

# OAKMONT NEWS

Oakmont's Semimonthly Newspaper

[www.oakmontvillage.com/news](http://www.oakmontvillage.com/news)

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## Get Ready for the Fire Safe Fair

■Crissi Langwell

The 3rd annual Fire Safe Fair is just around the corner, and the whole community is invited. On Friday, May 12, from 3:30–6:30 p.m. at the Berger Center, enjoy a day of entertainment, information, and more than a dozen vendors, plus meals and refreshments that can be purchased from local food trucks.

"Remember that knowledge is power, power to keep our community and your own homes as safe as possible," said Katy Carrel, Meet Your Neighbor (MYN) coordinator and organizer for the fair. "The participating vendors, as well as the first responders who will be attending the fair, have valuable information on actions to take on your home and property to lower the risk of home loss from a wildfire."



The 2023 Fire Safe Fair highlights firewise practices and emergency preparedness, with a special focus on what residents can do to reduce home risks to a wildfire. This year's vendors include the Santa Rosa Fire Department, Santa Rosa Police Department, the Halter Project, Fire Safe

Sonoma, plus many other safety and emergency groups. Oakmont committees providing information at the fair include the Firewise Resources Committee, OEPC (Oakmont Emergency Preparedness Committee), and MYN (Meet Your Neighbors), the newly consolidated emergency prep committee.

To volunteer to help at the fair, contact Danielle Hannigan at [dani@oakmontvillage.com](mailto:dani@oakmontvillage.com).

## Town Hall: Neighborhood Watch and Home Safety

■Crissi Langwell

On Tuesday, May 2, John Guaraglia from the SRPD Community Outreach returns to Oakmont for a Town Hall presentation on Neighborhood Watch and Home Safety. Starting at 1 p.m. in the Berger Center, Guaraglia will share ways residents CAN secure their homes, how to recognize suspicious activity in the neighborhood, and how neighbors can work together

to ensure safety in their community.

This will be the second time in recent months that Guaraglia has spoken to Oakmont on safety issues. In February, he gave a Town Hall presentation on frauds and scams that was met by residents with heightened interest. It's anticipated that Guaraglia's upcoming presentation on May 2 will be just as informative.

## E-mail Addresses, Thinking Into The Future

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

■Tina Nerat and Rich Osborne

We rely heavily on our e-mail address, and for some of us, multiple e-mail addresses. We check our incoming mail, write outgoing mails, perhaps use the address for logging in to retail or banking websites, and more. So, what is an e-mail address? Lifewire.com defines e-mail addresses as "...a username, an @ sign, and a domain name... the domain name is determined by the account's host or client, such as Gmail, Yahoo, or Outlook, for example, gmail.com or outlook.com."

In Oakmont, internet service providers (ISPs) are Comcast, Sonic, or AT&T. Their domain host addresses are Comcast.net, sonic.net, att.net, and sbcglobal.net. Note that SBC acquired AT&T and merged into one company named AT&T in 2005.

Tying your e-mail address to a specific ISP is not a good idea any more, e.g. comcast.net, sonic.net, att.net, or sbcglobal.net. If you move away from Oakmont, your choices of ISPs will almost certainly

be different companies than Comcast, Sonic, or AT&T.

Recently, questions about e-mail addresses have come up because many in Oakmont are switching or thinking about switching to Comcast after years of using Sonic (sonic.net) and AT&T (sbcglobal.net or att.net) to get improved bandwidth for video conferencing (Zoom) and streaming content. The question often comes up: "What about my Sonic and AT&T e-mail address if they are no longer my internet service provider?" For \$6/month Sonic will allow you to keep your sonic.net e-mail address. AT&T will allow you to continue using their e-mail "if your account is in good standing," though that should be double-checked with them.

If you are using your ISP's domain name for your e-mail, consider starting to transition away from it. Having your own personal domain name and host is the gold standard, but that will cost money. Instead,

See **EMAIL ADDRESSES** on page 3

## Sun and Fun at the Hunt

■Jackie Ryan

Oakmont grandchildren had a sunny day for the annual Easter Egg Hunt for kids from one to 13. Representing 85 Oakmont families, 156 grandchildren scooped up more than 2,300 jumbo eggs filled with prizes. The Grandparents' Club also provided two bounce houses, face painters, and Ron, the Bubble Science Guy, who made huge bubbles and let the kids do the same. Oakmont's Mello-Tones played for the crowd. Financial support for the event came from Oakmont Kiwanis, Valley of the Moon Rotary, and the Soroptimists.

The annual event has tripled since the Grandparents' Club started the hunt in 2005.



*An Easter Bunny named Mary and her dog Little Ricky spent an unusually warm Easter morning entertaining passersby on Oakmont Drive near Oak Vista Drive. (Photo by Jim Brewer)*



*Children enjoy the festivities at the Grandparents' Club Easter Eggstravaganza on Saturday, April 8 at the Berger Plaza. (Photo by Troy Sowers)*

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## Learn to Firescape for Wildfire

■News Staff Report

Matt Walter, a landscape architect, will present "Firescaping: Landscaping with Wildfires in Mind" on Wednesday, April 26 at the East Rec. Center from 10:30-11:30 a.m.

Walter, who owns Refuge Firescaping, says he is confident the lecture will give participants a way "to have both beautiful landscapes and firewise landscapes at the same time." He is also a certified wildfire mitigation specialist and a volunteer firefighter and has expertise in using native plants.

"Oakmont is blessed to be surrounded by beautiful forests, vineyards and mountains. Unfortunately,



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these surroundings make our community more susceptible to wildfires, and we can lower our risk by taking actions in our landscapes," said Dave Watts, chair of the Firewise Resource Committee.

Walter's presentation will also cover plant selection and maintenance, fire behavior and design ideas, such as using planting islands.

"Firescaping: Landscaping with Wildfires in Mind" is presented by Oakmont's Firewise Resource Committee and will be available in-person and as a Zoom event. Find the link to Zoom on the OVA website events page.

## New Residents Reception on May 4

■Crissi Langwell

If you're new to Oakmont Village, or you need a refresher on Oakmont's many amenities, plan to attend the New Residents Reception on Thursday, May 4.

The reception will be held at the Berger Center, starting at 6:30 p.m. The event will include information from General Manager Christel Antone along with some of Oakmont's board members and

committee leaders. Residents will also have the opportunity to meet the Welcome Committee and learn how this group can help new residents become better acquainted with their new community.

Held annually, the New Residents Reception is a source of vital information for any Oakmont resident who wishes to learn more about the community they live in.

## New MYN To Host Informational Meeting

■News Staff Report

Leaders of the merged MYN/COPE teams will present the structure of Meet Your Neighbors, the new emergency preparedness program for all of Oakmont. New residents, especially, and leaders of neighborhood MYN and COPE groups are encouraged to attend the informational meeting April 27 from 11 a.m.-12:30 p.m. in Suite C of the OVA office.

The meeting will cover emergency preparedness in Oakmont and how the now merged programs, COPE and MYN, will work in the future. Presenters will

also share the experience of a Sebastopol MYN leader during the recent earthquake in Ferndale.

The recent Graton fire department fire "expo" brought together some wonderful partners, some of whom we plan to invite to Oakmont to share their experiences.

"We are in emergency preparedness together—neighbors helping each other," said Matt Zwerling, MYN co-coordinator. "So the more information, planning and communications we have the better able we will be to mitigate loss."

## Letter to the Editor

Dear Editor,

I am writing to voice my concern about people walking down the middle of Oak Mesa Drive. Oak Mesa Drive is not a pedestrian walkway, but a city-owned street. People needing to walk in the Drive should keep to the extreme left facing traffic (correction to previous letter) or where possible use the sidewalks.

With quite a few winding turns drivers on Oak Mesa Drive might not see a person in the middle of the road in time to stop. Serious injury or even death might be the result.

Twice now I have driven slowly down the drive to encounter individuals walking in the middle of the road. So please I ask people to exercise caution on the drive and be alert to vehicles coming up and down the street. This way everyone will be more safe.

Stephen Laruccia

## Sign Up For Meals On Wheels

■News Staff Report

Meals on Wheels, a Council on Aging nutrition program, are delivered in Oakmont Mondays through Fridays, with the ability to also include weekend meals. Oakmont's Volunteer Helpers assist in coordinating the program here, and meals are delivered between 10 a.m. and noon.

To receive delivery of Meals on Wheels, visit [www.mowofsonoma.org](http://www.mowofsonoma.org). Click on "contact" to sign up online. You can also call the Council on Aging at (707) 525-0143, ext. 135. For more information or details of the program in Oakmont, contact Olivia Kinzler, (707) 708-8652 or Connie Medeiros, (707) 843-4447.

In addition to Meals on Wheels, Council on Aging also offers other useful programs for Oakmonters, such as Financial Services, Social Services and Resources for Aging Persons. To learn more visit: [www.councilonaging.com](http://www.councilonaging.com).



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## EMAIL ADDRESSES Continued from page 1

consider having a free vendor-agnostic e-mail address. Options include, but are not limited to: Gmail, Outlook, Protonmail, Yahoo, Hotmail, AOL, MSN, and more—each with pros and cons. Gmail seems to be one of the most popular free services. Gmail is the most-used e-mail domain in Oakmont; it will follow you if you move, and it is free.

Most e-mail systems will allow you to receive and send e-mails with multiple domain names so everything can be aggregated, read and sent in one place. This can help with the process of transitioning away from an internet vendor-specific e-mail address. Start the transition by contacting your preferred tech support person to discuss this article and your specific e-mail situation with them.

For more information, questions, or an electronic copy of this article and previous articles, including clickable links to resources, visit the OTLC web site at [www.oakmont-learning.org](http://www.oakmont-learning.org).

## Welcome Committee Seeking Newcomers to Oakmont

■Katy Carrel

If you're new to Oakmont in the last two or three years, and if you'd like to learn more about Oakmont, the New Resident Welcome Team would love to meet you. This is an informal meeting with you and a team volunteer where we will walk you through the New Resident Packet and answer any questions. And you'd be doing us all a favor since our team volunteers are chomping at the bit to meet you and practice!

A PDF of the New Resident Packet is downloadable at: [oakmontvillage.com/WelcomePacket](http://oakmontvillage.com/WelcomePacket).

Please email us at [welcome@oakmontvillage.com](mailto:welcome@oakmontvillage.com) or the OVA office has forms you can fill out.

## Oakmont Hosts Senior Games Lawn Bowling

■News Staff Report

Oakmont's Lawn Bowling Club will host the lawn bowling portion of the Sonoma Wine Country Games for seniors on Friday, June 2 and Saturday, June 3. So far three senior clubs have signed on to participate in the competition. Games begin at 9:30 a.m.

"We are excited to have these games right here in Oakmont," said club president Janet Johnson. "The senior games are always a fun experience for all of us."

Presented by the Council on Aging, competitions held round Sonoma County also include bocce, men's basketball, pickleball, table tennis, track and field and women's soccer.

Also this year, Oakmont's own "OAKMONTsters" will be participating for the very first time in the Bocce Tournament, held at Juilliard Park in downtown Santa Rosa on June 3 and June 4.

Registration for the Games is open until May 19. For more information and/or to register, go to: <https://www.councilonaging.com/wine-country-games>.

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## CPR and First Aid Course

■Crissi Langwell, OVA Communications Director

Survival CPR will offer Oakmont residents a non-certified CPR course and certified CPR and First Aid training on Monday, May 8 at the East Rec. Center.

At 9 a.m., the emergency trainers will provide a friends-and-family course, which is a non-certified CPR training that will still offer lifesaving skills. This course covers how to do hands-only CPR, use of an AED, and how to aid someone who is choking. The cost for this non-certified CPR course is \$30.

At 10:30 a.m., there will be a CPR certification and First Aid course that will use manikins to perform

CPR, chest compressions, and rescue breathing, and will also cover using an AED and aiding someone who is choking. The First Aid portion of this course will cover bleeding control, stroke, and heart attacks, among other ailments. The cost for this certified CPR and First Aid course is \$99.

Residents who are interested in taking a Survival CPR course should sign up and pay at the OVA office for the CPR class they prefer. Sign up by May 4.

Questions? Contact Dawn McFarland at [dawn@oakmontvillage.com](mailto:dawn@oakmontvillage.com).



## New Horizons Band at Berger Center

■News Staff Report

The New Horizons Band of Sonoma County will give its spring concert in the Berger Center on Saturday, April 29 at 2 p.m.

This year's program will offer a classical waltz, two famous marches, a unique rag, blues, jazz and more.

The 70-member band includes several Oakmonters.

They are Dan Derham, trumpet; Linda Green, clarinet; Roger Morcomb, percussion, Sharon Neely, clarinet, and John Z. Ray, trombone and associate director.

Michael Milbrath will make his debut as the band's new director.

The concert is free, with donations gratefully accepted.

## Oakmont Pétanque Club

■Don McPherson

### SPRINGTIME TOURNAMENT—APRIL 29

The Oakmont Pétanque Club holds its first 2023 tournament, Homage to Spring, next Saturday, April 29. The festivities will kick off at 9:30 a.m. at the Pétanque Courts with player registration. The tournament will be played in m $\acute{e}$ lée format with randomly assigned teams. Play will begin at 9:45 as soon as teams are drawn. Spectators are welcome!

A potluck picnic lunch will begin at approximately 12 noon, pending completion of the tournament. All club members, whether playing or not, and their significant others are invited. Please bring your own beverage, cups, plates, tableware, and a lunch dish to share.

### MATCH PLAY AGAINST NEW SANTA ROSA CLUB

For the first time, the Oakmont Pétanque Club has scheduled a pair of matches against another local club. The inaugural home-and-home match is against Pétanque La Rose, a newly organized Santa Rosa club, on Sunday, May 7 and Saturday, May 20.

"Boule Fight for Santa Rosa Bragging Rights" will see three triples teams from each club playing against each other over the two days. The winner will be determined by the total games won by all teams of each club over the two days of play.

The May 7 match begins at 1:30 p.m. on the softball diamond at Montgomery High School, Princeton Drive and Franquette Avenue, Santa Rosa. Pétanque La Rose uses the field as its home terrain while it works with the city to locate a permanent pétanque terrain in a city park. The May 20 match begins at 12:30 p.m. at the Oakmont Pétanque Courts between Berger Center and Umpqua Bank.

An interesting dynamic is that Pétanque La Rose includes as associate members several members of the Oakmont Club, who will be playing for Oakmont.

There is seating at each location (no restrooms at Montgomery High) and spectators are welcome.

### 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 courts 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 challenges and camaraderie of a simple game that is fun and inexpensive to play, learned quickly, and endlessly fascinating in its deeper levels of execution and strategy. Club Play days are casual friendly games with teams randomly assigned.

In addition to the three Club Play days each week, the annual calendar includes three club tournaments and associated potluck picnics—Springtime (April 29), Bastille Day (July 8), and Oktoberfest (October 21)—as well as evening socials during the summer months.



*Jean-Michel Poulnot measures—Pétanque is a game of millimeters. Like its cousins Bocce and Lawn Bowls, points are calculated by distance to the target ball.*

## Club Council

■George McKinney

### CLUB COUNCIL MEETING ON OAKMONT FACILITY UTILIZATION

Oakmont Club Council meets quarterly. This meeting will be on May 10 at 4 p.m. in East Rec. and on Zoom.

The meeting will be on Oakmont Facility Utilization and will be a summary of current utilization of rooms and facilities here in Oakmont. Christel, Anita, Colin, and Crissi will be there to answer questions.

Club leaders should get an invitation to the meeting. If your club has recently changed leaders or you're thinking of starting a new club, or if you're just interested in attending, please email us at oakmontclubcouncil@gmail.com and we'll add your name to the email list.

Join Zoom Meeting: Meeting ID: 860 6299 0770. Passcode: 809582.

## Oakmont Democratic Club



■Thomas Amato

### WHAT IS THE FUTURE FOR SENIOR HEALTH CARE?

Will future senior health services be better or worse? Jodi Reid, a national leader in the push to improve future senior services, will present at the ODC hybrid meeting at East Rec. at 7 p.m. on Thursday, April 27.



Jodi Reid.

Jodi Reid has been the Executive Director and Northern California Organizer of the California Alliance for Retired Americans since August of 2003. CARA is California's largest, grassroots senior advocacy organization working to improve the quality of life for seniors. CARA represents over 1 million seniors through

their 300+ affiliated organizations. CARA has 17 local chapters (called CATs—CARA Action Teams), including a Sonoma County CAT. These CAT help CARA win concrete victories in each part of our state.

CARA is the state affiliate of the 4-million-member national Alliance for Retired Americans. There are 38 states with an ARA affiliate.

Prior to working with CARA, Ms. Reid has worked with senior activists on housing and health issues at Mercy Housing, the Housing Rights Committee, Health Access California, and many other advocacy groups for over 35 years. She was the founding director of the San Francisco Senior Action Network, where she worked for six years and was the Director of Metro Seniors in Action in Chicago for three years. Jodi has over 35 years of experience working with direct action advocacy issues—and has trained hundreds of senior activists/advocates to engage in local, state, and national issues.

CARA provides valuable information about how best to navigate the complex issues seniors face. It is also the major grassroots organizing effort pushing California decision makers to improve a social safety net that too many seniors fall through. California, as well as the rest of the nation, faces major challenges as the population ages. Neither the state nor nation have a clear and comprehensive plan to address future challenges and gaps in everything from poorly regulated nursing homes, rising medical expenses, lack of medical and home care professionals, etc.

Oakmont Democratic Club invites all Oakmonters to join us for this hybrid meeting. See the ODC website (oakmontdemclub.com) for a zoom link or join us at East Rec. for a social at 6:30 p.m. followed by the presentation at 7 p.m. Please feel free to bring a treat to share and your favorite beverage.

## Valley of the Moon Rotary Club



■John Brodey

### DON'T PROCRASTINATE ON THIS SAFETY PROGRAM

Never put off until tomorrow what you can do the day after tomorrow, as the old joke goes. Some of us are really good at it, municipal and government agencies are verrrry good at it. Action doesn't come easily as issues like homelessness or low-income housing are complicated but all the better be proactive.

Here in Santa Rosa, we are fortunate to have responsive leadership. In January we heard from then soon to be SRPD Chief John Cregan as he unveiled the new inResponse program. It's an efficient way to handle public safety issues related to mental health or drug use incidents in a way that doesn't involve police or fire personnel.

Well, it seems that the SRPD is at it again. At a recent breakfast meeting our speaker was Kim Grindel who is an administrative assistant at the SRPD. She announced the launch of a three-year pilot program with Vitals Aware Services. The idea is to provide the police department with another tool to help assist vulnerable members of our community. The concept is pretty simple. It involves using a device called a Beacon—a small key fob looking object that can be worn or carried in pockets or handbags, which emits a Bluetooth signal that covers an 80-foot radius. The other component is the app which police will have on their phones and can then pull up personal information in real time.

The program is geared to people in Santa Rosa who are suffering from dementia-related diseases, as well as those with cognitive or developmental impairments. We know there is already a shortage of room in care facilities to accommodate this sizeable group,

which means more than one third remain at home under the care of relatives. There are frequent reports of someone wandering off or getting lost. Sometimes they act strangely, creating a scene, etc. At this point the police are called, but once they arrive, they open the app on their phones which will then provide a picture, the person's name, age, emergency contacts, diagnosis and specific instructions on how to help calm the individual. The caregiver can even record a video talking to them and assuring them everything is okay.

Whenever a police officer is within 80 feet of someone with the Beacon, they will be alerted. It's all voluntary and caregivers choose the information they want to provide. Only the police will have access to the app. It is a subscription-based program but the first year is free. The monthly charge can run as low as \$3.

It is crucial to get the word out about the Vitals program. We needed this yesterday, but it only works when people are signed up. It is quite possible Larry Atchison, a local man with dementia who passed away after he wandered from his home, could have been found while still alive.

Currently, the Vitals program is only available locally to citizens of Santa Rosa. To sign up, please contact SRPD Admin at (707) 543-3559 or srpdadmin@srcity.org and check out Vitals Stories of Hope on YouTube. Early onset sign-ups are encouraged.



## Wii Bowling Oakmont Lanes



■Terry Leuthner

Oakmont Lanes Bowling Club is a Bowling League consisting of four-person teams that utilize Nintendo Wii to simulate the experience of bowling without the weight of a bowling ball. Any resident who has the ability of holding a small remote control in their hand while swinging their arm as if they were rolling a bowling ball will be able to join.

Anyone interested in joining our Club, either as a team bowler or substitute, please call me at (707) 291-3023 or stop by the East Recreation Center on Tuesdays from 1:30–4:30 p.m. to see us in action.

We charge \$25 for a ten-week tournament that includes the play-offs. We bowl every Tuesday of the month except for the fourth Tuesday. Both, 1:30 p.m. League and 3:15 p.m. League, have 6 teams, 4 bowlers per team. Each bowler bowls three games and has his/her own handicap (80%) and average. Bowler and team results are recorded each week.

See [www.oakmontlanes.com](http://www.oakmontlanes.com) for club information, bowling dates, week results, schedules to bring cookies and to set up/tear down equipment.

**Summer League:** Time change from previously announced. The 1:30 League will continue to bowl at 1:30 p.m. and the 3:15 League will continue to bowl at 3:15 p.m.

**Easter Challenge:** Bowlers were to bowl a strike in frame 4 and 9 (Easter 4/9) to win a \$5 gift certificate to Safeway. Winners: Joanne Abrams, Peggy Ensley, Juan Fuentes, Scott Harris, Ray Haverson, Sandy Osheroff, Nicole Reed, Robin Schudel, Beverly Shelhart and Don Shelhart.

No Bowling Apr 25 (fourth Tuesday).

**Winter League Team Champion:** See below, top three teams from 1:30 League bowl the top three Teams from 3:15 League to determine the Winter League Team Champion. Winning team name will be engraved on the Team Champion Trophy.

### RESULTS AS OF APRIL 4 (WEEK #10 FINAL WINTER LEAGUE)

**1:30 PM League:** first place, Pocket Hits; second place, 4 Tops; third place, Alley Oops; fourth place, Wii Four; fifth place, Phantom Strikers; sixth place, Strikers.

Men's High Games: Don Shelhart, 259; Gordon Freedman, 244; Charlie Ensley, 234; Juan Fuentes, 234; Frank Schepergerdes, 232; Richard Adamczyk, 225.

Women's High Games: Joanne Abrams, 267; Robin Schudel, 268; Sandy Osheroff, 265; Peggy Ensley, 246; Diane Price, 215; Elisabeth LaPointe, 209; Beverly Shelhart, 204.

**3:15 PM League:** first place, High Rollers; second place tie, Strikes & Spares and King Pins; fourth place, Phantoms.

Men's High Games: Frank Schepergerdes, 276; Scott Harris, 256; Terry Leuthner, 203.

Women's High Games: Carolita Carr, 259; Vickie Jackanich, 233; Valerie Hulsey, 212.

Most of us have all bowled on a bowling league some time in our lives and here's your chance to do it again without the weight of a heavy bowling ball. Come by to see us in action and join in on the fun and camaraderie we all share together.



## Canine Club

■Randi Hulce

The Annual Spring Canine Club Picnic on Saturday, April 8 moved indoors to ensure success. In addition to loads of delicious food, door prize raffle tickets were also part of the fun. The winner of the Grand Prize Giveaway (Gift Basket of Doggy Goodies, donated by Pawsarotti's) was Kim Smith. Another large Gift Basket (donated by Cindi Doell) went out to winner Lana Lowe. Other winners went home with prizes which included gift cards, woof caps, and table centerpieces. Absolutely no one went home hungry!

### Walk Your Dog!

Woofers Yappy Hour, 10 a.m.: Monday, May 1—meet at the corner of Oakmont Dr. and Greenfield Cir.; Friday, May 19—meet at the Corner of Oakmont Dr. and Singing Brook.



Walk is 1–2 miles (round trip). These are casual, self-paced walks; a chance to “smell the roses,” or in the dogs’ case, smell every bush and weed. Bring water for yourself and pup. Wear comfortable walking shoes. Yappy Hour dog walks are open to all Oakmont Residents, all dog sizes and breeds. Rain cancels!

**Annual Oak Mutt Dog Show Coming in June:** Preparations have begun for our Annual Oak Mutt Dog Show, which will be back on Saturday, June 3, 10 a.m.–12:30 p.m. on the Berger Lawn. Additional details coming soon. Meanwhile “Save the Date” for this fun event.

### WHAT'S HAPPENING AT THE DOG PARK

Happy Tails Dog Park, located behind Community Garden, 6300 block—Stone Bridge Rd. Available Daily, Sunrise to Sunset, for all Oakmont residents.

**Volunteers Still Needed:** Please contact [periolinger@yahoo.com](mailto:periolinger@yahoo.com) or call (707) 479-6961 if interested. Commitment—one hour per week. Duties include removing trash, returning balls to baskets, refilling waste bag dispenser, picking up “doggie deposits” missed by owners, reporting any behavioral issues by humans or doggies, and any maintenance needs. Why not play with your pup at the dog park and volunteer at the same time?

**Small Dog Hours:** Will 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.

### LOCAL COMMUNITY DOG EVENTS

**Dogwood Animal Rescue Adoption Event:** Saturday, May 13, 10 a.m.–1 p.m., Berger Lawn. Meet and greet some Dogwood's adoptable animals. Volunteers from Dogwood will be on hand to share rescue stories and sell crafts and merchandize. All funds raised benefit dogwood's mission of supporting animals and people who love them, through rescue, rehoming, spay/neuter, and education. Dogwood alumni are invited to stop by with your rescue pups.

**Sit Stay Sparkle 2023:** Saturday, June 3, 5 p.m. A Celebration in support of Canine Companions, whose mission is to provide expertly trained service dogs to people with disabilities, free of charge. This year will be at the Luther Burbank Center for the Arts. Tickets available soon at [canine.org/SparkleSantaRosa](http://canine.org/SparkleSantaRosa),

All club activities are listed on Canine Club website: [www.oakmontcanineclub.org](http://www.oakmontcanineclub.org) under the Meetings/Events tab.



## Oakmont Squares

■Barbara Wooley

### ANOTHER SPRINGTIME, ANOTHER NEW BEGINNING?

Oakmont Squares is excited to be accepting new, beginner dancers for the 2023 Social Square Dance class. The first class will be held on Tuesday, April 25. If you cannot make it that day, no worries, the first class will be repeated on the following Tuesday, May 2.

Oakmont dancers have found the Social Square Dance program (based on 50 calls) to be a good fit for the Oakmont “active adult” demographic. Professional caller Lawrence Johnstone is adept at combining those 50 calls into nearly endless patterns, so the brain gets a work-out along with the body. Modern square dancing goes beyond what many individuals of a certain age might remember from junior high/middle school. The music and the calls aren't just country anymore.

Experienced dancers at Mainstream Level or beyond are welcome to come visit or join the Oakmont Squares at any time. The new Social Square Dance class is an opportunity for anyone else who would like to come see what square dancing is all about. No partner is necessary. Casual dress and a willingness to give it a whirl are all that is required. Come find out how to “Dance in a square, make a circle of friends.”

Come meet the dancers and recent graduates and see what fun square dancing can be.

Oakmont Squares meet Tuesday evenings from 7–9 p.m. at the East Rec. Center. For information call Jenny at (707) 367-2102.



L to R: Linda Suttich, Gary Anderson, caller Lawrence Johnstone, Red Johnson, Cheryl Malseed, Pam Wilson, Neal Wooley, Dave Watts and Holly Miller. (Photo by Jenny Watts)



■Ray Haverson

### CINCO DE MAYO DINNER AND PARTY

**WHEN:** Friday, May 5 **WHERE:** Berger Center  
**TIME:** Doors open at 4:30 p.m.; dinner from 5–6:30 p.m.  
**COST:** \$50 per person  
**FOOD:** Chips, salsa, enchiladas, tamales, rice, beans and a make your own taco stand (soft and hard shell)  
**MUSIC:** The great J Silver Heels Band ('50s–'70s music)

You do not want to miss this great party as this is the only one all year with great door prizes. You will not want to miss our famous Conga Line.

You need to get your reservation with payment early for the best seats.

Please make checks payable to Sha-Boom and put them in our folder at the OVA office or you can mail them to 7111 Oak Leaf Drive, Santa Rosa, CA 95409.

Please remember to include all names in one envelope with payment for all to guarantee your seats together.

You may call me at (707) 539-6666 or e-mail [haversonr@comcast.net](mailto:haversonr@comcast.net).

See you all on Friday, May 5.

## Let's Dance—Together!

■Terry Whitten, Instructor

### INTRODUCTION TO SALSA DANCING

**WHAT:** Beginning Salsa Partner Dance Classes  
**WHEN:** Wednesdays, May 10, 17 and 24  
**TIME:** 4–5:15 p.m. **WHERE:** Lower West Rec.  
**COST:** \$10 pp for single class. \$8 pp if 2 or more classes are purchased at the same time

In May, come join the fun and learn the basic steps of the lively Salsa. The most basic Salsa steps are relatively easy and the music is upbeat. The basic steps will be taught over the course of three classes and each class will build on the material taught in the previous session.



Salsa is a Latin dance similar to Mambo. Both Salsa and Mambo music were made popular in the United States in the 1940s and 1950s by artists such as Tito Puente and Celia Cruz. More contemporary artists who have had popular songs that can be danced with Salsa are Gloria Estefan, Ricky Martin and Enrique Iglesias.

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.

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

Aside from being fun and a great way to get exercise, a number of studies have shown that partner dancing on a regular basis may reduce the possibility of cognitive decline and may actually increase mental acuity. It is definitely good for our brains, muscles, balance and spirit!

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

## Current Events Discussion Group

■Tina Lewis

Every Friday from 1–2:30 p.m. Current Events meets at the East Rec. There is Zoom available for those who can't attend in person. We are working to make Current Events more educational and inclusive. Look for in-depth reports and issues discussed from opposing points of view.

Another innovation is our social gatherings following the meetings. We meet at a place determined at the end of each meeting for Happy Hour, places such as Salt & Stone, Oak, Cielito Lindo, and Tips Roadside.

If you are not on the Zoom mailing list and wish to be, email [tinalewis31@comcast.net](mailto:tinalewis31@comcast.net) or call (707) 758-9739. Judie Coleman, host of the meetings, will add your name to the list.

## Valley of the Moon Fellowship

■Larry Hallett

### COME JOIN THE FELLOWSHIP!

Valley of the Moon Fellowship (VOMF) is a bi-monthly gathering for fellowship, open discussions on items of interest, opportunities for community service, and spiritual reflection and renewal. The group is non-sectarian and is welcoming and inclusive to all.

Please join us on the second and fourth Sunday of the month, from 4–5:30 p.m. We meet at 6637 Oakmont Drive, Suite B, just around the corner from the OVA office. Bring along a snack to share, if you wish, and engage in fellowship, make new friends, discover new horizons, and depart feeling renewed.

Hope to see you!

## Grandparents' Club



More than 150 Oakmont grandchildren from one to 12 gathered up eggs at the annual Grandparents' Club event on a sunny day at the Berger plaza. (Photos by Julie Kiil)

## OAK at the VOM Golf Club

■ Hilary Gruendle

### KNIFE SHARPENING AT OAK

Do you need a knife or landscape tool sharpened? John Norman will be here sharpening knives and tools in the OAK parking lot on April 26 from 10 a.m.–4 p.m. \$7 per knife any size, including serrated; \$7 for scissors; \$12 for most garden tools, trimmers, loppers, and choppers. It's time to get those garden tools ready for spring gardening.

### OAK EVENTS IN MAY

Call (707) 539-0415 x 5 to reserve for all events. Reminder: all Oakmont residents get 10% off at OAK.

May 8: Live Music with the Redwood Highway Ramblers, 5–7 p.m., \$8 cover

May 9: Trivia Night, 8-person teams, 5–7 p.m., \$5 fee

May 12: Prime Rib Night!

May 14: Mother's Day Brunch, \$50 per person, 10 a.m. and 12:30 p.m. seatings

May 22: Live Music (band is TBD), 5–7 p.m.

May 23: Whiskey Tasting, \$35 per person, 4–5:30 p.m. Includes 4 Whiskeys paired with food.

May 29: Live Music—Unauthorized Rolling Stones, 5–7 p.m., \$8 cover

### CELEBRATE MOTHER'S DAY AT OAK FOR BRUNCH ON MAY 14

**MENU:** Eggs Benedict and Florentine, scrambled eggs, grilled asparagus with lemon, breakfast potatoes, bacon and sausage, mixed green salad, Caesar salad, salmon piccata, garlic mashed potatoes, roasted chicken in pan gravy, assorted fruit platter, assorted desserts, assorted rolls.

**COST:** \$50 per person, \$20 kids under 10

**TIME:** 10 a.m. seating and 12:30 p.m. seating

**RESERVATIONS:** Call (707) 539-0415 x 5 to reserve

## The Billie Holiday Project Coming to Oakmont

■ Crissi Langwell

The Billie Holiday Project is coming to the Berger Center on Thursday, April 27 at 6 p.m. Featuring the talented Stella Heath and some of the Bay Area's finest musicians, this special performance will tell the story of Billie Holiday's life and career through storytelling and her incredible songs. Take a trip back to the 1930s as Stella Heath sings song treasures that will include "Them There Eyes," "Lover Boy," "Blue Moon," "God Bless the Child," and "Strange Fruit."



Stella Heath.

Tickets for the Billie Holiday Project are \$25 and available in advance at the OVA office. No reserve seating. Doors open on April 27 at 5:30 p.m. at the Berger Center, and the show starts at 6 p.m.

## Passages



**KC Casement**, April 26, 1948–April 8, 2023. Lived in Oakmont 17 years. Celebration of Life on Saturday, April 29, East Rec. Center at 11 a.m.

Please contact OVA Communications Director Crissi Langwell by e-mail at [crissi@oakmontvillage.com](mailto:crissi@oakmontvillage.com), to publish the name and date of death of your loved one in the *Oakmont News*.

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DRE #01151843

# Playreaders



■D. Hall

## PLAYREADERS LAUNCHING SPRING PLAYBILL OF ENTERTAINMENT

With a full schedule and new readers, Oakmont Playreaders launches its spring playbill of assorted entertainment. We just completed the sentimental comedy *Miracle on So. Division Street*, by Tom Dudzick. Ron White produced the show with a cast of readers new to Playreaders: Margaret Applegate, Kate Moore, Yvonne Horn and Linda Emblen.

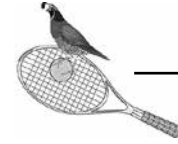
Sandy White is next up with her production of AR Gurney's *The Love Course* on April 24. It features Ginny Smith, Ron White, Sandy White, John Dolan and Marcel Coder. On May Day, Jim Preston and John Dolan will stage the one-act *The Tragedian In Spite of Himself*, by Anton Chekhov, as well as some poetry readings from Edna St. Vincent Millay. Later in May we will see *The God of Carnage*, by Yasmina Reza, followed in June by Fredrick Knott's *Dial M for Murder*.

Join us Mondays at 2 p.m. in Room B of the Central Activities Center.

*Playreaders latest, Fit to Kill by Victor Cahn, a scary thriller involving betrayal, money and murder. Readers were Ginny Smith, Star Power, Sandy White and Ron Levy.*



# Tennis Club



■Maureen Pennal

## CINCO DE MAYO TENNIS TOURNAMENT

Oakmont Tennis Club will host the next event on "Cinco de Mayo" (Friday, May 5) with staggered afternoon start times. The first group will start at 2 p.m., and the second wave will start at 4 p.m. The OTC Board will assign you a partner and you will play with the same partner for each game.

This event is open to all paid Oakmont Tennis Club members. Sign up to join OTC, and register soon for the Cinco de Mayo event. The tournament deadline for signing up is Wed., April 26. OTC can only accommodate 32 players (16 per group) and will keep a waiting list for subs if there are any cancellations.

If you miss the deadline, you can still come out and join in on the social hour following the tennis matches. Participants are to bring one appetizer to share and the beverage of your choice. Waters will be provided by OTC.

To register send an email to: HelloOakmontTennis@gmail.com.

Hope to see you on the courts!

## HIGHLIGHTS FROM TENNIS MIXER

Oakmont Tennis Club hosted their first Tennis Mixer for 2023 on Friday, March 31 at the West Tennis Courts. The players who signed up in advance included 44 for tennis and 16 attending the social to cheer on the players (60 in all). This was the first tennis event hosted in several years. Judging by the huge turnout, it is evident that our tennis community was very happy to get out and meet other tennis players and have some fun on the courts.

A no-ad format allowed all 44 players to mix and mingle as the spectators watched some amazing points, and a few crazy antics as we shared lots of laughs and made new friends. Then the fun continued as we



Social hour. (Photo by Frank Passaglia)

gathered for a lively social hour enjoying sandwiches from our wonderful Village Market, chips, fruit, and cookies. Special kudos to Teri Hickey for bringing those artistic and delicious homemade cookies.

As one attendee commented: "Congratulations! Yesterday's tournament was a big success. OTC gained many new members and the format was perfect to accommodate so many players. I only regret not signing up to play. I thought it was a very competitive event."



On the Court. (Photo by Maureen Pennal)

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## Oakmont Cannabis Club



■Heidi Klyn

### WHAT CAN CANNABIS DO FOR YOU MEDICINALLY?

**WHEN:** Monday, May 1

**TIME:** 2 p.m.

**WHERE:** East Rec Center, 7902 Oakmont Drive

Oakmont Cannabis Club, in partnership with Solful and Rosette Wellness, presents "Improving Your Health With Cannabis." Join Eli Melrod, Co-Founder and CEO



Chris Muffoletto.

of Solful, and Chris Muffoletto, an expert member of the Rosette Wellness team. Chris will share the impactful and natural healing powers of cannabis with an interactive presentation.

Learn how cannabis functions to address a myriad of potential therapeutic applications such as improving sleep quality, relieving aches and pains, managing inflammation (i.e. arthritis), and reducing stress/anxiety. Chris and Eli will also be available for any more questions after the presentation.



## 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.

### APRIL 23 AT 2 PM THE FABELMANS

Growing up in post-WWII Arizona, young Sammy Fabelman aspires to become a filmmaker as he reaches adolescence, but soon discovers a shattering family secret and explores how the power of films can help him see the truth. 2022, PG-13, 2:31



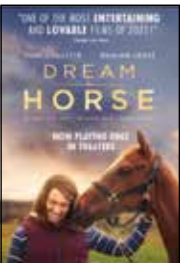
### APRIL 30 AT 2 PM WOMEN TALKING

Do nothing. Stay and fight. Or leave. In 2010, the women of an isolated religious community grapple with reconciling a brutal reality with their faith. 2022, PG-13, 1:44.



### MAY 7 AT 2 PM DREAM HORSE

Dream Alliance is an unlikely race horse bred by small-town Welsh bartender Jan Vokes. With no experience, Jan convinces her neighbors to chip in their meager earnings to help raise Dream in the hopes he can compete with the racing elites. 2020, PG-13, 1:53.



### MAY 14 AT 2 PM EVERYTHING EVERYWHERE ALL AT ONCE

A middle-aged Chinese immigrant is swept up into an insane adventure in which she alone can save existence by exploring other universes and connecting with the lives she could have led. 2022, R, 2:19.



■Greg Fauss

### SPRING HAPPENINGS

Spring is taking shape and we have a couple upcoming special events.

The first event is a potluck on April 23 at noon following our regular Sunday service with a short



presentation of a recent visit to Ukraine. It's a great way to meet and get to know people. There's always plenty of food so there's no need to bring anything.



The second event is a fundraiser with World Vision, the largest non-governmental provider of clean water in the developing world. There are two ways to participate.

1. Sign up to walk, run or roll 6km (3.2 miles) with us on May 20 at 10 a.m. here in Oakmont. After signing up get people to either sponsor you or join you.

2. Sponsor someone.

Further information can be found on our website.

For more information about our Sunday services, our Wednesday morning Bible study, Alpha (an open forum to discuss the Christian faith) that meets on Wednesday evenings over a meal, Saturday Prayer, the Global 6k for Water, and other gatherings, visit our website at [www.occantarosa.org](http://www.occantarosa.org), write us at [occantarosa@gmail.com](mailto:occantarosa@gmail.com) or call at (707) 595-0166.

## Oakmont Garden Club



■Patty McHugh

### MAY MEETING: SAVE THE MONARCHS

"Happiness is like a butterfly, the more you chase it, the more it will evade you, but if you notice the other things around you, it will gently come and sit on your shoulder."—Henry David Thoreau

**WHEN:** Wednesday, May 10, 9:30 a.m. Social, 10 a.m.

**Speaker**

**TOPIC:** Save Monarch Butterflies

**SPEAKER:** Suzanne Clark, Master Gardener



At last! This program was rescheduled from our March meeting, and we have been anxiously awaiting Suzanne's return. We hope to see you all there for this important presentation.

Learn how to help struggling monarch butterflies. The Monarchs' population is dwindling. These valuable pollinators need help from home gardeners to survive and thrive. Millions were observed in the 1980s but due to threats, including habitat loss, pesticides and climate change, the numbers have declined, prompting the U.S. Fish and Wildlife Service to join state agencies, tribes, other federal agencies, and non-government groups to identify threats to the monarch and take steps to conserve monarchs throughout their range.

The Monarchs' story is fascinating. Suzanne Clark has been studying and saving Monarch butterflies for 20 years. While living in Maryland near Chesapeake Bay she raised Monarch caterpillars on milkweed plants. Her garden became a Waystation for the organization Monarch Watch.

When she moved to Petaluma in 2012, she became a Sonoma County Master Gardener. She has a special interest in creating, conserving, and protecting monarch butterfly habitats. Learn how you can help by creating a Monarch Waystation in your Oakmont garden.

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## Hikers



■Scott Finn



View from up on Gunsight Rock.

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

Please keep checking our website for updates.

### APRIL 27 SHORT AND INTERMED. HIKES ARMSTRONG REDWOODS STATE NATURAL PRESERVE

We will hike both the forest floor and the Pool Ridge trail to see the resurgence of growth and spring wildflowers on this 5-6-mile, 400 ft. elev. hike. Short hikers are welcome to join for a two-mile, no elevation stroll through the grove. Picnic lunch in the redwoods. \$9 or State Parks Pass.

Leave Berger at 9 a.m. Hike leaders at John and Marilyn Pahr, (707) 541-6430.

### APRIL 27 LONG HIKE PIERCE POINT RANCH TO TOMALES POINT

We begin this hike from an 1850s milk farm and head north to the entrance of Tomales Bay. Soon after starting we will have views of the ocean, wildflowers galore and life in Tomales Bay. Hike length is 10 miles with less than 1,000 ft elevation gain. 90-minute drive time.

Meet at Berger Center at 8:30 a.m. Bring plenty of water and lunch. Hike leader is John Ferreira, (650) 766-0497.

### MAY 4 LONG HIKE MT. TAM COASTAL TRAIL

We will begin at Rock Springs parking lot and hike the Simmons and Mickey O'Brien Trails through the woods for a short walk on the Cataract Trail that will take us to Laurel Dell. We then cross Ridgecrest Blvd. and proceed on the Coastal Trail back to Rock Springs. This will be a moderate hike with about 1,000 ft elevation over approximately seven miles.

Bring lunch, liquids, and poles if you like. Intermediates welcome. Hike leader is Jeff Zalles, [jeffzalles@gmail.com](mailto:jeffzalles@gmail.com), (415) 999-JEFF.

### MAY 11 INTERMEDIATE HIKE OLOMPALI STATE PARK

Starting out and finishing at the picnic area and Burdell mansion (former home of the Grateful Dead) we will hike the Miwok Trail and a portion of the Upper Mt. Burdell trail out and back with a loop for about 5 miles with 750 feet elevation. One-hour drive time, \$7 state park fee.

Bring your lunch and I'll bring Bonnie's Brownies. Early departure from Berger at 8:30 a.m. Hike leader is Gary Andersen, (360) 778-9604.

### MAY 11 LONG HIKE GUNSIGHT ROCK

A unique through hike from Goodspeed Trail to Pythian Rd. We start at the Goodspeed Trail in Sugarloaf SP and finish at the Pythian Rd. lot in Hood Mtn Regional Park. Bring both passes if you have them. About 8 miles and 2,200 ft elevation gain with a steady climb up Goodspeed for gorgeous views at Gunsight Rock.

Before the hike, volunteers will place a couple of cars at Pythian. Please RSVP on the website so we have a rough idea of the numbers. Bring water, poles, lunch, start from the Berger at 8.30 a.m. Hike leader is Martin Johns, (330) 815-5167.

## Oakmont Caregivers Support Group

■Vickie Jackanich

### HOW DO YOU KEEP YOUR ILL SPOUSE ACTIVE?

Many of us caring for an ill family member struggle at home with ways to keep him or her engaged with life. Sometimes there are physical limitations, such as the inability to walk. Sometimes there are memory problems, so he or she can no longer participate in what used to seem like simple tasks or games.

You might feel understandably frustrated or depressed, stuck in this situation.

Come join the discussion of the Oakmont Caregiver Support Group! We have been sharing ideas and experiences—and laughter—as we talk about how to care for our loved ones and keep our own spirits lively.

The Oakmont Caregiver Support Group meets the second and fourth Wednesday of each month, 10:30 a.m. to noon, in the Central Activities Center, Room B. It is facilitated by Alexis Glidewell, LCSW. For more information, call me at 595-3054 or email [dicnvc@comcast.net](mailto:dicnvc@comcast.net).

## Jazz Club



■Dolora Hurst



### JAZZ CLUB PRESENTS A SHOWING OF SATCHMO

On Wednesday, May 3, the Jazz Club presents a showing of *Satchmo*, the award-winning film about the life and career of jazz great Louis Armstrong. The film will begin at 2 p.m. in the East Rec. Center and is free of charge to all Oakmont jazz lovers.

This 86-minute film features over a dozen of Armstrong's performances, including live performances with Dizzy Gillespie and Jack Teagarden, excerpts from classic shows like "Hello Dolly" and "Pennies from Heaven," plus clips from home movies and newly discovered 1935 Chicago nightclub footage.

If you are a fan of Louis Armstrong, be sure to attend the Jazz Club showing of *Satchmo*.



## Music at Oakmont



### 2023 - 24 SEASON Celebrating 33 Years of Great Chamber Music

Thursday, Oct. 19, 2023, 1:30 pm

ISRAELI CHAMBER PROJECT

Carmit Zori, violin  
Guy Ben-Ziony, viola  
Michal Korman, cello  
Tibi Cziger, clarinet  
Assaff Weisman, piano

Thursday, Nov. 9, 2023, 1:30 pm

EINAV YARDEN, piano

Friday, Dec. 1, 2023, 1:30 pm

DOVER QUARTET

Joel Link, violin  
Bryan Lee, violin  
Julianne Lee, viola  
Camden Shaw, cello

Thursday, Feb. 8, 2024, 1:30 pm

AZNAVOORIAN DUO

Ani Aznavoorian, cello  
Marta Aznavoorian, piano

Thursday, Mar. 14, 2024, 1:30 pm

CALIDORE QUARTET

Jeffrey Myers, violin  
Ryan Meehan, violin  
Jeremy Berry, viola  
Estelle Choi, cello

Thursday, April 11, 2024, 1:30 pm

SIMONE PORTER, violin

TBA, piano

Concerts take place at the Berger Center in Oakmont, and are open to all Oakmont residents and their invited guests. Single tickets are \$30, cash or check, at the door. Season tickets for the six concerts will be available for \$150 at the April 13, 2023; May 11, 2023; Oct. 19, 2023; and Nov. 9, 2023 concerts, at the door only.

Checks should be made out to **Music at Oakmont**.

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

## Oakmont Singles



■Bailey Penzotti

Are you new to Oakmont Village? Are you Single? Join the Oakmont Singles Club to mix and mingle with other Singles. Our club offers the opportunity to network with other singles who may have your same interests. By joining us, you develop new friendships, enjoy meals out with Bon Appetit or reserve a seat at a singles table for other Oakmont Village events.

### MAY BON APPETIT (SINGLES ONLY)

**WHEN:** Thursday, May 4, 6 p.m.

**WHERE:** Kettles Vietnamese Bistro, 1202 Steele Ln, Santa Rosa, [www.keesbistro.com](http://www.keesbistro.com)

Kettles is a "Farm to Table Vietnamese" bistro who supports local artisanal products. Natural and fresh food, free range chicken, gluten free, vegan and dairy free options available. Great food!

Reservation limited to 20. Indoor dining. Bring cash for your meal (no credit or debit cards) because the Bistro only allows one check per table. RSVP to Marilyn, [marilyn\\_mckeever@hotmail.com](mailto:marilyn_mckeever@hotmail.com) no later than May 1.

### MAY MIXER INTERNATIONAL DAY OF LIVING TOGETHER IN PEACE

**WHEN:** Friday, May 19, 6 p.m.

**WHERE:** East Rec. Center

Following the devastation of the Second World War, the United Nations was established to save succeeding generations from the scourge of war. One of its purposes is to achieve international cooperation in solving international problems including promoting and encouraging respect for human rights and for fundamental freedoms for all without distinction as to race, sex, language or religion.

For our May mixer, we invite everyone to wear items that represent your place of origin, whether it be where you were born or the city/state/country/culture where you identify yourself.

Bring an appetizer or dessert to share that represents the theme of our mixer (Chicago deep dish pizza? schnitzel? macaroons? Peace pie?). As always, BYOB.

Remember to wear your name badge, bring your key card for entry, and proof of Covid vaccination (if you're new to OSC). RSVP to Priscilla, [proslin49@aol.com](mailto:proslin49@aol.com) no later than May 15.

### MEMBERSHIP

To join or renew your membership, complete a membership form located in the Singles folder at the OVA office. Place the form along with your check for \$12 payable to OSC in the membership folder.

### NAME BADGES

We encourage you to wear a name badge. You're welcome to wear a name badge from other clubs, it could be a conversation starter. To order a name badge complete the name badge form located in the Singles folder at the OVA office. Place the form and your check for \$10 payable to OSC in the name badge folder.

■Jane Gyorgy

### BI-MONTHLY GATHERING OF THE CONSTITUTION CLUB

Our second regular gathering of the Constitution Club will be held on April 25 in the Berger Center at 4 p.m. Given the hour, please feel free to bring something to eat and drink and/or share.

Last time we covered Article V of the Constitution. Our founding fathers wisely made amending the Constitution difficult. With foresight, they provided not one but two options to get it done.

## Oakmont Progressives



■Ed Biglin

### SONOMA DEVELOPMENTAL CENTER: COMMUNITY OPPORTUNITY OR THREAT?

**DATE:** Monday, May 8

**WHERE:** East Rec. Center

**TIME:** 6:30 social gathering and 7 p.m. presentation

Tracy Salcedo will explain the current development plans for Sonoma Developmental Center approved by the County in December and the potential impact on Sonoma Valley, including Oakmont. Our speaker will discuss the history and cultural relevance of this special place and share why two major local environmental groups are suing the county to protect it.



This month, the California Department of General Services approved two developers to implement the \$100 million development plan, including the purchase of 180 acres of the 945-acre property and the construction of 620 housing units, commercial shops and a hotel. At least 700 acres of the site will be preserved as open space, eventually becoming a part of the State and Regional Park system.

The current plan is the result of a long process of negotiation between the county, state and local residents and groups. The development plan has been, and remains, controversial. It is the first time the state has worked so closely with a county in the planning process, but many local residents remain concerned that the plan will cause increased stress on local resources, the environment of Sonoma Valley and, particularly, traffic on Arnold Drive and Highway 12.

Ms. Salcedo has written extensively on the history and environmental impact of the site, and the development process for the current plan. She will explore the plan, and the controversies, and its potential impact on Oakmont.

Tracy Salcedo has written more than 25 guidebooks to destinations in California and Colorado, including *Hiking Lassen Volcanic National Park*, which won the 2020 National Outdoor Book Award for Outdoor Adventure Guidebooks. She has also written books of essays focused on adventure, natural and cultural history, and national parks, including *Historic Yosemite National Park* and *Search and Rescue Alaska*. She is a regular contributor to the *Kenwood Press*, and librarian at Dunbar Elementary School. She serves on the board of directors of Sonoma Mountain Preservation and the Lassen Association, and has served on other place-centered conservation and education boards over the years. She holds a degree in Anthropology from UC Berkeley, and makes her home in Glen Ellen, California.

Please feel free to bring light appetizers and libations to share. Because Covid is still with us, we encourage wearing masks during the presentation. All are welcome.

For more information and the Zoom link to the meeting, visit [www.oakmontprogressives.org](http://www.oakmontprogressives.org).

## Constitution Club



One option was through Washington D.C. House and Senate representatives. The other was through the State Houses and Senates without the D.C. representatives or even the state Governors, yet under the same numerical requirements.

Amendments require 34 out of 50 states to propose an amendment and 38 out of 50 states to agree. To our founding fathers, those numbers were assurance enough to keep the integrity of the Constitution intact and not risk it being changed on a whim. Remarkably,

## Pickleball Corner



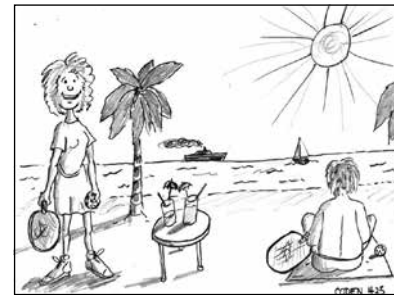
■Liz Majkowski

Do you play Pickleball five days per week, six or seven if the weather permits? Pickleball is not only easy to learn, fun to play, it also a healthy way to exercise and create positive social connections.

Since summer is right around the corner and many of us will be planning vacations, here are a few ideas to include playing pickleball on your vacation.

If you are taking to the high seas, Holland America has pickleball courts fleet wide, Norwegian and Royal Caribbean have also begun adding courts to their ships.

Did you know pickleball was named the state sport of Washington in 2022? In addition to Seattle the other top destinations to play pickleball in the US are:



Cartoon by Peter Copen

Florida—Naples and Sanibel, California—Palm Springs, Arizona—Scottsdale, Oregon—Portland. Pickleball has also been building in popularity in Hawaii, Ohio and Utah.

Planning a beach vacation? No problem! Here are a few ideas: Antigua—St. James Club, Cancun—Dreams Jade Riviera, Cancun—Moon Palace, Jamaica—Couples Tower.

Interested in improving your game? Competing with fellow picklers? There are numerous clinics, camps and tournaments in addition to open play options around the globe.

Here are a few apps to consider when traveling to connect with other players or reserve court time: PicklePlay, PickleConnect, PlaytimesScheduler or PickleHeads.

For the truly addicted with no budgetary constraints consider these options:

European Pickleball Tour: Luxury Danube River Cruise open to all levels. Travel to four countries and play indoors in Budapest and Vienna at a private estate with a men's double champion!

Rancho La Puerta in Tecate, Mexico: 4,000-acre wellness resort, 6 courts, cooking classes, 40 miles of hiking trails, meditation, 6-acre organic farm for a plant-based cuisine and spa services.

Broadmoor in Colorado Springs: Luxurious Rocky Mountain getaway with 4 courts, including one at 9,200 feet or play in a heated bubble tent in the winter, offering pickleball camps as well as pasta making classes. Past guests have included JFK, Prince Harry and Neil Armstrong.

Time to pack the suitcase and paddle...

**New Player Orientation:** 9 a.m. on Tuesday mornings. Arrangements can be made by contacting Nancy Lande at (707) 978-2998 to schedule a session. Demo loaner paddles are available to club members by contacting Doc Savarese at (707) 349-9065.

it has been accomplished 27 times.

Today, the mounting dissatisfaction with those in Washington D.C. has brought our country closer to the possibility of initiating the second option, a Convention of States, as provided by Article V of the Constitution of the United States of America.

This month, another aspect of the Constitution will be explored.

Email [TheNewOakmontCC@gmail.com](mailto:TheNewOakmontCC@gmail.com) to get on the invitation list.



## Oakmont Music Lovers

■Judy Walker

### JAZZ—A VERY BRIEF HISTORY AND DEMONSTRATION

For our April 2023 session, Oakmont resident Louise Bettner will present a program devoted to her wide interest in Jazz. She will cover many elements including:

- The origins and development of jazz music and the integration of cultures and musical styles
- Ragtime, Dixieland, BePop, West Coast Jazz, R&B;
- Influence of the recording industry and Civil Rights Movement;
- Evolution of jazz through the period 1942 to 1972;
- Establishment of jazz as high art with national appeal.

She will also talk about her personal interest in jazz elaborating on her continuing evolution from classical musician to jazz theory and technique (use of rhythm, jazz harmony and thematic improvisation). She will include a demonstration of jazz improvisation on a standard tune.

Louise will conclude with a summary of why jazz matters to her as an art form and how it has contributed to music the world over.

Louise Bettner, Ph.D. is a psychologist with a degree in piano performance. After retiring from practice, she has focused on her lifelong interest in jazz and enhancing her jazz piano skills.

Please note the following: due to some scheduling difficulties, this session will take place at a different day and time (see below). To make it special, wine and snacks will be served after the presentation. Hope you can join us to celebrate a nice spring evening.

**WHEN:** Friday, April 28 at 6 p.m. (different time and day)

**WHERE:** East Rec. Center

**ADMISSION:** Free—donations gratefully accepted

## Oakmont Artists Contribute to Symphony Fundraiser

### PRESS RELEASE



Among the masks at the May concerts at Weill Hall are these three by Kay Oppenheimer, one of the many Oakmont artists who contributed to the "Festival of Masks" fundraiser.

A treasure trove of more than 70 colorful masks—many of them hand-painted by Oakmont artists—will be offered for sale to Santa Rosa Symphony attendees in May at Weill Hall. The "Festival of Masks" silent auction benefits music education programs of the Symphony.

Among the artists contributing from Oakmont are Dan

Fishman, Cherie Gooler, Jean Gillen, Wendy Lalanne, Catherine Lecce-Chong, Elizabeth Kern, Esther Munger, Kay Oppenheimer, James Oswald, Barbara Pascal, Sue Rodgers, Janice Rowley, Joan Rumrill, Pam Simpson, Tomi Speed and Julia Wilkinson.

Organized by the Santa Rosa Symphony League, the decorative masks depict a variety of themes, including some that are reminiscent of Mardi Gras and the annual Venice Carnivale celebrations as well as music and nature.

A selection of the masks will be on display before the performances and during intermission at each of the May 6, 7 and 8 concerts, according to Julia Wilkinson, League president. The masks will be ready for pickup and payment at the conclusion of each of the concerts.

■Rosemary Waller

### SEASON GRAND FINALE MAY 11: SCOTT ST. JOHN AND FRIENDS

On Thursday, May 11 at 1:30 p.m. in Berger Center, Scott St. John and Friends will present a program of beautiful piano quartets (piano, violin, viola, cello) by Mozart, Brahms, and Melanie Helene Bonis, a student of Cesar Franck.

Violinist Scott St. John returns for his third appearance in Oakmont. Known for his joyful style of music-making and inspiring chamber music coaching, Mr. St. John is Concertmaster and Artistic Partner of the innovative ROCO Chamber Orchestra in Houston, Texas, and teaches Chamber Music at the University of Toronto. He performs frequently with the St. John-Mercer-Park Piano Trio, and returns often to the summertime Marlboro Music Festival in Vermont. Recently he was appointed Chamber Music Artist-in-Residence at Western University in London, Ontario.

Mr. St. John is an alumnus of the Curtis Institute of Music, where he studied with David Cerone, Arnold Steinhardt, and Felix Galimir. Winner of a prestigious Avery Fisher Career Grant, he has also received a Juno Award for his recording of the Mozart *Sinfonia Concertante* with his sister Lara St. John. He was



Scott St. John.

appointed Artist-in-Residence at Stanford University as a member of the St. Lawrence String Quartet, and from 2018 to 2021 was Director of Chamber Music at The Colburn School in Los Angeles.

Collaborating with Mr. St. John will be three noted chamber music artists: pianist John Novacek, violist David Samuel and cellist Christopher Costanza.

Music at Oakmont will be continuing our 2023 Donor Drive on May 11. Donor envelopes will be found in your concert programs and may be left at the concert or mailed at your convenience. Music at Oakmont is most grateful to the Oakmont Community Foundation for partnering with us in this endeavor, and your contributions in any amount will be very much appreciated. We are an entirely volunteer staff, facing the reality that admission receipts cover at best only half the actual costs of presenting these concerts. Donation checks should be made out to Oakmont Community Foundation with "Music at Oakmont" on the memo line.

The exciting roster for the 2023-24 season appears in this issue of the *Oakmont News*, and will also be available at the May 11 concert. The new season passes will continue to be on sale for \$150: six concerts for the price of five, your check made out to Music at Oakmont.

**WHAT:** Music at Oakmont **WHERE:** Berger Center

**WHEN:** Thursday, May 11 at 1:30 p.m.

**ADMISSION:** \$25, or your 2022-23 season pass

## Lawn Bowling



■Mary Blake

### LAWN BOWLING DEMO MAY 8, 10 AM TO NOON

Free refreshments and introductory lessons. No commitment, no pressure. This is a chance to see what lawn bowling is like and decide if it's right for you.

Drop by the bowling green between 10 a.m. and noon. We'll supply everything you need. If you have a pair, wear smooth-soled shoes so you don't track other seeds onto the Green.

Our bowling green is in the center of Oakmont, next to the Central Activity Center, and surrounded by the scenic beauty of Oakmont. Lawn bowling is an easy way to get some outdoor exercise and meet new people. And after a long, cold, gray, wet winter, it's a wonderful chance to be outdoors.

If you're a club member, contact me (Mary Blake) if you can help on that day.

### MAY EVENTS

As the weather turns more and more beautiful, we have more events. And don't forget that Daily Draw moves to mornings on Monday, May 1.

Monday, May 1: Daily Draw moves to 9:30 a.m. (show up at 9:15)

Tuesday, May 2: Women's Pairs Tournament, 9:30

Thursday, May 11: After 5 BBQ

Tuesday, May 16: Open Pairs Tournament, 9:30

Monday, May 8: Demo Day, 10 a.m.-noon

Monday, May 29: Memorial Day Tournament

### APRIL FOOLS' DAY TOURNAMENT

We had a great turn-out for our April Fools' Day Tournament. The clouds didn't follow through on their threat of rain. Steve and Pam challenged us



Gray skies but a great turn-out for our April Fools' Day Tournament.

by having the bowlers switch positions twice. That meant that everyone played every position. On our rink, one of our skips admitted he hadn't played lead in many years—and proved it when he forgot to set the jack. There were also leads who played skip for the first time. It helped all of us become better team players.

### TOURNAMENT SIGN-UP

There will always be a sign-up sheet on the shed, so having a computer is never required to bowl.

But some of us (maybe just me?) forget to sign up when we're on the green, so we now can also sign up at home. I've updated our website to include an RSVP form on the home page. This form will be revised as events change. I'll also include a sign-up button in appropriate e-blasts. Please let me know if you have any problems with this process. It should be easy for anyone to use. If it requires computer expertise, then I did it badly.

Email: oakmontlawnbowling@gmail.com. Website: www.oakmontlawnbowling.com.



# CLASSIFIEDS

**FIREPLACE CLEANING AND SERVICE**

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

**BODEN PLUMBING, HEATING AND AIR**

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

**HANDYMAN SERVICES**

Carpentry, drywall, electrical, plumbing, installation and assembly. Other imaginative jobs welcome! Fair hourly rate. www.thehandylance.com. (707) 881-7292.

**BABE'S TRANSPORT**

A personal transportation service for airports, cruises and vacations, doctor visits, shopping and so much more. Flat fee per trip. Larger vehicles on request. All drivers Covid vaccinated. Commercially licensed and insured. TCP #40474. Call Babe's for reservations at (707) 545-2850.

**ONE WAY PLUMBING, INC.**

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

**CARPET, UPHOLSTERY AND TILE CLEANING**

Gavin Anderson, local Sonoma resident. 20+ years experience. Senior pricing. Free estimates. Call 935-6334.

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

**PAINTER/HANDYMAN**

Interior/Exterior. 30 yrs. experience. Single rooms or full interiors. Friendly and honest. Morse Painting, Lic. #656306. Call Dan, (707) 799-5823.

**MALTA SENIOR INSURANCE SERVICES**

Helping seniors and those on disability choose a Medicare health plan. Local independent Agent. Free consult. Call or text Rosanne Malta, (707) 775-7520. License #4167037.

**DECKS, FENCES, KITCHENS AND BATHROOMS**

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

**GARAGE DOOR SERVICES**

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

**REPAIRS PILING UP? CALL RAY**

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

**MARTHA L PROFESSIONAL HOUSE CLEANING**

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

**CAREHELPER/COMPANION**

Oakmont resident available for hire to assist Oakmont residents in their home. \$25 per hour. Very reliable, references, vaxed/all boosters. Please call to discuss your needs. Benita Jeppson, (707) 291-0032.

**VALLEY OF THE MOON PLUMBING**

We are a local plumbing company that can take care of all your plumbing needs from service and repair, to remodels and additions. Call today to schedule a free estimate. (707) 800-2043.

**THE VINE LANDSCAPING**

Professional fruit tree pruning. Ornamentals. All aspects of general landscaping. Monthly service. Call (707) 935-0519.

**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.

**GUTTER CLEANING**

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

**TONY'S GARDENING SERVICES**

General landscape, mowing, yard maintenance (free fertilizer included, so your grass and plants can be greener than ever), high weed clearance, clean-up, hauling, trimming, pruning and gutters. Free estimates. Ref. available. Tony Sandoval, (707) 321-2958.

**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.

**YOUR FRAU FRIDAY**

House cleaning, cooking, light yard work, errands. References, reasonable rates. Contact Erin, (707) 860-6376.

**HELLO FUN! (ALL AGES)**

Electric Bikes for all riders. Trusted brand, 5-year warranty. 20+ models including Tricycle. Local delivery and service. Pedegosantarosa.com. Call Colin, (707) 540-0253.

**SOLAR PANEL CLEANING**

Oakmont Special—\$10 per panel. 2+ years Solar experience. Justin Drew, So Clean Solar Panel Services, (707) 245-2443, Drewsolar23@gmail.com.

**GARDENING**

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

**TREE TRIMMING**

Pruning, trimming, hedges. Over 20 years of experience. Free estimates. Call Alex, (707) 322-1646.

**ORGANIZER/PROFESSIONAL PACKING SERVICES**

Need help organizing your home? Have a desire to downsize? Moving and need help packing? Call Step by Step Senior Move at (707) 293-5455 for the assistance you need! Website: sbs-seniormove.com.

**HOUSE RENTAL AVAILABLE**

House to rent in Oakmont Village. Available Apr. 1. Shared rental with one other person (me). 2080 sq feet, 3 bed, 2.5 bath. \$1,125 per month (your share) + 1/2 utilities. No smoking, no kids, no pets, no \$ problems, no drama. If sounds OK, call/text "Matt" at (707) 867-9970. Good luck in your search. MATTINLG@Yahoo.com.

**COMPUTER OOPS?**

Oakmont Onsite Personal Computer Services. 11+ years helping Oakmonters. Call Chuck for all things computer and Tutoring. References available. Over 350 satisfied Oakmont customers. \$50/hr., one hour minimum. (707) 293-8011.

**YOUR PERSONAL CAREGIVER AND ADVOCATE**

Qualified to care for all your needs. Available 24/7 or hourly. 20+ yrs. experience providing honest, reliable, dedicated, competent, compassionate care, with a sense of humor. Native CA, clear background check with fingerprinting. Specialize in Dementia. Starla, (925) 698-6312. Many references and website available. Not an agency.

**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.

**RESIDENTIAL STORM CLEANUP POWER WASHING AND WINDOW CLEANING**

Servico Window Cleaning Co. Free estimates. Call today, (707) 249-3343.

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

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

**DEADLINE: 10 days prior to publication.**

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... is owned by the **Oakmont Village Association** which, through its board, sets editorial policy.

The **OVA** has contracted with **CJM Productions** to handle typesetting, layout, printing and free distribution of the *Oakmont News*, the latter by U.S. mail, to each home via 3rd class mail.

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# 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

## AVAILABLE IN OVA OFFICE

GASSHUT-OFF WRENCH.....\$12  
TENNIS COURT KEY.....\$2  
VIALS FOR LIFE.....FREE  
RESIDENT ACCESS CARD.....\$25 EA  
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

April 15–30  
Ron Kaufman 707-541-6713

May 1–15  
Marianne Neufeld 707-953-5302

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.

## STORAGE UNITS AND PARKING

Oak Creek RV & Self Storage  
SP176, www.storagepro.com  
707-913-7326

## LIBRARY

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

## OAKMONT COMMUNITY GARDEN ON STONEBRIDGE

For more info on signing up, email [Oakmontcommunitygarden@gmail.com](mailto:Oakmontcommunitygarden@gmail.com). Contact for current availability.

## 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](http://oakmontvillage.com/inside) and enter your information to subscribe.

## 2023–2024 OVA BOARD OF DIRECTORS

E-mail: askova@oakmontvillage.com

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**David Dearden, Director**  
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**Elke Strunka, Treasurer**  
(Non-voting officer)  
[elke@oakmontvillage.com](mailto:elke@oakmontvillage.com)

**GENERAL MANAGER**  
**Christel Antone**  
[christel@oakmontvillage.com](mailto:christel@oakmontvillage.com)

## OVA BOARD MEETINGS

Townhalls 1<sup>st</sup> Tuesdays of the month and board meetings 3<sup>rd</sup> 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](http://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](mailto:Susan.Gorin@sonoma-county.org)

### City Councilwoman Dianna MacDonald District 3

Email: [dmacdonald@srcity.org](mailto: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.

## Oakmont Health Initiative Free Fitness Classes

■Charlene Bunas

### WHERE'S KIYOMI?

It's a guarantee: the Oakmont Health Initiative fundraiser on May 6 will be fun. In Berger at 3 p.m. "Soundtrack of our Lives; A Dance Revue" will feature Oakmont's own Kiyomi Bilok. Additionally, the audience will enjoy Colleen Keegan and Joan Rumrill, other dancing divas from the ranks of OHI exercise classes.

Kiyomi's talent is not often showcased in Oakmont, so her performance with professional dance instructor and partner John Ross will demonstrate the beauty and precision of ballroom dance.



Dance studios, contests and professional partners demand that Kiyomi maintain overall physical strength and stamina. Her fitness training goes beyond gym and aerobic classes. Her full ballroom dancing schedule is possible because of her fitness training.

Is ballroom dancing a physical sport? Find Kiyomi in the two photos, watch her dance on May 6 and then, just ask her.

The afternoon will highlight performances by Redwood Country Cloggers, Nordquist-Taylor Dance Studio, Coaches Corner Line Dancers, North Bay JT Swing Team, Anne Marie Siu Yuan and Mark Novak, and Oakmont Dancing Divas.

**TIME:** 3 p.m., doors open at 2:30 p.m.

**PLACE:** Berger **COST:** \$20

To purchase tickets, complete form found in Oakmont Health Initiative folder at OVA Office. Return it to the folder, with check and names of all people registering or mail to 7024 Fairfield Drive, Santa Rosa, CA 95409. Make checks payable to Oakmont Health Initiative, \$20/person with names of all registered included.



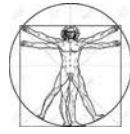
■Larry Hallett

### FIND HELP AND SUPPORT FOR YOUR GRIEF

Coping with the loss of a loved one is probably the most difficult challenge we face in life. If you are struggling with grief and loss from a spouse, partner, adult child, sibling, know that you are not alone. Others are trying to cope, as well. Together, we can get through this!

Our group is growing as we continue to provide support to those in need. Please consider joining the

## Fitness Club



■John Phillips

Since there is so much illness going around, I felt that the attached article may be helpful. It is being presented in two parts. This part has 1-5 and 6-10 will appear in the article of May 13. Of course, always follow your doctor's instructions.

### FEELING ILL? EXERCISE DOS AND DON'TS BY IDEA AUTHORS, AUG. 13, 2008

You're tired and achy. You must be getting a cold or maybe even the flu. Should you tell your trainer you need to work extra hard to build up your immunity, shift your workout to a lower intensity or skip exercise altogether until the bout passes? Most of us get hit with allergies, colds and other minor setbacks throughout the year, but few hard-and-fast rules exist regarding exercise and illness. The next time you're sick, refer to these dos and don'ts to help determine whether working out will help or hurt your condition.

1. DO a check of your symptoms first. If you have above the neck signs, such as a runny nose, sneezing, or a sore throat, moderate exercise is generally safe as long as you do not have a fever. You can resume intense workouts as soon as symptoms disappear. If you have below the neck signs, such as extreme tiredness, muscle aches, vomiting, diarrhea, chills, swollen lymph glands, or a hacking cough, allow at least two weeks before returning to intense training.

2. DON'T exercise with a fever. Fever (a body temperature above 98.6 degrees Fahrenheit) signifies you are doing battle with a virus. Exercising under these conditions increases risk of dehydration, heatstroke, and even heart failure.

3. DO modify your exercise intensity. If you have cold or flu symptoms, you cannot power away your ailment through more intense workouts. In fact, you may make your illness worse. A simple sore throat, for example, could indicate an infection, and your immunity to fight it will be reduced if you continue vigorous exercise. Moderate exercise, however, is fine for mild cold symptoms as long as your heart rate and body temperature do not increase excessively.

William A. Primos Jr., MD, and James R. Wappes in *The Physician and Sports Medicine* (January, 1996) suggest working out at half speed for about 10 minutes. If you feel fine, you can increase your intensity. Stop exercising if you feel dizzy, nauseous or experience any other exacerbated symptoms.

4. DON'T over-train or stress out. Over-training can lead to suppressed immune function and exposure to opportunistic infections, notes medial exercise specialist Michael Youssouf, MA. In addition, attempting new or harder activities can lead to failure. Such stress may influence your immune system. Choosing activities you enjoy and can do consistently may improve your exercise adherence and immune function.

5. DO exercise to keep your immunity strong. Researchers have found a link between regular exercise and improved immune function response. Primos and Wappes note that during moderate exercise immune cells circulate more quickly through your body and are better at destroying viruses and bacteria.

## Water Fitness



■Valerie Hulsey

Everyone is welcome to join us at the West Pool for our water fitness class Monday through Thursday, 9:30-10:20 a.m. for an \$8 drop-in fee. It's great exercise and we really do have fun.

As you can see in the picture, Mary sent a very special teacher the day after Easter!



Photo by Mariso Munoz-Kiehne.

## 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](http://www.oakmontsundaysymposium.org)  
for more info and updates

■Harriet Palk

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

### APRIL 23: LORI LAIWA THOMAS STORIES OF THE LAND, STORIES OF THE PEOPLE

Using compelling storytelling, Lori Laiwa Thomas, a citizen of the Hopland Band of Pomo Indians and descendant of the Coast Miwok and Huchnom tribes, will captivate us with the history of the amazing people who lived in organized communities in Sonoma County for tens of thousands of years before the Europeans first arrived.



### APRIL 30: MELANIE PARKER, DIRECTOR SONOMA COUNTY REGIONAL PARKS

We all love our beautiful local parks. The Sonoma County Regional Parks include more than 50 parks and beaches from Petaluma to Bodega Bay. These are irreplaceable natural and cultural resources and offer diverse opportunities for recreation and education for all who visit. What's happening to these lands and who is responsible for their stewardship? Director Parker will give us her insights for this land.



### MAY 7: DANIELLE KING, CHAIR, BIOLOGICAL SCIENCES DEPARTMENT, SANTA ROSA JC

#### BATS: TRUTH VS. MYTH

Bats are among the most fascinating yet misunderstood animals in the world. They are the only true flying mammals. Their 1,400+ species inhabit a wide range of ecosystems on nearly every continent on Earth. Ms. King will take us into the hidden life of these unique and awesome animals.



## Grief Support Group

weekly Grief Support Group which meets Tuesday mornings from 9-10:15 a.m. at 6637 Oakmont Drive, Suite B. This is an open-ended, drop-in group, led by a local hospice bereavement counselor. Come and share with others who are going through similar loss. Find strength in community and hope for the journey!

Individualized grief counseling is also available, on a one-on-one basis. If you would like more information about either of these, please contact me at (310) 415-6133 or email [larry.hallett@gmail.com](mailto:larry.hallett@gmail.com).



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