

OAKMONT NEWS

Oakmont's Semimonthly Newspaper

www.oakmontvillage.com/news

May 13, 2023 • Volume 61, Number 9

Oakmont Gardens Ends Renovations With a Party

■Crissi Langwell

Oakmont Gardens has had a busy year. The independent and assisted living community changed hands last year, underwent new management, and now are unveiling the result of their year-long renovation. On Thursday, May 18, from 3–7 p.m., Oakmont Gardens is hosting a re-opening celebration, inviting Oakmont residents to tour the new features of the community, enjoy live music from

The Blues Defenders, and indulge in hors d'oeuvres and cocktails. They will also offer attendees special move-in discounts, plus hold a drawing for a Wine and Food Pairing at St. Francis Winery for up to 10 people, valued at \$1600.

The renovation project updated many key areas within the community, including the central courtyard, multiple dining rooms, the lobby/

reception area, multi-purpose room, salon, movie theatre, and bistro. Also updated were several of the community's one- and two-bedroom apartments.



“Not only are we looking forward to sharing our renovation, but we are also excited for all of Oakmont to meet our new leadership team and learn more about our philosophy for senior living,” said Jamie Gettemy, sales specialist with Oakmont Gardens.

Space is limited for the May 18 celebration at Oakmont Gardens. To attend this event, RSVP to (707) 538-1914.

Learn more about Oakmont Gardens and their recent updates on their website: www.oakmontgardens.com.

Oakmont 2030 Project Summary

■Marlena Tremont and Tom Kendrick, 2030 Co-Chairs



AN UPDATE ON 2030 IN OAKMONT

Projects started as a result of the feedback from the community last summer are underway and picking up steam.

The effort to merge MYN and COPE (now called Meet Your Neighbors) began in March with letters to the leadership of both organizations requesting help in identifying neighborhood coverage. Neighborhood leaders met to kick off the new program on April 27. The purpose of MYN is to have every Oakmont resident prepared for both shelter-in-place and evacuation emergencies.

Working closely with OVA staff, the team focusing on space is conducting an audit of club leaders to understand current facility usage and future space needs. Initial survey results are coming in, and they will be followed by in-person interviews to support a report to the Club Council at their meeting on May 10. The group also plans to conduct an actual use audit of various meeting rooms with in-person visits and will

be investigating new technology including moveable Zoom rooms to better support meetings and clubs.

The SubHOA group is actively working to develop a plan for moving forward. At the end of April, several SubHOA leaders met with David Zepponi, CEO of ECHO (Educational Community for Homeowners) who offered to partner with Oakmont on many fronts including finances, legal issues, insurance, maintenance and management. Future plans include assessing the needs of each SubHOA to determine what guidance and resources are needed to resolve some of the problems they are facing.

“This level of activity is exactly what Oakmont 2030 was designed to be,” says Tom Kendrick. “Several teams and committees are working to define and plan moving forward with the several dozen priorities we’ve outlined. They are putting roadmaps into writing so that we can inform the community on what is happening and determine where more volunteers may be needed.”

As planning progresses, we will be reporting on other efforts such as Environmental Stewardship, Commercial Properties, Finance, and Gathering Spaces in future issues of *Oakmont News*.

For more information on the current priorities of Oakmont 2030, go to oakmontvillage.com/2030.

Oakmont Car Show

■Crissi Langwell

On Saturday, May 27, the Oakmont Car Show will celebrate its 20th anniversary when dozens of cars are parked on display in the Berger parking lot from 10 a.m. to 1 p.m.

“This year’s event will feature over 100 cars representing every era from a vintage 1912 Ford Model T ‘Brass Era’ to a Tesla Model 3, EV,” said Mike Murphy, Oakmont Car Show Coordinator. “The Oakmont Car Show has become our community’s largest attended annual event.”

The car show is one of Oakmont’s largest events and has only grown in popularity over the years. The first car show was held in 2003, initiated by the late Bob Rienecker and his neighbor, Bud Anderson, with

a total of 50 classic cars.

“Bob was a ‘Car Guy’ who felt there might be other Oakmonters who shared his passion for owning, driving and showing their classic cars,” Murphy said.

Along with a variety of cars, attendees will be able to enjoy live music from Sonoma County musicians, Jaydub and David Aguilar. There will also be burgers, chips, sodas and hot dogs for sale from the Oakmont Market.

There is no admission fee, but car entrants have paid a \$10 exhibit fee, which allows the Car Club to make annual donations to local charities.

For more information, contact oakmontcarclub@gmail.com.

New Fence Policy Offers 18 Choices

■Al Haggerty

A fence policy given first approval by the OVA Board at its April 25 meeting offers residents a choice of 18 fence and gate styles and requires all fence material within five feet of the house be constructed of nonflammable, Class A or B material.

The requirement affects only new or replacement fencing. Existing wood fence sections next to houses do not require replacement.

The policy has been posted on the Berger Center bulletin board and will appear in OVA’s weekly online *Inside Oakmont* newsletter to allow for resident comments before final approval. That approval is expected to appear on the agenda for the board meeting on May 16. Comments should go to askOVA@oakmontvillage.com.

The fence designs are pre-approved by OVA’s Architectural Committee, but an application must be submitted to and approved by the AC before any work is initiated. The fence color also requires approval. A design not included in the list of the preapproved 18 requires that a sketch or photo accompany the application.

Pictures of the 18 fence and gate designs and additional details are available at the Architectural Committee office, which is located at the main OVA office.

This proposed policy combines fencing requirements contained in the Firewise Landscape Policy, which originally appeared only in the Firewise Policy.

The Fence Policy is also in this edition of the *Oakmont News* on page 3.



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THE HISTORY OF BETTY'S FISH & CHIPS

Have you ever eaten at one of the oldest running restaurants in Sonoma County? Since 1967 this little hole in the wall has been keeping many locals very happy. 55 years and counting, still going strong today.

In 1996 the restaurant was sold to the Corso family. It was in need of interior and exterior brightening up. Today as you enter there are garden bins full of colorful flowers and the dining room has a nautical vibe. Clean and bright the booths are always full of happy diners.

Icelandic cod, the premium of all Cods is served in a light crisp batter accompanied by homemade tartar and other sauces. All sauces and dressing are homemade, recipes all created by the new owners. Along with Fish and Chips you can order Prawns, grilled Sandwiches, salads., crab cakes and more. To end it there's award winning pies.

Pies? Yes, there's a pie maker at Betty's turning out over 250 individual pies every week. The house specialty is Lemon Cloud and it has become the most popular pie. A light custard like lemon filling sets atop a delicious flaky crust and topped with whip cream. Hence, the name Lemon Cloud is the perfect description. Light, lemony and so delicious. Some come just for the Lemon Cloud. But there's also Apple, BlackBerry, Strawberry-Rhubarb and others. All to enjoy at Betty's or take some home.

If you haven't been to Betty's you should go, it isn't one of the longest running restaurants for nothing. When you dine there, you will always find consistency in top quality, you are served only the best and it's the reason that this little restaurant can celebrate their 56th year in business.

Betty's Fish and Chips is part of the history of Sonoma County. Come see it for yourself and enjoy one of the many delicious items on the menu. You will be coming back. Make sure to have the Lemon Cloud pie!







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★★★ SPECIAL FINANCING AVAILABLE – ASK ABOUT POTENTIAL REBATES ★★★

Fence Policy (Draft)

The following proposed Fence/gate Policy will be voted on by the OVA Board of Directors at the May 16 meeting. This policy applies to replacement of existing fences and gates and to construction of new fences and gates. It has been posted on the OVA bulletin boards. Drawings and designs can be viewed in the Architectural Office. Any questions should be directed to the Architectural Office.

- The attached designs (Types 1-18) are pre-approved by the Architectural Committee, but an application must be submitted to and approved by the Architectural Committee before any work is performed. Types 8 and 9 are limited to specific areas. Type 10 requires identification of gauge and grid size.

- All fence material within the 0-5' of the house must be constructed of nonflammable, Class A or Class B fire resistant material.

- Choice of color for a fence will be subject to Architectural Committee approval.

- If you request a different fence design, please attach a sketch or photo with your application.

- The Standard height of fences in Oakmont is six (6) feet; seven feet is allowed with one (1) foot of lattice; eight (8) feet is allowed with two (2) feet of lattice and a City Building Permit.

Exceptions are golf course lots, street side yard within fifteen (15) feet of lot line and non-enclosure

front yard fencing. See Decorative Non-Enclosure Fence Policy for non-enclosure front yard fencing.

a. Golf Course fences: On lots bordering the golf course, fencing of four (4) feet height, in an open design, such as Type 10, may extend beyond the rear of the dwelling only upon the prior written approval of the AC. No fence or landscaping used as a fence shall be constructed closer than 25 feet of the lot line which abuts the golf course except with approval of the Architectural Committee.

b. Street side yard fencing: Fencing at side yards bordering a street may be no nearer than fifteen (15) feet of the side lot line.

- Hedges or a line of shrubs are subject to height restrictions dependent upon location: six (6) feet for side and backyard fencing not on golf course; three (3) feet for area forward of the front of the house; four (4) feet for area along the back and sides beyond the rear of house on golf course lots.

- Height measurements will be made from the lowest natural grade which may be the bottom of a retaining wall on which the fence is built.

- All fence designs, locations and heights shall be subject to prior approval by the Architectural Committee. If your application requests one of the sample design types, your design choice may be shown by listing the type number.

At-a-Glance Summary of April 25 OVA Board Meeting

■Harriet Palk

Consent Calendar:

- Approved: Keep Active Yoga Club request.
- Approved: Zumba Class Club request.
- Appointed Bruce Hartsough, Josh Axelrod and Kate Bond to the Long-Range Planning Committee.

2023-24 Committee/Liaison Appointments:

Architectural—Marianne Neufeld; Communications—David Dearden; Communication, Education and Transparency—Olga Ydrogo; Oakmont Volunteer Resource Committee—Olga Ydrogo; Community Development (OCDC)—Steve Spillman; Community Preparedness (OEPC)—Jeff Neuman, Sub-Ad Hoc Emergency Evac—Iris Harrell; Finance—Mark Randol; Firewise Resource—Iris Harrell; Golf Course Advisory—Mark Randol; Landscape—Marianne Neufeld; Long Range Planning—Olga Ydrogo, LRPC Sub—2030—David Dearden; Welcome Committee—Iris Harrell.

Fence Policy: Approved the revised Fence Policy (in concept) as recommended by the Architectural Committee, to be posted on the Berger bulletin board and included in OVA's Inside Oakmont as soon as practicable to allow 28-day review by members of the Association, according to Civil Code 4360.

Topics for Next Month's Board Meeting: Formation of Environmental Stewardship Committee; Estimated Time to Evacuate Traffic Study.



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Standing for Justice

■Robin Jurs

WHAT'S IN YOUR BOTTLE OF WINE?

On June 15, Standing for Justice will present a look into the hidden side of the multibillion wine industry. Our topic: What goes into the bottle of wine you drink with your dinner? We will meet in the patio of the Central Activity Center at 6:30 p.m. for socializing; 7 p.m. program starts. No Zoom available for this meeting. This meeting will replace the regular monthly meeting of the Oakmont Democratic Club in June.



Max Bell Alper from North Bay Organizing Project/Jobs with Justice will put a human face on the vineyard workers' struggles for fair wages and safe working conditions. A vineyard worker will be here to share their own stories. We sip our favorite wines with a greater understanding of the "overtone"

and "undercurrents" or the "fruit forward" taste of the wines than with an appreciation of what it takes for the wine to get onto our tables and into our glasses. Before the wine makers do their magic... whose hands tend the vines?

Whether it's wildfires, floods, or extreme heat, farmworkers are the first impacted by climate-change fueled disasters. Our Sonoma County farmworkers are organizing to win the basic right to disaster pay—compensation for lost hours and hazard pay when working conditions are dangerous—while the multi-billion-dollar wine industry continues making profits year after year. When we evacuate, the vineyard workers stay in the fields picking grapes. Where is the justice in this practice?

Our vineyard workers are the invisible but essential side of the wine industry. We would not enjoy Sonoma County wines without them. They deserve our support.

Come hear their stories and find ways to support them in their struggles for greater justice in the fields.



Music on Green: Neon Playboys

■Crissi Langwell

THE OVA AND VALLEY OF THE MOON GOLF CLUB PRESENT

WHEN: Sunday, June 4. 3 p.m. food and beverage available; 4 p.m. music begins

WHAT: Live Music by Neon Playboys

LOCATION: VOM Driving Range (7025 Oakmont Dr.)

Bring your own lawn chairs or blanket. Bring cash to purchase food and beverage. Bar onsite. No outside food or beverage allowed.

The Neon Playboys are a Northern California dance and party band that will turn your event into a groovy dance party filled with all your favorite Funk & Soul and Rock & Roll dance hits from the '70s and '80s brought to life by four of Northern California's hottest musicians serving all the grooves shaken not stirred. You'll be drawn to the dance floor by the sounds of everyone from the Commodores and The Bee Gees to David Bowie and Prince.

So set down your martini and follow the music to an explosion of the coolest disco dance hits with plenty of swagger.

■Don McPherson

SPRINGTIME TOURNAMENT

The April 29 Homage to Spring celebration began with the annual Spring Tournament, the first of the year. Tournament Director Jean-michel Poulnot handled registration of players and randomization of teams with the club's "Fanny" looking on.

Fanny, "the Goddess of Pétanque," is the focal point of a traditional ritual that follows any team's losing in a 13-0 shutout. But there were no shutouts so Fanny, in the end, was not needed.

Fifteen club members and significant others participated in the celebration and 13 club members competed in the tournament. In the first, qualifying round games, Barbara Lowell and Linda McPherson defeated Richard Goodwin and Jean-Michel Poulnot, 13-6; Barbara Newton and Evelyn Zigmont



Springtime Tournament: 2nd place—Margi Nielsen and Rachel Meserve (missing); 1st place—Linda McPherson and Barbara Lowell.



Spring Tournament: 4th place—Evelyn Zigmont and Barbara Newton; 3rd place—Steven Payette, Don McPherson and Pat Stanfield.

Oakmont Pétanque Club

defeated Don McPherson, Steven Payette and Pat Stanfield, 13-9; and Rachel Meserve and Margi Nielsen defeated Gordon Blumenfeld and Ellean Huff, 13-8. That setup the Concours in which the Lowell-L. McPherson team defeated the Meserve-Nielsen team in a close 13-11 game to win first place.

In the Consolante, based on point spread in the qualifying games, the Newton-Zigmont and D. McPherson-Payette-Stanfield teams played again, with D. McPherson-Payette-Stanfield victorious 13-9 to take third place and the Goodwin-Poulnot team defeated the Blumenfeld-Huff team 13-2, to take fifth place.

A potluck picnic lunch at the court for club members and their spouses/partners/companions followed the announcement of winners and photos.

The next two tournaments for the 2023 season are the Bastille Day Fête on Saturday, July 8; and Oktoberfest on Saturday, October 21, each followed by a potluck picnic lunch. Evening Pétanque socials are also planned for June 22 and August 10.

In May, three triples teams representing the Oakmont Club are playing a first-ever match against another club, the newly-formed Pétanque La Rose from Santa Rosa, in a home-home series on May 7 at Montgomery High School and May 20 at Oakmont.

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



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Playreaders



■D. Hall

SOPHISTICATED COMEDY FOLLOWED BY SHORT HIATUS

We are really ramping things up in May as Oakmont Playreaders welcomes new readers and new audiences. On May Day, John Dolan and Jim Preston broke ground with an offbeat Anton Chekhov one-act, *The Tragedian in Spite of Himself* and a few poetry readings by Edna St. Vincent Millay. *The God of Carnage*, by Yasmina Reza, followed that, with a second reading on May 15. It's a sophisticated comedy about feuding parents, featuring Evelyn Zigmont, Jane Borr, D. Hall, and Jim Preston.

Experimenting with a new format, Playreaders will not be in performance May 22 and 29. Instead, Jim Preston will use those Monday afternoons to rehearse the popular play (and movie) *Dial M for Murder*, by Fredrick Knott. Playreaders audiences are welcome to watch those rehearsals, but the actual performances of it will be on June 5 and 12. That play is followed by another two rehearsals of comedies on June 19 and 26 for performances on July 3 and 10. Again, Playreaders audiences may attend the rehearsals as well as the performances.

Join us Mondays at 2 p.m. in Room B of the Central Rec. Center, to observe a rehearsal or to see the performances.



Playreaders latest production, *Miracle on South Division Street* by Tom Dudzick, was set in a warm kitchen on Christmas Eve in cold Buffalo, NY, where family legends and secrets unfold in wonderfully comic fashion. Readers were Linda Emblen, Yvonne Horn, Kate Moore, Ron White and Margaret Applegate.

ChatGPT—Should We Be Afraid?

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

■Rich Osborne

Artificial Intelligence (AI) technology is advancing rapidly, with ChatGPT being all over the news these days. For seniors, ChatGPT may not be a threat, but for our grandchildren, we should be concerned about the future effects of ChatGPT on their careers.

Today, ChatGPT is used for writing posts for social media, e.g., Facebook, LinkedIn, Twitter etc., captions for Instagram posts. ChatGPT presently offers the ability to pass infamously tricky tests such as the Law School Admission Test (LSAT), and the Master Sommelier theory examinations. It scored a hefty 92% on the introductory Court of Master Sommelier test, 86% on the Certified Sommelier exam, and 77% on the Advanced Sommelier exam. It also scored an impressive 163 on the LSAT, a sufficient score to gain entry to a top 20 law school in the U.S.

Soon, it will be used for drafting legal documents, suggesting layouts for presentations, creating, or explaining software in different computer languages, and summarizing or rewriting text passages in several languages.

This is where our grandchildren will face an enormous impact on their careers. Imagine if ChatGPT can do the work of a paralegal—why would a lawyer hire a human? If ChatGPT can do the diagnostic work of a Primary Care Physician, why would medical groups

hire them? Initially, ChatGPT will assist humans, and many believe it will create new opportunities and jobs we have not thought of yet.

This is where we as seniors come in. We need to understand what ChatGPT is and what it could mean for your grandchildren. First learn about ChatGPT: create an account at ai.com—it's free and prompt ChatGPT with your question. Start with a good prompt. Better questions mean better output. Be clear and concise. Your prompt should be brief and to the point. Give a detailed example: "Can you suggest some tips for organizing a small closet with limited space." Use specific language: "Give me a brief overview of the latest electric car models."

Once you understand what ChatGPT is today, think about the future. Technology increases at an exponential rate. Computer power will be many times greater in just a few years. How much greater will future versions get with this greater computer power? Consider also what this means if China uses this power to further their quest to overtake the U.S. or if Putin uses it to increase his ability to invade?

The Oakmont Technology Learning Center plans to offer a class in the fall to help you get started.

For a copy of this article and previous articles, visit oakmont-learning.org under Tech Articles.

Lawn Bowling



■Mary Blake

COMING EVENTS

The days are getting warmer and Daily Draw has moved to mornings.

For tournaments and daily draw, show up 15 minutes early. For tournaments, wear whites and bring \$3.

Monday, May 15: Lawn Bowling Demo Day, 10 a.m.

Tuesday, May 16: Open Pairs Tournament, 9:30 a.m.

Monday, May 29: Memorial Day Tournament, 9:30 a.m.

Friday, June 2 and Saturday, June 3: Sonoma Wine Country Games

Tuesday, June 6: Vet/Novice Tournament, 9:30 a.m.

Thursday, June 8 – After 5 Potluck

MEN'S PAIRS TOURNAMENT

The final round of the men's tournament pitted Tom Ternullo (skip) and John Jaye (second) against Steve Pickell (skip) and Rob Lenahan (second). It was a close match and the lead changed more than once. In the end, Tom and John won the Men's Pairs Tournament. Congratulations!

WOMEN'S PAIRS TOURNAMENT

We are an active community and sometimes that means we're maybe a little too active? Between other commitments and injuries (and maybe the forecast of

thunderstorms), we've had to postpone the Women's Pairs Tournament. As soon as we have a new date, we'll let you know.

TIP OF THE DAY—BOWL DELIVERY

This is Tip #4:

1. As your rival steps up to the Mat, pick up your next bowl and stand well behind. As your rival steps off the Mat to the right, step onto it from the left. If everyone steps on from the left and leaves to the right, the game goes quickly (and, best of all, you don't bump into each other). By standing behind the bowler, you aren't distracting them while they're bowling.

2. Often, you have a fairly good idea of whether to bowl forehand or backhand and the Skip will stand back and let you choose. If you want assistance, use hand signals to ask for guidance from the Skip. But always look to your Skip before bowling. Sometimes the Skip can see something about the Head that warrants a different attack and will signal the best approach. The bowler's view of the Head can be surprisingly misleading.

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



Rob Lenahan, Steve Pickell, Richard Goodwin and Jim Brewer in the first round of Men's Pairs.



John Jaye, Gerry Macintosh, Tom Ternullo and Jerry Garland in first round of Men's Pairs.

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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 Oakmont events.

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.



New 2023 OSC Board of Directors—Bailey Penzotti, Marilyn McKeever, Deb Ponts, Vicki Kalish, Joan Bergman, Diane Soshnik, Priscilla Roslyn and Cheryl Malseed. (Photo by Anita Roraus)

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, proslyn49@aol.com no later than May 15.

JUNE BON APPETIT (SINGLES ONLY)

WHEN: Thursday, June 1, 6 p.m.

WHERE: Hopmonk Tavern, 691 Broadway, Sonoma, hopmonk.com

This renovated farmhouse has a simple philosophy. Provide a beer program (in a beer garden) which highlights local, unfiltered and old-world style. Drinks are paired with delicious handcrafted food, created with well sourced seasonal ingredients including salads, soups and sandwiches. In addition to the selections of beer, Hopmonk is equipped with a full bar for a wide variety of libations to wet your whistle.

Reservations are limited to 20. Outdoor dining. Bring cash for your meal (no credit or debit cards). RSVP to Marilyn at marilyn_mckeeper@hotmail.com no later than May 29.

OakMUG Oakmont Macintosh Users Group

■Peggy Clark

WHAT'S THE HYPE ABOUT STREAMING?

Have you heard the term "streaming" and wondered what it was. Are you a "streamer" now but concerned that it's not working the way it should or that there may be a better or less expensive way to stream? Pat Barclay, an OakMUG board member and OTLC instructor, will discuss what streaming is all about, the hardware and internet service you'll need, and the available streaming options.

Bring your questions—there is always time for Q&A.

We hope to see you there.

WHEN: Saturday, May 20 **TIME:** 2 p.m.

PLACE: At the East Rec.

Passages

Vivian Clark, a 30-year resident of Oakmont, passed away on October 28, 2022. Celebration of Life will be on May 27, 2 p.m. at Odd Fellows Hall, 545 Pacific Ave., Santa Rosa.

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



Susan Irvine
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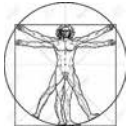
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Fitness Club



■Janice Weekes

Mike McInnis and his wife have been residents of Oakmont for six years.

Have you always lived in the North Bay? I was born in San Francisco and lived there until High School. I went to college in Chico and got a graduate degree in Education from USF. My wife and I raised our kids in Petaluma and then moved to Oakmont.

What kind of work did you do? I was a high school economics teacher. My dad was a high school administrator and I followed him into the field. I was also a Real Estate Broker and a Master Teacher at Dominican University in San Rafael.

How did you get involved in the Fitness Club? When I was teaching, I coached sports. I could see the importance of strength and flexibility for the athletes, and for myself. When I moved to Oakmont, I made it a point to use the Fitness Center. I think as we age, it's important to stay strong and flexible. And I've come to realize that balance can make a huge difference in our ability to stay healthy. We're not necessarily going to be building muscle at this point in our lives, but we can keep the muscle we have and stay strong. That's a real key to staying active.

What other activities are you involved in around Oakmont? I am also on the Movies at Oakmont committee.

Are there other activities that you have become involved in since moving to the North Bay? I am a tour guide at one of the local wineries. I'm still teaching, only now it's about wine and the climate that produces some of the best wines in the world.

How did you get involved in that? I took classes at the Junior College and got a certificate in viticulture. I figured if I was going to give tours, I needed to know what I was talking about. This is a unique environment. Just the right sun, moisture and soil combine to create some of the finest wines around. In fact, 80% of all wine consumed in America comes from the Napa Sonoma area. This is the premiere wine country in the USA.

What are some of the things you've discovered about wine as a result of working at a vineyard? I learned that the acidity of wine actually enhances the flavor of food. I've also learned about biodynamic wine which is made with farming practices that view the

farm or vineyard as one solid organism. Each portion of the farm or vineyard contributes to the next. The idea is to create a self-sustaining system. Natural materials, soils, and composts are used to sustain the vineyard. It's a new concept a few local vineyards are employing and it's really exciting.

Email oakmontfitnessclub@gmail.com to become a member.

Oakmont Health Initiative Free Fitness Classes

■Charlene Bunas

SUCCESSFUL FUNDRAISER

Fundraiser "Soundtrack of our Lives" was a hit! Dancers, singers, musicians put on a show-stopping afternoon for those who gathered to support the Oakmont Health Initiative. Not only was it entertaining, it was inspirational. In order to move like these dancers moved requires dedication and plenty of exercise.

Several of the entertainers live and exercise in Oakmont. Cloggers, line dancers, hikers, swimmers, bicyclists and OHI members are fit because their exercise routines are constant. Somehow, they keep themselves motivated. Is it other dancers? Is it pride of body? Is it underlying health issues they want to keep at bay? Each one of them started somewhere on the fitness ladder and worked up the ability to perform as they did on Saturday. The event was testimony to having fun while getting fit.

The May 6 afternoon was exciting and motivating. It also raised funds needed to maintain this offer: OHI—Free Workouts for All. A real success and a sincere thank-you to organizer Anne Marie Siu Yuan.

Classes are open to all with the disclaimer that a check with a doctor is advised if one hasn't exercised in a while. Classes are strenuous and not everyone can just drop in and keep up. It may take a plan to work up to keep up. Take fitness seriously, as your own long haul. Baby steps at first. Bring a mat, water to drink and free weights. OHI provides equipment for those in need.

Meeting ID: 899 2381 0968; Passcode: 911197.

Oakmont Sunday Symposium



10:30 a.m. Now live in Berger (no Zoom)
\$3 donation requested, for Oakmont residents and their guests
Go to www.oakmontsundaysymposium.org for more info and updates

■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.

MAY 14: NO PRESENTATION

Remember your mother!

MAY 21: ANNE CLARK (AND FRIENDS)

SNEAK PEEK AT WHAT'S UP AT THE 6TH STREET PLAYHOUSE

We all love the 6th Street Playhouse, the oldest community theater in Sonoma County. Its mission is to "engage, inspire and educate," and it sure does!

In a lively, high-energy presentation, Anne Clark (and some of her friends) will tell us what the 6th Street Playhouse is all about, and give us a live preview of what they have coming up. Hang onto your hat! This will be fun!

SUMMER HIATUS

We'll be back in September with an incredible lineup of speakers to look forward to.

Oakmont Rainbow Women

■Jane Futcher

BONING UP ON OSTEOPOROSIS

A Santa Rosa family practice doctor since the 1980s, Amy Shaw, MD now specializes in the treatment of osteoporosis and breast cancer. On April 11, Dr. Shaw spoke about "Old Bones" to Oakmont Rainbow



Dr. Amy Shaw demonstrates a muscle-strengthening exercise known affectionately as "the outhouse squat." (Photo by Erin Carney)

Women and their guests from the groups Nine and Wine and Soroptimists.

By age 30, Shaw said women reach their peak bone density, which decreases gradually until menopause, when, with estrogen loss, bone density loss "takes off." Spinal fractures accelerate at age 65; hip fractures increase significantly at age 80.

Spine fractures can occur gradually and painlessly or because of a fall. Shaw's presentation stressed the importance of bone density scans

(DEXA) in determining your risk of a bone fracture. A score of -2.5 in the spine or hip usually triggers the diagnosis of osteoporosis. Osteoporosis is a skeletal disorder characterized by low bone mass and micro-architectural deterioration of bone tissue leading to bone fragility and increased risk of fracture.

The disease is the most common reason for broken bones in older people, particularly in the vertebrae, forearms and hips. Until a broken bone occurs, many people have no symptoms and may not know they have the disease.

Shaw reviewed a number of pharmaceuticals that can successfully treat osteoporosis. Anti-resorptive drugs, she said, suppress bone loss, while several new ones, such as Evenity, actually rebuild bones. Most medications for bone density loss stop working when you stop taking them, she said, and all medications have reported side effects, which many women don't experience.

Shaw strongly encouraged regular strength-building exercises to improve overall health and reduce falls, fractures, disability and pain. But it's a "myth," she said, that exercise reverses bone loss and builds new bones.

"Vitamin D, calcium and exercise are important," she said, "but they may not be enough for many women." Other steps include limiting alcohol intake, stopping smoking, eating well and finding out your bone density and your risk for bone fractures.

This was a wonderful presentation.

UPDATES ON ORW ACTIVITIES

May 15, 10 a.m.: Meet Safari West's fabulous new baby rhino and take a unique safari and lunch with your ORW sisters.

May 18, 5:30 p.m.: Join your ORW friends at the West Rec. Picnic Area. Bring your dinner if you wish and games are always good.

June 3: Sonoma County's 38th Annual Pride Parade and Festival at 25 Old Courthouse Square in Santa Rosa. Robin Jurs is coordinating an ORW contingent so contact her if you are planning on joining us.

June 10: Oakmont Pride Parade and picnic. All Oakmont is invited to join the Oakmont Pride Parade and celebration. Erin Carney and Kim Smith are coordinating. More specific information is coming next month.

June 16, 6 p.m.: Pride Night at the Stompers Game in Sonoma. Contact Sue Dibble for tickets, \$10–\$15.

Jewish Interest Group



■Howard Sidorsky

GROWING UP ON AN ISRAELI KIBBUTZ

On May 21, in the East Rec. Center at 2 p.m., Oakmont resident Malka Osserman will explore the different emotional, spiritual and social effects of growing up in children's houses rather than a nuclear family. She will explore the historical necessity of raising children communally in the absence of a support system for the young pioneers on the kibbutz.



Malka Osserman.

This system arose in 1920 out of a combination of necessity and ideology. Here is a group of young adult pioneers with no grandparents, who are having babies but no clue how to raise them, so they adopted the communal system and sent some people to be trained in childcare. They also were heavily influenced by Freudian psychology, believing that neurosis was rooted in how children related to parents in traditional bourgeois nuclear families.

In her presentation Malka will touch on her own family experiences and the influence kibbutz upbringing played a role in her life and will also talk on the latest research of kibbutz psychological effects on adult children of the Israeli kibbutzim.

All members of Oakmont are invited to attend and learn about Malka's childhood growing up on an Israeli Kibbutz.

Jazz Club



■Dolora Hurst

OAKMONT JAZZ CLUB PRESENTS WORLD CLASS MUSICIANS

The Jazz Club is presenting a concert played by some of the most gifted and internationally known jazz musicians of today: Jamie Davis, Larry Dunlap, Michael O'Neill, John Wiitala and Leon Joyce, Jr. We are truly privileged to have these giants in the world of jazz play here in our Berger Auditorium at 5 p.m. on Saturday, June 10.



Singer Jamie Davis is said to possess one of the five best voices of anyone in the world. He was a leading singer for the famous Count Basie band and has sung for European royalty, as well as in most of the major theaters all over the European continent, including Russia. He has been nominated twice

for a Grammy award. His voice could not be more beautiful. His showmanship is that of an experienced, talented professional. We are fortunate to have him perform on our stage.

Pianist Larry Dunlap accompanied the famous British singer, Dame Cleo Lane, for the many years that she sang all over the world, as well as here in our country. When they performed in Carnegie Hall in New York City, they received a Grammy award, and also received a prestigious "Best Recording of the Year" award. Larry has received too many other awards to mention, and has also headed programs for the famous Bohemian Club, known as the Grove.



Saxophonist Michael O'Neill, upon moving to San Francisco, studied with the great Joe Henderson. He has played and/or recorded with many famous musicians including Joe Locke, Akira Tana, Jackie Ryan, Nicholas Bearde, Smith Dobson, and many others. His first three albums featured the world-renowned Bay Area vocalist Kenny Washington. Their partnership spans

over 20 years and the two have performed together in many notable venues including headlining the San Jose, Mid-Atlantic, and Monterey Jazz Festivals. He also started writing music for corporate and industrial films, which has led to scoring music for documentaries and television. Additionally, he has composed for National Geographic and Discovery Channel programs.



Bassist John Wiitala has worked with Joe Henderson, Junior Cook, Charlie Rouse, James Moody, Bud Shank and Cecil Payne. He has toured with Richie Cole, Arturo Sandoval, Shorty Rogers, and Jessica Williams. He has also played at jazz festivals around the world, including The North Sea, Montreaux, as well as the Monterey Jazz Festival. He has recorded with Scott Hamilton, Jessica Williams, Mark Levine, Anton Schwartz, and others. He has also played with the fabulous Bobby Norris.

Drummer Leon Joyce Jr. was drummer for one of the best-known musicians in the world, Ramsey Lewis, from 2001–2011. Leon has traveled worldwide, not only as a drummer, but as a conductor of famous musicians everywhere. He was responsible for assembling a world class band, selecting material to be performed, rehearsing the band with guest artists which include Teena Marie, Howard Hewitt, and Misig Soul Child, who were chosen for the History Makers "Tribute to Smokey Robinson Show" that was aired nationwide on PBS in April of 2010. He played drums and directed the band from his drum set for the taping. He has many talents and is an unusually gifted musician.



Admission for this concert is \$45. Bring payment to the OVA Office. Names held at the door. Cabaret seating. Drinks and snacks permitted. Doors open on June 10 at 4:30 p.m., concert begins at 5 p.m. For information, call (707) 537-7720.

Canine Club



■Randi Hulce



SAVE THE DATE FOR OAKMUTT DOGGY DAY DOG SHOW—SATURDAY, JUNE 3

Come join the fun at the Berger Greensward and Patio from 10 a.m.–noon. There will be raffle prizes galore donated from local vets, groomers, wineries and retail vendors, plus live music, a doggy caricature artist and even a tarot card reader for your pup! Raffle tickets can be purchased at the event for \$1 or get six tickets for \$5. Canine Club members get two free raffle tickets!

No "Best in Show" or "Breed Standards" apply at this "Just for Fun" Dog Show. The show starts off with a Doggy Parade and a prize ribbon awarded for "Best Costume in the Parade." Enter your pup by the May 30 deadline for any of eight fun competitive categories: 1. Cutest Mixed Mutt (Large and Small); 2. Happiest Dog with the Waggiest Tail; 3. Best Rescue—if your pup came from a rescue organization this category is for you; 4. Best Senior (For dogs over 10 years old); 5. Prettiest Eyes.



Can your dog retrieve or catch a frisbee or be super obedient? We have a Best Trick event for you. If your dog comes when called and can run fast, then Fastest Dog may be your category.

Admission is free, but you must pre-register your dog to participate in a judged event. Registration deadline is Tuesday, May 30. Registration forms available in the OVA office in Canine Club folder or get one from the club website www.oakmontcanineclub.org.

Open to all Oakmont residents and all on leash well behaved dogs. You do not need to be a Canine Club member to participate. Even if you do not have a dog, you are invited to come and watch the fun.

UPCOMING CLUB ACTIVITIES

All club activities are listed on Canine Club website: www.oakmontcanineclub.org under Meetings/Events tab.

Walk Your Dog! Woofers Yappy Hour Walk: Friday, May 19, 10 a.m.—meet at the corner of Oakmont Drive/Singing Brook; Monday, May 29, 5 p.m.—meet at the West Rec. Picnic Parking Area. NOTE: special time 5 p.m. new Twilight Time Walk.

Walks are 1–2 miles (round trip). These are casual, self-paced walks. Bring water for yourself and your pup. Wear comfortable walking shoes. Yappy Hour dog walks are open to all Oakmont residents, all dog sizes and breeds. Rain cancels!

LOCAL COMMUNITY DOG EVENTS

Dogwood Animal Rescue—Adoption Event: Saturday, May 13, 10 a.m.–1 p.m., Berger Lawn. Meet and greet 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 pup.

Sit Stay Sparkle 2023: Saturday, June 3, 5 p.m. Luther Burbank Center for the Arts. A Celebration in Support of Canine Companions, whose mission is to provide, free of charge, expertly trained service dogs to people with disabilities. Tickets available at Canine.org/SparkleSantaRosa.

Cal Alumni Club of Oakmont



■Linda Williams

CAL ALUMNI CLUB WELCOMES SPEAKER FROM THE BUCK INSTITUTE

The May dinner for the Cal Alumni Club of Oakmont will be held on Thursday, May 18, at the Wild Oak Saddle Club. Our featured speaker will be Dr. Tyler Hilsabeck from the Buck Institute for Research on Aging. He is a Postdoctoral Researcher focusing on understanding the connection between aging, DNA damage, mortality, and risk for developing Alzheimer's disease. The title of his talk is "The Science Behind Living Better Longer."

Dr. Hilsabeck holds a bachelor's degree in physics from Texas Tech University and a master's degree from the University of Texas at San Antonio. The Buck Institute is the largest independent scientific institute in the Bay Area. The Buck aims to end the threat of age-related diseases for this and future generations by bringing together the most capable and passionate scientists. Their goal is to increase the human lifespan or the healthy years of life.

Dr. Hilsabeck's Ph.D. studies have taken place in

both the Kapahi and Brehm labs at the Buck, focusing on using computational and biological tools to understand relationships taking place in the human body.

The cost of the dinner is \$55 for members of the Cal Alumni Club and their guests and \$65 for non-members. Non alumni are welcome to join the Cal Alumni Club as "Friends of Cal." Dues are \$20 per year per household. Donations to our scholarship program, which benefits SRJC students who transfer to Cal, and which also supports the Cal Alumni Association scholarship programs, are also welcome.

Cocktails will begin at 5 p.m. and are included in the price. Dinner will be served at 6 p.m. The dinner will be seared salmon, roasted potatoes, roasted vegetables, and garden salad. Dessert will be a lemon bar with whipped cream. There will also be wine on the tables.

Reservations and payment must be received by Monday, May 15. Call (707) 322-6272 for payment and reservation information.



SIR Branch #92

■Bern Lefson

FOOD BARREL DAY

SIR 92 is sponsoring Wednesday, May 24 as Food Barrel Donations Day! We want to make a dent in hunger. All Oakmont residents are encouraged to donate non-perishable food items into the food barrels. You know the need is great, so show that Oakmont cares.

The Redwood Empire Food Bank serves 100,000 families and after school meals for children. Help us fill the barrels that will be staged at the Berger and at the Activities Center (Library, Fitness Center, et.al.).



Toxic Waste Collection



■Crissi Langwell

JUNE 6, 2-7 PM AT WEST REC.

LIMITS: 15 gallons of liquid (with a maximum of five gallons per container) or 125 pounds of solid material. Never mix chemicals. Place in sealed containers in the trunk, packed to prevent spills. Syringes/needles in sealed, approved Sharps containers.

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

Online appointments are now available!
<https://zerowastesonomaohwevent.as.me/Oakmont>
 You can also call (707) 364-6927 to schedule an appointment. Only 100 appointments available—first-come, first-served.



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.

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.



MAY 21 AT 2 PM CAPTAIN PHILLIPS

The true story of Captain Richard Phillips and the 2009 hijacking by Somali pirates of the U.S.-flagged MV *Maersk Alabama*, the first American cargo ship to be hijacked in 200 years. 2013, PG-13, 2:14.



MAY 28 AT 2 PM A MAN CALLED OTTO

Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around. 2022, PG-13, 2:06.



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Lifelong Learning



■Marlena Tremont



MORE JOY RETURNS!

They're back! Oakmont's beloved folk, country, and blues quartet perform our favorites from across the years. With amazing harmonies, unforgettable sound, and homespun humor, Iris Harrell, Ann Benson, Chris Finn and Deborah Knapp will make you laugh and cry in the same concert.

WHEN: Friday, May 19, 7 p.m.

PLACE: Berger Center **COST:** \$25, Theater seating

MARINE ECOLOGY

INSTRUCTOR: ISABELLE NEYLAN

Wednesdays, May 24–June 7, 3–5 p.m., Berger Center
3-week session, Cost: \$50



Marine biologist Isabelle Neylan explores diverse habitats like coral reefs and kelp forests and the marine organisms that live there.

Understand the impact of humans and some possible paths to mitigating or addressing those challenges.

Isabelle Neylan is a Ph.D. candidate at UC Davis based out of the Bodega Marine Laboratory, researching how marine invertebrates are adapting to changing environments.

Three ways to register for classes and concerts: 1. Go to OakmontLL.org; 2. Fill out a form in the OLL folder in the OVA office; 3. Pay at the door.

COMING THIS SUMMER!

A CULINARY TOUR WITH CHEF KARL

New Oakmont resident and master chef, Karl Turner will be cooking live at the Berger Center, preparing dishes that highlight the unique ingredients, flavors and cultures of different parts of the world. Each class will touch upon the history of foods, showcase cooking techniques, give useful kitchen hacks and offer tips for presentation. The recipes demonstrated are designed specifically for cooking for one or two people. Take any number of classes. Details coming soon!

July 5: Explore the cuisine of Europe and the Mediterranean

July 12: Learn about exotic foods from Asia and the Mideast

July 19: Travel through the kitchens of North and South America

Chef Karl has cooked for the Academy Awards, four Presidents, Fountaingrove and Marin Country Clubs, Vitner's Inn at John Ash and numerous prestigious hotels and resorts.

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Bocce Club



■Gale Schlee

APRIL BOCCE TOURNAMENT

The April Tax Time Bocce Tournament was held on April 15, to warm and sunny weather. The three winning teams were: Gale Schlee, Margarita Sarram, Jean Reed and Bob Baciocco on court 1; Chris Duda, Barbara Newton and James Bogue on court 2; and Maureen McGettigan, Terry Bryant and Jean Michel on court 3.

Photos by Larry Schlee.



MOTHER'S DAY TOURNAMENT SATURDAY, MAY 13

Our next tournament will be Mother's Day Tournament on Saturday, May 13 at 9:30 a.m.

Bocce hours changed to 1 p.m. to 9:30 a.m. on May 1.

We look forward to seeing everyone there. All members and new members are welcome.

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Oakmont Squares



■Barbara Wooley

OAKMONT SQUARES CURRENT EVENTS

April 18: Congratulations to the recent graduates! The Oakmont Squares celebrated the graduation of the members of the Fall (2022) and Winter (2023) classes! The graduates can now confidently move on to dancing “Red-light” tips along with the veterans, while cheerfully helping out the newest members who started the Spring class on April 25 or May 2.

April 21: Several members of the Oakmont Squares attended the Singles April Mixer to demonstrate some of their favorite Square Dancing calls. The Square Dancing demo was followed up by several social dances, including Round Dancing and the Virginia Reel, taught and led by Dance Leader and Oakmont Resident, Carl Ballou. The Oakmont Squares attendees had a blast and thank the Singles Club for the invitation.

April 25: New classes began! The Oakmont Squares excitedly began its Spring Class. Guest caller (and club member) Doug Saunders, began the new session with the teaching of some basic calls. Recent graduates and veteran dancers were on hand to support the newbies.

May 2: First class repeat. Regular caller Lawrence Johnstone repeated the first night instruction from the previous Tuesday. Dancers new to Square Dancing and experienced dancers new to Oakmont Squares were



Left to right: back row—Neal Wooley, Linda Suttich, Barbara Wooley, Rich Osborne; front row—Cathy Osborn, Marcia Babb, Connie Herbert, and Holly Miller.

warmly welcomed and a great time was had by all.

As always, experienced dancers at Mainstream Level or above are welcome to come visit or join the Oakmont Squares at any time.

The Oakmont Squares meet Tuesday evenings from 7–9 p.m. at the East Rec. Center. Come dance in a square and make a circle of friends.

Fee: \$8 per night or \$25 per month. For more information call Jenny at (707) 367-2102.

Oakmont Birders

■Barbara Kendrick

SUPPORT YOUR LOCAL BIRDS!

As Oakmont welcomes spring and all the returning birds that nest here and raise their young, it’s time for the annual “Bird-a-Thon,” where the local Madrone Audubon Society forms teams that compete to observe the most species in a single week, May 15–21. This is the only fund-raising event held by this birding group.

On Wednesday, May 17 and Friday, May 19, our Bird-a-Thon team, the Oakmont Birding Buddies, will have half-day field trips to bird-rich areas around Oakmont, as well as Spring Lake Regional Park and the Santa Rosa Creek Trail at Willowside Road. These slow-paced walks will be led by our own bird expert, Carolyn Greene. Especially if you’re new to birding, this is a great opportunity to learn from the best—anyone who has been birding with Carolyn can attest that her walks are always interesting and fun. Last year, the Oakmont team spotted more than 80 species during the count week, including a bald eagle, osprey, three owl species, warblers, orioles, and grosbeaks.

Anyone from Oakmont can participate these walks. All levels of birding experience are welcome. We guarantee you’ll see and hear many of our avian neighbors.

If you’d like to join either or both walks, call/text or email Carolyn Greene at (805) 443-7289, cgnpark@icloud.com. She’ll provide details on when and where to meet.

Here’s the fund-raising part: the Bird-a-Thon supports the Madrone Audubon Society’s conservation and educational efforts, including developing native habitat gardens at several Santa Rosa public schools (to increase kids’ awareness that birds need our support) and protecting the 9th St. Heron Rookery—more on this below. Last year, the Oakmont team raised almost \$2,000, the most of any Santa Rosa team. Thank you for your generosity!

If you enjoy birds, please consider making a donation of any size, whether you join the walks or not. You may donate online at <https://www.madroneaudubon.org>—click the yellow Donate button in the upper right of the home page. All donations are tax-deductible and greatly appreciated by your local birds.

About the 9th Street Heron Rookery: It’s one of the most unusual sites (and sights) in Santa Rosa.

Each year, in several large eucalyptus trees growing in the median strip of this neighborhood street, dozens of Great Egrets, Snowy Egrets, Cattle Egrets, and Black-Crowned Night Herons congregate—in full breeding regalia—to build nests and raise chicks. It must be seen (and heard) to be believed. Bring binoculars for great close-up views (though you can see a lot with just your eyes). The location is roughly 950 West 9th St., between North Dutton Ave. and Stony Point Rd. There are bales of hay under the trees. You can find street parking on 9th Street, and by mid-May there should be plenty of chicks!



Snowy Egret showing off.



Cattle Egrets nesting.



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Sleep Apnea Guest Speaker

■Bob Flandermeyer

On June 6 we have a guest speaker, Greg Ackroyd, MD, from Providence Sleep Center on College Avenue in Santa Rosa. We meet at 1 p.m. in Room G of the Berger Center.

For questions, please call me at (707) 694-8018.



■Greg Fauss



HELP US PROVIDE CLEAN DRINKING WATER!

We are partnering with World Vision, the largest nongovernmental provider of clean water in the developing world to raise funds for clean water. There 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.

Every \$50 registration fee will provide life-changing clean water and hygiene to one person so they can wash their hands and prevent the spread of COVID-19. When you register, World Vision will send you a Global 6K for Water t-shirt, a finisher's medal, and a race bib with a photo of the child that you'll be walking or running for that day.

World Vision is the largest nongovernmental (NGO) provider of clean water in the developing world. In 2020, World Vision reached 3.4 million people with sustainable sources of clean water, 1.8 million people with water during emergency situations and 2.7 million people with improved sanitation. To combat virus spread, the organization reached 8.2 million people with hygiene promotion and provided handwashing facilities to over 4,700 schools. They also equipped nearly 1 million households with handwashing facilities. In efforts to protect vital frontline healthcare workers, handwashing facilities were constructed at nearly 2,500 healthcare clinics.

For more information about our Sunday services, our Wednesday morning Bible study, Saturday Prayer, the Global 6k for Water, and other gatherings visit our website at www.occsantarosa.org. Write us at occsantarosa@gmail.com or call at (707) 595-0166.



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350 Miramonte Place

Beautiful views of the golf course and the hills of wine country await as you step through the front door of this special Annadel plan. The heart of the living room is the raised hearth fireplace with wood mantle and handsome brick extending up to the vaulted ceiling. Morning light floods into many of the windows of this comfortable home giving it an open and airy feeling. There is a separate family room in addition to three bedrooms, plus an inside laundry room and half-bath. Two glass sliders welcome you outside to the large patio with stunning views. This home is within walking distance to the East Recreation Center.

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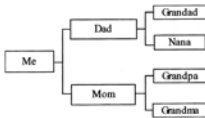


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Genealogy Club



■George McKinney

HOW TO CREATE AN ORAL HISTORY

The meeting will be on May 22 at 1 p.m. in East Rec. and on Zoom. Zoom information is at the bottom of this article.

An oral history is a collection of spoken memories and stories that are recorded and preserved for future generations. Oral histories can be used to document a variety of topics, including historical events, personal experiences, and cultural traditions.

Kim Bancroft, who spoke recently at the Sunday Symposium will come back to talk about how to create an oral history. She'll cover important technical aspects as well as how one might pick the right topics.

While oral history is an important part of genealogy

research, it also can be an important part of all history research. For example, the last WWII veterans can contribute greatly to our knowledge of that period.

To join us on Zoom: Meeting ID 862 2760 9536; Passcode 030213.

The Oakmont Genealogy Club meets from 1-3 p.m. on the fourth Monday of each month (except July and December) both via Zoom and in the East Rec. For information about genealogy research or club activities please visit our website at: www.oakmontgenclub.org. Past programs are posted there as well as tips and internet links.

Email us at: oakmontancestry@gmail.com if you have research questions or would like to receive our

Oakmont Democratic Club



■Thomas Amato

GUEST SPEAKER: JOHN ALDEN, LAW ENFORCEMENT OVERSIGHT

In the midst of the national debate over policing and several controversies over local officer shootings, county residents voted to create an Independent Office to monitor the Sheriff's Department. John



Alden was hired last year to head the oversight of Sonoma County's Sheriff Department and will be the guest speaker at the Thursday, May 25, 7 p.m. hybrid general meeting of the Oakmont Democratic Club.

John Alden was appointed as Director of the Independent Office

of Law Enforcement Review and Outreach (IOLERO) by the Sonoma County Board of Supervisors at its August 9, 2022 meeting, and began serving in this position on September 6, 2022.

IOLERO is a civilian review agency that provides objective, independent audit and investigation of Sonoma County Sheriff's Office complaints, proposes policy recommendations to the Sheriff's Office and strives to strengthen the relationship between the Sheriff's Office and the community it serves. The director oversees an office of 4.5 full-time staff and manages IOLERO's operating budget of \$1.76 million.

Mr. Alden is a veteran oversight practitioner with more than 13 years of experience leading and managing civilian oversight agencies. Alden served as executive director at the Oakland Community Police Review Agency from 2019 to 2022 where he led staff in independent investigations of allegations of police misconduct. Mr. Alden has a bachelor's degree in mass communications and a juris doctor degree from University of California, Berkeley.

The May 25 general meeting will be held at the Est Rec. Center with a social starting at 6:30 p.m. and the presentation starting at 7 p.m. Attendees are encouraged to bring their favorite snack and beverage to share.

Also, following up on Lala Wu's moving presentation about Sister District's effort to defend democracy by helping Democrats win election in key battleground states, the Oakmont Dem Club will have baked goods for sale at the Oakmont Art Sale on May 20. Donations are welcome.

More information and the Zoom link can be found at oakmontdemclub.com.

Pickleball Corner



■Tom Kendrick

OAKMONT MEMORIES

When Peter Copen contacted me and asked if I would write an article, my first thought was, "Wow, what an honor!" My second thought was, "Wow, Peter must really be hard up!"

Debbie and I raised our kids in Sebastopol, kicked them out in 2013, and moved to Oakmont. It was the same year I discovered pickleball while vacationing in Arizona. After my first day, I was hooked. At that time, there were two temporary courts (with those flimsy nets), on one of the upper tennis courts at the East Rec. Center.

It was about that time when the Great Pickleball War started. There were contentious board meetings, heated arguments, *Next Door* battles (that's the place where people sit in front of their computer and type you to death). Sound studies, meetings, more meetings, more arguments, newspaper articles (even the *Wall Street Journal* came to town), more studies, and well, it got quite ugly. There were even dead rats (don't ask). But by a stroke of good fortune, a lot of work (and some intelligent board members), the East Rec. court conversion happened.

Debbie and I live in Rancho Mirage now (three years!). We love it here, love the weather (we do summer escapes), love the pickleball, and all the friends we've made in the desert. There is a special place in our hearts for all the fabulous folks we knew in Oakmont. Our golf pals Nicky, Eileen, Bruce,

Becky, Bobby, Maureen, and others. My music and entertainment pals—all such good sports participating in my shows. John and Marie Theilade (what a great Hillary Clinton!), Bill Faherty (my surf buddy), Iris and Anne, who organized an awesome thank-you dinner and sang beautifully at the Dylan show, of course the lovely "Cowgirl of Oakmont", Chris Finn, and so many more.

Diane Naylor told me she only sang in the shower so I asked if I could take a shower with her. Diane sang the Oakmont Pickleball Blues, knocked on my door one night and sang Happy Birthday (ala Marilyn Monroe!), and played the sexy customer to my Fred Garvin, male prostitute skit. What a gal!

My pickleball addiction continues with over 75 tournaments all over the country. I've met so many awesome people (aren't pickleballers the best?) and have many stories. But my heart will always be where it all started, with so many friends that I still think about a lot. Anita, Bill, Noel, Jackie, Connie, Al (sniff), Sheila, Pam, Carol, Paula, Dude, Iris, Anne, Brody (MC extraordinaire), Peter (I love his stories of sneaking into jazz clubs and seeing the greats when he was a kid), Joan, Maureen, Doc, Fred, and others. You guys were my first pickleball family!

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 Jim Howard at (209) 648-9788.



Cartoon by Peter Copen.

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 10-week tournament that includes the play-offs.

We bowl every Tuesday of the month except for the fourth Tuesday. Both 1:30 p.m. and 3:15 p.m. Leagues have six teams, four 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 for club information, bowling dates, week results,

schedules to bring cookies and to set up/tear down equipment.

Remaining bowling dates for May: May 16 (Week #4) and May 30 (Week #5—Memorial Day Challenge). No bowling May 23 (fourth Tuesday).

Winter League Team Champion Results: On Apr. 18, top three teams from 1:30 p.m. League bowled the top three teams from 3:15 p.m. League to determine the Winter League Team Champion. Congratulations "Alley Oops:" Beverly Shelhart, Don Shelhart, Glenn Hewitt and Charlie Ensley (Capt). "Winter 23—Alley Oops" will be engraved on the Team Champion Trophy.

RESULTS AS OF APR. 18 (WEEK #1 SUMMER LEAGUE)

1:30 p.m. League: first place tie, 4 Tops and Wii Four; third place, Alley Oops; fourth place, Pocket Hits; fifth place Tie, Strikers and Phantom Strikers.

Men's High Games: Don Shelhart, 278; Gordon Freedman, 237; Charlie Ensley, 225; Frank

Schepergerdes, 212; Terry Leuthner, 210; Glenn Hewitt, 202.

Women's High Games: Joanne Abrams, 290; Sandy Osheroff, 267; Robin Schudel, 255; Diane Price, 252; Peggy Ensley, 225; Shirley Jamison, 208; Laurel Earles, 205; Karen Palmiotti, 204.

3:15 p.m. League: first place, Pin Pushers; second place tie, High Rollers, King Pins and Strike Outs; fifth place, Phantoms; sixth place, Strikes & Spares.

Men's High Games: Scott Harris, 247; Frank Schepergerdes, 236; Ray Haverson, 224; Juan Fuentes, 205.

Women's High Games: Joanne Abrams, 268; Valerie Hulsey, 256; Vickie Jackanich, 247; Sandy Osheroff, 243; Rhonda D'Agostini, 209.

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.

OTLC

■Rich Osborne

WINDOWS 10 END OF LIFE

For those who still have PCs running Windows 10, Microsoft recently broke the news announcing that the current version of Windows 10, 22H2, released in October 2022, is the final feature update. Google "windows client roadmap update" for a link to their news update.

Microsoft also stated that all support for Windows 10 Home, Pro, Enterprise and Education, including security updates, will end for users on October 14, 2025. Windows 10 was released in 2015, and this end-of-life date was announced in 2021, so there has been plenty of time to plan for change. Running Windows 10 after October 14, 2025, is not recommended.

For those of you who have attended OTLC Windows 11 classes, this is old news and of little concern. For some, this is end-of-life is not good news since older hardware will not run Windows 11, which has higher hardware requirements that exclude many older PCs and laptops.

Recommendation: determine if your computer can be upgraded; if so, upgrade to Windows 11. This is the easiest option. If your computer cannot be upgraded, the next easiest option is to purchase a new computer with Windows 11 pre-installed and then transfer your files to the new computer. Other options to consider are other hardware platforms, such as Chromebooks, Macs, or Linux, though there are new learning curves associated with all of the options.

In any case, you may consider doing nothing until closer to October 14, 2025, and then examining the options before you. For an electronic copy of this article, visit oakmont-learning.org under "Tech Articles."

Let's Dance—Together!

■Terry Whitten, Instructor

WALTZ INTO SUMMER WITH COUNTRY DANCING

WHAT: Beginning Country Waltz partner dance classes

WHEN: Wednesdays, June 7, 14 and 21 from 4–5:15 p.m.

WHERE: Lower West Rec. Center

COST: \$10 pp for single class. \$8 pp if two or more classes are purchased at the same time

Country dancing is very popular in Sonoma County and Country Waltz is a favorite dance. In addition to a wide variety of Country Waltz music, many of the steps can also be danced to a lot of standard Waltz music. The basic steps of Country Waltz will be taught over the course of the three classes and each class will build on the material taught in the previous session.

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.

Aside from being fun and a great way to get exercise, a number of studies have shown that 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 or call (415) 265-7590. At this time, full Covid vaccination plus at least one booster will be required. Face masks will be optional. Please bring your vaccination card or photo of it to the first class you take.



Kiwanis Club of Oakmont



■Beverly Singer

SHRED-A-THON ON MAY 18

The Oakmont Kiwanis Club and OVA have moved the Shred-A-Thon to Thursday, May 18 to accommodate those who didn't get their important papers shredded at the last Shred-A-Thon. On that day, look for Kiwanis members in their blue jackets from 9 a.m. to noon at the Berger Center Parking Lot. Try to come early before the truck fills.

A few things to remember before you shred:

- Shred only important papers
- No magazines, cardboard folders or metals clips (which can jam the shredder)

On the day of Shred-a-Thon, Kiwanis members will direct participants into two lines of cars. When it's your turn, remain in the car and pop open your trunk. A Kiwanis member will remove your boxes/bags, empty them into the container and return them to you.



Terry Teplitz donating at Kiwanis meeting.



Jim Steward with books and games.

Thanks to the generosity of Oakmonters, this event has become a money raiser for Kiwanis. Years ago, it began as a twice-yearly service to the community. Receiving donations turned out to be a wonderful surprise, and Kiwanis members are very thankful. Your donations are used to assist many child and family centered organizations. That's what Kiwanis is all about.

This time of the year, Kiwanis presents college scholarships to Kiwanis-sponsored Key Clubs at Montgomery and Maria Carrillo High Schools, along with Hope of America Awards to 5th and 6th grade students at Kenwood and Luther Burbank Elementary Schools. The Oakmont Kiwanis also sponsors youths to the Luther Burbank Center summer music and art program. The Kiwanis Club donates library books to Luther Burbank School and dictionaries to 2nd graders at Kenwood Elementary School. Kiwanis supports the Chops Teen Age Club and the YWCA Sonoma County Safe House for abused families. Kiwanis supports so many more organizations with the money you donate to events. Again, thank you.

During April, the Kiwanis Club and Maria Carrillo High School Key Club held drives to collect beach towels, toothbrushes, toothpaste, lotions and other toilet items for the Valley of the Moon Children's Center. The Key Club collected over 400 children's books and games for other children and family organizations. Again, thanks to you who donated.

We invite you to join us in these service events. Contact Ann Isaacs, (916) 261-7270, email: annisaacs@att.net.

OAK at the VOM Golf Club



■Hilary Gruendle

PRIME RIB NIGHT AT OAK

Call today to reserve a table for Prime Rib Night on May 19, 5–7 p.m.

Three-Course Prime Rib Dinner will include Caesar Salad, Prime Rib, mashed potatoes, carrots and Au Jus Flourless Chocolate Cake. All for \$35 per person, single entree plates are \$30 per person. All Oakmont residents receive 10% off.

Reservations required. Call (707) 539-0415 ext. 5.

KNIFE SHARPENING AT VALLEY OF THE MOON CLUB MONTHLY

John Norman will be at Valley of the Moon Club every month. He will be sharpening knives and any landscape blade the last Wednesday of the month every month from 8 a.m.–2 p.m. The next event will be on Wednesday, May 24.

Cost: \$7 per knife any size including serrated; \$7 for scissors; \$12 for most garden tools, trimmers, loppers, and choppers.

6-PERSON TEAM TWILIGHT EVENT 9-HOLE SHOTGUN

WHEN: Thursday, June 1

TIME: 3 p.m. check-in for a 4 p.m. Shotgun

PLACE: On the beautiful Sugarloaf course

COST: Members—no charge (VOM and SL members honored); Sugarloaf Green Fee \$20 for public players; shared carts \$12 per player

A standalone event to honor the past twilight events has been added to the calendar. JoAnn Banayat and team have organized a fun, relaxing event on the Sugarloaf Course in a 6-person team format. The game is a 6-person step aside scramble with a \$5 per person cash sweeps.

After the game there will be burgers on the BBQ for sale at the Sugarloaf Clubhouse. Tickets for burgers will be on sale at check-in for \$10 and come with a side of chips. We encourage you to BYOB, a chair and find a shady spot with friends to mingle and enjoy the rest of the afternoon.

After golf, we will congregate outside around Sugarloaf pro shop and Sugarloaf Clubhouse to mingle and do informal dining.

Attendees can bring their own additional snacks and beverages. Awards will be given at the informal dining experience. All teams must have one annual member of either course.

Team sign-up to be done in VOM Member Room. The last day to sign up is May 25. Email JoAnn with further questions. jbanayat@sbcglobal.net or call (415) 279-2954.

Star of the Valley

■Peter Hardy

MAY BINGO EVENT

Star of the Valley will present its monthly bingo event on Tuesday, May 16 at 4 p.m., sharp. Please arrive at least 15 minutes before bingo in order to purchase your dinner and or bingo cards. Late comers tend to slow the process and are unable to participate in all 10 games.

We will be serving a baked potato bar, chili, and ice cream sundaes for dessert. Cost for dinner is \$8. Bingo cards are \$2 each.

If you don't play bingo, come for dinner. All are welcome for both bingo and dinner.

PANCAKE BREAKFAST

You are invited to attend the Star of the Valley Pancake Breakfast presented by the Men's Club on Sunday, May 21 from 8 a.m.–12 p.m. Breakfast will include All-You-Can-Eat scrambled eggs, pancakes, ham, orange juice and coffee. Cost of the breakfast is \$10 adults and \$7 for children under 12 years.

Come and enjoy a wonderful breakfast and good company.

Soroptimist International Oakmont Wine Country



■Denise Bickert

COFFEE, CROISSANTS AND CORK CRAFTS

The Oakmont Soroptimist Club is hosting a new craft event Monday, June 5 from 9 a.m.–12 p.m. in the East Recreation Center. Join us to create a beautiful swag for your home. We will provide instruction and all supplies. Please bring a glue gun. Cost is \$25 per person.

This is a great opportunity to meet

new friends and support women who are pursuing their education. All proceeds from these classes go to our Live Your Dream Scholarship program which provides funds to women who are head of household and enrolled in a training or degree program.

Please RSVP to Denise Bickert at deniseb.siowc@gmail.com or (707) 623-7413.



Photo by Denise Bickert.

Men's Bible Study

■Lou Lacson

Spring should remind us of the renewal of life which is exhibited all around us.

Come and join us every Thursday at 10:30 a.m. in the East Rec. and renew our spiritual connection to our Lord Jesus, the creator of this world.



■Carolita Carr

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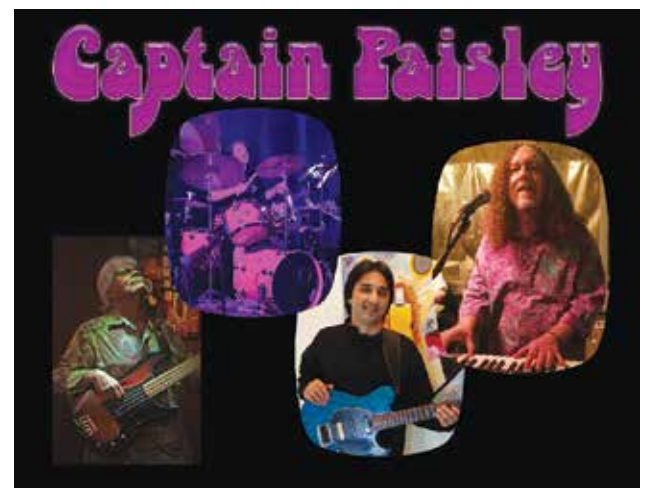
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A NIGHT IN THE HAIGHT-ASHBURY
WHAT: A Night in the Haight-Ashbury with the Captain Paisley band
WHEN: Saturday, June 24
WHERE: Berger Center
TIME: Doors open at 5 p.m., music begins at 6:30
COST: \$20 per person; each member may bring one non-member guest
BRING: Beverage of your choice. A food truck will be available for food purchases.

Time to dig out the dashikis, love beads and headbands! We are celebrating a "Night in the Haight-Ashbury." Whether you were there or not, come help us recreate this iconic time and place.

The Captain Paisley Band will be on hand to play the music of the psychedelic era of the late '60s with joy and skill. They pay honest tribute to the era, staying faithful to the arrangements and playing with freshness and vitality.

Full registration details will be available on our website on May 17. Members will receive an email notification on that date. Our events fill fast and are always sold out, so as soon as this event appears on our website, oakmontboomers.org, sign up!

MEMBERSHIP

Membership is open to any Oakmont resident. Membership is \$15 per year and payable on our website, oakmontboomers.org.

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InvestOAK



■ Len Grosso

MAY 19: TECHNICAL ANALYSIS—PART II

So you have a knack for picking great companies. The parking lots are always full year after year. But the stock goes nowhere. It's maddening (e.g. Whole Foods Mkt, 1999).

Netflix stock was \$5 in 2004, and didn't break \$5 again until 2008. In April 2010, it rose 40% and kept going all the way to \$43 in July 2011. The next time it saw \$40 again was in 2013 when it soared to over \$400! Would you want to have added it to your portfolio in 2004?

Stocks are not propelled by random forces but are affected greatly by the mood of the market, and the sentiments of the investing public. These forces have not changed significantly over long stretches of time.

Oakmont Craft Guild

■ Carolita Carr

ARTS AND CRAFTS FAIRE RETURNS

WHEN: Saturday, May 20 **HOURS:** 10 a.m. to 3 p.m.
WHERE: CAC Parking Lot

The Oakmont Craft Guild is once again staging the popular outdoor Art and Craft Faire under the solar panels in the CAC parking lot. There will be lots of artwork, photography, handcrafts, jewelry, assorted jams and jellies, baked goods, etc. on display and for sale.

Come take a look to see what your neighbors are doing. Stop and chat, do some shopping, and just enjoy the day. Greet old friends and make new ones.

The tools of Technical Analysis can help us see those moods and increase the probability of success when applied correctly.

This talk will show you many of the tools that can be used and examples of their usage in recognizing some well-known patterns within the price and volume data charts of stocks. The tools and principles apply as well to other markets like Commodities or Cryptocurrencies.

Briefly, the talk will cover:

- A 5-minute refresher on Technical Analysis I from January;
- Tools: Patterns -flip chart show, example charts with indicators;
- Live Demo of stock charts, indicators and patterns;
- Principles: HODL Vs Timing;
- Rotation.

The discussion will be presented by me, a club member. The information presented is the opinion of the writer as an individual and does not necessarily reflect the opinions of the club, members or the community.

Please join us on Friday, May 19, at 10 a.m. in CAC Room B. Slides will be emailed to the members.

InvestOak meetings are held on the third Friday of the month. Members can expect an email notice in the days preceding the meeting. For further information or to join the distribution list for meeting notices contact Len.Grosso@Outlook.com.

Tennis Club



■ Gary Purece

TENNIS MEMBERS UPDATE

The Oakmont Tennis Club hit two aces with tournaments in March and again in early May. The first success was the "Get Acquainted" tennis and social gathering. The second, a week ago, was the successful OTC Cinco de Mayo Doubles Tournament. The March event saw 43 players and 16 social attendees come out for the noontime tennis and lunch. The Cinco de Mayo Tournament had over 30 OTC players face off for two afternoon rounds on the West Courts.

The OTC Board is busy planning more events for the remainder of the year. Be sure to watch this column for those announcements.

The Oakmont Tennis Club also reminds tennis players of all levels that there is weekly tennis in addition to the tournaments. The East Courts host drop-in tennis at 9 a.m. on Tuesdays and Thursdays. No need to sign up—just drop-in. The West Courts host drop-in tennis on Fridays at 9 a.m., no need to sign up—just drop in.

In addition to all of these tennis events, there is a clinic scheduled (weather permitting) on Thursday afternoons. Need more practice? OTC members have access to ball machines on the West Courts.

More information on all of these activities and about Oakmont Tennis Club membership is available via email request at hellooakmonttennis@gmail.com.

See you on the courts!

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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) + ½ 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.

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.

FOR ALL YOUR PAINTING NEEDS

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

PAINTER/HANDYMAN

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

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.

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.

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.

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.

OAKMONT COMPUTERS

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

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.

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.

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.

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.

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.

PART TIME DRIVERS WANTED

Babe's Transport, located in Oakmont, is looking to add 1-2 more drivers to our team. No experience required, great for retirees. Must have a valid CA driver's license, be fully vaccinated against COVID. Must be friendly and reliable, have a strong work ethic. Drivers would be picking up passengers to and from airports, so must be OK with driving to SFO and Oakland. Pick which days and time you want to work. Great way to make some extra cash, flexible schedule. Please call (707) 545-2850 for more information.

HOBBYISTS, CRAFT PERSONS!

CUTAWL K-11, Portable, jigsaw cutting machine. Barely used. Includes blades, instructions, circle cutting attachment. Selling for \$350. See video: <https://www.youtube.com/watch?v=liT5TJEhwTE>. Call Sandra, (518) 812-7027 in Oakmont.

THE VINE LANDSCAPING

Professional fruit tree pruning, ornamentals. All aspects of general landscaping. Monthly service. Older experienced gardener. Call (707) 252-3138 or (707) 338-1807.

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

May 1–15
Marianne Neufeld 707-953-5302

May 16–31
Barb Lowell 707-538-0333

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. 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 and enter your information to subscribe.

2023–2024 OVA BOARD OF DIRECTORS

E-mail: askova@oakmontvillage.com

Marianne Neufeld, President
marianne.neufeld@oakmontvillage.com

Olga Ydrogo, Vice President
olga.ydrogo@oakmontvillage.com

Iris Harrell, Secretary
iris.harrell@oakmontvillage.com

Jeff Neuman, Director
jeff.neuman@oakmontvillage.com

Mark Randol, Director
mark.randol@oakmontvillage.com

Steve Spillman, Director
steve.spillman@oakmontvillage.com

David Dearden, Director
david.dearden@oakmontvillage.com

Elke Strunka, Treasurer
(Non-voting officer)
elke@oakmontvillage.com

GENERAL MANAGER
Christel Antone
christel@oakmontvillage.com

OVA BOARD MEETINGS

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

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

The Board of Directors of Oakmont Village Association reserves the right to select those articles submitted for publication that seem appropriate to the purpose of this association.

HOW TO CONTACT YOUR LOCAL OFFICIALS

County Supervisor Susan Gorin District 1

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

City Councilwoman Dianna MacDonald District 3

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

PUBLIC TRANSPORTATION AVAILABLE IN OAKMONT

- CityBus #16 bus takes residents to 5 different shopping centers weekday mornings and around Oakmont afternoons.
- Sonoma County Transit #30 bus goes to Memorial and Kaiser Hospitals and downtown Santa Rosa. Returns via Oakmont to Sonoma.
- Schedules available at OVA office.

Hikers



■Scott Finn

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

MAY 18: INTERMEDIATE HIKE FOOTHILL REGIONAL PARK—WINDSOR

This hillside hike loops around the perimeter of the park climbing through oak woodlands to the Alta Vista summit with scenic overlooks of the Santa Rosa plains and nearby vineyards. The Three Lakes Trail loops around three large ponds. Five miles with up to 625' elevation gain. Some loose rock on the uphill climb. Bring hiking boots, water, snacks and poles if you have them.

Regional Park Pass required to park in the lot. Limited free parking available on the roadside. Restrooms in parking lot.

Hike leaders are Susan and Gary Novak, (707) 569-6016. Depart from the Berger parking lot at 9 a.m.

MAY 18: LONG HIKE SONOMA MOUNTAIN

Taking part of the Bay Area Ridge Trail in Jack London Park, this roughly 9-mile hike with about 1,800' of elevation gain starts along the Vineyard Trail, then climbs up to the ridge of Sonoma Mountain via the Coon Trap Trail. The latter is rocky in parts. Great views once we reach the actual ridge. Return sticks close to the ridge before descending through pretty woods before joining the Mountain trail.

Bring water, poles and lunch. Start from the Berger at 8.30 a.m. Hike leader is Chris Jones, (707) 291-5461.

MAY 25: INTERMEDIATE HIKE RODEO BEACH TO HILL 88 IN THE MARIN HEADLANDS

This is a 5.2-mile hike with 1,000' elevation gain, no shade, and two fairly steep rocky sections. This is one of the most scenic ridge hikes in the Marin Headlands with great coastal views and many WWII relics.

From Rodeo Beach we'll take our time climbing 960' in 1.8 miles to the top of Hill 88, where we'll enjoy spectacular panoramic views of the Marin Headlands and the SF Bay. Along the way, we'll explore WWII military ruins, including Battery Townsley and a Nike Missile Radar Station. We'll continue around Hill

88 on the Wolf Ridge and Miwok Trails back down to Rodeo Lagoon and Beach.

Bring lunch, water, hiking poles and sun protection. Hike leader is Linne McAleer, (415) 847-4420. Leave Berger at 9 a.m.

MAY 25: LONG HIKE LAKE SONOMA AND DRY CREEK VALLEY

We take the No Middle Name Trail to the Dry Creek Trail and view the water that makes wine in the Dry Creek Valley. From the Dry Creek Arm of Lake Sonoma to the Warm Springs Arm the Recreational Area is very diverse. From archery to the Half-Canoe Loop, we'll be half-covered in the canopied forest. 10 miles and 1,800' elevation gain.

Leave Berger at 8:30 a.m. Hike leader is John Ferreira, (650) 766-0497, ferreirajohn@msn.com.



**OAKMONT
DENTAL**
General & Implant Dentistry
Tony Sanchez, DDS
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6594 Stone Bridge Road, Santa Rosa 95409
oakmontdentist.com • info@oakmontdentist.com

Oakmont Hikers celebrated Earth Day in environmentalist Margaret Spaulding's amazing garden.



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VOM Women Niners

■Debra Kiddoo



Niners' Lunch on Apr. 13. (Photo by Debra Kiddoo)

APRIL 13 TOURNAMENT RESULTS

VOM Women Niners teed off the 2023 Season with a tournament and box lunch picnic afterwards at the Central Activities Center. The tournament game was putts only with four golfers winning first place with 15 putts: Nancy DeSousa, Joan Dimaggio, Vicki Eschelbach and Diana Wypich. Second place winners with 16 putts were: Elaine Foote, Christy Rexford and Michelle Yturalde.

A good time was had by all and congratulations to the winners!

UPCOMING EVENTS

AT THE SUGARLOAF GOLF COURSE

July 13: Men and Women Niners Mixer Tournament (must be member to play)

August 17: Here's Summer Tournament and Box Lunch

October 16: Halloween Tournament and Box Lunch

The Women Niners currently have 39 members. If you enjoy recreational golf and fun fellowship, consider joining our club. Contact JoAnn Banayat, Membership, at (415) 279-2954 or jbanayat@sbcglobal.net for more information.



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 5555 Montgomery Drive, Santa Rosa, CA

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Broker/Owner, 707-477-6529
CalDRE# 01469046



Paula Lewis
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Tierney Muscatell
707-326-1355
CalDRE# 02092107



Mike & Leila O'Callaghan
707-888-6583
CalDRE# 00788134 & 00544689
The Power of 2



6454 Stone bridge Road \$685,000



484 Shooting Star Place



6526 Meadowgreen Place



135 Alice Street \$677,000



6266 Meadowstone Drive



407 Twin Lakes Circle



6538 Stonecroft Terrace



6840 Oakmont Drive



7419 Oakmont Drive



Randy Ruark
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CalDRE# 00337150



Denise Martin
707-481-2794
CalDRE# 02132458



Carol Castetter
858-442-0200
CalDRE# 00974403



Shireen Ramsier
707-494-8984
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