.1M

AFTER

No hidden fees, no interest charged- ever.

Compass Concierge provides home improvement services so you can sell your home faster and for more money.

Questions? Call me today for more information.

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

Home must qualify under Compass Concierge guidelines. Subject to additional terms and conditions. Compass is a real estate broker licensed by the State of California and abides by Equal Housing Opportunity laws. License Number 02860771. 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.

Oakmont Ukesters



■ Florentia Scott

Want to learn to play the ukulele but don't know where to start? The Oakmont Ukesters will offer free online lessons on the Zoom app, starting Tuesday, August 11 at 10:30 a.m.

Ukester tutorials are 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 one-hour 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 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.

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, please leave a message for me at 591-1929, or email hikingscott@yahoo.com.

AMADA

SENIOR CARE

Amada Senior Care excels when it comes to enhancing your lifestyle or that of someone you love.

♥ TRAINED & CERTIFIED
IN-HOME CAREGIVERS
♥ LONG-TERM CARE INS.
CLAIMS FILING & MGT.
♥ FREE VA BENEFITS
CONSULTATION

(707) 387-0733

www.AmadaSonomaNapa.com

Angela.L@AmadaSeniorCare.com

Lic. #494700025

Call us today to learn why Amada is America's trusted resource for caregiving and long-term care insurance claims advocacy.

Toxic Waste Collection August 18




■Anita Roraus

Four times a year Oakmont has a Community Toxic Collection from 2-7 p.m. Location and date will be provided when you call to schedule an appointment. **LIMITS:** 15 gallons of liquid (with a maximum of five gallons per container) or 125 pounds of solid material. Never mix chemicals. Place in sealed containers in the trunk, packed to prevent spills. Syringes/needles in sealed, approved Sharps containers.

NOT ACCEPTED: explosives or ammunition, radioactive materials, biological waste (except syringes), TVs, computer monitors and other electronics, business waste.

Please call 795-2025 to schedule an appointment or ask your questions. Must schedule 24 hours prior to event.



synsolar.com
707.823.8003
License # 913951

SYNERGYSOLAR
& ELECTRICAL SYSTEMS, INC.

Sonoma County's Solar & Energy Storage Experts

Hikers



■Tony Lachowicz

Visit our website: www.oakmonthikingclub.com.

AUGUST 13 PICNIC CANCELLED

Due to the current Sonoma County Health Department order for preventing the spread of COVID-19, the August 13 OHC picnic is cancelled. The regular monthly hiking schedule will be maintained. See upcoming hike descriptions page on our website for details as they become available.

AUGUST 6 SHORT HIKE

JACK LONDON STATE HISTORIC PARK.

After parking in the Museum lot, we will walk to the Wolf House, passing the Museum/Visitors Center, and returning to the parking lot—slightly over one mile; then we continue to the second parking area and walk to the Pig Palace, and several old stone buildings, and the Cottage where Jack lived and wrote his books. We will not be able to go into any buildings. This hike will be under three miles, with some modest elevation gain, with some shade. Bring water and a snack if you wish; there will not be a lunch stop. We will all wear face coverings and stay at least 6' apart. Depart Berger parking lot at 9 a.m. Parking is \$10 or use your JLSHP/SRSP pass, or CA State Park pass. Hike leader is Donna McCulloch, 539-5730.

AUGUST 6 LONG HIKE ANNADEL STATE PARK

We will meet at Berger Center parking lot at 8:30 a.m., then caravan over to Spring Lake parking lot by the lagoon (off of Channel Dr.) and start there for a hike into Annadel State Park using portions of Cobblestone, Orchard, Rough Go and Lake trails among others with lunch at Lake Illsanjo for about 7.5 miles and 1,200'

elevation gain. Hike leader is Randy Vincent.

AUGUST 13 INTERMEDIATE HIKE SPRING LAKE

From the Berger, we will walk along Channel Drive to the Spring Lake entrance on Violetti Road. After circling the lake, we will return via the same route—six miles. Bring water and lunch. Leave Berger at 9 a.m. Hike leader is Donna McCulloch, 539-5730.



Long hikers in Jack London State Park. (Photo by Martin Johns)



Moo. (Photo by unknown hiker)

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




Lawn Bowling



■Mary Blake

WANT TO LEARN TO BOWL?

Paraphrased from Wikipedia: Bowls, or lawn bowls, is a sport in which the objective is to roll biased balls (“biased” means they roll in a slightly curved path) so that they stop close to a smaller ball called a jack. It is normally played outdoors on a bowling green. Bowls in England has been traced certainly to the 13th century, and possibly to the 12th century.

Besides having a long and rich history, lawn bowling is a fun sport and a great way to meet people and be outdoors, surrounded by everything that makes Oakmont so beautiful. Lawn bowling has been at Oakmont since 1965!

Though we won't start training until restrictions are lifted, if you're interested in lawn bowling, visit OakmontLawnBowling.com to learn about the club or email us at OakmontLawnBowling@gmail.com.

SAFE BOWLING

We each must consider our own definition of what's safe right now, especially as we learn more about this virus. But we've done

everything we can to keep lawn bowling safe for our members! Groups are small (Marilyn says no more than 12 to 14 people ever show up to bowl), bowlers wear masks and maintain distance - and we don't touch anything anyone else touches.

Check out the current set of safe bowling rules on our website: OakmontLawnBowling.com.

BEAT THE HEAT

To help keep groups small, and to beat the heat, we



Women's Triples Group.

now have two times to bowl each day: 9:30 a.m. and 6 p.m. I hear that 6 p.m. is a wonderful time to bowl! As days get shorter, this opportunity may slowly disappear, so don't miss the chance for an evening bowl!

THIS TIME LAST YEAR

As you all know, we can't hold tournaments yet. This time last year, we were celebrating the winners of the Independence Day tournament—Jim MacAlistaire and Linda Pickell.

The Women's Triples game had been close but ultimately won by Denise Lenahan, Ande Anderson and Sue Tredick.

And we were thanking Mark and Bonnie Johnston for making the most recent Demo Day a huge success.



Jim MacAlistaire and Linda Pickell.



Mark and Bonnie Johnston.



257 Belgreen Place—Bright and cheerful home overlooking Oakmont's golf course. Beautiful hardwood floors and a vaulted ceiling greet you at the front door. The eat-in kitchen features a large window and slider where doing dishes will no longer be a chore. Relax and soak in the golf course views from the private patio. Updated baths, dual-pane windows, A/C, new carpet in the bedrooms, and a finished garage with lots of storage. Come see this special home and fall in love. \$569,000



8839 Hood Mountain Circle—Gorgeous Cedar plan with beautiful garden designed for entertaining. The kitchen and baths feature updated cabinetry, appliances and fixtures, stone counter tops, tile, lighting, flooring and more. Skylights and windows bring natural light throughout the home. Other updates include opening up the kitchen, bamboo flooring, new fireplace insert, double-pane windows, furnace, A/C, water heater, wine bar and fridge, plus a speaker system to enjoy your favorite music inside and out. Vacation at home in Sonoma County's wine country. \$890,000



6924 Fairfield Drive—Enter through garden gates to an enchanting courtyard and be impressed with this remodeled Juniper. Some of the many features include energy efficient windows/doors, maple flooring, a new kitchen with White Ice appliances, stone counters and cabinetry. The baths were remodeled too to meet your every need. Three patios, stepping stones and a meandering path take you through the colorful gardens. Relax in the serene yard enjoying a favorite glass of wine with the majestic Valley of the Moon hillsides in the distance! \$755,500



302 Laurel Leaf Place—Cheerful Triplex B Unit in the heart of Oakmont and within walking distance to just about everything. This sweet home has lots of windows to bring in natural light, plantation shutters, and a large glass slider to the covered and extended patio (a good place to grow a few veggies in containers). The furnace and A/C are newer, the ceilings are smooth, and there's plenty of storage throughout this home. The private laundry room includes a washer and dryer. You'll love the proximity of this home to all that Oakmont has to offer. \$389,000

Free Windows PC and Smartphone Help

Do you have a smartphone or PC computer with which you need assistance? Howard Neckel or Carl Appellof may be able to lend a hand. If you would like to see if one of them can help, call Howard at 282-9030 or Carl at 291-5278. For the near future, we will not be making in-person visits, but may be able to help you over the phone.

We are always 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.



MCBRIDE
Realty

Marie McBride
322-6843
Private Line
6520 Oakmont Drive
marie@sonic.net
CalBRE #01169355

*Are you thinking of selling
this summer, or just curious
about your home's value?
Please call me for a confidential
and complimentary
COMPARATIVE
MARKET ANALYSIS.*





Scott Carston Owner
LIC# 29938

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 Health Initiative Free Fitness Classes

■Charlene Bunas

WHAT: Free classes by JoRene

WHEN: Mondays, Wednesdays from 9–10 a.m. on Zoom
Arun Majin, poet, philosopher, composure, and teacher counsels: to have a good life, work is important. “I work hard to make my life better, to feel joyful, relaxed and relatively pain free.” However, “if any pattern of work prevents that joyful life, then that pattern must be changed.”

He goes on to explain, “I cannot escape pain, but I can reduce my suffering and make life joyful.” He advises two things: one, exercise for half an hour most days of week; two, pursue an artistic hobby. “These are not options; they are musts for a good life.”

Mr. Majin’s writing motivates. With tongue in cheek, the rest of this column offers creative expressions about working... working out.

HOUSE CLEANING BLUES, BY ELLEN BAILEY

I have the house cleaning blues
I look around and see so much to do
What I need is a good house cleaning crew
But where to get one, I haven’t a clue

I have devised a plan to get the job done
Since I can no longer depend on anyone

My plan is as simple as it can be
One that is not very taxing on me
My walking shoes I will lace up tight
And from this nightmare I will take flight.

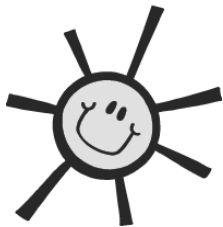
SOME 5-7-5 HAIKU BY CHARLENE BUNAS

Down with covid blues
Wish this all would disappear
One step at a time.

JoRene’s smile sparkles
Champagne to lift our spirits
Zoom her for uplift.

Join the class in Zoom
From the comforts of your home
No one need see you.

Zoom: 9 6 7
Continue: 9 9 4 2
End: 2 4 4 2.



Forrest Yoga

■Carol King, RYT (Registered Yoga Teacher)

COST: \$60 for six classes. Send payment to 9327 Oak Trail Circle or pay online at Venmo.com@carol-king-95

FORREST YOGA CLASSES ON ZOOM

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

Sparkle and shine from the inside. Increase oxygen and blood flow to your internal organs. Gentle twists help cleanse and wring out impurities. Feel the warrior strength standing on your feet.

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 a beach towel).

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



Water Fitness



■Valerie Hulsey

It is very important for you to register for the Water Aerobic Classes being taught at the West Pool. Only 16 people are allowed in a class and most classes are full—walk-ins are not allowed.

Only Oakmont residents are allowed to participate. The link to register is: OakmontVillageAssociation@oakmontvillage.com/bookings/

Click on the Water Aerobics West 1 hour; click on the date you want; click on the time you want. Scroll down and enter your information. If no times are shown for the day you want that means the classes are full.

Reservations must be made 24 hours in advance and up to 14 days in advance (one reservation per member per day with a maximum of five per week). You may register for five water sessions a week whether it’s laps at the East and/or West or Water Aerobics. There can be no exceptions to these rules.

The 9 a.m. participants must put their towels, etc. on the surfaces closest to the fence. When the 10:10 a.m. participants arrive, they will put their towels, etc. on the surfaces at the shallow end of the pool.

The 9 a.m. class should exit the pool deck area as soon after the end of class as possible. Yes, shower if you care to while social distancing, however, please do not stand around visiting. The 10:10 a.m. class members are coming in so the 9 a.m. class participants need to exit the pool area as soon as possible.

Santa Rosa Junior College (SRJC) will not be sponsoring these classes so there is an \$8 fee for all classes.

The locker rooms will not be open but the outdoor shower is available. The restroom by the Tennis Courts will also be available. Bring your own equipment (noodles and buoys) as none will be available at the pool. Do not leave anything at the pool as it will be thrown away—there is no Lost and Found.

Please wear your mask when you arrive and you may take it off when you are going to enter the pool. While on the deck you need to maintain the 6’ distance rule. Please remember to shower before going in the pool.

FRIDAY CLASSES

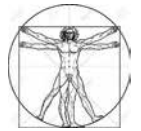
Reservations are also required for the Friday classes. 9 a.m. is a “Boom Box” class—no fee.

Julie’s Friday water exercise class now starts at 10:10 a.m., and will have an \$8 drop-in fee beginning August 7. All welcome!

You must sign up for the Friday classes online (using the link shown above). If you have questions, about the Friday classes contact Cathy Rapp at 537-9281 or 2cathyrapp@comcast.net.

Please do everything possible to prevent anyone from complaining about anything we do as a class! We are trying to follow the “letter of the law” and we do not want to jeopardize our classes.

Fitness Club



■Tom Kelley

CONSULT YOUR PHYSICIAN!

Every gym, including our Fitness Center, and every user manual for gym equipment, stresses prior to exercise you consult your physician. I have exercised for years and never consulted my physician because exercise is beneficial for one’s health at any age. However, I learned the hard way that I should have asked about a certain piece of equipment.

Recently, I wrote about the joys of the vibrating plates, but a week after using it several times I had to go to the emergency room for a kidney stone blockage which occurs in about 10% of the American population. You are very fortunate if you have never had this problem. If a physician asks you to rate the pain level from 0 to 10, it is a definite 10 and often compared to child birth.

I have had several kidney stone attacks in my life, but none for several years. Previous X-rays showed I had several stones in each kidney, but they were in areas that might not cause any problems. I was advised to drink lots of water and avoid dehydration to prevent another attack.

So, could the vibrating plates have caused a kidney stone to move and create excruciating pain? I asked my urologist if the stones could have been shaken loose and he said, “Possibly.” So, I will eliminate the vibrating plates from my routine and forgo the massage effect. Anyone with a history of kidney stones should consult with urologist about this particular piece of equipment. There is plenty of other excellent equipment in the Fitness Center to use.

See you at the gym when it reopens.

SRJC Oder Adult Program

■Mary Hastings

The summer session classes end Friday, Aug. 7. The fall semester classes begin Monday, Aug. 17.

Zoom classes are as follows:

OAP 507 Section 8963, Fitness and Strength: MWF 7:30 a.m.

OAP 507 Section 8286, Stretch and Strength: T/Th 7:30 a.m.

OAP 507 Section 8330: Balance and Strength: F 9:30 a.m.

First, download the Zoom app on your computer or device you will be using for class.

Second, enroll in the JC online if you have not taken a JC class since last summer.

Third, register online for the class you want using the section numbers above.

Fourth, email me at mhastings@santarosa.edu. I will send you the Zoom meeting numbers for the specific class you are interested in.

If you have trouble with the online registration for a class, email me.



STEPHEN CURLEY ROOFING INC.
ROOFING SPECIALISTS
Lic. #976993

STEPHEN CURLEY, OWNER
INFO@STEPHENCURLEYROOFING.COM

WE ARE AN OAKMONT PREFERRED CONTRACTOR
WITH AN IMPECCABLE RECORD

3210-C COFFEY LANE, SANTA ROSA, CA 95403
(707) 546-4778
(707) 486-7426 (CELL)

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



Advanced Home Workouts

The editors asked John Phillips, the trainer at Oakmont's Fitness Center, to write tips for exercising at home during the coronavirus closure of the gym.

■John Phillips

I realized that the last few articles have focused on beginning body weight exercises and not much on more advanced movements. So, this article will focus on those type of movements for those of you who are ready to step it up a bit.

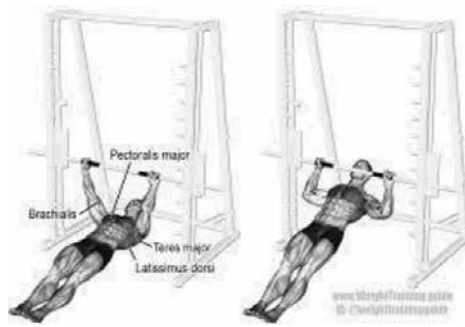
Let me first say that the quickest and most effective weight training exercises for body fat loss and muscle building are what we call compound movements. These movements attempt to move or work as many muscles as possible at one time. One of the best exercises, and I know you are all probably very tired of hearing about it, is the squat. When you perform the squat, you are working your glutes, hamstrings, quads and some calf. Add a bicep curl, it becomes an effective compound exercise. If you add in a bicep curl and move into an overhead press then it becomes a very effective compound exercise. Other ways to adapt the squat would be by adding a frontal raise, a row or just be creative and see what you can come up with.

If you are able to perform exercises which incorporate the legs, they are the most compound exercises as the legs incorporate some of the largest muscles in the body. Then include the back and chest and you really can have a great workout. The issue is trying to incorporate those body parts in a standing position. Yet, I didn't say you had to be standing. One of my favorite ways to incorporate the legs and chest are by laying back and performing a bridge and then a chest press or chest fly, or instead of a bridge, lay flat and add cycles with the legs. Of course, the push-up is another great compound exercise which incorporates the chest and all the core muscles in the body.

The back is a little more difficult to incorporate with the legs. The easiest way to do this is by adding a movement or holding a position such as a tandem or a lunge hold and then bending at the hip to perform a row or fly. As previously mentioned, you can also perform a squat row. When you squat, lean a little bit further over at the hip, not too much, then row.

There really are only about two ways to perform a back exercise while lying down. One is by laying on your back, bridging and then performing a straight arm pullover. By keeping your arms straight you are working the lats and a little bit of the traps. By being in the bridge position you incorporate the quads, hamstring, glutes and all the muscles incorporated in the core.

The second exercise requires a low hanging bar or a strong board that is about 2 to 3 feet above the ground. You lay on your back reach up grab the bar about shoulder width apart on the hands and then perform a pull-up, keeping the body stiff all the way through to the feet.



An idea on getting the triceps is by getting into a dog position and then performing a triceps kickback, intensifying this exercise by holding the opposite leg up and maintaining your balance. This is another great core exercise.

Once more, be creative but keep it safe and if the movement hurts then you probably should not be doing it.

Many of these exercises are performed in the Push Your Potential class that is Zoomed every Monday, Wednesday, and Friday at 11 a.m. Everyone is

welcome to join. If you have any questions please call or text me at 494-9086, or email me at wkuout2@aol.com.

At the printing of this article, with any luck the Fitness Center may be opening. I hope the opening is smooth. If there are any hook ups or kinks, I hope you all help us through these situations. I believe if we all work together it will make the opening so much smoother and more enjoyable.

Good luck to everyone and good luck to a safe and sane opening of Oakmont.



■Rosemary Waller

AN IMPORTANT MESSAGE

It is with great sadness that we inform you that Music at Oakmont's 2020-21 season will not take place, due to the continuing Covid-19 pandemic. As we struggled to find a less drastic solution, it became apparent to most experts that the current virus spike is part of a first wave, and that there will likely be a second wave in the fall. Because of the unpredictability of the virus and the lack of a safe, effective vaccine, we have reluctantly determined that a season's hiatus is our only prudent course of action.

Most of us in Oakmont are in a very high-risk age group for the virus, and because of the above variables, there cannot be any realistic prediction as to the reopening of Berger Center. When Berger does reopen, we do not know what restrictions will be in place to safeguard our health. These may well include masks and social distancing, as well as limits on the number of people allowed to be present.

A POSTPONEMENT

Rather than simply cancel the 2020-21 season, we are hoping to postpone it to 2021-22, rescheduling all of the concerts if possible. We have already had one commitment, and we are working on the remaining five. We will make excellent replacement(s) where necessary. If you have already purchased your 2020-21 season pass, it will be honored in 2021-22, and passes will also be available at the October 21, 2021 opening concert.

2020 DONOR DRIVE

Since our normally two-month Donor Drive was shortened by half because of the cancellation of our April performance, our 2020 donor intake has also been cut in half. Admission receipts cover only about half our annual expenses (artists' fees plus ongoing fixed expenses—the staff is entirely volunteer). It is essential that we are prepared financially to move forward following our hiatus.

If you didn't yet donate in 2020, we would very much appreciate your doing so if you are able. Many thanks to those who have contributed so generously already, and we thank in advance those who can do so now or in the near future. Donation checks should be made out to "Oakmont Community Foundation" with "Music at Oakmont" on the memo line, and mailed to Oakmont Community Foundation, 6637 Oakmont Drive, Suite A, Santa Rosa CA 95409. As always, we are most grateful to the foundation for partnering with us.

Music at Oakmont's mission remains to bring nationally and internationally recognized musicians of the highest professional caliber to Oakmont, while keeping admission reasonable so as to be welcoming to as many as possible. We plan to keep in touch with you, our wonderful audience, with occasional E-blasts during the hiatus. If you're not already on our email list and would like to be (we don't share our list with anyone), please call Judy Walker, at 537-9266.

We look forward immensely to seeing you once again in person. In the meantime, please stay safe and healthy!

Caregiver Support Group

■Vickie Jackanich

ARE YOU CARING FOR A FAMILY MEMBER?

You don't have to go it alone. Whether you are caring for a spouse, parent, or other loved one, you'll find others in like circumstances at the Oakmont Caregiver Support Group. The group is continuing to meet at this time of social distancing, but by conference call.

Group members say that "having the opportunity to share things with others who understand" and "feel supported" are the reasons they keep coming back.

Group meetings are held twice a month, and are facilitated by Dorothy Foster, LMFT, a caregiving and dementia-care specialist. Each participant has the opportunity to talk about what's new or challenging—or good—in his or her life. Recent topics have included when and how to start hiring help, what to do when your loved one refuses help and isn't safe, and strategies for communicating with someone who has memory problems.

Another current topic is "how to survive the quarantine" as a caregiver. Group members are sharing tips and ideas, such as ways to get exercise, both indoors and outdoors, using mental techniques for nurturing patience, making the most of time in nature, and learning to play games with friends online.

The Oakmont Caregiver Support Group meets the second and fourth Wednesday of each month, 10:30 a.m.–noon. For further information or to find out how to dial-in to the next meeting, contact me at 595-3054 or Dorothy Foster, LMFT at 793-2152.

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



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.

WC'S LOCKS AND KEYS

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

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.

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.

DO YOU NEED TECH HELP WITH YOUR COMPUTER, PHONE, iPad or TV?

I can help you with any type of technical problems you might have. New computer to set up? Wi-fi issues? Printer won't print? TV not working? Computer issues? iPad broken? Internet problems? Viruses or Malware? I am a local student whose grandparents live at Oakmont. \$25/hr. Call or text Zeke anytime at (707) 696-5788.

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.

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.

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.

DECKS, FENCES, KITCHENS AND BATHROOMS

Finish carpentry and general construction. Licensed, bonded and insured. CA Lic. #1044479. Call Rodrigo at (707) 975-6576, (707) 393-9748, or 843-9469.

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.

RESIDENTIAL WINDOW AND PRESSURE CLEANING SERVICES SERVICIO WINDOW CLEANING CO.

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

GARDEN TRIMMING

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

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.

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.

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.

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.

FURNITURE REPAIR

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

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.

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.

YOUR PERSONAL SHOPPER

I am a longtime resident of Oakmont. Errands, shop groceries, walk the dog, anything you can't do for yourself. References. Call Leslie, (707) 921-8290.

NOTARY PUBLIC

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

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.

ENTRY DOORS

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

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.

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

Classified Order Form

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

 BODY TEXT _____

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: 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

COORDINATOR
Rides to Medical Appointments
Rides Within Oakmont
 Call 9AM-5PM
 August 1-15
 Patresa Zwerling
 539-8996
 August 16-31
 Maurine Bennett
 539-1074

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

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.

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

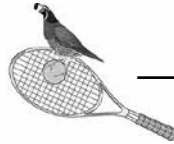
Do you want to stay updated on what is going on in Oakmont?
Join the OVA E-mail list. You will receive Board Meeting Agendas and Minutes, Oakmont Notices, Meeting Announcements and the weekly Manager's Newsletter. To join, go to the OVA office and fill out a sign-up form, or visit www.oakmontvillage.com/oakmont-residents/. 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.

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.



Tennis Club

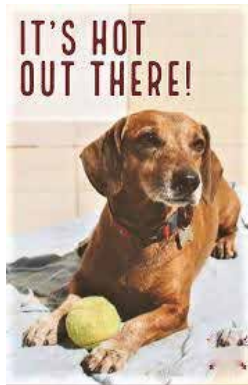


■Joanne Phillips

SUMMERTIME AND THE PLAYING IS EASY... UNLESS IT'S TOO HOT!

Summer in Northern California boasts lovely weather but the occasional heat wave does occur. According to the CDC, older adults do not adjust as well as young people to sudden changes in temperature and have increased risk for heat-related conditions. Seniors are more likely to have a chronic medical condition that changes normal body responses to heat and are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat.

As temperatures rise, please be mindful not just of your own health but of those on the courts with you for signs of heat exhaustion or heat stroke. The Mayo Clinic



offers the following advice:

Signs and symptoms of heat exhaustion may develop suddenly or over time, especially with prolonged periods of exercise. Possible heat exhaustion signs and symptoms include: cool, moist skin with goose bumps when in the heat, heavy sweating, faintness, dizziness, fatigue, weak, rapid pulse, low blood pressure upon standing, muscle cramps, nausea and headache.

If you think you're experiencing heat exhaustion stop all activity and rest, move to a cooler place, drink

cool water or sports drinks.

Contact your doctor if your signs or symptoms worsen or if they don't improve within one hour. If you are with someone showing signs of heat exhaustion, seek immediate medical attention if he or she becomes confused or agitated, loses consciousness, or is unable to drink. You will need immediate cooling and urgent medical attention if your core body temperature (measured by a rectal thermometer) reaches 104 F (40 C) or higher.

Emergency numbers are posted on the Tennis Club bulletin boards at both the East and West Courts. While the recreation centers' indoor phones are inaccessible, it is advisable to bring your cell phone to the courts.

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.

Soroptimist Club



■Denise Bickert

Soroptimist International is a volunteer organization for women committed to improving the lives of women and girls through programs leading to economic empowerment. We are proud to have formed an Oakmont Wine Country Club.

You may have seen our flocks of flamingos traveling the neighborhoods. This is our first fund-raiser for the new club. We are very appreciative of the support we have received here in Oakmont. If you would like to host your own flock for a few days or surprised a friend, please contact Janet Flink at 494-4590.

The Soroptimist International Oakmont Wine Country Club is pleased to announce we will be participating in the Soroptimist Live Your Dream

Award. The Live Your Dream Awards are cash awards given to motivated women who are the primary financial supporters of their families. The recipients are women who are seeking to improve their lives by gaining additional skills, training, or education but do not have the resources to do so. These cash awards are meant to offset any costs associated with education, including tuition, books, supplies, childcare or transportation.

SI Oakmont Wine Country will be giving up to \$1,000 to the chosen recipient or recipients.

The most challenging aspect of this program is making sure eligible women are aware of this valuable resource. We are asking our neighbors to share this opportunity

with someone you know who would benefit from this program. All applications are confidential.

Interested applicants can contact me, Soroptimist Live Your Dream Chair, at deniseb.siowc@gmail.com.

Please spread the word, and feel free to contact me with questions. If you are interested in becoming a member please contact our Chapter President Janet Flink at janetf.siowc@gmail.com.



OAKMONT
COMMUNITY CHURCH
Loving Community. Supportive Fellowship

■Pastor Brinda

Hello Beloved Community,

Lee and I just belated our 40th wedding anniversary a couple of years ago. During which time one of the couples from the church mentioned they had created their 72nd anniversary. I wonder is there any couple from the community who currently have been married longer than 72 years? We were supposed to go to Cancun, but alas Covid-19 got in the way. So, instead we had our picture taken in front of a backdrop and just pretended.



Well, it looks like we made a good choice waiting to return to indoor worship. As of this writing, the governor had recommended no indoor services. It appears that outdoor is still an option, so be sure to attend one of our outdoor evening services (with social distancing of course). We meet Sundays at 5:30 p.m. Be sure to confirm with the church by phone or email, since things are constantly changing.

We are continuing our live streaming broadcasting on the internet through YouTube, as well as, transmitting on radio FM 88.7 on Sunday morning's at 10:30 a.m. We are also preparing to resume our midweek bible study. Whether that is outdoors and in person is still not known but we will be adding Zoom so we have the option not to meet in person.

We pray you stay safe and healthy. And we pray for those out of work at this time. So many people are in real trouble and it has to be very difficult emotionally, physically and spiritually. Let me encourage you to keep the faith. We will be able to ride this crazy wave by putting our trust in the father's promise. For He knows the plans he has for you. Plans for good. Remember what they say, it is always darkest before the dawn. The dawn is coming so until then, keeping looking up.

Should you need anything, we are here for you and we will do our best to assist if we can. Look for our drive up pay times. Prayer is held when our sign is out, but if you need prayer please call, email or stop by, even if we do not have the sign out. Blessings and peace be yours.


Oakmont Community Church: 6687 Oakmont Drive, 595-0166. Our webpage is: occsantarosa.org and our email is: occsantarosa@gmail.com.




Certified & Experienced Means...

150 Hours of Annual Training &

500+ Completed Jobs!





Call For An \$88 AC Tune-Up

(707) 242-1200

MooreHomeServices.com

Our Promise To You: 100% RIGHT ... or 100% FREE! SM



Century 21 Valley of the Moon

We are here to help with all your real estate needs during the COVID-19 Crisis.



Linda Frediani
Broker/Owner, 322-4519
CalDRE# 00610124



Jolene Cortright
477-6529
CalDRE# 01469046



Paula Lewis
332-0433
CalDRE# 01716489



Mike & Leila O'Callaghan
888-6583
CalDRE# 00788134 & 00544689



Joey Cuneo
694-2634
CalDRE# 01013909



Roberta Lommori
539-3200
CalDRE# 00677185



707-539-3200
6580 Oakmont Drive
Santa Rosa 95409
www.c21valleyofthemoon.com

CalDRE# 01523620



Kellee Clower
494-4992
CalDRE# 01979326



Linda Gill
363-9393
CalDRE# 01067039



Tierney Muscatell
326-1355
CalDRE# 02092107



6542 Stone Bridge Road \$430,000



422 Crestridge Court \$719,000



7581 Oak Leaf Drive \$820,000



6427 Stone Bridge Road \$529,000



5970 Stone Bridge Road \$739,000



6331 Meadowridge Drive \$829,000



8934 Acorn Lane \$632,500



8151 Oakmont Drive \$795,000



7849 Oakmont Drive \$1,100,000



Randy Ruark
322-2482
CalDRE# 00337150



Kay Nelson
538-8777
CalDRE# 00882159



Nancy Shaw
322-2344
CalDRE# 01893987



Debbie Tittle
415-275-4565
CalDRE# 01974579

Feel safe and secure with the quality of in-home care that Sequoia Senior Solutions is known for.



Excellence in In-Home Care

Compare us to any other care provider:

- Certified by California Association for Health Services at Home (CAHSAH)
- Accredited by the Better Business Bureau with a rating of A+
- Eight time winner of the North Bay Business Journal "Best Place to Work Award"

Some of our services:

- Caring Companionship
- Meal Planning and Preparation
- Transportation and Errands
- Light Housekeeping
- Medication Reminders
- Assistance with Bathing and Grooming



Owners,
Gabriella Ambrosi, CEO and
Stanton Lawson, CFO

Serving Oakmont residents since 2003

6572 Oakmont Drive, Suite E, Santa Rosa, CA 95409



Providing specialized care in Alzheimer's, Parkinson's, Diabetes, Arthritis and Hospice

www.SequoiaSeniorSolutions.com | [f](#) [t](#) [in](#) [r](#) | Call us today for a free assessment at (707) 539-0500