

OAKMONT VILLAGE ASSOCIATION

BOARD OF DIRECTORS MEETING – OPEN MEETING

Berger Auditorium – 6633 Oakmont Drive

Tuesday, January 17, 2023 – 1:00 PM

AGENDA

1. **CALL TO ORDER/DETERMINATION OF A QUORUM**
 2. **ADOPT MEETING AGENDA**
 3. **TIME-KEEPER / MINUTES – Dawn McFarland**
 4. **CONSENT CALENDAR**
 - A. Approval of Minutes p. 3
 1. Approval of the December 20, 2022, Board of Directors Meeting Minutes
 - B. CETC New Member Resolution p. 7
 - C. Club Request – Yang Style Tai Chi p. 9
 5. **PRESIDENTS REPORT**
 6. **SECRETARY’S EXECUTIVE MEETING SUMMARY**
 7. **OTHER REPORTS**
 - A. OVPC Financial Statements of December 31, 2022 p. 19
 - B. GM Report
 - C. Committee Reports (Committee Chairs)
 - Landscape – Jenny Watts
 - Building Construction – Matt Oliver
 - Community Development – Steve Spillman
 - Welcome – Katy Carrel
 8. **OPEN FORUM**
 9. **UNFINISHED BUSINESS**
 - A. None
 10. **NEW BUSINESS**
 - A. Vote for OVA President Replacement
- REVIEW**
Items for Board review: Member correspondence; Committee Minutes; Other
11. **NEXT MEETINGS**
 - A. Town Hall, February 7, 2023, Discussion with AJ Scott of The Cline Agency – OVA

Insurance in 2023, Berger Auditorium, Live Streaming, and Zoom
B. The Next Board Meeting, February 21, 2023, Berger Auditorium, Live Streaming, and Zoom

12. ADJOURNMENT

OAKMONT VILLAGE ASSOCIATION

BOARD OF DIRECTORS MEETING – OPEN MEETING

Berger Auditorium – 6633 Oakmont Drive

Tuesday, December 20, 2022 – 1:00 PM

AGENDA

1. CALL TO ORDER/DETERMINATION OF A QUORUM

President Marzak noted a quorum was present and called the meeting to order at 10:30 AM.

Jess Marzak, President
Mark Randol, Vice President
Iris Harrell, Secretary
Heidi Klyn, Director
Jeff Neuman, Director
Marianne Neufeld, Director
Olga Ydrogo, Director

OTHERS PRESENT:

Christel Antone, General Manager
Dawn McFarland, Executive Assistant
Colin Hannigan, IT
Approx. 10 members

2. ADOPT MEETING AGENDA

A motion was made, seconded, and approved 7-0.

RESOLVED: To approve the agenda as presented.

3. TIME-KEEPER / MINUTES – Dawn McFarland

4. CONSENT CALENDAR

A. Approval of Minutes

1. Approval of the November 18, 2022, Board of Directors Meeting Minutes

B. Club Request – PAN (Panguingue)

A motion was made, seconded, and approved unanimously.

RESOLVED: To approve the consent calendar as presented.

5. PRESIDENTS REPORT

President Marzak gave the president's report, which is available on the Association's website.

6. SECRETARY'S EXECUTIVE MEETING SUMMARY

Secretary, Harrell summarized Executive Session meetings since the last open Board Meeting as follows:

The Board met earlier this morning Executive Session to discuss four (4) legal matters, two (2) personnel matters, and one (1) contract matter.

7. **OTHER REPORTS**

- A. Treasurer's Report
- B. Acceptance of the unaudited November 30, 2022, Operating and Reserve Account Financial Statements Pursuant to Civil Codes 5500 and 5501.

A motion was made, seconded, and approved unanimously, 7-0.

RESOLVED: That the Board accepts the November 30, 2022, treasurer's report, unaudited operating, and reserve account financial statements pursuant to Civil Codes 5500 and 5501 as presented.

- C. OVPC Financial Statements of November 30, 2022
- D. GM Report
- E. Committee Reports (Committee Chairs)
 - Oakmont Emergency Preparedness – Pat Barclay
 - Firewise Resource – Dave Watts
 - Community Education Transparency – Staff
 - Communication – Staff
 - Long Range Planning – Staff

8. **OPEN FORUM**

President Marzak announced the open forum and asked members to submit their questions to askova@oakmontvillage.com Dawn McFarland read the questions aloud at the meeting as well as members being invited to join the live conversation on Zoom. One member commented at this meeting.

9. **UNFINISHED BUSINESS**

- A. None

10. **NEW BUSINESS**

- A. 2023 Insurance Approvals

A motion was made, seconded, and approved 7-0.

RESOLVED: The Board approves the Cline Insurance and State Fund insurance proposals in the amount of TBD not to exceed \$ 680,000 with funds allocated from the Operating Account.

- B. Approve 2023 Election Rules and Review Election Timeline

A motion was made, seconded, and approved 7-0.

RESOLVED: That the Board approved the adoption of the proposed election rules for 2023.

C. Updating the 1963 Oakmont Planned Development Document with the City

A motion was made, seconded, and approved 7-0.

RESOLVED: That the Board approves, developing an updated Planned Development Document for the OVA Board and City to review; complete the application and present for final revision for Board input and approval; present proposed revised Planned Development document to the city planning commission and city council for adoption by the city. Also approved was a not to exceed amount of \$22,000 for the project in its entirety.

D. Emergency Evacuation Study

A motion was made, seconded.

Discussion ensued and the resolution was amended updating the requested funds not to exceed \$40,000.

A motion was made, seconded, and approved 7-0.

RESOLVED: That the Board approves the following.

1. Engage KLD Engineering or another equally qualified specialty firm to develop an emergency evacuation study.
 2. Provide demographic data of the Oakmont community to provide information to KLD Engineering to save time and money on this study.
 3. Present the results of the emergency evacuation study to the Oakmont community, Wild Oak, the Santa Rosa Fire Department, City Planning Department, City Council and the Sonoma County Supervisors, and other interested parties.
- This project carries a not to exceed amount off \$40,000.

REVIEW

Items for Board review: Member correspondence; Committee Minutes; Other

11. **NEXT MEETINGS**

- A. Town Hall, January 10, 2023, By the Bay Health; Comfort Care Options, Berger Auditorium, Live Streaming, and Zoom
- B. The Next Board Meeting, January 17, 2023, Berger Auditorium, Live Streaming, and Zoom

12. **ADJOURNMENT**

A motion was made, seconded, and approved unanimously.

RESOLVED: To adjourn the meeting at 2:03 PM

ATTEST

I certify that the preceding is a real and correct copy of the minutes as approved by the Board of Directors.

Iris Harrell, Secretary

Date

**MEMBER ADDITION RESOLUTION
COMMUNITY EDUCATION TRANSPARENCY COMMITTEE**

Person Submitting: Heidi Klyn

Date Submitted: January 17, 2023

Resolution Content:

Whereas, Oakmont Village Association has an established Community Education Transparency Committee (CETC) to provide recommendations to the Board regarding various education opportunities in order that the Board may conduct community business and enhance member knowledge about concepts and opinions important to our community with the objective of promoting greater civility, respect, and trust,

Whereas, the committee wishes to add a new member, and

Whereas, Georgene Bonovich has expressed interest in becoming a member of the committee,

Whereas, committee board liaison has recommended adding Georgene to the committee,

BE IT RESOLVED: That the Board of Directors appoint Georgene Bonovich to the CETC.

Fiscal Impact: None

Documents Attached: Georgene Bonovich biography

**OAKMONT VILLAGE ASSOCIATION
APPLICATION FOR COMMUNITY EDUCATION AND
TRANSPARENCY COMMITTEE (CETC)**

Date: December 17, 2022

Name: Georgene Bonovich

I am interested in becoming a member of the CETC committee. I have lived in Oakmont for just over three years. I participated in every Oakmont 2030 meeting and am a member of the Gathering Places working group. I submitted two proposals. During that process I learned that I, as well as a great many other people, are not well informed about the financial status of the Oakmont Village Association. I spent quite a bit of time learning about some aspects of Oakmont's financial status. I welcome the opportunity to learn more, and to possibly contribute to the education of our residents via CETC suggestions to the OVA Board.

I have a Bachelor of Science degree and an MBA from U.C. Berkeley. As a field agent in the Examination Division of the IRS much of my work was spent in a group/committee environment. I am also an active member of the Oakmont Hiking Club.

I look forward to working with the CETC committee.

RECEIVED
JAN -5 2023
OVA

OAKMONT

IN THE VALLEY OF THE MOON

Oakmont Village Association

Application for Recognition by Ova

Oakmont-Based Organizations

Date 1/5/23 Instructions: Attach extra pages of explanation, as necessary.

Oakmont YANG STYLE TAI CHI CLUB/class
Name of Club you would like to initiate.

Name of Club contact: Kenn and/or Vicki Chase

Home Address: 381 Miramonte Place

Phone#: 415-250-5491 / 415-269-7802 Email address: _____

Purpose of Club: Offer Tai Chi to Oakmont residents.

Tai chi is also known as "exercise for longevity" and is excellent for balance, flexibility, strength and stress reduction.

Please include date, time, frequency. (Facility space is subject to availability)

Club will meet: Wednesdays

How does this ^{Club} _{Club/class} contribute to the community? Tai Chi has many health benefits, including reduced falls, improved balance, a gentle exercise for those with arthritis or joint issues; improved confidence and decreased anxiety & depression.

Do you maintain a bank account? yes Tax ID Number 592-52-6734

Incorporated? no Do you have Bylaws? no If so, attach copy.

Name & Title Kenn Chase - Master Instructor Signature Kenn Chase
Vicki Chase, RN (retired) Business Manager Assistant Instructor

Office Use Only:

RC ___ RB ___ RNB ___; per Board action on _____

No: ___ Use OK ___ Use denied ___

Kenn A. Chase
381 Miramonte Place
Santa Rosa, Ca. 95409
taichikenn@yahoo.com
integralwaytaichi.com

SUMMARY OF QUALIFICATIONS:

Kenn Chase is an internationally acclaimed Tai Chi Ch'uan teacher, and has taught throughout the United States, Canada, and Europe for 50 years. He first began teaching at the world famous Esalen Institute in Big Sur, CA in 1969. As the resident teacher there, he studied various mind/body healing techniques, incorporating them into his classes. Kenn met Moshe Feldenkrais at Esalen, and was influenced by his profound neuro-muscular method, known as Awareness Through Movement™. Kenn later went on to study the Feldenkrais® method and became a certified teacher in 1996. He is one of the only teachers in the nation who teaches Feldenkrais® and T'ai Chi Ch'uan.

Kenn is the co-founder of the TAM Program, a cardio-vascular, therapeutic lifestyle change program, dedicated to reversing heart disease. He developed and taught the stress management component utilizing his unique integral practices approach: Tai Chi, Chi Kung, meditation and Feldenkrais®. Kenn maintains a private practice in Marin and Sonoma Counties.

PROFESSIONAL EXPERIENCE:

1972-present	Private practice; Tai Chi and the Feldenkrais Method®
1969-2018	Esalen Institute; seminar leader and work study scholar program teacher
2009-2015	Dr. Darya Soto (Pulmonary, Sleep and Critical Care Medicine) Integral Tai Chi classes for patients Novato, CA
1993-2009	Stress Management Consultant, TAM Program Cardiovascular Associates of Marin and San Francisco. Larkspur, CA
1991-1995	Mind/Body Technologies Inc. Founder and trainer, Corporate training specializing in communications and meeting management.
1981-1991	LIGHTHEART, Co-founder. A health promotion organization, providing community seminars on health and safety. San Anselmo and Berkeley, CA
1979-85	UNIVERSITY OF CALIFORNIA, BERKELEY (Extension Division) Tai Chi Ch'uan instructor. Berkeley, CA

- 1984-86 HERRICK/ALTA BATES HOSPITALS. Stress management consultant and T'ai Chi instructor for employee fitness and cardiac rehabilitation program. Berkeley, CA
- 1979-80 MERRITT PERALTA HOSPITALS Exercise and stress reduction leader for cardiac rehabilitation program. Director Dr. General Hilliard. Oakland, CA
- 1969-71 ESALEN INSTITUTE, BIG SUR, CA. T'ai Chi Ch'uan teacher. Taught staff and residents under direction of the noted psychiatrist Dr. Fritz Perls

EDUCATION: Bachelor of Arts, Philosophy, San Jose State University

CERTIFICATION: Certified Feldenkrais Practitioner (CFP)

PUBLICATIONS: The Feldenkrais Journal - 1997-98 No. 12 pg 34 (Article on application of Feldenkrais method to heart patients recovering from surgery.)

REFERENCES: Available upon request.




HEALTH BENEFITS OF TAI CHI CH'UAN

**Increases flexibility
Increases balance
Increases agility
Increases muscle strength
Increases quality of sleep
Improves immune system
Increases aerobic capacity
Increases energy
Increases stamina
Improves joint pain
Improves psychological well being
Improves dementia
Improves self esteem
Enhances mood**

**Lowers cholesterol
Lowers blood pressure
Decreases symptoms of arthritis
Decreases frequency of headaches
Decreases symptoms of CHF*
Decreases symptoms of Parkinson's
Decreases risk of falls
Decreases stress
Decreases anxiety
Decreases depression
Decreases pain of fibromyalgia**

*** congestive heart failure**

**Adapted from the National Institutes of Health -
National Center for Complementary and Alternative Medicine (2013) and
the Mayo Clinic
by
Victoria Chase, RN April 2013**





Harvard Health Publications HARVARD MEDICAL SCHOOL

Trusted advice for a healthier life

The health benefits of tai chi

This gentle form of exercise can prevent or ease many ills of aging and could be the perfect activity for the rest of your life.

Tai chi is often described as "meditation in motion," but it might well be called "*medication* in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health.

In this low-impact, slow-motion exercise, you go without pausing through a series of motions named for animal actions — for example, "white crane spreads its wings" — or martial arts moves, such as "box both ears." As you move, you breathe deeply and naturally, focusing your attention — as in some kinds of meditation — on your bodily sensations. Tai chi differs from other types of exercise in several respects. The movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched. Tai chi can be easily adapted for anyone, from the most fit to people confined to wheelchairs or recovering from surgery.

Tai chi movement



A tai chi class practices a short form at the Tree of Life Tai Chi Center in Watertown, Mass.

"A growing body of carefully conducted research is building a compelling case for tai chi as an adjunct to standard medical treatment for the prevention and rehabilitation of many conditions commonly associated with age," says Peter M. Wayne, assistant professor of medicine at Harvard Medical School and director of the Tai Chi and Mind-Body Research Program at Harvard Medical School's Osher Research Center. An adjunct therapy is one that's used together with primary medical treatments, either to address a disease itself or its primary symptoms, or, more generally, to improve a patient's functioning and quality of life.

Belief systems

You don't need to subscribe to or learn much about tai chi's roots in Chinese philosophy to enjoy its health benefits, but these concepts can help make sense of its approach:

- **Qi** — an energy force thought to flow through the body; tai chi is said to unblock and encourage the proper flow of qi.
- **Yin and yang** — opposing elements thought to make up the universe that need to be kept in harmony. Tai chi is said to promote this balance.

Tai chi in motion

A tai chi class might include these parts:

Warm-up. Easy motions, such as shoulder circles, turning the head from side to side, or rocking back and forth, help you to loosen your muscles and joints and focus on your breath and body.

Instruction and practice of tai chi forms. Short forms — forms are sets of movements — may include a dozen or fewer movements; long forms may include hundreds. Different styles require smaller or larger movements. A short form with smaller, slower movements is usually recommended at the beginning, especially if you're older or not in good condition.

Qigong (or chi kung). Translated as "breath work" or "energy work," this consists of a few minutes of gentle breathing sometimes combined with movement. The idea is to help relax the mind and mobilize the body's energy. Qigong may be practiced standing, sitting, or lying down.

Getting started

The benefits of tai chi are generally greatest if you begin before you develop a chronic illness or functional limitations. Tai chi is very safe, and no fancy equipment is needed, so it's easy to get started. Here's some advice for doing so:

Don't be intimidated by the language. Names like Yang, Wu, and Cheng are given to various branches of tai chi, in honor of people who devised the sets of movements called forms. Certain programs emphasize the martial arts aspect of tai chi rather than its potential for healing and stress reduction. In some forms, you learn long sequences of movements, while others involve shorter series and more focus on breathing and meditation. The name is less important than finding an approach that matches your interests and needs.

Check with your doctor. If you have a limiting musculoskeletal problem or medical condition — or if you take medications that can make you dizzy or lightheaded — check with your doctor before starting tai chi. Given its excellent safety record, chances are that you'll be encouraged to try it.

Consider observing and taking a class. Taking a class may be the best way to learn tai chi. Seeing a teacher in action, getting feedback, and experiencing the camaraderie of a group are all pluses. Most teachers will let you observe the class first to see if you feel comfortable with the approach and atmosphere. Instruction can be individualized. Ask about classes at your local Y, senior center, or community education center. The Arthritis Foundation (www.arthritis.org; 800-283-7800, toll-free) can tell you whether its tai chi program, a 12-movement, easy-to-learn sequence, is offered in your area.

If you'd rather learn at home, you can buy or rent videos geared to your interests and fitness needs (see

"Selected resources"). Although there are some excellent tai chi books, it can be difficult to appreciate the flow of movements from still photos or illustrations.

Talk to the instructor. There's no standard training or licensing for tai chi instructors, so you'll need to rely on recommendations from friends or clinicians and, of course, your own judgment. Look for an experienced teacher who will accommodate individual health concerns or levels of coordination and fitness.

Dress comfortably. Choose loose-fitting clothes that don't restrict your range of motion. You can practice barefoot or in lightweight, comfortable, and flexible shoes. Tai chi shoes are available, but ones you find in your closet will probably work fine. You'll need shoes that won't slip and can provide enough support to help you balance, but have soles thin enough to allow you to feel the ground. Running shoes, designed to propel you forward, are usually unsuitable.

Gauge your progress. Most beginning programs and tai chi interventions tested in medical research last at least 12 weeks, with instruction once or twice a week and practice at home. By the end of that time, you should know whether you enjoy tai chi, and you may already notice positive physical and psychological changes.

No pain, big gains

Although tai chi is slow and gentle and doesn't leave you breathless, it addresses the key components of fitness — muscle strength, flexibility, balance, and, to a lesser degree, aerobic conditioning. Here's some of the evidence:

Muscle strength. In a 2006 study published in *Alternative Therapies in Health and Medicine*, Stanford University researchers reported benefits of tai chi in 39 women and men, average age 66, with below-average fitness and at least one cardiovascular risk factor. After taking 36 tai chi classes in 12 weeks, they showed improvement in both lower-body strength (measured by the number of times they could rise from a chair in 30 seconds) and upper-body strength (measured by their ability to do arm curls).

In a Japanese study using the same strength measures, 113 older adults were assigned to different 12-week exercise programs, including tai chi, brisk walking, and resistance training. People who did tai chi improved more than 30% in lower-body strength and 25% in arm strength — almost as much as those who participated in resistance training, and more than those assigned to brisk walking.

"Although you aren't working with weights or resistance bands, the unsupported arm exercise involved in tai chi strengthens your upper body," says internist Dr. Gloria Yeh, an assistant professor at Harvard Medical School. "Tai chi strengthens both the lower and upper extremities and also the core muscles of the back and abdomen."

Flexibility. Women in the 2006 Stanford study significantly boosted upper- and lower-body flexibility as well as strength.

Balance. Tai chi improves balance and, according to some studies, reduces falls. Proprioception — the ability to sense the position of one's body in space — declines with age. Tai chi helps train this sense, which is a function of sensory neurons in the inner ear and stretch receptors in the muscles and ligaments. Tai chi also improves muscle strength and flexibility, which makes it easier to recover from a stumble. Fear of falling can make you more likely to fall; some studies have found that tai chi training helps reduce that fear.

Aerobic conditioning. Depending on the speed and size of the movements, tai chi can provide some aerobic benefits. But in the Japanese study, only participants assigned to brisk walking gained much aerobic fitness. If your clinician advises a more intense cardio workout with a higher heart rate than tai chi can offer, you may need something more aerobic as well.

Selected resources

Tai Chi Healthwww.taichihealth.com (<http://www.taichihealth.com/>)

Tai Chi Productionswww.taichiforhealth.com (<http://www.taichiforhealth.com/>)

Tree of Life Tai Chi Centerwww.treeoflifetaichi.com (<http://www.treeoflifetaichi.com/>)

Tai chi for medical conditions

When combined with standard treatment, tai chi appears to be helpful for several medical conditions. For example:

Arthritis. In a 40-person study at Tufts University, presented in October 2008 at a meeting of the American College of Rheumatology, an hour of tai chi twice a week for 12 weeks reduced pain and improved mood and physical functioning more than standard stretching exercises in people with severe knee osteoarthritis. According to a Korean study published in December 2008 in *Evidence-based Complementary and Alternative Medicine*, eight weeks of tai chi classes followed by eight weeks of home practice significantly improved flexibility and slowed the disease process in patients with ankylosing spondylitis, a painful and debilitating inflammatory form of arthritis that affects the spine.

Low bone density. A review of six controlled studies by Dr. Wayne and other Harvard researchers indicates that tai chi may be a safe and effective way to maintain bone density in postmenopausal women. A controlled study of tai chi in women with osteopenia (diminished bone density not as severe as osteoporosis) is under way at the Osher Research Center and Boston's Beth Israel Deaconess Medical Center.

Breast cancer. Tai chi has shown potential for improving quality of life and functional capacity (the physical ability to carry out normal daily activities, such as work or exercise) in women suffering from breast cancer or the side effects of breast cancer treatment. For example, a 2008 study at the University of Rochester, published in *Medicine and Sport Science*, found that quality of life and functional capacity (including aerobic capacity, muscular strength, and flexibility) improved in women with breast cancer who did 12 weeks of tai chi, while declining in a control group that received only supportive therapy.

Heart disease. A 53-person study at National Taiwan University found that a year of tai chi significantly boosted exercise capacity, lowered blood pressure, and improved levels of cholesterol, triglycerides, insulin, and C-reactive protein in people at high risk for heart disease. The study, which was published in the September 2008 *Journal of Alternative and Complementary Medicine*, found no improvement in a control group that did not practice tai chi.

Heart failure. In a 30-person pilot study at Harvard Medical School, 12 weeks of tai chi improved participants' ability to walk and quality of life. It also reduced blood levels of B-type natriuretic protein, an indicator of heart failure. A 150-patient controlled trial is under way.

Hypertension. In a review of 26 studies in English or Chinese published in *Preventive Cardiology* (Spring 2008), Dr. Yeh reported that in 85% of trials, tai chi lowered blood pressure — with improvements ranging from 3 to 32 mm Hg in systolic pressure and from 2 to 18 mm Hg in diastolic pressure.

Parkinson's disease. A 33-person pilot study from Washington University School of Medicine in St. Louis, published in *Gait and Posture* (October 2008), found that people with mild to moderately severe Parkinson's disease showed improved balance, walking ability, and overall well-being after 20 tai chi sessions.

Sleep problems. In a University of California, Los Angeles, study of 112 healthy older adults with moderate

sleep complaints, 16 weeks of tai chi improved the quality and duration of sleep significantly more than standard sleep education. The study was published in the July 2008 issue of the journal *Sleep*.

Stroke. In 136 patients who'd had a stroke at least six months earlier, 12 weeks of tai chi improved standing balance more than a general exercise program that entailed breathing, stretching, and mobilizing muscles and joints involved in sitting and walking. Findings were published in the January 2009 issue of *Neurorehabilitation and Neural Repair*.

Source: https://www.health.harvard.edu/newsletters/Harvard_Womens_Health_Watch/2009/May/The-health-benefits-of-tai-chi

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Business Beat

Tai chi master offers classes in Kenwood

By Marleen Roggow

Kenn Chase has been teaching Yang-style tai chi for over 50 years. He knows the many benefits of this low-impact mind-body practice, such as stronger legs, improved balance, and stress relief. The social connections are just as important.

So when Chase and his wife Vicki moved to Oakmont last year, he was eager to bring the benefits of tai chi to the uninitiated and approached Nigel Hall of the Kenwood Community Club about starting a class at the Kenwood Depot.

There is already a sense of warmth and camaraderie in his Thursday morning class. Gabrielle Brown is there to work on her balance, "something that is so important as we age." Others find it helps them relax. "I really enjoy the meditative aspect of the slow movements," Ross MacLeod said.

Chase first became interested in tai chi while studying philosophy in grad school at San Jose State University. He specialized in existentialism and Asian philosophy. A friend suggested he check out a tai

chi class with Master Choy at the San Francisco YMCA. Chase was immediately hooked by this "philosophy in motion," and after only two years he was invited to teach at Esalen Institute in Big Sur, where he met and was influenced by such luminaries as Moshé Feldenkrais and Ida Rolf.

stress reduction classes, teaching tai chi, the Feldenkrais method, and meditation. The program ran until 2011 and close to 900 people completed it, some of whom have continued to study with Chase.

When the couple later moved to the rural Marin community of San Geronimo Valley, word of mouth again led to a teaching opportunity. Chase was asked to teach at the Woodacre Improvement Club and then the San Geronimo Valley Community Center.

Snuey Pearlman and her husband Wyp de Vries have been studying with Chase since the Woodacre days.

When asked what they enjoy about tai chi, Pearlman said, "I love that it's something we can do together. And after all these years Kenn is still excited and still loves the practice so much." De Vries said about Chase: "His form is so immaculate. That's why he inspires me. And he's very gentle on his pupils."

Chase's commitment to his students runs deep. When COVID-19 first hit and the Marin classes were canceled, Chase knew that somehow he had to keep teaching, and video classes were not going to suffice. Undaunted, he scoured the local outdoor spaces and in June 2020 resumed his classes on ball fields, in parks, and at golf courses. Masked and with students spaced six feet apart, he taught outdoors for over a year, during frosty winter mornings and hot summer days when the yellow jackets threatened to sting. Chase turned 80 last year and his students surprised him with songs and cupcakes on the golf course before class.

Asked what it is that inspires him to keep teaching, he responds without hesitation, "It's the students!" The form never changes, but he notices his students doing it differently every time. He never runs out of ideas and says he still loves teaching. "It keeps you strong."

For more information about the tai chi class at the Kenwood Depot, held on Thursdays at 10 a.m., contact Kenn Chase at (415) 269-7802.



Photo by Michael Rosenthal
Kenn Chase teaches tai chi Thursday mornings at the Kenwood Depot. Pictured from left to right: Caroline Lucas, Kathy Staples, Josh Axelrod, Kenn Chase (front, with white hair), Karen Sommer, Vicki Chase.

"That's when my life really began," he recalled. His new connections at Esalen led to new opportunities, and he later spent many memorable years living and teaching in Europe.

After returning to California, Chase began offering tai chi classes at UC Berkeley. It was there that one of his students, a doctor, asked him to do a talk and demonstration of tai chi to his medical staff. This was how Chase met his future wife Vicki, a nurse.

The couple would eventually combine their skills and interests to develop a highly successful cardiac rehab program. Word of their program grew, and in 1993, they were invited to work and teach at Cardiovascular Associates of Marin. Always in the presence of Vicki, in her role as a nurse, cardiac patients took part in physical therapy sessions, nutrition counseling, stress reduction classes and a peer support group based on the model developed by the Center for Attitudinal Healing. Chase led the

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Oakmont Village Property Corporation

Balance Sheet As of January 4, 2023

	TOTAL
ASSETS	
Current Assets	
Bank Accounts	
14100 Umpqua Bank Checking	8,733.73
14107 CourseCo. Bank Account	0.00
Total Bank Accounts	\$8,733.73
Other Current Assets	
14105 Cash in Investments	0.00
14160 Construction in Process	0.00
Total Other Current Assets	\$0.00
Total Current Assets	\$8,733.73
Fixed Assets	
14200 Golf Course Land	2,005,422.00
14201 Golf course Acquisition	0.00
14205 Land Improvement	1,795,454.00
14206 Accumulated Depreciation, Land Improvements	-133,840.22
14210 Building, Main Clubhouse	1,859,898.77
14211 Accumulated Depreciation, Buildings Main Clubhouse	-57,209.21
14215 Buildings, Other	512,584.00
14216 Accumulated Depreciation, Buildings, Other	-24,990.05
14230 Furniture & Fixtures	150,901.00
14231 Accumulated Depreciation, Furniture & Fixtures	-16,183.03
14250 Tenant Improvements	0.00
Total Fixed Assets	\$6,092,037.26
Other Assets	
15100 Liquor Licenses	166,000.00
Total Other Assets	\$166,000.00
TOTAL ASSETS	\$6,266,770.99
LIABILITIES AND EQUITY	
Liabilities	
Current Liabilities	
Accounts Payable	
Accounts Payable (A/P)	0.00
Total Accounts Payable	\$0.00
Other Current Liabilities	
27020 Accounts Payable	2,761.37
Total Other Current Liabilities	\$2,761.37
Total Current Liabilities	\$2,761.37
Total Liabilities	\$2,761.37

Oakmont Village Property Corporation

Balance Sheet As of January 4, 2023

	TOTAL
Equity	
30200 Paid in Capital	6,767,765.63
30500 Retained Earnings	-503,756.01
Net Income	
Total Equity	\$6,264,009.62
TOTAL LIABILITIES AND EQUITY	\$6,266,770.99

Oakmont Village Property Corporation

Profit and Loss

January - December 2022

	TOTAL
Income	
Total Income	
GROSS PROFIT	\$0.00
Expenses	
72160 Professional Services	495.00
72170 Legal Services	2,450.00
72180 Office Supplies & Software	540.00
72190 Bank Charges & Fees	25.00
Total Expenses	\$3,510.00
NET OPERATING INCOME	\$ -3,510.00
NET INCOME	\$ -3,510.00

OAKMONT LONG RANGE PLANNING COMMITTEE
Monday, November 14, 2022, OVA Suite C

Present: Leslie Brockman, David Dearden, Herm Hermann, Liz Lefson,
Steve Spillman, Olga Ydrogo (OVA Board Liaison),
Jan Young

Absent: Marlena Cannon Tremont, Jim Munger, Marilyn Pahr

Guests: Mary Meyers

The meeting was called to order by Chair Jan Young at 1:04 p.m.

Minutes from October 10, 2022 were approved. *(David/Liz/Unanimous)*

~ Membership

New members under consideration are Monica Heath and Mary Meyers. Jan and Olga are hoping to interview an additional prospect soon.

~ LRPC Charter Revision

After revising and study, it was approved to accept the Long Range Planning Committee Charter as of this date. (Jan/David/5 yeys/1 abstention)

~ Oakmont 2030 Progress

Since Oakmont 2030 is a subcommittee of LRPC, it was questioned what the focus of LRPC's responsibility throughout Oakmont 2030 progress will be. It was agreed to not take any action until the 2030 subcommittee submits their report.

Additional discussion centered on the proper way to bring the 2030 issues to the Board of Directors. Olga will informally explore this with the OVA Board.

The meeting was adjourned at 1:45 p.m. (*Liz/David/Unanimous*)

Respectfully submitted by Leslie Brockman, Recording Secretary.

**Next meeting of LRPC will be on Monday, December 5, 2022
at 1:00 p.m. in ERC Conference Room.**

OAKMONT LONG RANGE PLANNING COMMITTEE
Monday, December 5, 2022, East Rec Center

Present: Leslie Brockman, Marlena Cannon Tremont, David Dearden,
Monica Heath, Herm Hermann, Liz Lefson, Jim Munger,
Marilyn Pahr, Steve Spillman, Jan Young

Absent: Olga Ydrogo (OVA Board Liaison)

Guests: Christel Antone, Crissi Langwell

The meeting was called to order by Chair Jan Young at 12:59 p.m.

Minutes from November 14, 2022 were approved. *(Herm/David/Unanimous)*

~ Membership

Jan introduced Monica Heath as a new member of LRPC.

~ LRPC Charter Revision

It was confirmed the LRPC Charter was voted on and approved in November.

~ OVA Board of Directors Report

Jan will write up LRPC's Quarterly Report for the OVA Board of Directors, including the Charter approval and the current work of Oakmont 2030.

~ Oakmont 2030 Progress

Using a sample of 40 proposals from Oakmont 2030 (which included 10 from category 1, 13 from category 2, 7 from category 3, and 10 from category 4) and a list of criteria for assessing 2030 opportunities, each member rated some or all of the 40 proposals presented. The criteria included Expected Community Alignment and Support, Measurable Benefits, Cost Impact on Dues and Debt, and Non-Cost Consequences.

These will be submitted to Rex Fuller of the Oakmont 2030 Steering Committee.

The meeting was adjourned at 2:55 p.m. (*Liz/David/Unanimous*)

Respectfully submitted by Leslie Brockman, Recording Secretary.

**Next meeting of LRPC will be on Monday, January 2, 2023
at 1:00 p.m. in ERC Conference Room.**