

OAKMONT NEWS

Oakmont's Semimonthly Newspaper

www.oakmontvillage.com/news

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Market Conditions Caused OVA Insurance Premium Increase

■Jackie Reinhardt

An engaged audience of two dozen sought answers to why OVA's insurance premium unexpectedly doubled to \$680,000 at a Feb. 7 Town Hall in the Berger Center.

The reason, according to A.J. Scott of the Cline Agency, the association's broker since 2015, was "the perfect storm" in terms of market conditions. Nobody wanted to underwrite the OVA policy as a whole so the agency chopped up the \$22.4 million into pieces for coverage and OVA self-insured an additional \$10 million against losses to the Berger Center, CAC and the East and West Recreation Centers.

"Coffey Park changed the way insurers look at wildfire peril," she said, explaining the destruction of the entire community with every single home decimated by dry windy conditions threw

expectations out the window. She added the top ten costliest fires have all been in California.

While praising residents for their mitigation practices to reduce risks, Scott noted commercial insurance markets are not looking at these efforts because of the burning ember phenomenon. "They are observing new fire behavior and are freaked out by the peril," she said.

She urged Oakmont residents to join the California Legislative Action Committee (CLAC) in pushing for a change in recognizing mitigation, noting four million Californians live in homeowner associations which pay commercial rates.

Charles Evans, who recently moved to Oakmont, asked how much the policy increase had to do with the flooding damage at the West Recreation Center. It was a factor, according to Scott, who also noted the sprinkler may have been defective in view of a rebate offered by the manufacturer.

She said the Cline agency will continue to look for better coverage this year and change insurers if the financial benefits outweigh early cancellation fees.

Kenneth Ackerman wanted to know what would happen if damage exceeded the cost of the \$22.4 million covered by the association policy. Scott said most associations likely would fund it out of reserves, a private loan or special assessment.

Since the premium increase was not reflected in the current OVA budget, Elke Strunka, OVA treasurer, noted the overage will need to come from dues. She said residents will likely see an increase next year of \$6 per member per month.

Kerry Oswald asked the OVA board in attendance what happened to the Catastrophe Fund? "It got eliminated on the advice of legal advisors who felt it was not needed," Christel Antone, general manager said. Antone also reported that City Council member, Diana McDonald, has asked her to compile information on whether Oakmont homeowners have experienced increases in their insurance premiums.

Helping Seniors Stay Behind the Wheel

■News Staff Report

A state DMV program to help seniors maintain their driving independence will be the focus of an OVA Town Hall on Tuesday, March 7 at 1 p.m.

Rafael Maldonado of the DMV's Senior Driver Ombudsmen Outreach Unit will lead the forum in the Berger Center. The program focuses on senior drivers and their families.

People can join the forum in person, or can attend virtually via Zoom.

Who Will Help Decide Oakmont's Future?

■Al Haggerty

Oakmont residents will decide April 3 who will help shape the community's future as OVA directors. The election ballot—to be mailed in early March—will include two current board members and four challengers, all seeking two-year terms.

Current board president Mark Randol and appointed incumbent Olga Ydrogo are joined on this year's ballot by Matt Oliver, David Dearden, Steve Spillman and Ken Smith. All are seeking two-year terms. Candidate photos and campaign statements are available in the online Inside Oakmont and in today's *Oakmont News*.

Ballots will be opened and counted the day of OVA's annual meeting, Monday, April 3.

Randol has served six years as president of the Oakmont Symposium and has given talks on homeland security, immigration, intelligence and terrorism. He served for the past 10 years as emergency coordinator for the Aspen Meadows neighborhood.

Smith, as leader of the Oakmont Energy Resilience Committee, counts among its accomplishments acquiring a backup generator at the Central Complex, erecting carport solar arrays at the rec centers parking lots and meeting with city, county and state representatives on behalf of Oakmont and its energy needs.

Dearden spent most of his professional life in the construction industry in the Bay area. In Oakmont, he has served on the Architectural Committee, the Landscape Committee, Oakmont Lifelong Learning, the Building Construction Committee, the Long Range Planning Committee and the Oakmont 2030 Steering Committee.

Ydrogo's career in manufacturing and high-tech focused on helping teams collaborate successfully. She led teams to implement new programs responding to changing demands on a global scale. The new programs were essential to keep engineering, finance, human resources, manufacturing and customer service running smoothly. Those teams had many different points of view which, when worked in a collaborative effort, created strong solutions.

Oliver, who worked in the real estate development and construction business for more than 40 years, managed hundreds of consultants, vendors and contractors. Heading up Oliver & Associates he acted as the developer or owners' representative developing and managing properties for new facilities, expansions and relocations.

Spillman, with a career in architecture, planning, budgeting and development, has chaired the Oakmont Community Development Committee. He has worked on the OVA Board Emergency Evacuation Ad Hoc Committee and with the city and county on an Oakmont-Santa Rosa-Sonoma Trail. He also serves on the Oakmont Long Range Planning Committee and the Oakmont 2030 Committee.

2030 Update Coming in March

■Marlena Cannon and Tom Kendrick, Oakmont 2030 Co-Chairs

A status update on the Oakmont 2030 will be presented at an Oakmont Town Hall on Wednesday, March 15. The program in the Berger Center will start at 1 p.m.

Working with the themes generated by residents during last summer's Community Conversation, volunteer working groups generated almost 200 ideas in November. Using their input, the ideas were categorized and prioritized.

The Town Hall will focus on the 31 proposals (15 long term and 16 short term) that have initially risen to the top for current focus and further study.

While some of the concepts may need little additional exploration, developing information on others will require substantial work involving volunteers and outside consultants, as well as possible future community conversations, surveys, and other activities throughout 2023.

No immediate action is pending on any proposals affecting infrastructure, only research aimed at understanding what each proposed idea would require. The results of these research efforts may ultimately lead to proposals to the OVA Board of Directors for future action, development of additional concepts for consideration, or recognition that there is insufficient merit for further attention.

A Summary Report of Oakmont 2030 activities since last year and an Excel spreadsheet listing all of the proposals that emerged from last fall's Working Groups will be available on the OakmontVillage.com/2030 website prior to next month's Town Hall.






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February Volunteer Openings



■Bev Leve, Volunteer Resources Committee

Volunteerism in Oakmont defines our community strength. New to Oakmont and finally have space in your garage for one car? Read on and see if one of these openings will work for you.

Landscape Committee: Show your love for Oakmont by joining the Landscape Committee. We develop projects and work with the maintenance company to make the common areas ever more attractive. Your knowledge of trees and shrubs are especially appreciated. Five hours a month commitment, including one meeting and a walk-around of the grounds, is all that is required. Contact is Jenny Watts (jenny@wattsuplife.com).

MYN and OEPC: Map Your Neighborhood, or the Oakmont Emergency Preparedness group, can always use more neighborhood leaders. This is really a great opportunity to meet your neighbors without having to bake cookies and throw a party. Both groups train their volunteers to do a specific job and do not require much time commitment. Yet the training is invaluable in keeping Oakmont safe. Contact Katy Carrel (ktcarrel@mac.com) for more information.

Welcome Committee: A team is being formed

to assist new residents. Meetings may take place in the new resident's home, in the OVA office, or via Zoom and the purpose is to acquaint new residents with the how to's and wherefore's of Oakmont life. Requirements are a happy smile and exuberance for the community. Good training provided and time commitment is your choice. Email the committee at OakmontWelcomeCommittee@gmail.com.

CETC: The Community of Educational and Transparency has an opening. Their job is to keep a finger on the pulse of the community and report ideas to the Board that will enhance good governance. An example of what they do? It is because of one of their recommendations that the volunteer resource committee came into being. Contact Sue Aiken if curious about joining (slaiken5440@gmail.com).

Audio Visual Workshop: Several new members this month have joined the group and more is better still. Still would like ten more volunteers to complete orders for tactile books that go to visually impaired children around the world. Meets every Monday from 9-11 a.m. Drop by the West Rec. any Monday at 9 or email Marcia Murray (marmurr@gmail.com).

Volunteer Helpers: Still have six openings for volunteers who will donate an hour a day for two weeks per year. All accomplished from comfort of your home. Match drivers to those needing doctor appointments. Contact is Matt Zwerling, (707) 539-8996).

If you have an interest in volunteering in our community and none of these openings ignite your interest, please do contact volunteers@oakmontvillage.com and let us know what you are looking for. Chances are high that there are clubs or committees that would be a good match.

Polite Texting

This is one of a series of articles provided by the Oakmont Technology Learning Center on the use of technology by seniors.

■Barbara Dudley

There are subtle rules in texting to which we need to pay heed. A little bit of courtesy goes a long way in texting as it does in real life. Take the time to be considerate of the intended recipient. Two particularly important rules are:

Do not expect an immediate response: Texting is subtle and doesn't require one's immediate attention; that is, it doesn't interrupt life and demands it be read. Let the recipient respond in their own time.

Do make it short and to the point: If you notice that your text is evolving into a tome, consider putting the information into an email message or calling the person. Also, by e-messaging rather than texting, you have more control over the content and can retain a copy for future reference.

Those are just two rules to keep in mind. Other important considerations are:

Response Time: Remember that response time varies greatly. Keep in mind that the recipient may be otherwise occupied or even in a stressful situation. Depending on the content and the urgency, you may wait from one minute to several days for a response. Because there is no set "required" response time, the best advice is, "Be patient." While some texts may take some time for "research" (calendar, family) before replying, on the other hand, certain texts don't require a reply, such as, "Will be there in 5."

The Recipient: Think about the recipient and their tastes, tolerances, situation, and abilities. Consider how they may perceive the text. Avoid ALL CAPITAL LETTERS, which are perceived as shouting and, thus, rude. Also be mindful that the recipient may have only limited texting. If the recipient doesn't have your phone number, be considerate and begin the text with an introduction; for example, "Hi, Matt! It's Mary from the Glee Club." Also note that not all people like "group" texts going to multiple recipients (along with every group reply going to every recipient).

Your Surroundings: Be mindful of where you are. Avoid being offensive by resisting the urge to view a text while conversing with another person. Put your phone into Silent mode and into your pocket to avoid texting at the movies or other performances (rude and annoying), or while driving, bicycling, or even walking (dangerous).

Consider the Information to be Shared: Avoid using text to inform someone of sad news or to end a relationship. These weighty news items are best given either in person or over the phone. Also avoid sharing private, confidential, or embarrassing information.

Mistakes: Watch for inadvertent mistakes. Choose a recipient carefully from your Contacts list. Otherwise, you may end up sending the "best roast recipe" to a vegetarian. On the other hand, if you receive a text that was misdirected to you, be considerate and reply with something like, "Sorry. Wrong number."

For an electronic copy of this article and previous articles, visit oakmont-learning.org.

OTLC

Oakmont Technology Learning Center

■Tina Nerat

WHILE WE TEACH, WE LEARN

The Roman philosopher Seneca coined this phrase almost 2,000 years ago, and it is still true today. Oakmont Technology Learning Center (OTLC) volunteer instructors echo this phrase, most of us saying that by teaching or assisting in a class, we learn more than our students do.

OTLC spring class registration opened at 6:30 a.m. on January 31, and almost every class was filled by 10:30 a.m. with long waiting lists. The current all-volunteer instructors love teaching and sharing their knowledge but can only teach so many classes each year.

OTLC needs more instructors so we can offer more classes, both multiple sessions of existing classes and new classes. When asked if they want to teach or assist, people say "oh, I don't know enough," but instructors and assistants don't always know the answers to every question. We do know how to use Google or other resources to find the answers.

Remember, most of us had to make presentations in our working lives. Teaching an OTLC class is easier than in the business world—fewer students, all eager to learn, course materials are developed, assistants are there to help, and it's so gratifying. If you have an idea for a new class and want help developing it, we are open to it.

If you're one of those people who help your friends and neighbors with their tech issues, maybe you'd like to come assist in one of our classes and see what it's all about. Most of our instructors started by being an assistant to another instructor. We learn something new with every class, and our students are so appreciative. We all have knowledge to share with others.

For more information about OTLC, visit oakmont-learning.org. There is a CONTACT US form if you'd like to visit our classroom or talk to us about the typical experience of being an instructor or assistant in our classes.



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OVA Board of Directors: Candidates' Statements

In Random Order



DAVID DEARDEN

My name is David Dearden. I am self-nominating for a position as an OVA Board Director during the 2023 election.

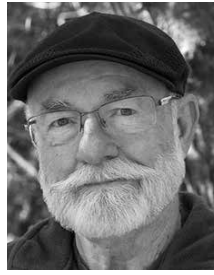
My wife, Katherine Ferar, and I have lived in Oakmont since 2014. Most of my professional life was spent in the Bay Area construction industry where I worked as a carpenter, foreman, superintendent and project manager.

During the past decade, I have had the good fortune to work on a number of OVA committees including: the Architectural Committee, the Landscape Committee, Oakmont Life Long Learning, the Building Construction Committee, the Long-Range Planning Committee, and the Oakmont 2030 Steering Committee.

OVA committee work gives me insights into how Oakmont works, and occasionally doesn't work. As a result, I know the issues Oakmont has faced in the past and I have a good understanding of the challenges the Board will be addressing in the years to come.

One of the most important tasks for the Board will be supporting OVA General Manager, Christel Antone, as she secures better wildfire evacuation routes, manages increasing OVA property insurance rates, and guides staff in providing improved services for members and visitors.

The best part of Oakmont for me is the people I meet and the friends I make. Participation in committees and clubs has given me lots of chances to meet and work with some of Oakmont's most interesting and active members. I look forward to continuing my involvement with Oakmont, perhaps as a Director and I ask for your support.



KEN SMITH

As an OVA Board member my priorities will be fiduciary responsibility, responsive communication, member safety and well-being, renewable energy, and environmental stewardship.

I am a highly experienced natural leader, creative problem solver, and collaborator with over 1500 volunteer hours committed to improving Oakmont.

After studying previous member surveys and leading a working group in the 2030 process, I know Oakmont respondents needs and wants.

On OVA's behalf, I have met with City of Santa Rosa, Sonoma County and California State representatives plus PG&E, Sonoma Clean Power, Electric Power Research Institute (EPRI), Lawrence Berkeley Lab, Sonnen, Eco-Block, Resilient Palisades, Schneider Electric, CMBlu Energy, Climate Center, and others.

Since 2019 as Chair, I led the Oakmont Energy Resilience Committee (OERC) to these accomplishments:

- Carport Solar Arrays at Recreation Center parking lots—at no cost.
- California Energy Commission (CEC) funded 36-month Mobile Backup Energy Storage project for the Central Complex.
- EC funded PG&E-EPRI Solar Energy Community Resilience project for community microgrid control.
- Enrolled OVA in the PG&E Community Microgrid Enablement Program.
- A \$550,000 grant application to California Office of Emergency Services for concept, planning, design, and resource acquisition for a Community Microgrid.
- Registered OVA with the California Public Utilities Commission for community feedback on utilities and CPUC processes.
- Acquired the Central Complex backup generator in 2020.

Additional Committees: 2030 Project Leader/Facilitator of the Environmental Stewardship Working Group; Building Construction Committee since 2019; Architectural Committee member and AC Firewise Inspector since 2022; Recent Firewise Resource Assessor and Long-Range Planning member.

I served on the Board of Governors of the Aspen Meadows Homeowners Association from 2018 to 2021.

After the 2020 Glass Fire, I organized and worked with neighbors to clear decades of high fire risk vegetation along 150+ yards of Badger Creek which meets Sonoma Ecology Center wildfire guidelines.

Community Coffee with Senator McGuire

■ Crissi Langwell, OVA Communications Director

Next Friday, take part in a vital conversation about current issues for California with one of our state's representatives. On March 3 at 2 p.m., Oakmont residents are invited to Community Coffee with Senator Mike McGuire, held in the Berger Center.

Senator McGuire will cover critical issues facing us here at home, on the North Coast, and in the Golden State. Coffee and sweets will be available, all you need to bring is the conversation.

RSVP at bit.ly/3S7u8sU.

If you have questions about this community meeting, call (707) 576-2771 or email senator.mcguire@senate.ca.gov.



MARK RANDOL

I wish to be considered for re-election for the Oakmont Village Association (OVA) Board of Directors.

During the past decade, Oakmont has had to contend with numerous challenges from aging infrastructure to wildfires to the likely development of the Elnoka property adjacent to Oakmont. We are also in the midst of a major project which will address the future of Oakmont in the decade ahead. Though there has been some conflict about these and other issues, the community has always been able to turn to dedicated residents to provide thoughtful and wise governance to meet these challenges. It is within that tradition that I hope to serve on behalf of all.

For the past two years, I have served on the OVA Board of Directors and am currently serving as Board president. In the past, I also served for six years as the president of the Oakmont Sunday Symposium where I have given numerous talks on homeland security, immigration, intelligence, terrorism, and historical topics. For the past ten years, I have served as the emergency communicator for the Aspen Meadows neighborhood under the auspices of the Oakmont Emergency Preparedness Committee.

Oakmont is my home and I care very deeply about its future. Thank you for your consideration of me to serve you and the entire Oakmont community as a member of the association's Board of Directors.

Men of Oakmont

■ Gordon Freedman

The Men of Oakmont men's group is seeking a few new members interested in exploring aging issues with other men in a bi-weekly group meeting. Potential problems of you or your spouse/partner's health physical as well as mental challenges, loss of mate, and other changes and other challenges in our senior years are all issues we discuss. If you are lacking a forum to discuss men's issues with other men in a safe and confidential place, we have a few opening at this time.

We meet twice a month for two hours on the first and third Mondays from 1-3 p.m. in the Aspen conference room in the OVA offices to help and support the members of our group that would like to share their issues and receive feedback. There are no attendance requirements, dues or fees. Our group is non-religious and non-political.

The Oakmont Men's Group began in September, 2011 as a support group for men in Oakmont. The group is open to all men in Oakmont—married, single, straight or gay.

Our facilitator has had ten years of experience with the Marin Suicide Hot Line as well as three years as a facilitator with the Center of Attitudinal Healing in Sausalito working with health issues for the individual or spouse/partner.

If interested please contact Gordon Freedman at 538-7025 or e mail at: gordonfreedman36@yahoo.com to discuss your joining our group.

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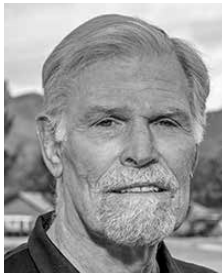


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OVA Board of Directors: Candidates' Statements

In Random Order



MATT OLIVER

This is my formal request to be added as a candidate for the Board of Directors. Following is my summary bio representing my qualifications.

I have been in the real estate development and construction business for over 40 years. During those years, I managed hundreds of consultants, vendors and contractors. With those experiences, I established Oliver & Associates over 30 years ago, acting as developer or owners' representative developing and managing properties for new facilities, expansions and relocations, including all aspects of capital improvements and facilities planning and management for commercial, institutional and residential properties; and negotiations and relations with city officials.

Also, I have owned and/or managed development of significant residential projects in San Rafael, Oakland and San Francisco, including historical building redevelopment; and most recently (2021) completing the \$160MM development housing project for the University of San Francisco.

For more information about my past business practices, I recommend viewing my website at www.olivermgmt.com.

For those projects and relations, I focused on bringing sound business judgment to the development, planning, design and engineering, and construction process. And as Owner/Developer, I brought broad and diverse knowledge and experiences.

For my participation with the OVA Board of Directors, I believe my history and earlier experiences can contribute to BOD consideration of matters affecting the OVA community, today and for the future.



OLGA YDROGO

My name is Olga Ydrogo and last year I was appointed as a Board member by the current OVA Board of Directors. I am serving as Board Liaison to the Long-Range Planning, 2030 committees as well as the Building Construction Committee. I would like to continue on the OVA board and serving the Oakmont community.

I've lived in California all my life and in Oakmont for 2 years. I'm an avid reader, love to travel, enjoy photography, music and art. While living in Oakmont, I've met many interesting people and made new friends. I'm delighted that Oakmont is a friendly community with opportunities to learn, remain active and volunteer. The natural beauty, overall neighborhood safety and community clubs are some of the wonderful opportunities of living in Oakmont. I want to help Oakmont continue to be a safe, friendly, active community.

My career in manufacturing and high-tech focused on helping teams successfully collaborate. I led many disparate teams to implement new programs responding to changing demands on a global scale. The new programs were essential to keep engineering, finance, HR, manufacturing, and customer service running smoothly. And those teams had many different points of view which, when worked in a collaborative effort, created strong solutions.

Respecting people and understanding their different perspectives is critical to obtaining positive outcomes. I believe working collaboratively is an effective approach to figuring out best solutions.

Oakmont residents have rich experiences, talents and skills that help our community deal with current and future needs. I believe Oakmont's general manager Christel and her staff, working together with the OVA board and volunteers can both manage and enhance our Oakmont community.

As a team player and candidate for the OVA Board, I ask for your vote.



STEVE SPILLMAN

My extensive career in architecture, planning, budgeting, and development has given me a broad understanding of community needs. This business experience enhanced my volunteer service on Oakmont committees, in civic affairs, and on non-profit boards. I'm dedicated to improving safety, health, and financial security for Oakmont, which is imperative for good Oakmont stewardship.

Oakmont Community Development Committee (OCDC), Chair. Several accomplishments that will benefit Oakmont for the long-run include:

- Worked with on the OVA Board's "Emergency Evacuation Ad Hoc Committee" to promote concerns about Elnoka traffic which evolved into a study to improve future evacuations.
- Worked with the Emergency Evacuation Ad Hoc Committee for emergency evacuation routes.
- Worked with the City and County on an Oakmont-Santa Rosa-Sonoma trail.
- Organized a meeting with Oakmont Leadership and City Planners to add safety elements for the Oakmont Community, including the widening of Hwy 12 to Pythian in the City's General Plan for safer evacuations.

Oakmont Long-Range Planning Committee and Oakmont 2030 Committee. As part of Marlena Tremont's 2030 team, I helped envision what Oakmont's future can become.

Prior Civic and Non-Profit Leadership. My past civic leadership roles will help me apply strategic thinking as a member of the OVA Board: Vice Chair, Santa Rosa Board of Community Services; Contributor, Santa Rosa General Plan Update; Chair, City of Mission Viejo Planning/Transportation Commission; Chair, City of Mission Viejo Investment Advisory Commission; Chair, City of Mission Viejo Pension Fund's Board of Trustees Council; Chair, The Urban Land Institute, Marshall Kramer Award.

Education. Purdue University, Everham Scholarship; Kansas State University, Bachelor of Architecture, cum laude; University of Missouri, MBA (investment and finance).

I ask for your vote for the Board.

Share Your Firewise Practices in 2023 Home Tour

■ News Staff Report

Organizers of Oakmont's annual Firewise Tour that showcases real examples of home-hardening and defensible space are looking for candidates for the June 14 event.

"Many homeowners in Oakmont have taken steps to harden their homes and manage vegetation on their properties. We want to highlight homes and yards that will inspire others to take action," said Dani Hannigan, OVA's Community Relations Specialist. "Experts tell us that coupling home hardening with vegetation management, especially in the five-foot area around the house, can significantly reduce the risk of loss from wildfire."

If you would like your property to be considered for inclusion in the Firewise Tour, please complete the Application for Consideration online at <https://forms.office.com/r/N0yL0n5MWh> or pick up a printed application at the Architectural Office. After an application is submitted, the selection committee will schedule an appointment to view and discuss the firewise features of your home and landscape. Application deadline is March 31.

OakMUG Oakmont Macintosh Users Group

■ Peggy Clark

INTERNET SAFETY IN AN INTERCONNECTED WORLD

Colin Hannigan will join OakMUG's next meeting to talk about tips for protecting yourself online. This meeting will be held on Saturday, March 18 at 2 p.m. in the East Rec. Center.

It is estimated that over 3.4 billion phishing emails are sent every day, according to Valimail's Fraud Landscape report for 2019, and the number is only going up. Attend this meeting to learn about tools you can use to keep your passwords secure, provide better privacy, and suggested steps for anyone who has been hacked.

Not a member of OakMUG? No problem, you may join at the door. Membership is \$10 per person per year. Please arrive early to get a good seat.

If you have any questions please email us at oakmontmacusersgroup@gmail.com.



Toxic Waste Collection

■ Anita Roraus, OVA Staff

MARCH 24, 2-7 PM AT WEST REC.

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.

Online appointments are now available! <https://zerowastesonomahhwevent.as.me/Oakmont>

Also, you are welcome to call (707) 364-6927 to schedule an appointment. Only 100 appointments available—first-come, first-served.

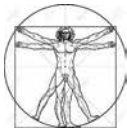
Map Your Neighborhood

■Matt Zwerling

The Map Your Neighborhood team holds monthly meetings on the fourth Thursday of every month to share valuable information for preparing for emergencies, such as fire and earthquake. Guest speakers are often invited to offer more in-depth thoughts on preparing neighborhoods or communities. Meetings are from 11 a.m.–12:30 p.m., and locations may change.

Note: Julie Atwood from the Halter Project will be our guest speaker on March 23, speaking about pet preparedness and evacuation.

Fitness Club



■John Phillips

The other day I was speaking with a member about the benefits of the Vibration Plate, and another member walked by and said something like, “you should just get rid of it, it doesn’t do anything. It’s passive, it can’t do anything!”

Webster’s Definition: PASSIVE implies immobility or lack of normally expected response to an external force or influence and often suggests deliberate submissiveness or self-control.

With that definition, he probably feels that massage doesn’t work, yet it has been shown to be very effective for relieving tight muscles. I tried to explain to him that it has been shown to help with bone density. I could tell that he really didn’t believe me, so I left him with the suggestion to Google it and review the findings. I thought, why don’t I take a look and see what I find. I Googled “Vibration Plate benefits” and here is something that I came across:

One study published in the *Journal of Bone Mineral Research* looked to assess the musculoskeletal effects of high-frequency loading (vibrations) by means of WBV in postmenopausal women. The results showed no vibration-related side effects. But more interestingly, they found that the vibrations improved isometric and dynamic muscle strength, and also significantly increased BMD (BMD is bone mass density) of the hip.

Unfortunately, there is a lot of information on Vibration plates, but what I wanted to find was actual data from studies. The above was the best I could actually find without spending hours upon hours. However, I found on my profession website a very good article on the benefits of the platforms and I have printed it and post it in the Fitness Center for all to read.

What I want to stress is that we are continuously learning new things about how and what works on or with our bodies. If you don’t agree with something, maybe do a little research and see if there could possibly be some benefit to it. It doesn’t mean that you have to do it, but you don’t need to knock it just because you don’t understand it.

As with every new exercise routine, you should always consult your doctor. The vibration plate should not be used by people that have a pacemaker.

If you have any questions regarding this article or anything dealing with fitness, please let me know. I can be reached by phone or text at (707) 494-9086, or email wkuout2@aol.com, or come by the Center.

I hold seminars at 1 p.m. on Tuesdays and 3 p.m. on Thursdays. Subjects change each week and are posted on a board at the front entrance. I also have an orientation every other Monday at 4:30 p.m. or Friday at 10 a.m. Come in and verify the dates. Finally, for \$30 a year you can become a member of the Fitness Club (you can get a pamphlet of benefits at the center).



OAKMONT
COMMUNITY CHURCH
Loving Community. Supportive Fellowship

■Greg Fauss

JOIN A CONVERSATION!

We want to be a community where people can make friends, support one another and explore the Christian faith in a safe and open manner. To that end we are offering Alpha on Wednesday evenings, beginning at 5:30 p.m. on March 15.

It is not your typical Bible study. Instead, Alpha is a place to connect with other people who are open to exploring life, faith, and meaning. Each session includes a time to connect with others over a free meal, hear a short talk on an element of the Christian faith, and then a chance for each person to share their own questions with the group.

Fifteen topics are addressed including: “Is There More to Life Than This?” “Who Is Jesus?” “How Can I Have Faith?” and “How Can I Make the Most of the Rest of My Life?”

Each meeting begins with a meal, followed by a presentation of the week’s topic and an open, safe conversation where all questions are welcome and all opinions are honored. This is not an environment to convince others of your perspective, but rather to listen and explore.

Alpha began in 1991 at an Anglican Church in London and has since been translated into numerous languages and used in nearly every denomination by over 30 million people.

To find out more and register for Alpha, please see our contact information below. On our website you’ll find information about various social gatherings, Saturday Prayer at 10 a.m., Sunday Worship Services at 10:30 a.m. in the East Rec. Center, and Bible Study on Wednesdays at 10:30 a.m. in the OVA outer office, Suite B.

Email: occsantarosa@gmail.com, website: www.occsantarosa.org, phone: (707) 595-0166.



Cal Alumni Club of Oakmont



■Linda Williams

MARCH DINNER

The Cal Alumni Club of Oakmont is welcoming a cancer expert, Margaret Kripke, to speak at our March dinner. Her presentation will focus on chemicals in the environment that contribute to the incidence of cancer.

Margaret grew up in Healdsburg and subsequently received her BS, MA, and PhD from Cal in bacteriology and immunology. Her career has focused on cancer research and she pioneered a new field of photo immunology. She has authored numerous scientific articles and received many awards for her research. Additionally, Margaret was appointed by President Bush to the President’s Cancer Panel in 2003. She was reappointed in 2006 and served until 2012.

The dinner will be held on Thursday, March 16 at the Wild Oak Saddle Club. The cost of the dinner is \$55 for members of the Cal Alumni Club and their guests and \$65 for non-members. Non-alumni are welcome to join the Cal Alumni Club as “Friends of Cal.”

Dues are \$20 per year per household. Donations to our scholarship program, which benefits SRJC students who transfer to Cal, and which also support the Cal Alumni Association scholarship programs, are also welcome! We will also have four separate raffles to win three bottles of premium wines for each raffle. Tickets will be three for \$5, check or cash only, and all proceeds will go to our scholarship fund.

Cocktails will begin at 5 p.m., and are included in the price. Dinner will be served at 6 p.m. The dinner will be corned beef, green cabbage, potatoes, carrots, roasted vegetables, and garden salad. Dessert will be chocolate cake with mint chip buttercream. There will also be wine on the tables.

Reservations and payment must be received by Friday, March 10. Call (707) 322-6272 for payment and reservation information.

Music at Oakmont

■Rosemary Waller

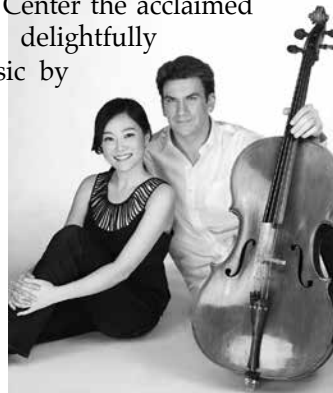
CELLO-PIANO DUO RETURNS TO OAKMONT

Music at Oakmont takes great pleasure in welcoming cellist Edward Arron and pianist Jeewon Park for their fourth appearance on this series. On Thursday, March 9 at 1:30 p.m. in Berger Center the acclaimed duo will present a delightfully varied program of music by Beethoven, Janacek, Debussy, Chopin, Bach and Franck.

Mr. Arron has been praised by the *New Yorker* magazine as “not only one of New York’s most exciting young cellists but also an inventive impresario.” *The New York Times*

has described Ms. Park’s performance as filled with “unbridled, infectious exuberance.” Both artists, in addition to maintaining distinguished solo concert careers, are marking their 10th year as Co-artistic Directors of the Performing Artists in Residence series at the Clark Art Institute in Williamstown, MA. Mr. Arron also served for 10 years as Artistic Director of the Metropolitan Museum Artists in Concert, a chamber music series created to celebrate the 50th anniversary of the NY institution’s prestigious Concerts and Lectures series.

Edward Arron tours and records as a member of the renowned Ehnes String Quartet and appears regularly at the Boston and Seattle Chamber Societies, Bargemusic, Caramoor, CityMusic



Edward Arron and Jeewon Park.

Cleveland, Bowdoin International Music Festival, and many other national and international venues, including Salzburg, Ravinia, Tanglewood, Mostly Mozart, Bravo!Vail, Spoleto USA, Santa Fe, Evian, La Jolla Summerfest, and the Bard Music Festival. A participant in Yo-Yo Ma’s Silk Road Project, he has also performed as guest artist with the Chamber Music Society of Lincoln Center, and has appeared frequently in Carnegie’s Weill and Zankel Halls, New York’s Town Hall and the 92nd Street Y.

In 2016 Mr. Arron joined the faculty at the University of Massachusetts Amherst, after serving previously on the faculty of New York University. He is a graduate of The Juilliard School and a student of Peter Wiley, who will take part in Music at Oakmont’s concert on April 13.

Recent and current career highlights for Jeewon Park include several performances of Mozart’s Piano Concertos K. 414 and K. 415, a recital of Messiaen “Preludes” and Kurtag Jatekok, a solo recital at Caramoor, and US tours with the Charles Wadsworth and Friends series. A graduate of The Juilliard School and Yale University, where she was awarded the Dean Horatio Parker Prize, Ms. Park holds a DMA degree from SUNY Stony Brook.

The 2021 recording by Mr. Arron and Ms. Park of Beethoven’s Complete Works for Cello and Piano, on the Aeolian Classics label, received the Samuel Sanders Collaborative Artists Award from the Classical Recording Foundation.

WHAT: Music at Oakmont

WHERE: Berger Center

WHEN: Thursday, March 9, 1:30 p.m.

ADMISSION: \$25 at the door, or your season pass



Movies At Oakmont

WHERE: Berger Center

SCREENING DAY AND TIME: Sundays

HOSTS: Al and Carol Haggerty, Mike McInnis, Jeff Neuman and Deborah Davidson.

NOTE: All films are shown with English subtitles, when possible, free of charge—compliments of OVA.



FEBRUARY 26 AT 2 PM AMSTERDAM

In the 1930s, three friends witness a murder, are framed for it, and uncover one of the most outrageous plots in American history. 2022, R, 2:14.



MARCH 5 AT 2 AND 7 PM THE GREATEST BEER RUN EVER

A man's story of leaving New York in 1967 to bring beer to his childhood buddies in the Army while they are fighting in Vietnam. 2022, R, 2:06.



MARCH 12 AT 2 PM GLASS ONION

Famed Southern detective Benoit Blanc travels to Greece for his latest case. 2022, PG-13, 2:19.



MARCH 12 AT 7 PM TOP GUN: MAVERICK

Maverick is still pushing the envelope, but must confront the past when he leads a mission that demands the ultimate sacrifice from those chosen to fly it. 2022, PG-13, 2:10.

Oakmont Sunday Symposium

10:30 a.m. Now live in Berger (no zoom)

\$3 donation requested, for Oakmont residents and their guests

Go to www.oakmontsundaysymposium.org for more info and updates



■Jim Brewer

Coffee and tea, pastries and fruit will be available for sale in Berger from 9:45–10:15 a.m. before the presentation begins.

FEBRUARY 26: KATY BUTLER GOOD LIFE, GOOD DEATH

"I am of the nature to grow old," goes one of Buddhism's Four Reminders. Oddly enough, accepting this truth can help us live fuller lives today.



Katy Butler is a former reporter for the *San Francisco Chronicle* and the best-selling author of *The Art of Dying Well*, a practical and spiritual manual for navigating the changes of the last third of life, and *Knocking on Heaven's Door*, which chronicles caring for her elderly parents and questions whether medicine had become soulless by failing to accept the reality of death. She will share her profound insights on how to navigate living, aging and dying while staying true to what matters most.

MARCH 5: GAIL BOWERS, CONDUCTOR MARIA CARRILLO JAZZ CHOIR

Gail Bowers, choir conductor at Maria Carrillo High School, is one of those teachers whose students



remember with respect and fondness for the rest of their lives. She will tell us the story of the successes and challenges of the Honors Jazz Choir and Honors Chamber Singers and how she continues to inspire excellence when every year a third of the choir graduates and new junior students take their place.

Mrs. Bowers is in her 35th year of teaching (her 26th at Maria Carrillo) and serves as the Encore (Visual and Performing Arts) Chair.

MARCH 12: KY BOYD ANNUAL ACADEMY AWARDS REVIEW

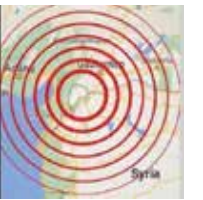
Ky's reviews are one of Oakmont's favorite events. He is a self-professed movieholic who operates several beloved independent movie theaters. Ky is an amazing walking encyclopedia of everything movies.



Bring your own popcorn!

MARCH 19: SARINA PATEL, PHD SHAKE, RATTLE 'N' ROLL! EARTHQUAKES AND OAKMONT!

We've made it through the fires (so far)! But The Big One (earthquake) is still coming. In fact, scientists warn us it's overdue.



Dr. Sarina Patel, UC Berkeley Seismological Lab, will tell us what we should expect here in Oakmont. Don't miss this one!

MARCH 26: KIM BANCROFT PRESERVING YOUR FAMILY'S LEGACY

How do you capture the heart and essence of your family's legacy and memories? Kim will guide us into the gentle art of turning your genealogical data, letters, oral histories, et al, into lively memoirs your family will treasure forever.



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OAK at the VOM Golf Club

■ Hilary Gruendle

Mark your calendar and call today for a reservation. All Oakmont Residents receive 10% off at OAK.

Tuesdays are for Enchiladas—two enchiladas, rice and Pinto Beans for \$18 and specials on Margaritas.

Thirsty Thursdays at OAK—1/2 off corkage and \$1 off all beers.

FRIDAY NIGHT SPECIALS

March 3: Gumbo

March 10: Seared Salmon

March 17: Corned Beef and Cabbage, St Patrick's Special all day

March 24: Ahi Tuna Special

March 31: Grilled Ribeye

LIVE MUSIC—MONDAYS

5-7 PM, \$8 COVER

RESERVATIONS REQUIRED

March 6: Magic Band Music

March 13: Jami Jamison

March 20: Fargo Brothers

March 27: St Pigeon

April 3: Magic Band Music

April 10: Second Street Band

April 17: Jami Jamison

April 24: The Retro Rockers

All events require a reservation. Please call (707) 539-0415 x 5 to reserve.

People Rules for Golf Courses

■ News Staff Report

Oakmont's golf courses attract more than golfers: Walkers drawn by the views along the two courses as well as of nearby hills and homes lining the broad lawns.

As with most activities, there are rules on the greens, mainly to protect walkers in an atmosphere where small, fast-moving objects can inflict damage on an unsuspecting stroller.

In the interest of safety, the Valley of the Moon golf club has set hours and rules for safety.



A woman walks her dog during a February afternoon. (Photo by Kathy Sowers)

Access to both courses is from daybreak to 7 a.m. every day of the week. Golf play begins at 7 a.m., when all walkers must be off the courses.

The afternoon walking schedule is limited to two days per week on both courses—Valley of the Moon and Sugarloaf. Start times for afternoon walking will be adjusted monthly in accordance with daylight hours.

Afternoon walking time starts 45 minutes before sunset.

Access to each course is limited initially to the first tee and must follow the respective course layout thereafter.

Golfers with tee times before the afternoon walking schedule will be on the course continuing their golf round as normal.

For the safety of the walkers, no new golf play will be initiated after the afternoon walking schedule begins.

Some general guidelines:

- Walkers may bring dogs, which must be on leash, and owners must scoop up after their dogs.
- Bicycle riding is not permitted on the courses at any time.
- Walking on the courses is never allowed during golf play.

VOM Nine and Wine Ladies Group

■ Hilary Gruendle

UPDATE FOR THE 2023 SEASON

Nine and Wine, the infamous ladies-only golf club, will begin their 2023 season on Wednesday, April 5. Our group is open to ladies of all ages and abilities and requires no handicap to participate.

We play nine holes every Wednesday with a 4 p.m. shotgun start on the Sugarloaf course and optional happy hour and dinner at OAK following play. Our focus is on fun and socialization, with a monthly scramble and season-end party in October.

Green fee is \$20, not including cart; and annual group dues are \$30.

To join or request additional information, please contact Joanne Phillips at tanzielewis@gmail.com.



Photo by Joanne Phillips.

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Hikers



■Gary Andersen

We welcome you to join us on a hike whether you are a member yet or not, and the annual membership is only \$15. Go to our website at www.oakmonthikingclub.org to join the club, get more hike details, club information, photos and lots more.

Please keep checking website for updates.

MARCH 2 SHORT HIKE SAN PABLO BAY WILDLIFE REFUGE

There will be 3-4 miles sea level walking on the out and back Eliot Trail at the edge of a 10,000-acre ambitious tidal wetland restoration project, with scenic views of Mt. Tam and East Bay/San Francisco skylines; opportunities to identify and enjoy more than 20 species of water birds and raptors. No shade on the trail. A 45-minute drive to trailhead (carpooling encouraged), park in free lot at 7699 Reclamation Rd, Sears Point/Petaluma (near Highway 37/Lakeville Highway intersection).

Depart Berger at 9 a.m., return to Berger 1:30-2 p.m. Bring lunch for optional picnic. Binocs useful; loaners available. Rain cancels. Check OHC website for updates on March 1. Hike leader is Carolyn Greene, (805) 443-7289, cgnpark@icloud.com.

MARCH 2 LONG HIKE ANNADEL RAMBLE

The Annadel Ramble will be a "Mystery Hike" visiting several favorite spots of our late great hike leader Henry, including fantastic trees and vistas not usually visited. The hike will be about 7.5 miles with about 1200 ft. elevation gain. Bring water and lunch. Hiking poles recommended.

Meet at Berger parking lot in time for departure at 8:30 a.m. Hike leader is Randy Vincent, (707) 538-3530.

MARCH 9 INTERMEDIATE HIKE SUGARLOAF

Brushy Peaks to Neptune Picnic Table—a moderate hike in Sugarloaf Ridge SP of about 5.2 miles round trip, with an elevation change of about 900 ft. We'll take Meadow trail to Brushy Peaks trail and stop for snacks/lunch at the picnic table which has views of peaks and valleys and vineyards.



Intermediate hikers on the Sonoma coast Kortum Trail on February 9. Hike leaders John and Marilyn Pahr.

We'll return by Brushy Peaks Trail to Hillside Trail. Round trip 3.5-4 hours at an easy pace.

Carpool from the Berger parking lot at 9 a.m.—there is a parking fee of \$8 for seniors at the State Park but waived for cars with a State Parks or Sugarloaf Annual Pass. Hike leader is Ed Beglin, (925) 202-9439.

MARCH 9 LONG HIKE SONOMA MOUNTAIN

An 8-mile hike to the top of Sonoma Mountain, with an elevation gain of 1700', winds through redwoods and Douglas Firs up to the park boundary. We then cross into County property and work our way over to Bill's Hill back in JLSHP. After lunch at Bill's Hill, we'll return via Cowan Meadow Trail, a rarely used but historic trail. Wear weather appropriate clothing, bring liquids and a lunch, and be ready for an adventure.

Depart Berger lot at 8:30 a.m. Hike leader is Dave Chalk, (707) 972-8988.



Hiker David Steinberger on the Kortum Trail pointing out the smoothly polished rock created by ancient extinct Woolly Mammoths rubbing.

Kiwanis Club of Oakmont



■Beverly Singer



THANK YOU A MILLION TIMES OVER

Thank you million times over for Oakmonters' huge response to the Shred-A-Thon and your donations to the many causes Kiwanis gives to with the money earned. If you were one who did not get your important papers shredded because the shredder jammed, we apologize. Save those papers! Kiwanis will have the next Shred-A-Thon in five or six months.

The mission of Kiwanis Clubs is to empower communities to improve the world by making lasting differences in the lives of children. Our February guest speaker was Rebecca Rogoway from The Living Room. The Oakmont Kiwanis Club is a big supporter of The Living Room, and so are our high school Key Club members.

The Living Room is a Santa Rosa safety house for women and children escaping abuse and poverty. They have the only safe center from here to the Oregon border. Women and children can come in anytime and use resources, therapy and computers. The Living Room places women and children in safe homes. They have food services for 100-200 daily at Bethel Towers. Assistance is given to help women find employment and housing.

Aren't you glad you help Kiwanis support the Living Room and other organizations which help families and children? But Kiwanis could use even more of your help. Please consider joining Kiwanis. If Kiwanis doesn't attract more members, it will fail in services to the community, families and children.

For information, contact Ann Isaacs, (916) 261-7270 or by email, annisaacs1@att.net.

Bocce Club



■Gale Schlee

VALENTINE'S DAY BOCCE TOURNAMENT A SUCCESS

The Valentine's Day Bocce Tournament was lots of fun. Three teams won their matches with one team going into overtime to break a tie.

A cake was shared after the Tournament in honor of Jean Reed, the outgoing club president. Thank you, Jean, for a job well done.

The next tournament will be The St. Patrick's Day Tournament on Saturday, March 18 at 1 p.m. at the Bocce Courts. We look forward to seeing everyone there.



Jean Reed with cake.

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Soroptimist International Oakmont Wine Country

■Denise Bickert



COFFEE, CROISSANTS AND CRAFTS

Join SIOWC for our third Coffee, Croissants and Craft class. To help welcome spring, we will be making a decorative birdhouse. Beginning with an unfinished wooden birdhouse, you will use various mediums including paint, stencils, florals and wine corks to create your own home or yard decor.

The class will be held on Monday, March 6 at 9 a.m. in the Art Room at the CAC. The cost is \$40 and includes all supplies. We do ask that you bring a glue gun.

All levels of crafters are welcome. If you are interested in attending, please contact me at deniseb.siowc@gmail.com or (707) 623-7413. The class is limited to 14 participants.

Our previous classes both sold out. This is a great opportunity to meet new friends, enjoy the camaraderie and express your creativity. Club members are always willing to share information about



Photo by Cynthia Goodwin, class instructor.

Soroptimist and the work we do. Proceeds from the classes support our Live Your Dream scholarship fund which provides grants to women who are head of household and pursuing their education.

Playreaders



■D. Hall

CASTING CALL CONTINUES!

Casting call continues! Come on, folks. Join the ranks of Oakmont Playreaders and make Mondays your best day of the week.

We especially need to beef up the male contingent of our fun-loving group. If you can read aloud, you're in. If you can read with some degree of character, so much the better; if you just want to be a spectator, come on down and join the guys and gals in Playreaders' audience.

We just completed Foster's *The Love List*, produced by Jeff Sheff and featuring Ginny Smith, John Dolan, and Jim Preston.

Our current offering is Leonard Gershe's *Butterflies Are Free*, on Feb. 28 and March 6. Jane Borr presents this tale revolving around a blind man living in downtown Manhattan whose controlling mother disapproves of his relationship with a free-spirited hippie. The cast is Marcel Coder, D. Hall, Star Power, and Ron White.

On March 13, Sandy White will present Yasmina Reza's *Art*, with Jim Preston, D. Hall, and Ron White. This comedy blows away any conventional view of what "art" is.

Join Playreaders every Monday at 2 p.m. in Room B of the Central Activities Center.



Playreaders latest production, *Black Tie* by A. R. Gurney, about a clash between traditional and up-to-date approaches to a wedding ceremony, complete with ghost! Readers were: Marcel Coder, Ginny Smith, D. Hall, Jeff Sheff and John Dolan.

Oakmont Health Initiative Free Fitness Classes

■Charlene Bunas

BUILD IMMUNITY, EXERCISE!

Flu time is here. So are Covid variants and RSV. All three together are called a "tridemic." OHI fights the nasty trio via exercise.

Exercise helps immune systems fight infections and builds stamina for bouncing back after being sick. It also results in better sleep, lower stress levels, and increased circulation—all factors for a healthy immune system.

However, because a fever stresses the body more than just a common cold, consider waiting before returning to class. A few days is the recommendation, not a few weeks, months or years. After a long pause in exercise routines, it may be wise to start slowly.

In OHI classes, there are all levels of exercisers. Some have not thought of exercise until retirement. Some people never miss an OHI class. Some have compromising health issues. And yet, the two instructors make classes relevant for everybody.

All you need is a willingness to laugh at yourself as you join with friendly folks in class. Somehow in a group, challenges become fun. As you exercise, recognize that you are doing the best you can for the best you can be. You'll need appropriate shoes, a bottle of water and, if you choose, light weights, yoga



Photos by Charlene Bunas.

mat and a Thera band.

Free group exercise classes meet Monday, Wednesday, and Friday (except second Friday of each month) from 9–10 a.m. in the Berger Center or on Zoom:

Meeting ID: 851 1757 1937; Passcode: 961362.

Grandparents' Club

■Leslie Brockman



EASTER EGGSTRAVAGANZA IS COMING!

Grandparents' Club's first meeting of 2023 will be Tuesday, February 28 at 4 p.m. in the East Rec. New and returning members are encouraged to attend to: pay your \$15 dues per family; sign up your grandchildren for the upcoming Easter Eggstravaganza on Saturday, April 8; and volunteer to help for the event.

All of this will take place at our meeting on February 28. Hope to see you there. Forms for both egg hunt and membership are also in our folder in the OVA office.

Grandparents' Club Chair Leslie Brockman and two of her grandchildren: Ozzie and Olive Scoby. (Photo by Julie Kiil)



410 Oak Mesa Court

Stunning views await as you walk through the front door of this unique custom home overlooking Oakmont. Natural light floods the windows and skylights of this open concept home where nature abounds from just about every window. Some of the special features include a large eat-in kitchen

with island, a primary bathroom with double sinks, jetted tub, and stall shower. There's an interior laundry room with a half bath and tons of storage. Other features include wood flooring, vaulted ceilings, dual pane windows, fresh interior paint, new furnace in 2021, central vacuum system, new roof in 2006, and a rooftop sprinkler system. Don't miss the incredible under house workshop / storage area accessible from the 2.5 car garage or side garden. Generator included in sale. **\$789,000**



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Canine Club

■Randi Hulce

WOOFERS YAPPY HOUR DOG WALKS

Monday, March 6 at 10 a.m.—meet Corner Oak Leaf Dr./Valley Oak; Thursday, March 16 at 10:30 a.m.—meet Kenwood Park in front of Community Church. Walk is 1–2 miles (round trip). A casual walk; go at your own pace. Bring water for yourself and pup. Wear comfortable walking shoes. Open to all Oakmont residents. All sizes and breeds are welcome. Rain cancels.



I want to SNIFF not walk!

ANNUAL MEMBERSHIP DUES FOR 2023

Club annual dues were due in January. To all who paid early or on time a big thank-you! Canine Club dues are \$12 individual and \$20 per household. Please make checks payable to Oakmont Canine Club. Mail to Treasurer, Dick Ayres, 6429 Meadow Creek Lane, Santa Rosa, CA 95409. If you prefer, drop off your check in Dick's secure garage mailbox. You may also leave checks in Canine Club folder in OVA office.

NOTE: New members joining 2023—please include completed membership application with your check. Contact information on that form is needed so you receive future club communications. Obtain form from the Canine Club folder in OVA office or download it from club website oakmontcanineclub.org.

WHAT'S HAPPENING AT THE DOG PARK?

Happy Tails Dog Park, 6302 Stone Bridge Rd (behind Community Garden) is available to all Oakmont residents, daily, Sunrise to Sunset.

Oakmont has many "Doodle Dogs:" They enjoyed the Play Date Saturday, February 18. Next play date event is for "Rescue Dogs." So, if you got your pup from a shelter or any re-home situation, this is your group. Date and time to be announced soon.

Dog Park Still Needs Volunteers: Please contact periolinger@yahoo.com or call (707) 479-6961 if interested. Commitment of one hour per week. Duties include removing any trash, returning balls to baskets, refilling waste bags in the dispenser, picking up "doggie deposits" missed by owners, reporting any behavioral issues by humans or doggies, and any maintenance needs.

Small Dog Hours continue for pups 25lbs. or less: 3–4 p.m. every Sunday and every Wednesday. Club members thank you for respecting safety concerns by observing the 2-hour window per week for small dogs.

DOG HAPPENINGS AROUND THE COMMUNITY

Dogwood Rummage Sale: Sebastopol Grange, 6000 Sebastopol Ave./Hwy. 12, Sebastopol Sunday, March 26, 10 a.m.–2 p.m., rain or shine. All funds raised benefit dogwood's mission of supporting animals and people who love them through rescue, rehoming, spay/neuter, and education.

Humane Society of Sonoma County Much More Than Adoptions: Check out the website for info on Volunteering, Training Classes, and more. Classes are filling up fast. For class descriptions, schedules: humanesocietysoco.org.

Sonoma County Animal Services (SCAS): Volunteer Dog walkers still needed Tuesdays–Saturday 10 a.m.–4:30 p.m. If interested, call (707) 565-5407 or email SCASVolunteers@sonoma-county.org.

DID YOU HAVE A FUN PHOTO OF YOUR PUP?

To include your fur baby in the Canine Club photo gallery, submit photo to: shuntley@huntleyenvironmental.com.

Visit www.oakmontcanineclub.org for full list of upcoming events.

Oakmont Pétanque Club

■Don McPherson

ELEMENTS OF PÉTANQUE: THE BOULE

Pétanque requires just three identically patterned metal boules as essential equipment. In triples, players throw two boules but in singles and doubles, players throw three.

Competition-certified boules—which are required only in Pétanque Federation sanctioned tournaments—must be 100% metal between 70.5 and



Boules come in different patterns, sizes, and weights. (Photo by Don McPherson)

80 millimeters (2.8 – 3.5 inches) in diameter and between 650 and 800 grams (1.43 – 1.76 pounds) in weight. They can be smooth or striated in a variety of engraved patterns. They must have the manufacturer's name or trademark, their weight, and a unique serial number engraved. They can have the owner's name

or initials engraved also, but the Rules prohibit any alteration to physical characteristics after fabrication.

Made by welding two steel hemispheres together, boules are typically carbon or nickel chromium stainless steel finished with nickel-chrome, matt chrome, or zinc multi-layer alloy plating. Their metal composition determines "hardness"—the degree to which a boule will bounce when it hits the ground and will rebound when it hits or is hit by another boule. Some players prefer larger, heavier boules with engraved striations for gripping when pointing, while others prefer smaller, lighter, smooth-surfaced boules for shooting.

Players choose particular patterns or finishes for aesthetic reasons, or to distinguish their boules from others. Inexpensive leisure boules encase sand ballast for weight inside a light steel layer covered in nickel, copper, or chrome. Both higher grade leisure and competition-certified boules are hollow with thick, heavy walls.

The International Pétanque Federation certifies more than a dozen boule manufacturers. The French company Obut is the largest with an 80% market share. La Franc, headquartered in Thailand, is the second largest. Leisure boules typically cost \$25–75 for a set of three and come in a standard, average size and weight. Competition-certified boules in custom-ordered sizes and weights typically cost \$75–350 depending on various grades of specialty steels. Boules are available from both domestic suppliers and international suppliers and manufacturers.

PÉTANQUE IN OAKMONT

French in origin, Pétanque (pay-tonk), also known as Boules, has been played in Oakmont since the 1980s. The Club, founded in 1996, encourages all Oakmonters who may be interested in playing or learning to play pétanque to come to the court between Berger and the OVA offices at 9:45 a.m. on the Club play days of Monday, Wednesday, and Saturday. The club has boules to lend while you're learning, and you'll be playing right away.

Anyone, regardless of experience, is welcome to enjoy the challenge and camaraderie of a simple game that is inexpensive, fun to play, learned quickly, and endlessly fascinating in its deeper levels of execution and strategy. No dues are required—just sign up to be on the Club roster. Club Play days are casual friendly games with teams randomly assigned.

The annual Club Events calendar includes three tournaments—Homage to Spring, Bastille Day, and Oktoberfest—as well as evening socials during the summer months. The Spring tourney is April 29.

Lawn Bowling

■Mary Blake

COMING EVENTS

The next tournament is the St. Patrick's Day Tournament on Friday, March 17. For this tournament, feel free to supplement the usual whites with various shades of green.

From the 2022 St Patrick's Day (Photos by Mary Blake):



Eva McGinn, Frank Coryell and Irene Y'anson.



Linda and Steve Pickell and Mark Johnston.

SIGNING UP FOR TOURNAMENTS

There are now three ways to sign up for tournaments: 1. Write your name on the sign-up sheet on the shed. 2. Before each tournament, I'll send an e-blast with a button to click to send me an email. 3. I've added the same button to the home page of www.oakmontlawnbowling.com.

TIP OF THE DAY

TIP #30: GIVING ADVICE AND REMINDERS

These tips were set up several years ago. I'm starting from the end.

1. We're all older adults who are proud of our accomplishments and we don't enjoy being talked down to, so be diplomatic if you want to point something out—and in Daily Draw, don't be too finicky. The better time for a comment may be after an end (or after the game).

2. New bowlers have some big challenges to deal with in just setting the Mat, placing the Jack and getting their shots under control, so don't bombard them with observations. Information overload is frustrating.

MORE FROM THE "BOWLS USA: LAWS OF THE SPORT OF BOWLS" NUMBER OF PLAYERS

According to the Rules book, we can have two, three, or four players on a team. Here in Oakmont, we never play with more than three and we sometimes have an odd number:

1. Singles—one person on a team. 4 bowls per bowler. In tournaments we also have a spotter at the other end.

2. Pairs—two per team. 4 bowls per bowler. Positions are Second and Skip.

3. Triples—three per team. 3 bowls per bowler. Positions are Lead, Second and Skip.

4. Three-player Cutthroat—every bowler for his/herself. How to set the jack is agreed on before the game starts. The closest bowl gets 3 points, next 2 and third 1.

5. Five-player Cutthroat—much less common than three-player but same rules.

6. Standard five-player—three on team A (3 bowls each) and two on team B (4 bowls each). The beauty of this game is the attempt to be fair to each team. The challenge is keeping the order correct. If you aren't used to this game, work out the order before starting and write it up on the scoreboard. And just laugh if someone messes up.

Oakmont Singles



■Debra Ponts

Are you single? New to Oakmont? Join our club to mix and mingle with other singles. Our club offers the opportunity to network with other singles that may have your same interests. Develop new friendships, enjoy meals out with Bon Appetit or reserve a seat at a singles table for Oakmont events.

BON APPETIT

WHEN: Thursday, March 2, 6 p.m.

WHERE: Paradise Hibachi & Sushi, 4100 Montgomery Dr., Santa Rosa

Enjoy Hibachi-style dining in a private room. Paradise is a traditional Japanese restaurant which has Hibachi tables. This is entertainment-style dining with an extensive menu and full bar.

Reservations limited to 25 people. Bring cash for your meal.

Reservations closed on February 24, however it's not too late to get on the waiting list. Please email Marilyn at marilyn_mckeeever@hotmail.com.

BOARD ELECTIONS MARCH 17

If you are not able to attend the March mixer on March 17 as a Singles member, your vote is important! Beginning on March 13 through March 16, there will be a Secret Ballot Box at the OVA office. Find a ballot in the Singles folder, fill it out and place it in the secure locked box on the counter. Let your voice be heard!

MARCH MIXER

WHEN: Friday, March 17, 6 p.m.

WHERE: East Rec. Center

Everyone's a little Irish on St Patrick's Day! Wear some green, put a lilt in your laughter, and a twinkle in your eye. Prepare to socialize and play an Irish-themed board game. Bring an appetizer or dessert to share (corned beef and cabbage? Irish potatoes?), your beverage of choice, entry key card, and proof of COVID vaccination if you're a first-timer. RSVP to Diane, dianesoshnik@comcast.net.

APRIL MIXER

WESTERN-THEMED BBQ, SQUARE DANCING

WHEN: Friday, April 21, 6 p.m.

WHERE: East Rec. Center

Our very own Oakmont Squares will be performing for us with their very own caller. They will then invite guests to participate in square dance steps and calls.

So think Western, bolo ties, cowboy boots, hats, jeans, fringe! Bring an appetizer or dessert to share that you would enjoy at a hoedown. BYOB, key card and proof of Covid vaccination, if you're a new member. Be ready to kick up your heels, do si do, and have fun! Be there or be "SQUARE."

RSVP to Priscilla, proslyn49@aol.com by April 17.

MEMBERSHIP

You must be a member to participate in Singles events. Please complete a membership form located in the Singles folder at the OVA office. Place the form along with a check for \$12 payable to OSC in the membership folder.

NAME BADGES

We encourage you to wear a name badge. You are welcome to wear a name badge from other clubs you belong to, that may be a conversation starter!

If you'd like to order a name badge through Singles Club, please complete the form that can be found in the Singles folder along with your check for \$10 payable to OSC.



Let's Dance—Together!

■Terry Whitten, Instructor

LEARN TO DANCE NIGHTCLUB 2-STEP IN MARCH

WHAT: Beginning Nightclub 2-Step partner dance class

WHEN: Wednesdays, March 1, 8 and 15 from 4–5:15 p.m.

WHERE: Lower West Rec.

COST: \$10 pp for single class. \$8 pp for 2 or more classes purchased at same time

Nightclub 2-Step (NC2S) is one of the most requested dances I'm asked to teach. It is very popular in Sonoma County and is danced to a large variety of slower ballad type music. Examples of songs that NC2S can be danced to are: "I Will Always Love You" by Whitney Houston, "Because You Loved Me" by Celine Dion, "All of Me" by John Legend, "Let It Be" and "Hey Jude" by The Beatles. Add in songs by Adele, Lady Gaga, Michael Buble and even the Rolling Stones and there seems to be an endless number of songs that NC2S can be danced to.

No partners or experience are required. We will rotate partners during the classes. Also, any ladies that want to lead and any men that want to follow are very welcome.

Valley of the Moon Rotary Club



■John Brodey

CLEAN POWER EXPLAINED AT RECENT VOM BREAKFAST

At a recent VOM Rotary breakfast meeting, our guest speaker was Felicia Smith, the Technical Programs Manager for Sonoma Clean Power. Felicia is responsible for development, management and implementation of customer programs dealing with alternation energy sources. She immediately began unraveling the mystery of PG&E and our energy challenges.

Sonoma Clean Power (SCP) is a non-profit company that originates power as does PG&E. The difference is that SCP produces their energy from renewable sources such as solar, wind, water, landfill, even our geysers, and is then distributed by PG&E for a fee. The goal is to lower our carbon footprint and they are already making a difference.

Many of us have a mixture of electric/ gas-powered cars, home appliances, etc., and we have all been alarmed at the dramatic increases in our energy bills. It turns out that natural gas, not electricity, is responsible for most of the increases. The big culprits in our gas consumption are water heating 59%, space heating 32%, and cooking 5%.

The debate between going all electric versus a hybrid is an important one. Electricity is still comparable to gas in unit costs. The sectors with the heaviest gas usage are transportation and buildings/houses. Electricity is cleaner and more efficient. Carbon emissions are the problem, and all electric homes would reduce their output by 5-11 tons.

Felicia addressed the concern in our area about eliminating gas usage because of the power outages we have faced. But PG&E blackouts are becoming less frequent as the whole system is being upgraded. She made a case for all electric homes and had detailed information about switching to heat pump water heaters, induction cooking tops and other efficiencies.

For those who are moving to a home solar power capability, the transition to all electric becomes more logical as the costs to trade out various appliances, etc. is offset by the savings solar provides. The increase in EVs is yet another factor in considering going electric. It's a big decision.

To help explain it in more detail, SCP has a store at 431 E. St. downtown, which can provide in-depth information. You can also check on your PG&E bill to see if you are currently using SCP as your generator or not.

Going green never looked better. A big thanks to Felicia who was brilliant and informative.



At this time, full vaccination plus at least one booster will be required. Face masks will likely be optional but highly recommended.

Join us for a fun way to get exercise and meet great people. The basic steps of a different partner dance will be taught each month. Some studies also indicate that partner dancing may actually increase mental acuity and reduce the possibility of cognitive decline. It is definitely good for our muscles, balance, brains and spirit!

To register and for any questions, please contact me at twhitten@pacbell.net or call (415) 265-7590. Please bring your vaccination card or photo of it to the first class you take.

Oakmont Squares



■Barbara Wooley



Lawrence Johnstone,
Square Dance
Teacher and Caller.

Lawrence Johnstone, the creative and patient caller and teacher for the Oakmont Squares, is a computer technician and square dance caller living in Ukiah, CA.

Lawrence, who shared that "Square dancing has been my favorite activity for almost my entire life," began square dancing at the age of 14 at his parents' insistence. Lawrence's parents

met while square dancing, and they wanted it to be something they could all enjoy together as a family. Lawrence took to it immediately, and even felt the urge to try calling at that early stage. He resisted it, though, because he didn't think that he could sing—and never told anyone about the urge.

That changed in 1993, after 15 years of square dancing, when the Ukiah Promenaders' club caller wanted to quit. Lawrence took lessons and became the Promenaders' club caller. He has continued to call for them ever since, and currently calls for four different clubs: the Promenaders; the Frontier Twirlers in Willits, the Singles & Pairs in Santa Rosa, and, luckily, the Oakmont Squares.

Lawrence has called in Oregon, northern and central California, and Nevada. Impressively, he has called several times at the National Square Dance Convention, USAwest Square Dance Convention, and California State Square Dance Convention. He has been recognized numerous times since 1999 by the Northern California Square Dancers' Association as one of the top 10 callers in the northern half of the Bay Area. As of April 2022, he has been calling for over 27 years.

Lawrence works hard on his teaching skills, and it shows. He consistently exhibits great patience with his new dancers while also challenging the experienced. In addition to teaching beginner classes for his clubs, he taught classes for the Sonoma County Cooperative group in Sebastopol for several years and also enjoys doing what callers refer to as "one-night parties"—that is, parties for groups of non-square-dancing people at which some simple square dancing is taught.

Lawrence tries not to imitate other callers, and strives to be different without being difficult. Part of this comes from his love of and frequent use of Big Band music, and part comes from trying to create smooth, flowing choreography that uses calls in slightly different combinations from those used by many callers. He does, however, admit to great admiration for several well-known callers and has attempted to study and use some of their techniques.

Note: The Oakmont Squares meet Tuesday evenings at the East Rec. Center from 7–9 p.m. Proof of Covid vaccination is required. Experienced dancers from the SSD level or beyond are welcome to join the Oakmont Squares at any time.

For more information call Jenny at (707) 367-2102. New dancers stay tuned for classes beginning in the spring.

Jazz Club



■Dolora Hurst

NEXT JAZZ PROGRAM PRESENTS PIANIST MIKE GREENSILL

The Jazz Club is very happy to report that the fabulous pianist Mike Greensill will return for another wonderful Jazz Program on Saturday, March 4 in the Berger Auditorium.



Mike Greensill.

Doors will open at 6:30 p.m., and the concert starts at 7 p.m. Tables will be provided for both the Singles Club and Jazz Club, and drinks and snacks are permitted. Tickets are \$35.

Please use the coupon in the Jazz Club file at the OVA office and deposit it, with your payment, into the provided

envelope, and then back into the Jazz Club folder. Please also include the information if you wish to sit at one of the reserved tables. If you wish to reserve an entire table for eight people, please include the names of all the persons, and submit it with full payment. You may also reserve a premier table (with close relation to the stage).

We are all probably ready to experience some great music and have some very enjoyable times again. If you are not on our mailing list, and wish to receive our Jazz Club mailings, please write down your name, telephone number and email address and deposit them into the Jazz Club Folder at OVA. The same also applies if you wish to become a member, but please clearly state that you wish to become a member.

All persons who are jazz music lovers are welcome. We meet once a month at the East Recreation Center and have varied programs about the many facets of jazz music and its amazing world of incredible musicians.

Oakmont Music Lovers

■Judy Walker

COMPOSERS AND THEIR PETS

Unfortunately, our scheduled speaker for our March session had to cancel for very understandable reasons. Rather than not have a session I thought I could present something that might be of interest since Oakmont is such a community of pet-lovers.

In this presentation I will cover stories of the relationships that many notable composers had with their pets and how they were influenced musically by their cats and dogs. I will of course include musical examples and hopefully you will be both amused and entertained by this subject. Look forward to seeing you all there.

WHEN: Tuesday, March 7 at 10:30 a.m.

WHERE: East Rec. Center

ADMISSION: Free but donations eagerly accepted

NOTE: We will not be checking vaccinations but wearing of masks is encouraged.



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COMPUTER OOPS??

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

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NOTARY PUBLIC

Oakmont Resident available to come to your home or office. Carol Palombino, (707) 953-8324, carolpal3@yahoo.com.

OAKMONT COMPUTERS

PC and Apple repair in Oakmont Village. Technical services and onsite repair. Media transfers. 6536 Oakmont Dr., (707) 282-9046.

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Gutter Guard installation, window cleaning, pressure washing. 20 years in Oakmont. Call Alex, (707) 291-0429.

HAVING TROUBLE GETTING YOUR GARBAGE TO THE CURB FOR PICK-UP?

I can come to your home to put your trash receptacle to the curb Wednesday afternoon, and bring it back on Thursday afternoon. Call Dan Lennox, (707) 889-0205.

REAL ESTATE SPECIALISTS

32 years sales experience. I understand the CA probate and Living Trust laws when it comes to selling a property. Free market analysis. Call today Martha at Casa Keys, (707) 477-7168. DRE #01055567.

MASSAGE THERAPY

Massage studio now open in Oakmont. One-hour custom massage, \$80. Book your session now. Brittany Koop, CMT, #91724. Call (707) 849-3915. By appointment only.

HANDYMAN RESIDENT

Ask for Ricky, a personable "Jack of all Trades" with great attention to detail. I meet your quality goals and prioritize Oakmont residents. Let's discuss the work and its cost. (408) 838-5618.

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

YOUR FRAU FRIDAY

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GARDENING

Done with an emphasis upon a natural look since 2007. Small jobs OK. Handyman as well. Richard, 833-1806. Oakmont resident.

Oakmont Village Association

OAKMONT VILLAGE ASSOCIATION

Hours: M–F 9 AM–5 PM—Open during lunch
Tel 707-539-1611
6637 Oakmont Dr., Ste. A
OVA E-mail: askova@oakmontvillage.com
Website: www.oakmontvillage.com
Book appointments with staff at: oakmontvillage.com/staff

MAINTENANCE OFFICE

Hours: Daily 6 AM–10 PM
Tel 707-539-6720
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

PAS MANAGEMENT COMPANY

Hours: M–F 9 AM–Noon, and 1–4 PM
Tel 707-539-5810
6572 Oakmont Dr., Ste. A
(for Association Maintained Homes)

ARCHITECTURAL OFFICE

Hours: M–Th 9 AM–Noon, 1–5 PM
Tel 707-539-1611
6637 Oakmont Dr., Ste. A-1
E-mail: ale@oakmontvillage.com
Violations: dani@oakmontvillage.com

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REPLACEMENTS.....\$25 EA
GUEST ACCESS CARD.....\$25 EA

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 707-539-1611

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.

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.

NEED A RIDE? GIVE A RIDE! OAKMONT VOLUNTEER HELPERS

We provide the following services to Oakmont Residents:

- Transportation to medical/dental appointments in Santa Rosa only
- Meals on Wheels, 707-525-0383

COORDINATOR Rides to Medical Appointments

February 16–28
Matt Zwerling 707-539-8996

March 1–15
Nancy McDonald 707-591-3110

If you would like to be a volunteer, please call 707-539-8996. 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.

LETTERS TO THE EDITOR WRITER GUIDELINES

The *Oakmont News* welcomes letters of up to 250 words from residents to express opinion, criticism or praise. They must include the writer's name and Oakmont address, although the address won't be published. See details on how to send them at <https://oakmontvillage.com/submit>. While letters to the editor may be edited for length and spelling, they are not edited for accuracy. Opinions are that of the writer and not necessarily the Oakmont Village Association.

POOLS & JACUZZIS

Access to OVA pools is by magnetic card. Call OVA Office, 707-539-1611 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 HOURS FOR PEOPLE UNDER 18:
Labor Day–Memorial Day: 11 AM–2 PM daily
Memorial Day–Labor Day: 12–4 PM daily
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.

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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.

OAKMONT COMMUNITY GARDEN ON STONEBRIDGE

For more info on signing up, email Oakmontcommunitygarden@gmail.com. Spaces are available.

HAPPY TAILS DOG PARK

6302 Stone Bridge Rd
Open to residents of Oakmont Village Association from sunrise to sunset. Small Dog Hours are from 3–4 p.m. on Sundays and Wednesdays.

FITNESS CENTER

Central Activity Center, 310 White Oak Dr.
Daily 5:45 AM–9 PM. Closed at 7 PM on Tues. for cleaning. Closed Thanksgiving and Christmas day.

BE ON OVA E-MAIL LIST

Know what's going on in Oakmont. You'll receive the weekly "Inside Oakmont" newsletter, Board Meeting notices and agendas, special notices and meeting announcements. To join the OVA's e-mail list, visit oakmontvillage.com/inside and enter your information to subscribe.

2022–2023 OVA BOARD OF DIRECTORS

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christel@oakmontvillage.com

OVA BOARD MEETINGS

Townhalls 1st Tuesdays of the month and board meetings 3rd Tuesdays of the month, 1 PM

Always online via Zoom and in-person when possible. All residents are welcome. Information to join online is e-blasted out to the community for every meeting along with the in-person location when applicable. Sign up for e-blasts from OVA at oakmontvillage.com/inside.

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.

HOW TO CONTACT YOUR LOCAL OFFICIALS

County Supervisor Susan Gorin District 1

Phone 707-565-2241
Address: 575 Administration Drive,
Rm. 100A, Santa Rosa 95403
Email: Susan.Gorin@sonoma-county.org

City Councilwoman Dianna MacDonald District 3

Email: dmacdonald@srcity.org
Address: City Hall, 100 Santa Rosa Ave.,
Rm. 10, Santa Rosa 95404

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.

Lifelong Learning



■Marlena Tremont

SPRING CLASS PREVIEW

WHEN: Wednesday, March 22. Food and music begin at 2:30 p.m. Program starts at 3 p.m.

Come to meet the instructors, hear about the classes and learn about something new.

Never miss a class again! All classes are available in-person or by Zoom and are recorded for class members who have paid. Open an account online when you register.

ANTISEMITISM: THE DYNAMICS AND HISTORY OF THE LONGEST HATRED MONDAYS, APRIL 10–MAY 15, 3–5 P.M.

One of Lifelong Learning’s most popular classes. Rev. Bruce Bramlett takes students on a 2400-year journey that shows how the hatred of Jews provides a powerful cultural mirror that former students say will “bowl you over.”

CALIFORNIA LITERATURE: ECHOES OF MANIFEST DESTINY WEDNESDAYS, APRIL 12–MAY 17, 3–5 P.M.

California literature, like the state itself, is extraordinary and bold. Oakmont writer, Ida Rae Egli takes students on a literary tour that showcases the famous California writers.

SICILY—THE KEY TO EVERYTHING THURSDAYS, APRIL 13–MAY 18, 3–5 P.M.

Dr. Douglas Kenning helps students discover Sicily from its mythic roots through its peak as the wealthiest part of the ancient Greek world that taught civilization to the Romans and later helped to ignite the Renaissance.

MARINE ECOLOGY WEDNESDAYS, MAY 24–JUNE 7, 3–5 P.M.

Marine biologist Isabelle Neylan explores diverse habitats like coral reefs and kelp forests and the marine organisms that live there. Understand the impact of humans and some possible paths to mitigating or addressing those challenges.

UPCOMING CONCERTS



GEMELAN SEKAR JAYA CONCERT MARCH 11, 3 PM, BERGER CENTER, \$25

There will be a theater-in-the-round seating. A unique opportunity to learn about and experience a new type of music. This 20-member ensemble of dancers and musicians tell the history and culture of Indonesia, inviting the audience members to participate. Gemelan Sekar Jaya is the premiere, award-winning, gamelan orchestra outside of Indonesia. An ensemble member has Oakmont parents.

FOLK LEGACY TRIO THURS., APRIL 6, 7 PM, BERGER, \$25, THEATER SEATING

Back by popular demand, former Kingston Trio singers George Grove and Rick Dougherty team up with Jerry Siggins to perform an evening of songs from the great Folk Era of the '50s through the mid-'70s.

MORE JOY FRI., MAY 19, 7 PM, BERGER, \$25, THEATER SEATING

Here they are again! Oakmont’s beloved folk, country, and blues quartet perform our favorites with amazing harmonies, unforgettable sound and homespun humor. Laugh and cry in the same concert!

Three ways to sign up for concerts and classes: 1. Register online at OakmontLL.org; 2. Fill out the form at the OVA office and put in the OLL folder; 3. Pay at the door.

Men’s Bible Study

■Lou Lacson

Matthew sets out the history of the people of God in terms of three equal periods: 14 generations from Abraham to David, 14 from David to the exile and 14 from the exile to Christ.

Learn more about the Bible. Join us on Thursdays at 10:30 a.m. in the East Rec.

Oakmont Birders

■Barbara Kendrick

You could easily go a lifetime without noticing the bird we’re featuring this month, even though in Sonoma County we’re surrounded by them. Hermit Thrushes are quite common, but they tend to keep to themselves, staying out of sight under dense brush and thickets. Birders call this “skulking.” Many birds are skulkers, but the Hermit Thrush is a pro at it. The name “Hermit” sums up its retiring ways.

So why focus on a bird that tries its best to remain unseen? Because they’re actually becoming easier to see these days in Oakmont. It has to do with the removal of the junipers, which once provided a skulker’s paradise. Without this dense cover to retreat to, Hermit Thrushes are a lot more observable. They are ground feeders, hopping along looking for insects and small invertebrates, and the mulch with which many of us have replaced our lawns provides a banquet of these. With a little patience, you can see Thrushes darting in and out from under landscaping shrubs that are much less opaque than junipers.



Hermit Thrush. (Photo courtesy of Tom Grey)

The Hermit Thrush is shaped like a Robin (which is also a Thrush) but smaller, with an upright posture, a slight potbelly, and a longish tail. Its head and back are a dull brown, and its rump and tail are a distinctly contrasting russet or chestnut color. Its underside is white, and its breast is smudged with brown spots. Overall, its coloration blends well with the shadowy underbrush.

Hermit Thrushes characteristically bob rather than walk, cocking their heads as though listening for their



Hermit Thrush. (Photo courtesy of Mary Grishaver)

meal. As they search, they flick their wings and shake the loose mulch and leaf cover with their feet, possibly to flush out any hiding bugs. Hermitlike, they are usually alone, and they have a wide-eyed but serious look to them. One Thrush who lives in our yard is a fanatic about cleanliness. He or she bathes vigorously in the bird bath for several minutes most afternoons, when the other birds are gone.

Hermit Thrushes are generally here from fall to early spring, though some stay year-round. In the spring and summer, most go north to breed, and in their place come Swainson’s Thrushes, close relatives that look very similar but lack the different-colored rump and tail.

These two Thrushes are among the most beautiful singers in the bird world, with an ethereal, silvery flute-like song that spirals upward. You can sometimes hear this at Spring Lake in the spring. Sadly, in Oakmont, all we normally hear is their call, an unremarkable soft “chup.”

Bird questions? Want a “Birds Seen in Oakmont” checklist? Send an e-mail to bkendrick@jps.net.

This column is dedicated to the memory of Bruce Hill. In the words of his fellow Texan Nanci Griffith, “When we die, we say we’ll catch some blackbird’s wing, and we will fly away to heaven come some sweet blue-bonnet spring.”



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