

# OAKMONT NEWS

Oakmont's Semimonthly Newspaper

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

May 27, 2023 • Volume 61, Number 10

## Strong Criticism Fails To Derail Traffic Study

■Al Haggerty

Despite strong criticism of a proposed traffic study designed to achieve safer and more timely evacuations from Oakmont, the study resolution narrowly passed 4-3 at the OVA Board meeting May 16.

Voting for the study were Dave Dearden, Iris Harrell, Jeff Neuman and Steve Spillman. Opposing it were Marianne Neufeld, Mark Randol and Olga Ydrogo. Calls to postpone the vote pending further study did not sway the proponents.

The study will be conducted by KLD Engineering, Islandia, N.Y. It will develop strategies to reduce evacuation time where possible and outline an emergency response education plan for residents. It will cost \$37,280 with a \$3,000 contribution from the Wild Oak and Wild Oak Villages sub-HOAs.

Neuman, who submitted the resolution along with Harrell, said "evacuations will be necessary," especially in view of housing projects proposed along Highway 12.

Director Randol said the evacuation time estimate (ETE) proposed by KLD Associates "will not reveal any new information that we don't already know, not any actionable information that would lead to an expedited evacuation for Oakmont residents."

Randol said KLD's experience is in supporting cities, towns and counties which have extensive road networks with multiple potential routes for residents to reach safety in an emergency. "Oakmont does not have multiple potential routes to reach safety in an emergency," he said.

"It has only one—Highway 12—which is essentially a two-lane country road. And Oakmont has only two streets that access Highway 12—Oakmont Drive and Pythian Road. That's it. You can calculate the time it takes to evacuate, but it doesn't change the fact that everyone in Oakmont must use one of these two streets to access Highway 12."

Neuman responded: "We know we live under threat from wildfire. We know that occasional evacuations will be necessary. There are probably things we can do to evacuate more safely and efficiently. The ETE (KLD) evacuation study creates a model to evaluate options."

"This is an opportunity to create a study which we can use to bring a set of hard of arguments, not vague complaints, as decisions are considered. We have no guarantee of the effectiveness of hard arguments based on hard data, but we can be guaranteed the outcome in the absence of those arguments."

Spillman said OVA has to improve its evacuation plan, adding that "we are not experts on evacuation. We need the facts." He noted that the cost of the study is less than \$8 a person.

Dearden said the city of Santa Rosa and its Fire

See **BOARD** on page 3

## A Yard in Full Bloom



Shirley Phillips tends her Miramonte Place front yard of California poppies in bright, colorful bloom. (Photo by Maureen McGettigan)

## OVA and Valley of the Moon Golf Club Present Music on the Green: Neon Playboys

■Hilary Gruendle and Crissi Langwell

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

**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.

Presale food and drink tickets will be on sale beginning May 29 for the Music on the Green event at the VOM golf shop. Stop by to avoid the lines during the event to purchase your tickets. Credit card sales only available in the Golf Shop or OAK restaurant. Cash booths available day of during event.

Burgers and chips \$10; hot dog and chips \$10; wine by the glass \$10; bottle of wine \$30; beer \$10. All tickets are \$10 each. The OAK bar will be open during the event for cocktails and credit card purchases.

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 and 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.

## Preparing for Fire Season with a Drill

■Pat Barclay, OEPC Chair

In preparation for the upcoming fire season, the Oakmont Emergency Preparedness Committee (OEPC) will be conducting a simulated emergency drill to exercise our radio communications volunteers. The drill is scheduled for Saturday June 10 from 9 a.m.

In an actual emergency, our volunteers walk their assigned neighborhoods to monitor and report on conditions, relay information to residents as the emergency progresses, and request assistance from outside responders when needed.

Our neighborhood radio operators (aka Zone Communicators) communicate with other OEPC volunteers at each Oakmont Rec Center. The Rec Center volunteers are in contact with, and share information with, both the Oakmont neighborhoods and the Santa Rosa Emergency Operations Center. This allows the OEPC to supplement and/or replace traditional 911 service which is often overloaded or otherwise unavailable during disaster events.

If you see one of our neighborhood operators wearing fluorescent yellow vests and holding walkie-talkies, please introduce yourself and offer a simulated condition to report. Our simulated emergency scenario will be a high wind event, so we would expect downed trees and power lines, power outages, and blocked roads.

If you don't see one of our operators, you may not have one in your neighborhood. If you don't have a volunteer in your neighborhood, consider joining our responders. No license or special training is needed, we provide the radio, and very little of your time is required: 10 minutes a month for a radio check and a maximum of three drills a year lasting about two hours each on a Saturday morning.

We want to hear from you. E-mail us at [OakmontERT@gmail.com](mailto:OakmontERT@gmail.com) or call me at (707) 570-7500.

## COVID Vaccine Offered

■News Staff Report

There will be a COVID-19 Vaccine clinic on June 15, 9 a.m. to 3 p.m. at the Berger Center for residents interested in getting their vaccine or booster shot.

Sponsored by Safeway, the clinic will offer Pfizer and Moderna vaccines to those who book an appointment. The vaccine is free through most health plans, though this clinic excludes Kaiser coverage.

To be eligible for your first booster, it must have been at least two months since your vaccine. For your second booster, it must have been four months since your first booster, recommended for individuals 65 and older or those with weakened immune systems.

To sign up for an appointment, visit [www.safeway.com/vaccinations/group-clinic/OakmontVillage](http://www.safeway.com/vaccinations/group-clinic/OakmontVillage).

Bring the following documents to your appointment:

- Completed Immunization Consent Form
- Medical, Prescription and Medicare Part B card
- CDC COVID-19 vaccine card or digital record

For questions, contact Heidi Klyn at [heidiproductions@hotmail.com](mailto:heidiproductions@hotmail.com).





**MCBRIDE**  
Realty

License #1346710

### SPRING SPECIAL FOR ALL OAKMONT SELLERS

*Free Pest Inspection  
with all signed listings*

**Susan Irvine**  
Your Neighbor & Realtor

**707-696-4648**

[dreamhousesusan@gmail.com](mailto:dreamhousesusan@gmail.com)





**WORLD OF CARPET ONE**  
FLOOR & HOME

Scott Carston Owner  
LIC# 294868

• CARPET • HARDWOOD • LAMINATE • AREA RUGS  
• HUNTER DOUGLAS WINDOW COVERINGS • TILE

GOOD DEALS. GOOD DEEDS. GOOD BUSINESS.

**WORLD OF CARPET ONE** FLOOR & HOME

3023 SANTA ROSA AVENUE  
SANTA ROSA CA 95407  
707-524-1450  
[www.worldofcarpetsantarosa.com](http://www.worldofcarpetsantarosa.com)

LOCALLY OWNED BY THE CARSTON FAMILY SINCE 1968



**LiftMaster**

Get in your garage, **EVERY TIME**



#### Opens and closes your door...even when the power is out

- The Battery Backup System ensures your garage door opener continues to work
- Powerful DC motor belt drive system is durable, ultra-quiet and maintenance-free
- MyQ® technology enables you to close your garage door or turn the lights on or off using a smart phone or computer from anywhere
- Lifetime motor and belt warranty



**707-575-9103**

**Garage Door Depot**

<http://thegaragedoordepot.com/>

Northern California's premier source for all of your garage door needs. Serving homeowners and contractors since 1983.



## Spring Cleaning—Digital Decluttering—Part 1

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

■Tina Nerat

Does the sheer volume of your files and photos seem daunting sometimes? When getting a new computer (or tablet or phone), decluttering on the old computer or device is a good idea to make the transition easier. Since new devices get purchased every 4-5 years, it doesn't hurt to plan ahead and make your life easier now. With existing computers, think about backing up, doing a purge, and reorganizing/cleaning up as well as changing bad habits about how you store files.

Why declutter? Just as it is with "things" in our households and garages, there are negative psychological effects of "too much" with our internet usage, social media, and storage of digital data "I might need someday." It's a daunting task, likely best done in short bursts by prioritizing what's most

important to make your life easier. Start by doing a backup, then purging the oldest "stuff," then look at the following topics:

**Files.** Name files with something logical (date, place, topic, who, club, etc.). Know how to search by file name or file content on your computer. Create folders and subfolders by topic. Consider creating "cloud" folders in the same architecture. Know how to search for files on your computer and in your cloud files. Clean out space-wasting documents you no longer need. Keep a backup somewhere other than your house, given our experiences with wildfires here in Oakmont.

**Downloads.** How many of us have a bunch of files we've downloaded and then they live long term in a Downloads folder? Purge this folder when you're

done with the files or move the files to your data folders/subfolders or to the cloud that you've created.

**Email.** As with files, create folders and subfolders with logical names (Club, Nextdoor, Facebook, House, Family, Sender, Topic, etc.). Group by sender or topic and use subfolders. Consider using the same folder/subfolder architecture that you use for hard drive files. Learn how to use "rules" in your e-mail app to direct incoming e-mail to subfolders so they don't clog up your inbox. There's nothing worse psychologically than a huge e-mail inbox that looks like a "to-do" list.

**Photos.** Back up photos in case of emergencies and store them off-site and in the cloud. Scan in photo albums so they are stored in the cloud; this frees up space in your house taken up by dozens of "paper" photo albums. Organize photos into digital albums using an app (Apple or Google), store in the cloud, delete lousy photos. If photos are on your computer, name files in folders and subfolders with date/who/where.

Decluttering Part 2 next month will cover apps, browsers, online retailers, social media, notifications, and more.

For an electronic copy of this article and other articles, visit oakmont-learning.org under Tech Articles.

## Have You Found Your Shape?



■Bev Leve, Volunteer Resources Committee

Volunteer jobs come in all shapes and sizes. One size doesn't fit all shapes, and no one shape fits every size. Each shape adds to and enriches our Oakmont community.

### OAKMONT LIBRARY

Take the shape of volunteerism at our library. 100% of our library's functions are handled by volunteers. Headed by Marilyn Pahr, the day-to-day operations are divided into eight teams, each with a volunteer leader who schedules his/her team for 3-4-hour shifts every eight weeks. The library has several openings.

**Shape:** Volunteer every other month, like routine and love books.

**Contact:** Marilyn Pahr at oakmontvillagelibrary@gmail.com

### VISUAL AIDS

Take the shape of volunteerism for Visual Aids. For 2 hours a week, volunteers meet in person at the West Rec. It is a great way to meet other volunteers and contribute to the lives of those who are visually impaired. The only skills needed are those learned in kindergarten.

**Shape:** Volunteer weekly, enjoy socializing while working, make contributions to improve other people's lives.

**Contact:** Marcia Murray at marmurr@gmail.com

### VOLUNTEER HELPERS

What about being a volunteer driver for Volunteer Helpers? This is a once-a-month commitment of 1-4 hours. Driving destinations will be in Santa Rosa. This is a greatly needed service for our fellow community members who need to get to doctor's appointments and have no other means of transportation.

**Shape:** Volunteer monthly, enjoy driving, able to assist a passenger in and out of vehicle, understand the needs of our senior community members and want to assist them.

**Contact:** Matt Zwerling at zwermd3@gmail.com

### VOLUNTEER RESOURCE COMMITTEE

This committee was created to promote and link volunteers with Oakmont community needs. Oakmont experiences relatively low HOA fees and a true sense of community because of the efforts of our volunteers. Time commitment is approximately 2-4 hours a month.

**Shape:** Enthusiastic about volunteerism in general, willing and eager to explore ways volunteering can enrich the Oakmont living experience.

**Contact:** Bev Leve oakmontvolunteerresources@gmail.com if interested in joining our team.

## Spot Open On Architectural Committee

■News Staff Report

The Architectural Committee (AC) is recruiting a non-voting member to the committee. The AC administers the Architectural Guidelines and Standards to ensure that residential property is adequately maintained and that each building, structure, and associated landscaping is kept in good condition and not permitted to fall into disrepair.

The individual selected for this temporary position would assist in conducting Firewise Policy inspections and would be trained based on current knowledge. Interested persons should send a resume to apply for the volunteer position, or questions to Burt Schraga at burt.schraga@oakmontvillage.com.

## BOARD

Continued from page 1

Department will place two officers at Highway 12 in case of a wildfire emergency evacuation and offers to work with a consultant for internal evacuation planning. "And we get to pay for the consultant. That's it. I am underwhelmed. And the message I hear is, 'You are on your own.'"

"I am stunned, frightened, but worse, I believe that it is true. We can't expect help during a wildfire emergency evacuation. With this knowledge, I will vote to approve the KLD study. This study will not assure safe evacuation, but it is a modest start in providing for our own future safety."

In opposition, Neufeld said the KLD study "will not make Oakmont safe—it's nothing about safety. We all want to be safe but this ETE is not the answer. An internal plan is what we need and can do." She said Santa Rosa officials say the study is "a complete waste of money." She said the OVA attorney said it's a lot of money to spend unless the study is endorsed by the city or Fire Department, "and they definitely do not endorse the ETE."

Resident Harriet Palk said OVA is "living on money we don't have." She said OVA's financial condition is "precarious" and suggested a postponement until finances improve. However, OVA treasurer Elke Strunka rejected this argument, saying that OVA is "in good financial condition."

## Warming Trends

### Oakmont Special

**Only available to Oakmont Residents**

## 15% OFF

- High-Efficiency Inserts • Decorative Gas Log Sets
- Clean Burning & Clean House • Push Button Fire
- No More Spare-the-Air Alerts

We provide a complete line of high-efficiency, clean-burning gas inserts, stoves, fireplaces, and decorative log sets, as well as all EPA certified wood-burning units.

*We are the premier hearth shop in Northern California and are the only hearth shop in the North Bay that offers our own in-house installation.*

So, whether you prefer the traditional warmth and feeling of a wood fire or choose the more convenient option of gas, Warming Trends, Inc. is your clear choice.



**Warming Trends** Inc.

Sonoma County's Premier Hearth Shop

**578-9276**

#4 South A St., Santa Rosa • www.warmingtrendsinc.com



AMERICA'S LUXURY FIREPLACE



**MENIOTTA**

AMERICA'S LUXURY FIREPLACE



## 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.

Bring your mask and machine and a list of questions. Dr. Ackroyd has the knowledges you need and will be available for follow-up questions. Attendees can get masks and machines optimized for proper oxygenation and less obstructive and central sleep apnea. We will also discuss cleaning your device and replacing durable medical equipment.

Free equipment may be available if others have extra. For questions, please call at (707) 694-801.



■Greg Fauss



### LOOKING BACK AND LOOKING FORWARD

This Sunday, May 28, we'll be looking back over the past year and forward to the next at our Annual Meeting and potluck. All are welcome! If you're curious, this is an easy way to find out more about us.

A relatively new attendee, Robin, shared her experience and perspective: "We are a relatively small community-based church group and are blessed with a charming environment here at Oakmont that makes living simple while we grow softly into the late stages of our lives. We do hope more of you will come join to open up new avenues of awareness.

"We are also blessed with a new pastor and his wife who bring with them vast experiences in working with and assisting others in distance countries, currently Germany, where they lead and participate in worthwhile and important projects to help people around the world.

"We are exploring new avenues of faith and joy in our lives and making new connections and friends. His guidance is opening the door for us to join together in efforts to help those less fortunate. The most recent project was to raise awareness and funds to bring life-saving water to those with dire need in Africa."

This past week we finished a nearly three-month long series of "all opinions allowed" meetings exploring the Christian faith over some very tasty meals! And last weekend we were able to raise significant funds to provide clean drinking water for those who need it by walking 6km in Oakmont together.

This Summer we plan to highlight some of our own gifts and experiences such as painting, photography, etc., and how they relate to our faith along with some additional social events.

For more information about our 10:30 a.m. Sunday services at the East Rec. Center, our Wednesday morning Bible study of the Psalms, Saturday Prayer and other gatherings visit our website at [www.occantarosa.org](http://www.occantarosa.org). Write us at [occantarosa@gmail.com](mailto:occantarosa@gmail.com) or call at (707) 595-0166.



## Branch #92

■Bern Lefson

### FARMING ORGANIC WINE AND CANNABIS

SIR 92 will hold its next luncheon on Tuesday, June 13 at 11:30 a.m. at the Berger. The luncheon will feature a renowned speaker, a wonderful meal by Oakmont Market, a special treat for women in attendance and good companionship. Anyone wishing to check out our club is welcomed.

Mike Benziger who started Benziger Family Wineries will speak at our June 13 luncheon. In the 1990s, Mike made his vineyard on Sonoma Mountain certified as Biodynamic. Biodynamics is the highest level of organic farming. Developed in the 1920s, Biodynamics views the vineyard as a single organism. With this approach, eliminating synthetic chemicals is just the beginning.

Biodynamics goes further, encouraging biodiversity, a closed nutrient system, use of homeopathic teas and preparations, and a close personal connection to the land. Instead of synthetic fertilizer, weed killer and pesticides we rely on composting, natural predator-prey relationships, cover crops, and the animals that live on our estate, to keep our vineyard healthy and balanced.

Knowing Mike Benziger's deep interest in farming with respect for ecology, he will speak about his latest venture into farming cannabis which will be entertaining and informative.

Non-members are welcome to contact Steve at [sgroubert@hotmail.com](mailto:sgroubert@hotmail.com) to obtain information and to register to attend. The registration deadline is June 9. For additional information go to [www.sir92oakmont.org](http://www.sir92oakmont.org).

Next events for our club include: Theater and show, dining out at Jack London Saloon, a hosted party celebrating our women members, a cocktail party at a member's home and a Safari West tour.



## Oakmont Futures

■George McKinney

### WHAT DO YOU WANT TO KNOW ABOUT THE FUTURE?

The Futures Club is chartered with bringing topics to Oakmont that relate to technology we should understand because it will impact our lives. These meetings can be discussions or presentations.

We've discussed viruses and vaccines, gene therapy, OTC hearing aids, AI and Chat Bots, Apps for your phones and tablets, Smart Homes, solar power and heat pumps, electric cars, and other topics. It's easy for us to become overwhelmed by what seems to be an accelerating rate of change.

This meeting will be June 14 at 1 p.m. in East Rec. and on Zoom (Zoom link below). The purpose is to have an open discussion about what topics we should schedule for the 2023-24 year.

Come join us and bring your thoughts about the important technology topics that you think will be important in the next year.

The Zoom coordinates for the meeting are: Meeting ID: 860 6299 0770; Passcode: 809582.

If you have any questions, or want to be sure you're on our email list, send a note to [futureoakmont@gmail.com](mailto:futureoakmont@gmail.com).



## Standing for Justice

■Marisol Muñoz-Kiehne, Ph.D.

### WHAT'S WRONG WITH OUR WONDERFUL WINES? WHAT GOES INTO THE WINE WE DRINK WITH DINNER?

**WHAT:** Forum featuring North Bay Jobs with Justice representatives speaking on the local vineyard workers' experience and the efforts to improve their working conditions.

**WHEN:** Thursday, June 15, 6:30 p.m. social, 7-8:30 p.m. program

**WHERE:** Central Activity Center patio

**WHO:** All residents and guests are welcome

We Oakmonters have the pleasure of living in a region renowned for its awesome natural beauty, and for its world-class wine producing grapes. Even those of us who don't drink alcoholic beverages benefit from how the vineyards and wineries close to our neighborhood attract wine-loving tourists from the SF Bay Area and beyond.

Where's the problem here? Why is this a subject for our Standing for Justice Club, which focuses on education, dialogue and civic action towards racial justice?

Well... As much as we would rather believe that what we pay for the wine we savor with our meals and share with our dear ones is high enough and worth it, there's much more to our wines' provenance and to their actual price. We're not the ones paying for it, and those who are, are paying dearly.

We should know that the "nose" of our wonderful wines is not all fruity or floral fragrance. The living and working situations of many of the workers who make possible the multibillion-dollar wine industry's success actually stink. The risky Roundup used may be odorless, but the conditions and circumstances reek of utterly unfair oppressive exploitation and excessive extraction. And most of these workers represent disempowered, disenfranchised Latinx and Indigenous communities.

We must learn from these workers, our neighbors who tend to the vines and to the land, no matter the weather, even during active fires and floods threatening the vineyards, their health, their livelihood, and their lives.

We will hear at the forum from and about the vineyard workers, and from Max Bell Alper, Executive Director of North Bay Jobs with Justice, a grassroots coalition of 30+ labor and community organizations in Sonoma, Napa, and Marin counties with a mission rooted in centering the voices and leadership of working families, building real worker power through direct action and solidarity.

We will be inspired to know that we can support organizing efforts for the vineyard workers to claim the basic right to disaster pay, to work under safe conditions and live in safe dwellings, to be treated with the dignity deserved by every human being.

Wondering what action we might take? We will learn which wineries we can support and which we might reconsider supporting when we buy our wines. We invite you to join us on June 15th to imbibe information about what we can do to express appreciation for these workers, essential to the wine and to the land we have the privilege to enjoy.

Questions? Contact Oakmont Standing for Justice club facilitator Robin Jurs ([robinjurs@gmail.com](mailto:robinjurs@gmail.com)) to unite with us in education, dialogue, and civic action.



## Playreaders



■D. Hall

### NEW SCHEDULE, NEW PLAYS, NEW AUDIENCES AT OAKMONT PLAYREADERS

Our new performance schedule is on, and comedies are lining up for Oakmont Playreaders' growing audiences. We just completed a two-part presentation of Yasmina Reza's sophisticated comedy, *The God of Carnage*. It featured Jane Borr, Evelyn Zigmont, Jim Preston and D. Hall.

On Mondays, May 22 and 29, Master of Ceremonies John Dolan will rehearse Jules Tasca's *Alive and Kicking*, a humorous play about the serious subject of adjusting to life's changes. Audiences are welcome to observe the rehearsals of this play, but performances of it will be on June 5 and 12. Dolan's cast includes: Margaret Applegate, Yvonne Horn, Kathy Johnson, John Dolan and D. Hall.

The story: When Gloria Nix's last child (Johnny), announces that he and his girlfriend (Vivian) have just married, Gloria panics. She tries to sell the house out from under her easy-going husband (John) because she decides that her life is over, and it would be more comfortable to die in a small apartment, located near a funeral home.

On June 19 and 26, rehearsals will take place of Jules Tasca's caveman series: "The Beginnings of... Music, Business, Wedding Planning, and Gambling." These will be presented by Sandy White and D. Hall on July 3 and 10.

Rehearsals and performances are always on Mondays at 2 p.m. in Room B of the CAC.



Master of Ceremonies, John Dolan, and Artistic Director, Jim Preston, share Russian drama and American poetry.

## Oakmont Singles



■Bailey Penzotti, Priscilla Roslyn and Diane Soshnik



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

Do you live in Oakmont? Are you single? If so, join our club to mix and mingle with other singles. Oakmont Singles 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.

### JUNE BON APPETIT (SINGLES ONLY)

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

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

Reservation limit is 20. Cutoff for reservations is May 29. Bring cash for your check. Outdoor dining. Reservations to Marilyn at marilyn\_mckeever@hotmail.com.

Great food in this renovated farmhouse with a beer garden! Try various salads, soups and sandwiches with craft beers. Traditional pairings of beer and food. Full bar.

### JUNE MIXER OAKMONT SINGLES CLUB ANNUAL PICNIC!

**WHEN:** Friday, June 16, 5 p.m.

**WHERE:** Central Rec Complex Outdoor Patio (facing the golf course)

It's almost summer and time for our annual picnic together. This mixer is a board-sponsored event with free food for all of our OSC paid up members to enjoy! Come join us on the patio and enjoy picnic foods, games and camaraderie! Be sure to note the change of time and location for this event. As always, BYOB.

An RSVP is a must for the picnic so that we can provide food for all in attendance. RSVP to Priscilla, proslyn49@aol.com no later than June 12.

Remember to wear your name badge, bring your key card for entry, and proof of Covid vaccination (if you're new to OSC).

### MEMBERSHIP

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

### NAME BADGES

We encourage our members to wear a name badge. You're welcome to wear a name badge from any club you may belong to; it could be a conversation starter. To order your very own generic name badge, complete the name badge form located in the Singles folder located at the OVA office. Then, place the form and your check for \$10 payable to OSC in the name badge folder.

## Transcendence in New Site

■News Staff Report

Transcendence Theatre Company, known best for its "Broadway Under the Stars" outdoor performances, has announced a special Oakmont night for their production, *The Beat Goes On*, featuring music of the '60s, '70s and '80s. Oakmont residents are invited to attend a special production on Sunday, June 25 at a special group discount using code OAK23. This code will only work for the June 25 performance, and for all ticket levels except for "Gold."

The venue for *The Beat Goes On* will not be in its usual location. For all eight performances, the production will be at Belos Cavalos, a Kenwood-based non-profit that prompts human healing through connection with horses. Belos Cavalos is just three miles from Oakmont at 687 Campagna Lane in Kenwood. To get there from Oakmont, turn east on Highway 12, then left on Gray Road, then left on Campagna Lane.

"We are excited to partner with Belos Cavalos during our eight-show run of *The Beat Goes On* and for guests to experience its gorgeous property which will have a similar scenic open-air theater under the stars experience," said Brad Surosky, executive director of Transcendence Theatre Company.

The former Transcendence 30+ acre property offers on-site parking, and the grounds will be open pre-show, starting at 5 p.m., with food trucks and wine from local wineries. There will also be pre-show music and entertainment. The performance itself will be at the open-air theater with a backdrop view of Sonoma Mountain.

"I am thrilled to again partner with Transcendence Theatre Company to bring the run of *The Beat Goes On* to our special ranch at Belos Cavalos," said Belos Cavalos Founder Dr. Charlyn Belluzzo. "The open-air experience offered by Transcendence Theatre Company's performances is a perfect match for our ranch's natural setting, with Broadway quality musical shows performed under the stars surrounded by the scenic beauty of the Sonoma Mountains."

Tickets for all performances can be purchased at transcendenttheatre.org or by calling (877) 424-1414. Regular prices for seats range from \$35-\$170. With the discount, prices for non-Gold seats range from \$30-\$102. Gold seats near the stage are \$160-\$170.



## Movies At Oakmont

**WHERE:** Berger Center

**SCREENING DAY AND TIME:** Sundays

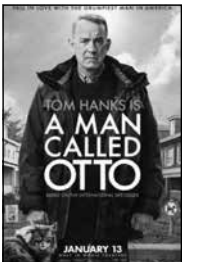
**HOSTS:** Al and Carol Haggerty, Mike McInnis, Jeff Neuman and Deborah Davidson.

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

**MAY 28 AT 2 PM**

### A MAN CALLED OTTO

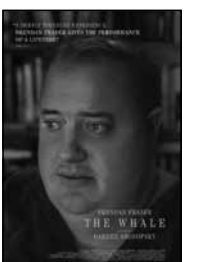
Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around. 2022, PG-13, 2:06.



**JUNE 4 AT 2 PM**

### THE WHALE

A reclusive, morbidly obese English teacher attempts to reconnect with his estranged teenage daughter. 2022, R, 1:57.



**JUNE 11  
NO MOVIE**

## Insuring Oakmont Since 1963

After nearly 50 years of serving the Oakmont community, George Petersen Insurance Agency continues to provide customized services that focus on security and value.

Call our Santa Rosa office for assistance with:

Homeowners Insurance	Auto
Earthquake	Long-Term Care
Life & Health	Estate Planning



**George Petersen Insurance Agency**

707.525.4150 | www.gpins.com  
175 W. College Ave. | Santa Rosa, CA 95401  
License # 0603247



## Oakmont Health Initiative Free Fitness Classes

■Charlene Bunas

### HAVING A BALL!

New OHI exerciser Sami enthuses: "I came to Berger class feeling self-conscious and out of shape. I stayed in the back of the room and left before class ended. But something drew me back. Again and again, I returned, looked around and knew I was right where I belonged. Maybe I'm not in the best shape of my life, but, in spite of myself, I'm having a ball!"

That woman, and 50 more women and men gather each Monday, Wednesday and Friday (not second Friday) to move and groove with instructors JoRene and Nicole. That woman, and 50 more, come and do what they can today so that in their futures, they'll be able to do what they want.



Charlene's group: Linne, Kathy, Troy, Kathy, Gary, and seated, Marilyn. (Photo by Charlene Bunas)

And P.S.: Sami has been coming to OHI classes for two months, has lost seven pounds and her tight jeans are now her baggy pants. Would she recommend classes to a friend? She almost shouts, "Yes! Yes, I would!"

A note of caution: if in doubt, check with medical professional about your beginning an aerobic, (light) weight lifting, balance class designed for seniors. Wear appropriate shoes, bring water. If you do not have yoga mat or terra band, there are some available. Meeting ID: 899 2381 0968; Passcode: 911197.

## Zumba Classes

■Shay Jones, Instructor

### ZUMBA CLASSES STARTING AT OAKMONT

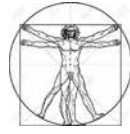
Zumba night classes at 6 p.m. have been approved. There will be a complimentary class beginning Monday, June 5 at the lower West Rec. dance studio. The introductory class will be 30-40 minutes depending on level of fitness, and will include a 5-minute warm-up, cardio, a cool-down with weights, stretching and yoga. Music and choreography will include Latin to disco to '60s and everything in between.

I will demonstrate some of the styles at the first class so beginners can get an idea of what Zumba is like. The class will begin with easier choreography, and will progress over time. Classes will also concentrate on balance and coordination. Cost is \$8 per drop-in or \$28 per month.

I have over 10 years' experience as a certified Zumba instructor. As a professional musician and longtime member of Poyntlyss Sisters show band, I choose music that I love to dance to and know you will, too.

We hope to see you on Monday, June 5 at 6 p.m.

## Fitness Club



■John Phillips

### CALORIE BURN IDEAS (PART 1)

The last few months, I've been taking some courses to update my certification. One of the courses that sparked my interest is called "Ultimate Calorie Burning Makeover." With a title like that, I figured there are probably some new and exciting findings about how to burn more calories. Well, as it turns out, it confirmed that the way we perform our cardiovascular exercise can increase the amount of calories we burn. It also gave some new ideas on how to burn more calories in our daily lives.

To start with, it takes a deficit of 3,500 calories to burn one pound of body fat. This can be done by burning extra calories, eating less calories or a combination of both. The course only covered the cardio aspect and gave some new techniques on how to perform that cardio workout based on scientific studies and findings.

One of the more interesting and fun ways to burn extra calories is something called "Spontaneous Physical Activity." For example, people who tend to fidget seem to be on the slim side. As it turns out, this is because they are burning more calories without really even thinking about it. Spontaneous Physical Activity builds on that idea. It recommends finding activities that you can add to your current daily process, such as getting up and out of chairs every 30 minutes (which we should already be doing), getting a drink of water (which we should already be doing) and walk the longer route to get to our destination.

It also brought up the difference between interval training (rest/work intervals) and constant (30 minutes at the same level) cardio workouts. Studies have showing that you burn more calories performing some type of interval training. There are several prescriptions out there for interval training, but the best is doing a 10-minute interval training and then a 30-minute constant cardio workout. I do have some bad news for those who were following the 10,000 steps a day for health, however. Studies show that it is actually 12,000 steps per day, as the 10,000 steps a day was a marketing campaign for a pedometer ahead of the Tokyo Olympics.

If you have any questions regarding this article or any fitness questions at all, please feel free to contacting me at (707) 494-9086, text or call, or email me at wkuout2@aol.com. Or come and see me at the center. Remember Tuesdays at 1 p.m. and Thursdays at 3 p.m., I do seminars on different subjects (see board at center). Every other Monday at 4:30 p.m. and Friday at 10 p.m., I do an orientation, sign-ups requested. You can also join the Fitness Club for \$30 a year. Check for details at the center.

## Kiwanis Club of Oakmont



■Beverly Singer

### KIWANIS INVITES YOU TO JOIN THE FUN

It's fun to volunteer and the benefits of helping and meeting others is rewarding. The Oakmont Kiwanis Club invites you to one of their meetings. Contact Ann Isaacs, (916) 261-7270 or annisaacs1@att.net.

By the time you read this article the 2nd Shred-A-Thon of 2023 will have happened on May 18. If you missed it, save your important papers and Kiwanis members will have another Shred-A-Thon, probably in early 2024.

The Oakmont Kiwanis Club is now in the process of screening college scholarship applications. Your donations become a part of the Melvin J and Kathleen J. Ruiz Community Service Scholarship application funds. Kiwanis members thank you so much for your donations.

The next fund-raiser will be the Carnitas and Margaritas dinner event on August 19 at the Berger Center. Mark your calendars now and look for more information coming soon.

Alan Silow was a recent Kiwanis meeting guest speaker. Many of us have enjoyed hearing Alan speak before Santa Rosa Symphony performances for many years. Now, Alan Silow is retiring on June 30 after 21 years as President and CEO of the symphony. He served under three music directors and 11 symphony board chairs. He assisted in raising \$20 million dollars toward the construction of the marvelous Green Theater at Sonoma State University.



Alan Silow and President Ann Isaacs.

Alan was feted after the May final concerts of the season with a champagne toast. The Kiwanis Club has made a donation for the Symphony's Youth Music Education program and gave a book in Alan's honor to the Luther Burbank Elementary School Library. Alan's friendly humor will be missed on the stage, but we will see him around Oakmont and certainly Kiwanis invites him to any of our meetings.

## 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.





## Lots to do in Oakmont



OVA General Manager Christel Antone explains how members can get involved with OVA at a new residents' gathering May 5. Antone told how Oakmont was developed more than 50 years ago, how it grew and what member dues pay for today. Others, including Heidi Klyn and Matt Zwerling, explained the variety of 160 clubs and organizations available to members, and how volunteerism keeps people busy and makes the organization run. Some 80 people turned out for the session. (Photo by Julie Kiil)

## Model RR Returns to Oakmont

■Crissi Langwell

The Coastal Valley Lines Model Railroad Club is back in Oakmont with another remarkable model railroad. This year's display will be featured at the West Rec. Center on Saturday, June 3, 10 a.m.–5 p.m., and Sunday, June 4, 10 a.m.–4 p.m.

"The most fun for us is running our trains in public," member Peter Barnes said. "Most of us do not have space or time to have a layout at home and enjoy operating trains the larger layout where we bring interconnecting modules to create the layout."

The club shares the joy of model railroad displays by setting up for weekends at places like Oakmont, the Children's Museum, Sonoma Depot Museum, different toy stores and at fairground events. They have also set up displays at senior facilities like Varenna and The Lodge.

The Coastal Valley Lines Model Railroad Club of Sonoma County is a 501(c)(3) non-profit organization of model railroaders from around the Sonoma County area. In addition to operating their HO scale



modular railroad at a variety of public and private events, the club holds model railroading clinics and work sessions. Find out more about them at [www.cvlrr.com](http://www.cvlrr.com).

## MCBRIDE Realty

Do you have friends or family looking to move to Oakmont, or are you considering selling your home? Call one of our caring and professional agents to assist you with your real estate needs.

## Meeting the Real Estate needs of the Oakmont Community since 1986



Donn Paulson  
(707) 953-5975  
DRE# 00988223



Peter Schmidt  
(707) 890-1335  
DRE# 01472650



Barbara Lynch  
(707) 696-4431  
DRE# 00642851



Karen Sites  
(707) 888-5044  
DRE# 01439227



Denise Paup  
(707) 696-0023  
DRE# 01218751



Susan Irvine  
(707) 696-4648  
DRE# 01346710



Barbara Sloan  
(707) 741-1733  
DRE# 02092832



Janie Coltrin  
(707) 741-1733  
DRE# 02100130



Nancy Devoto  
(707) 953-5458  
DRE# 00771931



Vanessa Devoto  
(707) 583-4202  
DRE# 01976215



Kirsten Preuss  
(707) 835-4897  
DRE# 02131496



Linda Clark  
(707) 339-3711  
DRE# 01290894



Florence McBride  
(707) 538-2270  
DRE# 00792765



Ululani McBride  
(707) 396-0499  
DRE# 01853778



Marie McBride  
(707) 322-6843  
DRE# 01169355



Peggy Cummins  
(707) 538-2270  
Admin Assistant



**707-538-2270**

[www.OakmontHomes.com](http://www.OakmontHomes.com) • 6520 Oakmont Drive, Santa Rosa, CA 95409

DRE #01151843



## Oakmont Rainbow Women

■Sue Lebow



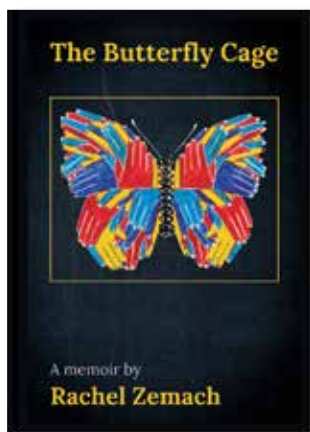
ORW will be celebrating Pride with its annual Parade on Saturday, June 10. At 10 a.m., come to the Berger Center parking lot to adorn your vehicle (bikes/trikes, golf carts, cars). Bring your own decorations, some will be provided.

The procession will start at 11 a.m. The parade route will be: R. on White Oak, R. on Fairfield, R on Oak Leaf, Oak Leaf becomes Oakmont Dr., stay on Oakmont Dr., L. on StoneBridge Dr., follow to Community Gardens, U Turn at Gardens, back to Central Complex.

If you don't wish to join the parade you can stand outside your house, if you live on the parade route, and cheer us on! Make lots of noise and wave.

From 5-8 p.m., join us for a potluck picnic at the West Rec. picnic area. Bring a dish to share for 8 people. In addition, bring your own place setting (utensils, plates, napkins) and beverage of choice (if you require ice, bring it in your own cooler). If you don't like sitting on picnic benches, bring your own chair.

This is a time to celebrate. Come join the fun!



**Rachel Zemach is your new neighbor.**

Her recently released memoir *The Butterfly Cage* is about her journey from deaf to Deaf, in her personal identity. It's also a strong indictment of the educational system in the U.S. when it comes to Deaf students. Anyone with any degree of hearing loss will find much to relate to, yet also much to learn, in this humorous, disruptive and intimate book.

**Website:** [www.rachelzemach.com](http://www.rachelzemach.com)

**Email:** [rachelztile@gmail.com](mailto:rachelztile@gmail.com)

**Book Publisher:**

<https://unrulyvoices.com/product/butterfly-cage/>

## Parliamo Italiano

■Jane Rinaldi

Come and enjoy *Mid-August Lunch* with the Parliamo Italiano group on June 6. It will be shown at 2 p.m. in the CAC Building (Room B).

It is a very funny Italian movie ("Pranzo di Ferragosto") about all the shenanigans a man must go

through (especially dealing with four elderly women for the very important event of Ferragosto) when he'd much rather be hundreds of miles away.

This will be our Parliamo Italiano final movie until September 5.

## Just For Fun Games Club

■Phillip Herzog

### SUMMER PARTY

Our Summer Games Potluck and Party is scheduled for Saturday, June 10 with potluck beginning at 6 p.m. and games after dinner until you are tired, or 10 p.m., whichever comes first.

Please RSVP to Jeri Phillips, [jeriphillips@earthlink.net](mailto:jeriphillips@earthlink.net) or (714) 883-3126, soon if you would like to attend the party (even if you may have informally done so already). Please include your name, email address and phone number and let us know if you will be bringing any guests and how many. Also, please let us know which game(s) you would like to play so that we may be prepared. All Oakmonters and guests are welcome.

### ABOUT THE JUST FOR FUN GAMES CLUB:

The Just for Fun Games Club is a great place to make friends and play all sorts of old and new games including board games, card games, tile games and dice games! We meet every Saturday at 1 p.m. in the Card and Game Room at the CAC. However, sometimes we also play online. To do so, we use Zoom for communication and the website Board Game Arena for the games. Please call or email ahead to confirm the schedule.

For more information contact us at [Just4FunGamesClub@earthlink.net](mailto:Just4FunGamesClub@earthlink.net) or call me at

(707) 843-3053.

### PAN (PANGUINGUE)

Come play Pan with us! Pan is a gambling card game with lots of players, cards and chips (but we do not play for money, we play just for fun). If you think you might be interested in learning this very sociable, anything-can-happen kind of card game, please come check it out!

Our next Pan game will be on Saturday, June 24 at 1 p.m. Oakmont resident, Jeri Phillips, will be happy to teach interested newcomers how to play Pan at other days and times that are convenient. Please contact her if you would like to learn how to play Pan.

For more information, to RSVP, or to register for lessons, contact Jeri Phillips at [Just4FunGamesClub@earthlink.net](mailto:Just4FunGamesClub@earthlink.net) Call or text: (714) 883-3126.

At the Pan games, up-to-date Covid vaccinations are required, and masks are optional.

### HAND AND FOOT

We play Hand and Foot in person each week. Please come and join us. The more players, the better the experience! If you would like to learn to play Hand and Foot send us an email so we can schedule lessons, [Just4FunGamesClub@earthlink.net](mailto:Just4FunGamesClub@earthlink.net). Up-to-date Covid vaccination and masks are required.

# HEAT PUMP WATER HEATERS

By: **JOHN OWENS SERVICES, INC.**

**SAVE MONEY**

- Natural Gas prices are on the rise!  
\*New York Times predicts gas prices will double\*
- Now is the time to convert to an efficient electric heat pump water heater
- \$ Reduce water heating costs \$
- 2023 Energy rebates are **HUGE**

Scan With Phone Camera For A Testimonial

**We Apply For Rebates!**

Free Estimates  
CALL NOW: (707) 828-0175  
Or Email: [Johnowensservices@gmail.com](mailto:Johnowensservices@gmail.com)



## OVA Presents Beach Boys Tribute Band

■News Staff Report

### “JUST LIKE THE REAL THING BUT YOUNGER...”

The OVA is presenting Beach Boys tribute band Surf’s Up to the Berger Center on Thursday, July 27 at 6 p.m. Doors open at 5:30 p.m. Advance tickets are on sale at the OVA office for \$25.

Considered one of the first true Beach Boys tribute bands, Surf’s Up has been recreating the sounds of the original band for 25 years, since many of the members were kids. A family band, members include brothers Donny and Danny Goldberg, father Don Goldberg, Sr., and cousin Denny Hardwick. The quartet has performed at numerous Disney locations, the Long Beach Toyota Grand Prix, and has headlined Huntington Beach’s annual 4th of July show for the past five years.

Familiar songs on their usual set lists include favorites like “California Dreamin’,” “Surfin USA,”



and “Kokomo,” plus many other Beach Boys hits, along with a variety of music from the ‘60s, ‘70s, and ‘80s.

Learn more about Surf’s Up at [www.surfsupbeachboys.com](http://www.surfsupbeachboys.com).

## 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 \$15.00. Go to our website at [www.oakmonthikingclub.org](http://www.oakmonthikingclub.org) to join the club, get more hike details, club information, photos and lots more.

Please keep checking our website for updates.

### JUNE 1: LONG HIKE BIG ROCK RIDGE TRAIL

This is an out and back trail that begins and ends at Lucas Valley Road and meanders through the Lucas Valley Open Space. Stunning views throughout, including a peek at George Lucas’ complex from above. About seven miles with 1,300 feet elevation change.

Hike leader is Jeff Zalles, [jeffzalles@gmail.com](mailto:jeffzalles@gmail.com).



View from Big Rock Ridge Trail

## Rentals are in Demand!



Jolene Cortright  
CalDRE # 01469046

Call Oakmont Rentals, your trustworthy and reliable source for all of your rental needs!

- Furnished Vacation Rentals • Long-Term Leases • Marketing
- Tenant Screening • Rent Collection • Maintenance • Financial Reporting • Placement-only option available • *Eliminate the Stress!*



707-303-3556 • [OakmontRentals.com](http://OakmontRentals.com) • 6580 Oakmont Drive

## Star of the Valley Women’s Circle

■Barbara Gasparini

### UPCOMING SPEAKER:

### ENVIRONMENTAL INVENTOR SALLY FOX

Star of the Valley’s Women’s Circle invites all Oakmonters to hear internationally known speaker, Sally Fox, a scientist, farmer, inventor and environmentalist on Wednesday, June 14 in our Parish Center from 3–5 p.m.

While Sally Fox was in the Peace Corps in Gambia, West Africa, she saw the dangers of the wide-spread use of pesticides, such as DDT. As founder and owner of Natural Cotton Colors, and inventor of Foxfibre®, Sally has successfully produced naturally colored cotton that can be made into fabric using environmentally sound farming procedures, without chemical pesticides. Sally Fox has spent a lifetime encouraging farmers and the textile industries to grow environmentally friendly products.

All are invited free of charge. Refreshments will be provided. No RSVP needed.



## WELCOMING NEW PATIENTS

RESPECT • INTEGRITY • WELLNESS

Serving the  
Oakmont-Kenwood-Glen Ellen  
community for over 30 years

### Join Us!

## The Kenwood Dentist

ADVANCED DENTISTRY



KEITH BOXERMAN DDS



PARISA BEHROOZI DDS

8855 Sonoma Highway, Kenwood • 707-833-2643 • [TheKenwoodDentist.com](http://TheKenwoodDentist.com)

## Marketing your home:

- Discover pricing your home correctly
- Prepare staging your home to make it look its best
- Capture professional photography
- Launch custom marketing plans

As an Oakmont resident, I will be there for you throughout the entire process.

*corcoran*

ICON PROPERTIES

Allan Bolchazy

Serving the Oakmont real estate market.

Sales Associate | Lic #02078328

m +1 707.312.3778 | [Allan.Bolchazy@corcoranicon.com](mailto:Allan.Bolchazy@corcoranicon.com)

Search all Sonoma Listings at [SonomaDreamProperties.com](http://SonomaDreamProperties.com)





## Bocce Club



■Ellean Huff

### MAY BOCCE TOURNAMENT

The Mother's Day Tournament was held on May 13. The winners were: court one—Don Paulson and Bob Cresta.; court two—Pat Paulson and Elaine Foote; court three—Jane O'Toole, Sherry Magers, Cindi Clemence and Tony D'Agosta. A fun time was had by all. Congratulations to all the winners.

### UPCOMING EVENTS

Battle of the sexes Tournament will be held on Sat., June 10, at 9:30 a.m. (men vs. women).

Evening Bocce, (members only) is on Thursday, June 15, at 5 p.m. This is a fun event with a chance to eat and socialize before we play Bocce. Bring your favorite dish, drink and your own chair. We play two games, one with the opposite hand and the other game is normal. Fun, fun!

### WINE COUNTRY GAMES

The Bocce tournament will be on Saturday, June 3

## Men's Bible Study

■Lou Lacson

"Do not be dismayed by the brokenness of the world. All things break. All things can be mended. Not with time, as they say, but with intention. So, go. Love intentionally, extravagantly, unconditionally. The broken world waits in darkness for the light that is you."—L.R. Knost

Come and share your light with ours at the Men's Bible Study, every Thursday at 10:30 a.m. in the East Rec. Together we can become a powerful beacon of light to illuminate the darkness. Learn the power of the bible.



■Ray and Marie Haverson



### 4TH OF JULY CELEBRATION

We had a great Cinco de Mayo party featuring the J Silverheels Band. They will be back by popular demand on the 4th of July. You will not want to miss this great music and BBQ dinner. For details, please look below for our great feast.

**WHAT:** 4th of July BBQ **WHEN:** Tuesday, July 4  
**WHERE:** Berger Center **PRICE:** \$50 per person  
**TIME:** Doors open 3 p.m.; dinner 3:30–5 p.m. (approx. time); music 5:30–8:30 p.m. by the great J Silverheels Band  
**MENU:** Hamburgers with all the condiments and cheese if wanted; Tri tip sandwich on soft roll with all the condiments; BBQ chicken sandwich with all the condiments; Green salad with thousand island, Italian or ranch dressing; Potato salad; BBQ baked beans, and creamed corn with bacon. Ice cold sliced watermelon

You'll want to make your reservations early if you want a seat. This great celebration sold out last year!

You may mail your checks to 7111 Oak Leaf Dr. or drop in my mailbox. You can also place in the Sha-Boom folder in the OVA Office.

Any questions you can e-mail haversonr@comcast.net or call (707) 539-6666.

See you all on the 4<sup>th</sup> of July!



Photos by Maureen McGettigan.

and Sunday, June 4. We have four teams representing Oakmont. Save the dates and come on down to Juillard Park, Santa Rosa and cheer for your Oakmont players.

We play Bocce at 9:30 a.m., Monday through Saturday. If you haven't played before, come to the Bocce Courts and try out this fun game. See you on the courts.



SOLD

**177 Oak Shadow**

Juniper plan with Stunning Golf Course View



SOLD

**327 Pythian Road**

Triplex C Unit with Delightful Views



**Linda Clark**  
**(707) 339-3711**  
 6520 Oakmont Drive

**MCBRIDE**  
 Realty

CalDRE #01290894

*Are you curious about your home's value in this Seller's Market? Call my direct line for a private and complimentary evaluation, or if you have questions about the selling process. I'm here to help.*

# SOMETHING NEW AROUND EVERY CORNER



### Time to See the New Oakmont Gardens

Our resort-style retirement community is now newly renovated from door to door. New leadership team, ownership and management too. Take a look around!



OAKMONT GARDENS

INDEPENDENT LIVING • ASSISTED LIVING

301 White Oak Drive  
 Santa Rosa, California 95409  
 707-833-7509 • oakmontgardens.com

**Call 707-833-7509**  
**FOR A TOUR AND A GIFT**

Managed by Life Care Services Lic. #496803998



## Jazz Club Presents

■Dan Fishman

### WORLD CLASS MUSICIANS

Mark your calendar for a very enjoyable evening of jazz played by a World Class Jazz Quintet. The June 10 concert at the Berger Center begins at 5 p.m., doors open at 4:30. Tickets are \$45. Seating for the show will be cabaret style, and you may bring drinks and snacks for a grand time of enjoying superb jazz music.

Please fill out the coupon in the Jazz Club folder and include with payment in an envelope at the OVA office. You can also send your name, address, telephone number, number of tickets, and payment to OVA, 6575 Oakmont Dr., Suite A, Santa Rosa, CA. 95409.

Names will be held at the door. Please make checks payable to the Oakmont Jazz Club. For more information, call (707) 537-7720.

The Jazz artists playing this show are:

**Larry Dunlap**, pianist, a Grammy Award Winner, and he has also won a prestigious “Best Recording of the Year” award. He has been Music Director for the Bohemian Club for many years.

Singer **Jamie Davis** is said to have one of the five best voices in the world. He has sung all over the world with the famous Count Basie Band. He has been nominated for two Grammy Awards.

On saxophone, **Michael O’Neil** has recorded with many famous musicians such as Kenny Washington, Smith Dobson and Nicolas Bearde. He has written for corporate and industrial films, which led to scoring music for documentaries and television, plus composing for National Geographic and Discovery Channel programs.

Bassist **John Wiitala** toured with Richie Cole,

Arturo Sandoval, Shorty Rogers and Jessica Williams, plus too many others to mention here. He has played at jazz festivals around the world and recorded with Scott Hamilton, Jessica Williams, Mark Levine, Anton Schwartz and others.

**Leon Joyce Jr.**, drummer, played with Ramsey Lewis for ten years. He is also a conductor, and assembled the world class band for the History Makers: “Tribute to Smokey Robinson Show” that aired nationwide on PBS. He not only played the drums but directed the band from his drum set for the taping.



## Café Mortel

■Linda Suhr

### END-OF-LIFE OPTIONS AND MEDICAL AID IN DYING IN CALIFORNIA JUNE 7

Anyone who has—directly or indirectly—experienced a pregnancy knows about the months of careful consideration that go into preparing for birth. Decisions are made about doctors, location, degree of medical intervention and softer aspects such as ambiance and who will be present. Parents-to-be spend hours upon hours of time researching and making choices that match their ideas, philosophies and needs to ensure the best experience possible at this gate into life.

What happens at life’s other gate? Do we spend hours and hours on research and consideration planning for our inevitable end of life? Some of the same aspects about planning for birth mentioned above apply to planning for dying and death, and our ideas, philosophies and needs also will inform our choice.

There are, however, other important options worth weighing. Learning about these options now will enable us to plan for a time when we might find ourselves with a serious or terminal illness and to have agency at the end of our life. This foresight offers the best chance for a peaceful transition. So what do we need to know?

Café Mortel is pleased to host Stewart Florsheim, Board Member of End of Life Choices California to speak on this topic on Wednesday, June 7, at 3 p.m. in Room B at the CAC. Stewart will join us via Zoom to present “End-of-Life Options and Medical Aid in Dying in California.” All Oakmonters are invited to join us in person or via Zoom.

Zoom meeting ID: 828 6135 5972; Passcode: deathtalk.

End of Life Choices California is a non-profit organization whose trained volunteers provide information and personal support to those who are facing end-of-life planning and decision-making. Stewart Florsheim serves as Secretary on the Board of Directors for End of Life Choices California. He has been involved with end-of-life choice since 2003. He served on the board of Compassion and Choices of Northern California for ten years, including four years as co-chair. During this time, Stewart was very involved in the passage of the California End of Life Option Act.

Join Café Mortel in welcoming Stewart Florsheim and learn about options at the end of life. Walk away armed with valuable information and a sense of empowerment.

## Lifelong Learning

■Marlena Tremont

### CULINARY TOUR WITH CHEF KARL!

Oakmont resident and master chef, Karl Turner will be cooking live in the Berger Center, preparing three dishes in each class that will highlight the unique ingredients, flavors and cultures of different parts of the world. The class will include kitchen hacks, techniques and tips of presentation. The recipes are designed specifically for cooking for one or two people.

July 5: Europe and the Mediterranean—Paella, Calzone, Pasta Carbonara

July 12: Asia and the Mideast—Orange Chicken, Nigiri Sushi, Thai Noodles with Peanut Sauce

July 19: North and South America—Jambalaya, Manhattan Clam Chowder, Peruvian Lomo Saltado

Classes are held on Wednesdays from 2–4 p.m., Berger Center. Attend the classes live, by Zoom or watch recorded versions at your convenience. Each class is \$25 a piece or three for \$60.

Chef Karl has cooked for the Academy Awards, four Presidents, Fountain Grove and Marin Country Clubs, Vitner’s Inn at John Ash and other prestigious hotels and resorts.

## 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; 6. Best Trick (can your dog retrieve, catch a Frisbee, or be Super Obedient? Then this is your event; 7. Fastest Dog (if your pup comes when called and can run fast, then, sign up for this one).

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](http://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.

### OTHER UPCOMING CLUB ACTIVITIES

**Walk Your Dog!** Woofers Yappy Hour Special Twilight Walk: Monday, May 29—meet at the West Rec. Picnic Parking Area. NOTE: special time 5 p.m.

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!

### WHAT’S HAPPENING AT THE DOG PARK

**Havanese/Bichon Playdate:** Saturday, June 24, 10 a.m.–noon. Opportunity for you and your pup to meet other breeds just like yours.

**Volunteers Needed at the Dog Park:** Please contact [periolinger@yahoo.com](mailto:periolinger@yahoo.com) or call (707) 479-6961 if interested. Commitment of up to one hour per week with duties including: removing any unwanted trash, returning tennis balls to the baskets, refilling waste bags in the dispenser, picking up any “doggie deposits,” reporting any behavioral issues (by humans or the doggies), and reporting any maintenance needs. Also, a great way to meet other dog people in the community.

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





## Lawn Bowling



■Mary Blake

### COMING EVENTS

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

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

### DEMO DAY

The members of this club are amazing! Thank you to all of those who volunteered, especially on short notice after a quick reschedule due to rain.

And you did a beautiful job. Everyone who went through the demo came away pleased and eager to learn to bowl. Of the eight guests, one was a returning member who paid his dues and joined the club that day. The rest asked us to contact them about training. That speaks so highly of the work all of you did.

Thank you so much to all of you who helped. It shouldn't be long before we see new members out there bowling.



Lawn Bowling Demonstration Day. (Photo by Mary Blake)

### SONOMA WINE COUNTRY GAMES JUNE 2 AND 3

The Sonoma Wine Country Games are hosted by the Council on Aging to promote and support active aging for people 50+. Besides Lawn Bowling (the only event in Oakmont), games include Table Tennis, Bocce, Track & Field, Pickleball, and Women's Soccer.

We'll have eight teams, five from Oakmont and three from outside. We'll bowl three 10-end games each day.

On Friday, after bowling is complete, we'll host a get-together in the CAC patio for the bowlers, our club members, and their guests. If you'd like to join us, sign up with Pam Dempsey, bring an appetizer and beverage of your choice.

On Saturday, Supervisor Susan Gorin will be there to open the games.

### SHORT GAMES

Several members have asked about short games. There are several options for offering shorter games and we've posted a poll on our website (see the sign-up page). If you think you might want to bowl a shorter game, choose one or more options that appeal to you. If you're not interested, go ahead and tell us what you think, too.

As the days get nicer, we'll have more people bowling and can offer more flexibility.

### TIP OF THE DAY—BOWL DELIVERY #2

When I throw a bowl too wide or too narrow, the last thing I want to do sometimes is watch it all the way. But there are times when it'll surprise you with a nice wick or some extra bias. Stay on the Mat and watch your bowl all the way to its resting point. While you have possession, your Skip will usually show how far you are in front of or behind the Jack and if the score changed.

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

## Pickleball Corner



■Peter Copen

### ARE WE PREPARED FOR A LIFE-THREATENING EMERGENCY?

Are we really prepared for an emergency, life threatening event at the pickleball courts? And if not, what is our moral and legal obligation to our club members and what can we do about it? I have been researching this topic and would like to share two examples that have made me think carefully about this topic.

The two stories below have happy endings. But they might not have. Note that in both stories the pickleball player's life was saved by a professional (a lifeguard and firefighter), which we do not have.

In St. Petersburg, Florida, a pickleball player named Stan Stankovich had a heart attack. During a game of pickleball his heart stopped beating. Lifeguards and first responders sprang into action during his medical emergency.

"I remember playing the point then feeling I was gonna fall backwards," he said. He suddenly collapsed on the court. Pickleball player Nathan Stein immediately started performing chest compressions. Other bystanders called 911 and ran to the lifeguards at the nearby pool.

"Honestly I didn't really have much to think about in the moment," lifeguard Ozzy Figueroa said. "It was more a fight or flight reaction." Relying on his training, what Figueroa did next saved Stankovich's life. He grabbed his AED device. He sprinted over. He followed his training, exactly. He controlled the situation, backed off



the pickleball players and hooked Stankovich up to the device. After two shocks from the Automated External Defibrillator (AED), Stankovich's heart started beating again and he regained consciousness.

"Those things work. They save lives and so does the CPR training. Far too often we come to these kinds of calls, where we don't have this kind of outcome and the lifeguards are really the heroes of this event," St. Pete Fire Rescue Captain Steve Santana said.

In Marco Island, Florida, a group of pickleball players are being called heroes for saving a man's life. The exhilarating rescue happened on Marco Island when a man playing pickleball collapsed on the court and stopped breathing. Realizing he was having a heart attack, a group of fellow pickleball players rushed to his side.

Michael O'Leary a retired firefighter and pickleball player saw him fall and ran over. A person who works at the center, ran to get the AED, others took his pulse and called 911. They did compressions, and worked together to help the man start breathing again. The firefighter, although moving extremely fast, felt that they still were taking too long. The AED was the biggest aid in the life saving rescue.

The man they rescued, told the group he would not be alive today without their help. He hoped their actions inspire others to learn CPR or life-saving tactics, to help more people in our community in the event of an emergency.

What if this happened to us? Are we prepared?



## Oakmont Squares



■Barbara Wooley

### IN THE SPOTLIGHT: BARNEE AND GARY ALEXANDER

For 30 years Barnee and Gary Alexander were lucky to live adjacent to the beautiful Laguna de Santa Rosa. This afforded them the unique opportunity to kayak from their own property while marveling at the graceful, soaring white pelicans. In retrospect, Barnee likens the ballet-like motions of the flying pelicans to the choreography of a Square Dance.

How did Barnee and Gary get into dancing? After not dancing for 20 years, something magical happened: the Alexanders found that they actually danced well together. It all started with a beginning ballroom class. Their passion for dancing, especially Swing, grew over the years.

Eventually, a neighbor suggested that they branch out and give Square Dancing a try. The Redwood Rainbows were offering a free night to beginners in Sebastopol. They tried it and were instantly hooked.

Moving to Oakmont, the Alexanders were delighted to find a Square Dancing Club right in their own backyard. The contrast between Swing and Square Dancing presented its own challenges. In Square Dancing, leaders are no longer tasked with plotting out the moves for themselves and their partners; the Caller does the thinking for all eight dancers in the square, creating their own symphony of moving patterns.



The Alexanders have found that Square Dancing is perfect for exercising the brain in a positive, healthy way. In addition to the social advantages of dancing with a group of friends, increased concentration, better balance, and enhanced memory skills are all benefits of this type of dancing. The group of dancers have to pay close attention and rely on each other to keep the movement flowing smoothly. However, not every dance goes exactly as planned. Right and left directions can sometimes become confused. The caller might call a usual pattern but change the direction of dance. Even the most experienced dancers can make mistakes. "Oh yes, I've been known to 'Scramble' a Square (my personal term for mixing up everyone)," says Barnee. When a square is "scrambled" there is nothing to do but chuckle and find your way "home."

In addition to dancing, Barnee and Gary have many other interests. Gary volunteers at Sugarloaf to help monitor a "critter-cam;" while Barnee is part of a cooperative here in Oakmont that leads free yoga classes for women. Both Alexanders enjoy musical events, especially dances, in and outside of Oakmont.

When asked what she would say to people who have not yet tried Square Dancing, Barnee said, "Come get in step with the Oakmont Squares; you'll find we are a welcoming group and a gregarious consortium. You'll find square dancing fun and yet challenging; even when creating a 'Scramble.'"

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 information call Jenny at (707) 367-2102.





## Oakmont Pétanque Club

■ Don McPherson

### LOCAL, REGIONAL PETANQUE ACTIVITIES

Organized pétanque in the U.S. includes both solely recreational clubs and recreational-competitive clubs that are affiliated with the Federation of Pétanque USA (FPUSA). All clubs sponsor casual, friendly games, and competitive clubs with sufficient capacity sponsor open tournaments. The Oakmont Pétanque Club is an OVA-recognized recreational organization not affiliated with FPUSA, but several of its members are also members of regional FPUSA clubs, playing with and competing through those clubs.

Northern California is the smallest of the seven FPUSA geographic regions but has the greatest concentration of clubs in the country. Prior to 2023, the nearest FPUSA clubs were Sonoma, Petaluma, and San Rafael, with more distant clubs in Lafayette, San Francisco, Sacramento (two clubs), Willits, and Mendocino-Fort Bragg. FPUSA clubs can bid to host sanctioned regional and national competitions.

FPUSA has just recognized a new, local competitive club, Pétanque La Rose, based in Santa Rosa. Santa Rosa Recreation and Parks has agreed to locate a pétanque terrain in a city park. Until a permanent terrain is developed, Pétanque La Rose hosts open, friendly games on Sunday afternoons on the softball diamond at Montgomery High School.

Nearby Valley of the Moon Pétanque Club in Sonoma is one of the largest and most active clubs in the nation hosting daily friendly afternoon games on

its 32 courts in Sonoma's Depot Park, the country's largest permanent pétanque facility. The Sonoma club hosted the FPUSA National Men's Doubles tournament this month, and last month sponsored its annual Wine Country Open that attracted 50 doubles teams including regional, state, national, and international players. With his doubles partner Pascal Tisseur from Portland, OR, Jean-Michel Poulnot, a member of the Oakmont and Sonoma clubs, finished third in the Wine Country Open.



The Oakmont Pétanque Club and Pétanque La Rose scheduled a pair of matches this month in a home-and-home series, the "Boule Fight for Santa Rosa Bragging Rights." This is the first time in its history that Oakmont Pétanque Club teams have competed against another club. The 2023 victor will be determined by the total games won by all three teams from each club over two days of play. After the first match at the "away" terrain, Pétanque La Rose leads 7-2 with the second match scheduled on Oakmont's home terrain.



Barb Lowell pointing in a recent game with teammates Ellean Huff and Jim Knapp looking on.

### PÉTANQUE IN OAKMONT MONDAY, WEDNESDAY, SATURDAY

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. Club Play days are casual friendly games with teams randomly chosen. The club has boules to lend while you're learning, and you'll be playing right away.

The next two activities are an Evening Pétanque Dessert Social on June 22 and the Bastille Day Tournament and potluck picnic lunch on Saturday, July 8.

# CLASSIFIEDS

#### FIREPLACE CLEANING AND SERVICE

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

#### BODEN PLUMBING, HEATING AND AIR

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

#### HANDYMAN SERVICES

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

#### BABE'S TRANSPORT

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

#### HOUSE RENTAL AVAILABLE

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

#### 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](http://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.

#### OAKMONT COMPANION

I would love to be a companion to someone who would like to have company. Light housework, shop for groceries. Call (707) 921-8290.

#### PICKLEBALL LESSONS!

Want to learn to play Pickleball? Or improve your existing skills? Private and group lesson rates. Call Renee at (707) 481-4623.

#### 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](mailto: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.

#### 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](http://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.

#### 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.

#### MALTA SENIOR INSURANCE SERVICES

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

#### 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.

To place an ad, contact: CJM Productions, 2105 Longhorn Circle, Santa Rosa, CA 95401 • (707) 206-1957 • [cjmprod567@gmail.com](mailto:cjmprod567@gmail.com)



## 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 6 teams, 4 bowlers per team. Each bowler bowls 3 games and has his/her own handicap (80%) and average. Bowler and team results are recorded each week. See [www.oakmontlanes.com](http://www.oakmontlanes.com) for club information, bowling dates, week results, schedules to bring cookies and to setup/tear down equipment.

**Bowling dates for June:** June 6 (week #6), 13 (week #7) and 20 (week #8). No bowling June 27 (fourth Tuesday).

**Bowling dates for July:** July 11 (Week #9—July 4 Challenge) and 18 (Week #10—Final). No bowling July 4 (Holiday) and July 25 (fourth Tuesday). Summer League Play-offs Aug. 1.

**Cinco De Mayo Results:** May 2, bowler wins a \$5 gift certificate to Safeway if he/she bowls a strike in frame 5 and frame 10. Winners are:

1:30 League: Joanne Abrams, Laurel Earles, Charlie Ensley, Peggy Ensley, Sandy Osheroff, Diane Price and Frank Schepengerdes.

3:15 League: Joanne Abrams, Scott Harris, Valerie Hulsey and Vickie Jackanich.

### RESULTS AS OF MAY 9 (WEEK #3 SUMMER LEAGUE)

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

Men's High Games: Charlie Ensley, 258; Don Shelhart, 247; Glen Hewitt, 222; Terry Leuthner, 220; Frank Schepengerdes, 209.

Women's High Games: Peggy Ensley, 279; Robin Schudel, 263; Sandy Osheroff, 256; Elisabeth LaPointe, 215; Diane Price, 211; Pat Scott, 201.

**3:15 p.m. League:** first place, High Rollers; second place tie, King Pins, Strike Outs and Pin Pushers. Notice now only four teams on 3:15 League.

Men's High Games: Ray Haverson, 224; Frank Schepengerdes, 218; Terry Leuthner, 212; Scott Harris, 208.

Women's High Games: Vickie Jackanich, 227; Valerie Hulsey, 220.

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.

## Valley of the Moon Rotary Club



■John Brodey

### 74 YEARS

That's how long it's been since Orwell wrote his dystopian masterpiece, *1984*. While his vision didn't materialize by that date, it looks like our version of the Ministry of Truth (Lies) is becoming a thing.

But now we have 2030 to consider. Our recent speaker at the VOM Rotary meeting, Erick Larson spoke about the changes that we will face by that date. Changes which will dramatically impact the lives of the Boomer generation. Erick shared some troubling data that frames what things will look like for us. Notably, the first wave of those born after 1946 will be 85 by 2030.

The number of those in the middle-income bracket will double by then. By 2033, 89% of those 85 years of age will experience at least three chronic conditions (cognitive decline, loneliness, physical infirmities, etc.). With that comes a crisis in personal care. As we know, not only are there an insufficient number of residential facilities, but a majority of us will not be able to afford assisted living at \$5,000–15,000 per month. Conveniently or not, most everyone would like to remain in their home. This creates a caregiver and support services nightmare. Community is vital to a healthy life but how to make it work both practically and financially?

The good news is that Oakmont has been working towards solutions in its planning strategies. We recently heard about Care Partners which is focused on providing day programs for those with dementia. They only require adequate space to provide services 2–3 times a week.

In his presentation, Erick Larson added a new layer. He is the Director of the Village of Sonoma Valley, a non-profit organization that uses the village membership model to connect older adults with services tailored to their needs. Human development doesn't end with old age, there is a growth potential, but it takes a communal effort to achieve. We are very lucky to have 110 non-profits in Sonoma Valley. They cover a wide range of services: transportation, food, exercise, socialization, housing, in-home support and so on.

But where to start? Half of those surveyed said they rely on their primary doctor for referrals but in another survey of doctors, half of them said they have no clear idea of the options. The Village of Sonoma Valley is one of 47 such communities in California. It offers four main programs: The Good Neighbor Network, connecting neighbors for mutual support, the Village Resource Navigator linking seniors with services, volunteers who conduct check-ins and can help day to day; and Bi-Annual Community Needs Surveys to find gaps in services. It's all about relationships and connections. To say that the Village of Sonoma Valley approach is essential to maximizing the resources we now have is an understatement.

If you would like to learn more, please call the Help Line at (707) 509-0031 or visit the website at [www.villageofsonomavalley.org](http://www.villageofsonomavalley.org). Given the number of guests in attendance for this presentation, I'd say we've hit a nerve.

## 2023–2024 OVA BOARD OF DIRECTORS

E-mail: [askova@oakmontvillage.com](mailto:askova@oakmontvillage.com)

**Marianne Neufeld, President**  
[marianne.neufeld@oakmontvillage.com](mailto:marianne.neufeld@oakmontvillage.com)

**Olga Ydrogo, Vice President**  
[olga.ydrogo@oakmontvillage.com](mailto:olga.ydrogo@oakmontvillage.com)

**Iris Harrell, Secretary**  
[iris.harrell@oakmontvillage.com](mailto:iris.harrell@oakmontvillage.com)

**Jeff Neuman, Director**  
[jeff.neuman@oakmontvillage.com](mailto:jeff.neuman@oakmontvillage.com)

**Mark Randol, Director**  
[mark.randol@oakmontvillage.com](mailto:mark.randol@oakmontvillage.com)

**Steve Spillman, Director**  
[steve.spillman@oakmontvillage.com](mailto:steve.spillman@oakmontvillage.com)

**David Dearden, Director**  
[david.dearden@oakmontvillage.com](mailto:david.dearden@oakmontvillage.com)

**Elke Stru nka, Treasurer**  
(Non-voting officer)  
[elke@oakmontvillage.com](mailto:elke@oakmontvillage.com)

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

## POOLS & JACUZZIS

Access to OVA pools is by magnetic card. Call OVA Office, 539-1611 if you need a permanent new member pool access card or to register for a temporary guest pool access card.

WEST: 7 AM–9 PM

(Closes 7 PM Wednesdays for cleaning)

EAST: 6:30 AM–9 PM

(Closes 7 PM Mondays for cleaning)

CENTRAL: 5:45 AM–9 PM

(Closes 7 PM Tuesdays for cleaning)

JACUZZI HOURS: Same as facility. No one under 18 years in West and East pools and Jacuzzis.

CENTRAL POOL 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.

## NEED A RIDE? GIVE A RIDE! OAKMONT VOLUNTEER HELPERS

### COORDINATOR

#### Rides to Medical Appointments

May 16–31

Barb Lowell 707-538-0333

June 1–15

Jen Rebalais 808-938-4479

We provide the following services to Oakmont Residents:

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

If you would like to be a volunteer, please call 539-8996. Donations to Oakmont Volunteer Helpers are appreciated and tax deductible.

Mail your check payable to Oakmont Volunteer Helpers, 6637 Oakmont Dr., Ste. A, Santa Rosa, CA 95409. Thank you.

Mon.–Fri. medical rides before 9 AM or after 4 PM are subject to limited volunteer driver availability. No service on weekends or holidays.

Please call at least three full working days prior to appointment.

**We regret that we are unable to provide either wheelchair or emergency service.**

## HOW TO CONTACT YOUR LOCAL OFFICIALS

### County Supervisor Susan Gorin, District 1

Phone (707) 565-2241

Address: 575 Administration Drive, Rm. 100A, Santa Rosa 95403

Email: [Susan.Gorin@sonoma-county.org](mailto:Susan.Gorin@sonoma-county.org)

### City Councilwoman Dianna MacDonald, District 3

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

Address: City Hall, 100 Santa Rosa Ave., Rm. 10, Santa Rosa 95404



## Quilting Bee

■Elizabeth McDonnell

### QUILT EXPERT JULIE SILBER DISCUSSES ANTIQUE QUILTS

The Oakmont Quilting Bee recently spent an afternoon with Julie Silber of Berkeley when she shared some of her vast knowledge of antique quilts.

Julie is one of the world's most respected quilt experts. She grew up in Michigan and arrived in California in 1966. She loves quilts and has 50-plus years' experience buying and selling antique quilts. She was the curator of Amish quilts in the world-renowned Esprit Quilt Collection in San Francisco. She is also the co-author of the book *Hearts and Hands and Amish: The Art of the Quilt*. She has curated quilt exhibitions at the Oakland Museum and Fine Arts Museums of San Francisco.



Julie told us it is particularly important to document our quilts. Besides including information as to when, where and why the quilt was made, she recommends including other history about the quilt. The quilt was made by a favorite aunt, for example, or made for a niece's wedding gift, or gifted by a mean mother-in-law (LOL)... whatever information about the quilt's history is important to pass on to others. Such history can be

attached and removed when or if the quilt is laundered.

Julie also advised not to store quilts in plastic (moisture can develop) or on paper (ink could transfer to the fabric), and not against wood, even a cedar chest. If stored on wooden shelves, the wood needs to have been painted or polyurethane applied in several layers to prevent damage to the quilts.

Julie had requested our members bring along quilts made prior to 1950 for her to see and discuss.

Fifteen members brought along antique quilts, a quilt top and quilt blocks and each provided Julie with what information they knew about the quilts. In a few cases, members had no information about the history of their quilt. Julie examined each of the quilts and blocks, and in one or two cases told our members the quilts were made at a time different than originally thought. Julie spoke of patterns, fabrics and methods of quilting used over the years for the various quilts shown.

Many of us have heard of and some have made a quilt with a pattern called Lemoyne Star. However, we didn't know it was named after a revolutionary soldier. Julie had no idea why the pattern was named for him.



Julie showed us a few of her antique quilts, two of which were made in support of the Women's Christian Temperance Union and a Bear Paw patterned quilt made about 1870.

We appreciated the words of advice on the treatment, care and storage of the treasured quilts.

The Quilting Bee meets on the second and fourth Wednesday of each month in the Arts and Crafts room from 1-4 p.m. and the third Saturday of each month from 9 a.m.-4 p.m. to machine and hand sew our own projects. For further information please call me at (707) 538-2523.

### 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://zerowastesonomaahhwevent.as.me/Oakmont>

You can also call (707) 364-6927 to schedule an appointment. Only 100 appointments available—first-come, first-served.

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



sequoia  
 senior  
 solutions  
*Excellence in In-Home Care*



Serving Oakmont residents  
 since 2003

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



Some of our services:

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



Owners,  
 Gabriella Ambrosi, President  
 and  
 Stanton Lawson, CEO

Our caregivers are trained in one or more of our Specialty Programs, based on our clients needs

[www.SequoiaSeniorSolutions.com](http://www.SequoiaSeniorSolutions.com) | | Call us today for a free assessment at (707) 539-0500







**ELEVATED COMFORT**  
HEATING · AIR · PLUMBING  
License #1073860

**Contact Us Today!**  
**Call (707) 706-4756**  
[www.GoElevatedComfort.com](http://www.GoElevatedComfort.com)

**Specializing In: Air Conditioning, Heating, Plumbing, & Air Quality**

Elevated Comfort is a family-owned, locally operated HVAC company that is in tune with the home comfort needs of the customers we serve in Northern California because this is where we live. We make a difference in the communities we serve by offering high-quality workmanship at affordable prices. Your job is the more important one we are doing, and it will always receive our complete attention from start to finish. We guarantee it!

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

# ELEVATE YOUR COMFORT!

SCAN TO SCHEDULE APPOINTMENT




LIMITED TIME OFFER

\$49

TUNE UPS & WATER HEATER FLUSHES


With coupon only. Not valid with other offers. Expires 6/30/2023.

LIMITED TIME OFFER

\$500 OFF

ANY EQUIPMENT PURCHASE

FOR OAKMONT RESIDENTS  
With coupon only. Not valid with other offers. Expires 6/30/2023.



**Business Hours**  
**Tuesday–Saturday:**  
Open 11:30AM–2PM and 4–7:30PM  
Closed 2–4PM  
**Closed Sunday and Monday**  
**(707) 539-0899**  
**4046 Sonoma Hwy, Santa Rosa**

Clip this out  
for a 10% DISCOUNT  
on any purchase.

Expires June 15, 2023

## 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!

We offer a discount card. When filled, receive \$15.00 off your meal.

