

OAKMONT NEWS

Oakmont's Semimonthly Newspaper

www.oakmontvillage.com/news

September 9, 2023 • Volume 61, Number 17

Oakmont Swimmer Wins Masters Titles

■Jackie Ryan

Bill Van Horn started setting swimming records when he was in high school. By the time he graduated from Ohio State University, he was a three-time All-American. In 1957, he anchored the 200-meter freestyle relay that set a national record and pushed his team to a first-place finish.



But for Van Horn, college records were just the beginning of the story. At 85, the Oakmonter is still competing for gold in US Masters Swimming. In 2023, he won six races at the Pacific championships and all five of his events in the Masters Nationals in Sarasota, Florida in August, posting the fastest national time in his age bracket for 10 of those events. In a long swimming career, Van Horn has won more than 60 world and national championships.

Van Horn, who moved to Oakmont a little over a year ago, lives near one of the pools, which he uses for maintenance, but he trains at the Santa Rosa Junior College 50-meter pool. "I train very hard in the weeks leading up to a meet to improve my times for both short and long-course events," he said.

See **OAKMONT SWIMMER** on page 3

New Resident Reception

■OVA Staff

**THURSDAY, OCTOBER 12, 6:30 PM
AT BERGER CENTER**

This event will be recorded for viewing at a later date.

If you're newer to Oakmont Village, you are invited to attend our lively New Resident Reception, an evening meant to introduce you to your new community and provide you with valuable information about Oakmont.

The evening will begin with a keynote discussion led by Heidi Klyn on discovering Oakmont's unique lifestyle offerings, followed by details on community resources, architectural information, a meet and greet with our Welcome Committee, plus a chance to connect with other new residents and neighbors. There will also be a Q&A session, so bring your questions.

Refreshments will be served.

If you are new within the year, or you just need a refresher on all Oakmont has to offer, plan to attend this welcoming and informative reception for new residents.

Eco-Friendly Lawn Conversion Project Wins City Award

■Carolyn Greene and Marie Kay Hansen,
Oakmont Environmental Stewardship Committee

Meadowgreen 2 (MG2) sub-HOA was honored in May by the City of Santa Rosa for its water-saving practices as part of the city's "Cash for Grass" program that provides rebates to cover more than half the cost of the conversion. MG2 joins at least four other Oakmont neighbors that have participated in the program.

With 47 homes, MG2 has begun a three-year program to convert common-area grass to lawn-free landscapes by replacing water-thirsty lawns with California native plants and a palette of Mediterranean climate plant species that are especially drought-tolerant. These plants also provide natural habitat that is superior to lawns for native wildlife, including native mammals, birds and insects.

The HOA replaced 6,000 square-feet of grass in 2022, with an additional 10,000 square feet to be converted by the end of 2023.

MG2's ecologically-driven project to replace lawns with drought-tolerant plants is being replicated in many landscapes around Oakmont in both sub-HOA and owner-maintained areas. The results are landscapes that are firewise, attractive and provide superior habitat for wildlife.

MG2 estimates it has reduced water costs by 20% and that water usage could drop by as much as 200,000 gallons per year, providing long-term savings for all its residents.



Wendy Schwartz and Marie Kay Hansen begin the process removing turf, placing cardboard, irrigation and then mulch at 6518 Stonebridge Road. Photos by Julie Kiil

See **ECO-FRIENDLY LAWN** on page 3

General Manager's Column

■Christel Antone, General Manager



BOARD RESOLUTION ON SPACE EVALUATION: NEXT STEPS

On August 15, the OVA board passed a resolution to hire professionals to assist the OVA in developing a comprehensive scope of work to define what we are willing to consider for the central complex.

The intent of the resolution also is to gather more information about space needs and possible improvements, while ensuring we abide by the board's responsibility and obligation to carry out the provisions in our reserve study. The reserve study is, in essence, our savings account to maintain, repair and replace assets, and the board must maintain sufficient funds in that account to carry out those functions. Engaging the appropriate professionals to assist us in developing a scope of work for the Central Complex Area will help us focus on what we know and define what should be included in our discussions.

In the coming weeks, I will be working with the board to develop this document, which will serve as a guide for navigating the challenges and finding solutions to our space needs and ADA and compliance issues—both known and unknown. Involving professionals with expertise in space planning, facility enhancement, and building code requirements further strengthens the intent of the resolution.

Overall, the resolution signifies the OVA Board of Directors' dedication to addressing challenges in the Central Complex Area comprehensively. It calls for a holistic approach that takes into consideration not only space needs and potential enhancements, but also leverages the valuable insights from reserve study projects and initiatives.

I will be giving frequent updates on this initiative, so that the entire community can follow the progress.

Age Verification Forms Coming to Oakmont Residents

■Dawn McFarland, OVA Executive Assistant

In adherence to California Law for housing developments exclusively designated for residents aged 55 and older, the Oakmont Village Association (OVA) is introducing an Age Verification Request as a vital compliance measure.


You should have already received an Age Verification Form at your residence. We ask that one member of each household take the responsibility of completing this form with accurate information for all residents of the household.

Additionally, for each resident listed on the form, please provide a copy of the requested proof of identification. Acceptable forms of identification include Driver's License, CA ID card, passport, birth certificate, immigration card, or similar government-issued identification. This step is essential to ensure that our records are up-to-date and compliant with

See **AGE VERIFICATION** on page 4

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To Recycle, Compost or is it Garbage?

■Marty Thompson

There were plenty of answers and some surprises in a Town Hall on what can be recycled and what can go into a compost barrel, organized by Oakmont's new Environmental Stewardship Committee.

The fact that some paper products, including clean brown paper bags, can go into the compost or recycled was among surprises at the August 24 program with speakers from Recology and a Sonoma shop called Recycle Madness. If paper bags are clean, they're good for recycling. If they're food-stained, they belong in the compost barrel, said Cole Yoxall of Recology.

State law requires residential customers to recycle and compost, he noted.

There were some surprises and cautions. Tomatoes and avocado skins can go into the compost if stickers are removed.

Wax paper and parchment are compostable, if clean and dry.

Not all paper products can be recycled. Paper hot coffee cups with a glossy finish must go into the trash.

Glass food jars can be recycled, and so can their metal lids—if both are clean and dry. When disposing of a container or packaging, Yoxall suggested asking yourself, "Oh, maybe this can be recycled." If there is uncertainty, then perhaps it's better off going into the garbage.

Small plastic medicine bottles might seem like recycling material, but their size makes sorting by Recology a problem, meaning the customer might as well toss them in the trash.

Broken plates and glasses must go in the garbage.

Jana Wang, owner of a Sonoma shop called Refill Madness, urged people to "think about it before you buy it" and to support companies whose products can be recycled. Some stores and most farmers markets allow people to bring their own containers for dry foods, cleaning products and beauty products.

Wang's store and others have bulk supplies of cleaning products, cosmetics and more so they can refill their customers' containers.

The Town Hall is available to view online at this address: VIDEO: Town Hall: The R's of Waste Reduction—Oakmont Village.

ECO-FRIENDLY LAWN Continued from page 1

Sheet mulching with cardboard over existing lawns is the chosen method, as sod remains in place to decompose over several months, no herbicides are used and top soil is preserved, including the humus and microorganisms critical for plant health.

The Environmental Stewardship Committee encourages homeowners to plant natives in fall and winter, so they can establish strong roots during the moist season.

To see this work in progress, drive west on Stone Bridge Road. The impact of the work along the creekside of the street will become even more eco-friendly as the plants grow in and enhance the appearance of the entire neighborhood.



For more information, contact Marie Kay Hansen at briza1@comcast.net. Information on the city's Cash for Grass Rebate Program is available at www.srcity.org/watersmart.

OAKMONT SWIMMER Continued from page 1

Recently the Olympic Club in San Francisco honored Van Horn with a special recognition at its annual Aquatics Showcase dinner, noting his long record of national and world championships in Masters Swimming that includes open water events. John Ring, executive director of the Olympic Club Foundation, said Van Horn is "among the most accomplished individuals in the history of the Olympic Club Masters Swimming program."

As for Van Horn, he has no plans for coming out of the water. "I know it's so good for me and I really enjoy it," he says. "Swimming is the greatest sport if someone wants to live long. I love it."

Meet Your Neighbors Gathers Steam in Mountain Vista

■Katy Carrel and Matt Zwerling, MYN Co-Coordinators

Priscilla Roslyn is all in—into the power of neighbors banding together to face whatever may come. An Oakmont transplant from Los Angeles seven years ago, Roslyn went to a recent Meet Your Neighbors (MYN) event that was an ah-ha moment for the Mountain Vista sub-HOA resident.

"It was such a powerful presentation that I bought in hook, line and sinker," said Roslyn. "I knew that the MYN booklet was a critical component to upstanding the significance of this program."

Now Roslyn has become a so-called poster child for the MYN message. Inspired by the potential of neighborhood preparedness, she downloaded the booklet (available on the Oakmont MYN website), had 31 copies printed and spirally bound and then delivered them to her neighbors in Mountain Vista.

Roslyn said MYN helped her "get her head on straight" and educate herself about disaster preparedness. "I had the mentality that a disaster wouldn't happen here. Then we had fires and I got that nailed down. But I never gave a thought to earthquakes where we would have to shelter in place."

Mountain Vista's organizational meeting drew 30 people representing 31 of the homes. They created four pods, named leaders and co-leaders and have begun mapping utility shutoffs and gathering other data. "It's just a beginning, but it has been a great beginning," said Roslyn.

New MYN neighborhoods are being organized throughout Oakmont, and the numbers are being tracked based on the Leader Forms returned. Approximately 40% of Oakmont now has active MYN zones. MYN Coordinators, Katy Carrel and Matt Zwerling, will help the other 60% of neighborhoods with overall planning for the first neighborhood organizational meeting and will attend the first meeting to help with the kickoff.

Several of the established groups meet monthly or quarterly, share house keys with "buddies," set up phone/text trees to notify each other when going out of town or for emergencies, and have arranged plans to assist neighbors who don't drive. They share emergency contact information, determine who has skills and equipment that might be necessary in a shelter-in-place situation, and understand when and where to shut off gas and water.

Support materials for organizing, and TIPS for personal preparation, are available on the MYN website: <http://oakmontvillage.com/myn>. Contact MYN at mynoakmont@gmail.com.



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■ Nancy Crosby

NEW STUDY TO START NEXT FRIDAY

It's a great time to start something new! This fall the group will be studying the book of Acts, regarding the birth of the church, using a Dr. David Jeremiah study guide. The author will "help you understand what the Bible says, what it meant to the people at the time it was written, and what it means to you today. Along the way, you will gain insights into the text, identify key stories and themes, and be challenged to apply the truth you find to your life."

Our small and friendly non-denominational group would love to welcome you! This class meets on Fridays, from September through May, with breaks for the holidays. Please call me for more information. Hope to see you there!

DATE: Fridays, beginning September 15

TIME: 10:15–11:50 a.m.

PLACE: CAC Art Room

LEADER/CONTACT: Nancy Crosby, (707) 480-0566

Valley of the Moon Fellowship

■ Larry Hallett

FUN, FOOD, AND FELLOWSHIP!

Valley of the Moon Fellowship (VOMF) is a twice-a-month gathering for fellowship, open discussions on items of interest, opportunities for community service, and spiritual reflection and renewal. The group is non-sectarian and is welcoming and inclusive to all. A theme or topic is shared each gathering which stimulates lively discussion.

New folks are always welcome and we are growing in numbers! Join us for some fun, food and fellowship.

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

Hope to see you!

AGE VERIFICATION Continued from page 1

the relevant regulations.

Completed Age Verification Forms and copies of identification documents can be returned to the OVA Administrative office using one of the following methods:

- Scan and email to AV2023@oakmontvillage.com
- Mail to: OVA, 6637 Oakmont Drive, Suite A, Santa Rosa, CA 95409
- Bring in person to OVA Admin Office at 6637 Oakmont Dr, Suite A, Santa Rosa, Ca 95409

To ensure the accuracy of our records, all forms and documentation should be returned to us by October 1.

Should you have any questions, concerns, or need clarification about this request, please feel free to reach out to the OVA office at (707) 539-1611 x 6 or email AV2023@oakmontvillage.com. The OVA is here to assist you and provide any necessary support throughout this process.

Rest assured that the information you provide will be handled with the highest level of confidentiality. It will be used exclusively for the purpose of updating our records in strict compliance with the law.

Lifelong Learning



■ Marlena Tremont

CLASSES START NEXT WEEK

Classes available in person, on Zoom or as recorded sessions.

New this Fall: Purchase multiple classes for the same person at the same time and save 25% off the total!

ARTIFICIAL INTELLIGENCE IN SCIENCE FICTION

Mondays, Sept. 18–Oct. 16, 3–5 p.m., Berger Center
5-week session. Cost: \$80

Science fiction is light-years ahead of the reality in Artificial Intelligence (AI) and has posited all kinds of scenarios to ask the question "is AI a threat or a benefit?" Using literature and movie clips, students will explore the deep social and philosophical questions surrounding AI, examine the actual science behind it, and try to sort fact from fantasy in the giant international debate raging around AI.



Dr. Warren Wiscombe helped found the climate science field in the 1970s, doing research in the newly-formed Climate Section at the National Center for Atmospheric Research in Boulder, Colorado.

RUSSIAN HISTORY: FROM TSARS TO THE PRESENT

Wednesdays, Sept. 20–Oct. 25, 3–5 p.m., Berger Center
6-week session. Cost: \$95

Note: Instructor will be on Zoom

An incredibly timely class that explores the similarities and differences in the relations between Russia and the West throughout the history of Russia. This course is a journey from the Tsars of the Russian Empire through the 1917 revolution, Lenin, Stalin, WWII, the Cold War, the 1990s dissolution of the Soviet Union and finally to the rise of Vladimir

Putin who some believe is trying to restore the Tsarist Empire.

Bert Gordon is Professor Emeritus of History, Mills College. He has taught courses on Russian history, Medieval to the present, and the history of Marxism.

THE GENIUS OF BETTE DAVIS

Thursdays, Sept. 14–October 5, 2–5 p.m., East Rec
(Note: Early start time)

4-week session. Cost: \$95

Dive deeply into four masterworks featuring intense, audacious, indelible Bette Davis performances. Investigate the woman, actress and studio system challenger via psychology, myth, culture and the symbolic language of cinema. *Dark Victory; The Letter; The Little Foxes; Now, Voyager.*

Terry Ebinger, MS is a passionate film scholar with over three decades' experience as a depth psychological practitioner, educator, dream consultant, and multidisciplinary group leader.

EXPERIENCING NATURE THROUGH ART

Thursdays, Oct. 19–November 9, 3–5 p.m., East Rec
4-week session. Cost: \$65

Explore the aesthetic relationship between fine art and nature, as viewed through the lens of perception. Trace the evolution of artistic depictions of natural settings from the Renaissance to Impressionism to modern artists that invite active participation by the viewer in the artistic process. The course culminates by touching upon innovative visual practices that enable students to generate a luminous aesthetic experience.

Bruce Elliott is a beloved returning instructor who received his Ph.D. in history from UC Berkeley with doctoral studies in British history.

To register go to OakmontLL.org, fill out a form in the OLL folder in the OVA office or register at the door.



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VOM Women Niners

■Debra Kiddoo

SUMMER GOLF TOURNAMENT RESULTS AND INVITATION

On August 17, the VOM Women Niners hosted the Summer Golf Tournament followed by a Box Lunch picnic. The tournament game was Fairway Five and the winners were Barbara Oberkirch winning first place and Charlene Grimm, Roberta Lommori, Kathy Camp, Michele Yturralde, Margaryta Sarram, and JoAnn Banayat tying for second and third. Congratulation ladies for driving into the fairways and accurate putting. In addition to the tournament winners there were four 50-50 raffle winners and Elaine Foote won the chip-in pot.



Barbara Oberkirch, Charlene Grimm, Roberta Lommori, Kathy Camp, Michele Yturralde, Margaryta Sarram and JoAnn Banayat. (Photo by Debra Kiddoo)

Our next event will be the Halloween Tournament and Box Lunch on October 26. This event is open to guests. The tournament will be a 9 a.m. shotgun on the back nine of Sugarloaf. Costs will include golf, cart if desired, and \$18 for lunch. Sweeps will be \$3 for a Fairway 5 game and optional \$1 chip-in pot. The sign-up sheet is at the Sugarloaf Pro Shop.

You do not need to be a full-time Oakmont resident to join the VOM Women Niners Club. If you enjoy golf and fun fellowship, contact JoAnn Banayat, Membership, (415) 279-2954 or jbanayat@sbcglobal.net for more information.

Our club is growing—we now have 41 members—and we'd love to add you to the roster.

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OAK at the VOM Golf Club

■Hilary Gruendle

SEPTEMBER EVENTS AT OAK

Stop by OAK's lobby to pick up a monthly calendar listing all of the events happening throughout the month. Remember, Oakmont residents get 10% off. All events require a reservation by calling (707) 539-0415 x 5.

September 12: Trivia Night. Monthly mind-bender, assemble your squad of up to 8. Commences at 5 p.m., entry fee \$5/person.

September 16: Tequila Tasting, 4-5:30 p.m. Savor specialty tequilas, delectable bites, and learn from a tequila specialist.

September 18: Live Music with the Magic Band, 5-7 p.m. Cover charge of \$8.

September 25: Live Music with O and the Riots, 5-7 p.m. Cover charge of \$8.

September 30: Superintendents' Revenge Golf Tournament, starts at 3 p.m. Email Kschmuhl@playvom.com to reserve a team.

HANDS-ON SUSHI MAKING CLASS AT OAK WITH ED METCALFE

Come join us with local Sushi Chef Edward Metcalfe who was the owner and chef of Shiso Restaurant in Sonoma for 12 years and is now the owner/chef of Sushimotos private chef and culinary educator. He will be leading a hands-on class in the art of sushi making along with a sake education.

We all have some basic knowledge of wine, but he will give you the insider secrets to sake and sushi. This will be a hands-on sushi-making class. Please bring your humor and be ready to roll.

Sip on sake and snack on Japanese dishes while you learn the basics of making sushi rolls, miso and so much more.

Event is on October 5 from 5-7 p.m. Price is \$125 per person. Link to purchase tickets: bit.ly/47E5K9H.

EXCITING UPDATES

As the seasons change, OAK is gearing up to tantalize your taste buds with fresh culinary delights and thrilling local entertainment. Here's a sneak peek of what awaits you.

Indulge in the New Dinner Menu: Embark on a culinary journey with our refined dinner menu. Delight in dishes such as the Crispy Calamari Fritti, Heirloom Tomato Caprese Salad, classic Margherita Pizza, and, of course, the ever-popular OAK Cheeseburger. Exclusive offer: Oakmont residents enjoy a 10% discount at OAK. For the latest menus and operational hours, visit us at www.playvom.com/the-club/dining.

Your Haven for Coffee: The OAK snack bar opens Friday-Sunday from 9 a.m.-3 p.m. and offers coffee and espresso drinks along with on-the-go breakfast burritos, lunch options and snacks. Remember that with the Oakmont resident discount, a cup of coffee is \$3.60, complete with complimentary refills during your visit.

BOOK YOUR PRIVATE EVENT

Valley of the Moon is your ideal venue for private events. Whether it's celebrations, gatherings, or special occasions, we're here for you. Contact our Fairview events team at www.fairviewevents.com/valley-of-the-moon. The sales team is located in the OAK banquet building seven days a week.

SHARE YOUR INSIGHTS

Your feedback matters! Help us enhance your dining and entertainment experience. Connect with me, Valley of the Moon Club General Manager, via hgruendle@playvom.com. Arrange an in-person meeting or simply share your thoughts via email.

Stay tuned for a season of flavor and excitement at OAK!

Valley of the Moon Rotary Club



■Star Power

END PLASTIC SOUP!

Wait! What? What the heck is plastic soup, you ask? Not something Campbell made. Picture this: You have your large soup pot on the stove and toss in all the plastic products your family has used for the last few days, turn on the heat, stir it, then ladle it into soup bowls for your family! Ugh! Quite a visual, isn't it? Well, we're not quite there yet, but plastic in our bodies and the bodies of all earthly creatures is rapidly nearing.

VOM Rotary recently had Barbara McChesney from the Windsor Rotary Club speak about Rotary's new Area of Focus, the Environment. EndPlasticSoup is a global environmental initiative for Rotary to solve and prevent the plastic pollution problem. Refuse, Reduce, Reuse & Recycle is the plea projected worldwide by Rotary as an example of what can be achieved as clubs and individuals. Rotary can accelerate research, solutions, legislation and international projects across the plastic lifecycle. We build alliances inside and outside of Rotary.

Corporations have sent their packaged food & products to developing countries who lack waste management systems. On top of that, developing countries have accepted the waste from wealthy nations. The four biggest exporters are USA, Japan, Germany & the UK. We can do better than this!

Research has shown that plastics are showing up in the guts of our marine life and even at the bottom of the Marian Trench, which is 36,000 feet underwater! Not only in the extremities of our planet, but in the breastmilk and even human placentas. We can do better than this!

Most of us are aware of the plastic waste floating in the world's oceans, but few realize that plastic pollution of the soil is a hugely growing concern, with concentration estimates between four and 23 times higher than in the seas. We have to do better than this, because the potential harm to our bodies and that of all creatures is at risk. Ample evidence now suggests interference in organ function, reproduction, and growth. When we work as Rotarians to End Plastic Soup, we are better than this!

One avenue toward this goal is by supporting young plastic ambassadors—passionate young people who are committed to fighting plastic pollution and creating a better environment for all of us. They are part of our EndPlasticSoup network. EndPlasticSoup works with Rotary, Rotaract, Interact Clubs, and many other commercial and government programs.

You can Google End Plastic Soup and learn more about Rotary's great challenge.

Also, you can learn more about Rotary by visiting a Valley of the Moon Rotary meeting most Thursday mornings at the East Rec. The meetings start at 8 a.m., but we like it when members and friends come around 7:30 a.m. to enjoy coffee, light breakfast and camaraderie. Help make the world a better place!

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Playreaders



■D. Hall

CRAFTING AN AUDIENCE THROUGH STRONG PRESENTATIONS



*Marcel Coder and Ginny Smith entertained a captivated Playreaders audience at the beginning of August with a delightful reading of Elaine May's *The Way of All Fish*, a humorous tale of the complicated relationship of secretary and boss. We'll done, ladies! (Photo by John Dolan)*

Clear summer skies bring out the stars. Oakmont Playreaders has summer stars of its own, but always looking for new arrivals in our orbit.

On Sept. 11, Jane Borr concludes her production of A.R. Gurney's drama, *The Cocktail Hour*, featuring John Dolan, Sandy White, D. Hall and Jane Borr. A family-gone-wrong is on the verge of being exposed by its playwright son. But the messy situation at least brings all the pent-up feelings out where they can be dealt with.

Sept. 18 and 25 will be rehearsal Mondays for Sandy White's staging of *Same Time Next Year*, by Bernard Slade. In it, a New Jersey accountant George Peters and Oakland housewife Doris meet at a Northern California inn in February 1951. They have an affair and agree to meet once a year (for 24 years,) despite the fact both are married to others and have six children between them. The pair are played by Yvonne Horn and John Dolan, with Sandy White narrating. Presentation will be on October 2 and 9.

Some delightful Christmas fare is scheduled for December, along with a holiday party.

Join us on the first two Mondays of every month at 2 p.m. in Room B of the Central Activities Center.

■Mary Blake

LAWN BOWLING OPEN HOUSE MONDAY, SEPT. 18—FREE FOOD!

Interested in learning more about lawn bowling? Drop in on Monday, September 18, any time between 10 a.m. and noon. This is a hands-on event. We'll have a demonstration game so you can watch. We'll also provide equipment so you can see what it's like to bowl on a beautiful lawn with views of Mt. Hood and Sugarloaf. The best bowler wins a bottle of wine and there will be free food, too! (Did I mention free food?)

COMING EVENTS

For tournaments, show up at 9:15 a.m. to bowl at 9:30, wear your whites, and bring \$3.

Tuesday, September 12: Open Singles

Thursday, September 14: After 5 BBQ (please RSVP)

Monday, September 18, 10 a.m. to noon: Open House

Tuesday, September 26: Novice Singles

TOURNAMENT RESULTS

Women's Pairs: Due to illness and travel, the final match was postponed to August 21, when Mary Blake and Janet Johnson faced Pam Dempsey and Michelle Macintosh. It was a close game and Pam and Michelle took the trophy.



Getting ready for the Women's Pairs Tournament are Linda Pickell, Diane Ethier, Janet Johnson, Ande Anderson, Michelle Macintosh (hidden), Marilyn Garland and Jodi Darby. (Photo by Mary Blake)

Lawn Bowling



Women's Singles: For the first round we had nine bowlers. Jodi won by default. Other winners were Janet Johnson (also winning the bye), Mary Blake, Pam Dempsey and Ande Anderson. For the second round, Ande faced Jodi and Pam faced Mary. Ande and Pam were the winners and Ande won the bye. Pam will face Janet and the winner of that match will face Ande.

View the photos (as well as from other tournaments) posted on our website.

END OF SUMMER BBQ

It's been a full summer with each week having at least one event. Tournaments will continue into October, but we'll celebrate the end of a full summer on September 14 with a BBQ. The barbecue is open to all club members and their guests.

Please RSVP so we'll know how much food to order. Bring a side dish to share and a beverage of your choice.

TIP OF THE DAY NUMBER 11 ESTIMATING A HEAD DURING PLAY (BE QUICK)

During play, only the Skip or Second who has "possession" should signal the score. During Daily Draw we don't adhere quite as closely to the "must have possession" rule. The key points to figuring the score during play are: (a) don't take too long and (b) don't jump to conclusions—if something isn't certain without closer examination, single "a measure". If you feel the correct score is difficult to tell AND is critical knowledge for the bowler, let the bowler know you need a few extra minutes by holding up your hand.

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



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Oakmont Sunday Symposium



Berger Center, 7902 Oakmont Dr.
Sunday, 10:30 a.m.–12 noon / \$3 donation
www.oakmontsundaysymposium.org

■Harriet Palk

Oakmont Sunday Symposium is back with a season of exciting speakers.

Coffee and tea, along with individually wrapped snacks, will be available throughout the season for sale in Berger from 9:45–10:15 a.m. A good time to chat up neighbors you may not have seen all summer.

SEPTEMBER 10: MIKE THOMPSON, U.S. REPRESENTATIVE FOR CALIFORNIA'S 4TH CONGRESSIONAL DISTRICT



Mike Thompson serves on the powerful Committee on Ways and Means and is Chairman of the House Gun Violence Protection Task Force. He describes himself as a centrist, capitalist Democrat who looks for a fiscally responsible, pragmatic approach to governance. Thompson is recognized

in Congress and throughout his district as a strong leader for Democratic principles who has built a solid reputation for bipartisanship problem solving.

SEPTEMBER 17: STEVEN PIFER, FORMER AMBASSADOR TO UKRAINE

As the horrific war continues, Steve Pifer will shine a light on the largest war in Europe since WWII. He will explain Russian expectations, Ukrainian choices, US options, NATO's role and what Europe's future might look like. Pifer served US embassies in Warsaw, London and Moscow and was ambassador to Ukraine from 1998 to 2000.



SEPTEMBER 24: MELANIE DEMORE USING MUSIC TO FIND YOUR POWER



If you remember a time in your life when you were powerfully moved by music, you will want to hear Melanie DeMore, who uses music as an emissary of tolerance and kindness to encourage the best in all of us. It has been said "her energy will charge the very air you breathe like a meteor shower."

Don't miss this unusual, riveting and inspiring presentation.

Oakmont Craft Guild

■Carolita Carr

PARKING LOT ARTS AND CRAFTS FAIRE
WHERE: CAC Parking Lot

WHEN: Saturday, October 7, 10 a.m.–3 p.m.

Get a head start on your holiday shopping! You are sure to find lots of unusual and unique items, for those people in your life who are so hard, almost impossible, to buy for. The Oakmont Craft Guild will be hosting another outdoor Oakmont (and beyond) Arts and Crafts Faire on Saturday, October 7.

So mark your calendars for this fun event. We will even have a food truck!

For artists and craftspeople, we still have room for you. Show your neighbors how talented you are and pick up a little cash at the same time. Submission forms are available in the OVA office in the Clubs File. Look for the Craft Guild folder. Pick up a form, fill it out and put it back in the file. You may also request an electronic copy by emailing Carolita Carr at jbcarr35@gmail.com.

Flu Shot and Vaccine Clinic Coming to Oakmont

■News Staff Report

The first of four fall vaccination clinics in Oakmont will be held on Friday, Sept. 11, with online sign-ups now being taken. Hours are 9 a.m. to 3 p.m.

Vaccines offered will be the Quadrivalent Flu Vaccine (adult and senior doses), Shingles, Pneumonia, XBB Variant COVID Vaccine (if available), and RSV (if available).

The clinics are cosponsored by Safeway Pharmacy and the OVA.

Subsequent clinics will be on Monday, Sept. 11, Friday, Sept. 29, Friday, Oct. 20, and Thursday, Oct. 26.

Participants should bring their Medicare and other insurance and drug cards to the clinic and a consent form, which is available online when making an appointment. Kaiser members are asked to visit their provider to schedule a vaccine.

Appointments for the Oakmont clinics can be made through this link:

www.safeway.com/vaccinations/group-clinic/OakmontvillageSR

InvestOAK



■Leonard Grosso

THREE C'S OF CHOOSING A FINANCIAL PROFESSIONAL CARE, CAPABILITIES, CONTRACT

So, who can I trust with my money? There are good questions to ask, resources to research a professional and the opportunities that come your way. Let's make sure you have a checklist.

John Schweitzer, CFEd®, is an Investment Advisor Representative and an Insurance Professional with over 15 years of experience. As a CFE Certified Financial Educator®, he is passionate about the movement for a financially literate society. Everyone deserves the support of a coach. As Americans in this modern world, we must know better in order to do better.

Please join us on Friday, September 15 at 10 a.m. in CAC Room B.

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

Oakmont Art Association

■Patty McHugh

OPEN STUDIOS THIS WEEKEND

The Oakmont Art Association is proud to bring the Oakmont Open Studios once again to the community. The event is this Saturday and Sunday, September 9 and 10, 10 a.m. to 4 p.m., and is free to all. Street signs will show the way to the studios.

Featured are artworks by 16 outstanding Oakmont artists and artisans, and will showcase works in oil, acrylic and watercolor painting, pastels, mixed media, multimedia, photography, ceramics, sculpture and needlecraft. This is a great way for locals and out of town visitors to meet the artists, learn about their artistic processes, their sources of artistic inspiration and to purchase original works of art.

A display of selected works of the participating artists and the artists' statement are currently on display through Saturday, September 9 in Room G at the Berger Center. Brochures, maps, and postcards may be picked up there as well. Brochures and maps are also available on our website, oakmontart@gmail.com.

Bring as many friends as you like and make a day of it!

Volunteer Opportunities: Keeping Our Community Safe

■Bev Leve, Volunteer Resource Committee



The Firewise Inspection Ad Hoc Committee is asking for a few more volunteers to complete a community-wide inspection routine.

When the temperature outside is high and the wind starts blowing, a lot of us feel nervously ill at ease because it signifies heightened fire danger. Our community leaders have stepped up and energized us to make Firewise safety a huge priority. In a true spirit of neighbors helping neighbors, the Firewise compliance ad hoc committee was formed.

Several hours a month will be required between now and early spring next year when it is anticipated the project will be successfully completed. Each section of home visits includes notifying homeowners between two to seven days prior to a visit. The home visit will take between 10-15 minutes and the team member offers each homeowner an opportunity to accompany the inspection visit.

Team members will have several hours of self-paced training and be able to shadow experienced team members prior to being on their own. The monthly home visit assignments for each section of homes in Oakmont should normally be completed in about 4-8 hours and reports to the Architectural office another 3-4 hours.

Most of the current Firewise Inspection Team had little or no prior experience, so the real background requirement is the desire to help neighbors make our community safer. Physical requirements involve several hours of walkability. The trainer, Ken Smith, is a very experienced inspector and an excellent instructor. Training for an additional crew will begin in a couple of weeks to supplement active teams already committed to Firewise inspections.

If you are interested, please send a two or three sentence bio to the head of the Architectural Committee, Burt Schraga. His email address is burt.schraga@oakmontvillage.com. Questions? Contact Ken Smith at ken.smith@oakmontvillage.com.



■Ray Haverson

Are you ready to eat, drink and be merry? You will not want to miss Sha-Boom's Midsummer Night's Dream party!

WHAT: Midsummer Night's Dinner Dance with music by the great J Silver Heels Band

WHEN: Saturday, September 23

WHERE: Berger Center

TIME: Doors open at 5 p.m.; dinner from 5:30–6:30 p.m.; dance after that.

MENU: BBQ chicken, BBQ ribs, garlic bread, vegan chili, salads and dessert. BBQ by Keith's BBQ Beast (same as 4th of July).

COST: \$40 per person. We will supply lemon water, ice, cups, cookies and coffee. You may bring your favorite drinks, no problem.

This will be Sha-Boom's last barbecue of the year, so do not miss out.

Please get your reservations to me so I can give the caterer a headcount. Reservations can include a whole table, with names supplied now or later.

Please make your checks payable to Sha-Boom and place in folder at the OVA office or mail to 7111 Oak Leaf Dr, Santa Rosa, Ca. 95409. You may also drop them in the mail slot right side of the garage door at this address.

Sha-Boom just added a great show for November 4. Stay tuned for more information.

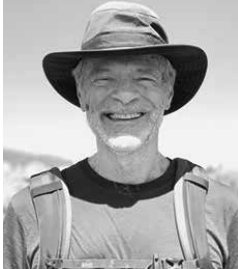
In the Spotlight: A Strategic Thinker

Editor's Note: This is one of a series of profiles of your neighbors, community members with interesting backgrounds who bring vibrancy to Oakmont.

■Marlena Tremont

In a meeting, Bruce Hartsough, who moved from Los Altos to Oakmont with his wife Lesli Lee in 2015, is one of the quiet ones who mostly listens. But when he talks, his comments are insightful, thought-provoking and often, very funny. So, people listen.

Particularly the people at Bay Nature, where Hartsough spent ten years on the Board of Directors, serving as Board President for the last five while also leading the search for a new executive director last year—an unpaid but all-consuming position.



Bruce Hartsough.
(Photo by Lesli Lee)

Berkeley-based Bay Nature publishes a quarterly *Bay Nature Magazine* and offers premiere hikes, tours, and presentations throughout the Bay area. Hartsough believed that there was a need to rethink the organization and what it provided to outdoor enthusiasts. Under his leadership, the Bay Nature mission statement was rewritten, a strategic plan developed, and staff development incentives put in place.

He also changed the way the organization presented itself to the public by encouraging a new voice and vision for the *Bay Nature Magazine*. "It had all the elements of a very good publication," says Hartsough. "Fabulous pictures and informative, polite, and non-controversial articles about nature. But I wanted us to look at the harder environmental issues, even if it meant we were airing controversial positions, as long as we presented both sides so readers could decide for themselves."

Take, for example, the story entitled "Conservationists Who Hunt Describe their Connection to Nature." While this seems like a contradiction, the article examines the contributions that groups like Ducks Unlimited make to preserve and regenerate wetlands and forests. Another recent Bay Nature story looks at the conflict between the Dungeness crab fishing industry and humpback whales due to warming waters and changing migratory patterns.

Hartsough's biggest source of pride is the new Bay Nature website where the team turned an antiquated website that simply republished magazine articles into a robust site with rich content, averaging more than 100,000 page views per month.

Hartsough has an MS and MBA from Ohio State. Self-described as a nomadic tech leader, he worked with Bell Laboratories on early network technology, with start-up company Jamcracker on early cloud computing, and at Intuit, starting as vice president of software engineering before he became the head of Corporate Sustainability.

Hartsough is a recent graduate of the Urgent Optimism program, a one-year, international training program offered by the non-profit think tank, Institute for the Future. It is this longer-term, strategic thinking that Hartsough hopes to bring to Oakmont where he serves as a member of the Long-Range Planning Committee and on September 13 when he will be speaking to the Oakmont Futures Club about how to think about the future.

"I really like being part of this community," Hartsough says. "Oakmont is a place where people can make a difference by helping their neighbors and the community as a whole. There are so many incredible people here with unique backgrounds and different viewpoints and because I believe everyone's perspective is valuable, I look forward to seeing what we can do together."

Oakmont Pétanque Club

■Don McPherson

INTERNATIONAL OPEN TOURNEYS CONTINUE

The Pétanque international open tournament season continues in full swing through late summer and into the fall. Billing itself as "the largest urban pétanque tournament in North America," the 15th annual Festi-Pétanque la Marseillaise in Montreal (Longueuil) Quebec hosted men's and women's triples teams from Pétanque Canada, Pétanque Quebec, and world-wide on August 5-6. The U.S. team of John Harris (Oakhurst, CA Pétanque Club), Joseph Haas, and Stéphane Nicolas won the Men's Concours B Championship, their first win in international competition.

A rapidly growing international tournament, the New York Open sponsored by La Boule New Yorkaise Club, hosts doubles teams from across North America as well as international champions at Pier A Park in Hoboken, NJ—directly across the Hudson from the dramatic Manhattan skyline—October 7-8. Several teams from NorCal clubs are entered.

The largest pétanque event in North America, the Amelia Island Open, hosts an international doubles tournament November 11-12 at Amelia Island, Florida. Sponsored by the Amelia Island Boules Club, United Pétanque, and the City of Fernandina Beach, the 14th annual tournament will welcome nearly 400 players and hundreds of spectators to Amelia Island. Each year 90 pétanque courts are constructed at the harbor front for the tournament. Many NorCal teams are entered, including a half-dozen teams from the Sonoma, Santa Rosa, and Oakmont pétanque clubs.

PÉTANQUE IN OAKMONT



Pétanque action on a recent Wednesday morning: Steven Payette, left, points and Richard Goodwin, right, shoots in their respective games.

The club encourages all Oakmonters who may be interested in playing or learning to play pétanque (pay-tonk) to come to the courts between Berger and the OVA offices at 9:45 a.m. on the Club play days of Monday, Wednesday, and Saturday. The club has boules to lend while you're learning, and you'll be playing right away. No dues are required - just sign up to be on the club roster. Club play days are casual friendly games with teams randomly assigned.

Anyone, regardless of experience, is welcome to enjoy the challenge and camaraderie of a simple game that is inexpensive, fun to play, learned quickly, and endlessly fascinating in its deeper levels of execution and strategy. As Carlos Chavez of the Valley of the Moon Pétanque Club recently wrote: "Pétanque is a game of meters and millimeters, a game of soaring tanquer and delicate defense, a game where spectators clack boules in appreciation and shooters slam hats to the ground in frustration. It is a game of canny strategy and brute force. It is a game of immense satisfaction and bitter disappointments, of life-long loyalties and unforgiven betrayals. If you think it is simply a game of a ball and a target you are both right and wildly mistaken."

The final tournament of the season, Oktoberfest, is on Saturday, October 21.

Oakmont Garden Club

■Patty McHugh

SEPTEMBER MEETING EVERYTHING YOU WANTED TO KNOW ABOUT GARDENING BUT HAD NO ONE TO ASK!

WHEN: Wednesday, September 13

TIME: 9:30 a.m. Social, 10 a.m. Speaker

WHERE: East Rec., 7902 Oakmont Drive

PRESENTER: Garth Hokanson, Horticulturist

We are so pleased to open our first return meeting after summer hiatus with this program. The presentation will be conducted by Garth Hokanson. Garth holds a BS and MS in Horticulture, has taught at the college level for 25 years and has extensive nursery and landscape experience as well. Garth is an honorary member of our club and has presented to our club numerous times on a variety of garden-related topics. He is our resident expert, and we always look forward to his talks.

This is an interactive presentation. Garth invites you to bring your specific garden problems or plans to discuss. There will be a whiteboard where he can clarify questions and help resolve any problems. So that Garth can take as many questions as possible, we ask that you come to the meeting with your questions written down (preferably on index cards, or something of a similar size) and turn them in at the welcome desk.

Please come with all the questions and garden problems that have been plaguing you. It promises to be a lively and informative meeting. Many thanks to our club member, Shirley Phillips, for suggesting this idea for a program.

Note: Please bear in mind that questions regarding the OVA Architectural and Firewise Committee plant rules are not in our dominion. Plants discussed may or may not be acceptable under those organization's rules; it is up to the listener to do their own research in that regard.

OCTOBER MEETING PRESENTED BY VERONICA BOWERS, NSCC

WHEN: Wednesday, October 11

TIME: 9:30 a.m. Social, 10 a.m. Speaker

WHERE: East Rec., 7902 Oakmont Drive

Want to invite more songbirds to your Oakmont garden? Learn how from songbird expert Veronica Bowers, founder and director of the Native Songbird Care and Conservation (NSCC) center in Sebastopol. She will share her experiences creating the Songbird Sanctuary Habitat Garden on 1.5 acres of the center's property. The garden is comprised mostly of native plants and supports over 70 species of songbirds throughout the year.

NSCC is a specialty hospital for native songbirds. It is the only wildlife rehabilitation facility in Northern California dedicated exclusively to the care of native songbirds. Every aspect of the facility is set up exclusively to support the needs of injured, ill and orphaned songbirds so they can return to their free and wild lives. What a wonderful idea to build a sanctuary garden nearby!



Soroptimist International Oakmont Wine Country

■Denise Bickert



COFFEE, CROISSANTS AND AUTUMN CRAFTS

Soroptimist of Oakmont Wine Country is offering a new seasonal craft class. Join us to create fabric pumpkins. Each participant will make one velveteen orange pumpkin and a second pumpkin in a fabric of your choice. All supplies are provided but we ask you to bring a glue gun. Coffee and light snacks will be served.



Photo by Lynn McFarland.

The class will take place Saturday, September 30, from 9 a.m. to 12 p.m. in the CAC Art Room. Cost is \$30. The class is limited to 14 attendees.

Proceeds from the class support the Soroptimist Live Your Dream scholarship program and Redemption House of the Bay Area, a local group who support victims of human trafficking.

If you would like more information or wish to sign up for the class, please contact me at deniseb.siowc@gmail.com or (707) 623-7413.



■Carolita Carr

OUR SEPTEMBER EVENT: TRIVIA NIGHT

WHERE: Berger Center

WHEN: Thursday, Sept. 21

TIME: Doors open at 6 p.m. Games begin at 6:30.

BRING: The beverage of your choice and snacks

There is no charge for this event. Only one non-member guest per member.

How well are you versed in Boomer culture? Come and test your knowledge in these categories: Music, TV, Movies, and Pop Culture. The questions will come from the 50s through the 80s. Prizes will be given to those teams who get the most correct.

Get a group together—no more than eight and no less than two people on a team, and sign up at oakmontboomers.org. Seating is limited, so register early. You can do this online or drop off your completed form (available on website) at the OVA office in the Boomers file.

For more information ask info@oakmontboomers.org.

NEXT DANCE EVENT

October 28: Our Halloween Party with music by Briefcase Blues Brothers

MEMBERSHIP

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



AV Tech Team

■Jane Gyorgy

INTERESTED IN LEARNING HOW TO UTILIZE AV EQUIPMENT?

We've progressed from cabled presentations via VGA to HDMI. Then upgraded to Zoom and updated to Zoom Rooms. The presentations are simpler.

Are you finding utilizing the equipment still a bit of a mystery? Do you need a refresher on the equipment, which pieces you need/want to use, how to power it/them on and get presentations running?

If so, please get in touch with me at janegyorgy@gmail.com with a range of days and times you would be available. I'll find dates and times most people and the venues are available. I'll use our SignUpGenius account to create the sign-up with RSVP for whatever events I can secure.



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Grief Support Group

■Larry Hallett

GRIEVING A LOSS? HELP IS AVAILABLE

Grieving the loss of a loved one can be challenging, daunting, and exhausting, but you don't have to do it alone. Consider joining the weekly Grief Support Group in Oakmont which meets weekly on Tuesday mornings from 9–10:30 a.m. at 6637 Oakmont Drive, Suite B.

This is an open-ended, drop-in group, led by a local hospice bereavement counselor. Come and share with others who are going through similar loss, hear how others are coping, find strength in community!

For more information on the group or if you feel you would like individualized grief counseling, please call (310) 415-6133 or email larry.hallett@gmail.com.

Cal Alumni Club of Oakmont



■Linda Williams

DON LANDIS TO SPEAK AT CAL ALUMNI CLUB DINNER

The final Cal Alumni dinner for 2023 will be held on Wednesday, September 20 at the Wild Oak Saddle Club. Our speaker will be Don Landis.



Don Landis is widely known throughout Sonoma County as "The Olive Guy." Migrating to Sonoma


County in the mid-1990s from Long Island New York, he quickly connected with other people in the olive industry. Most of those folks were in the olive oil business and Don wanted to learn more about the raw olives. Thus began the process of learning how to de-bitter olives.

Through trial and error, Don found a process that worked. He learned that olive-making is lots of fun, and started presenting throughout Sonoma County. He processed his first batch in 1995 and currently processes up to 600 pounds per year. Don fuels his strong passion by offering workshops and consultations throughout the year. For this dinner, Don will offer an olive-tasting during the cocktail hour.

The cost of the dinner is \$55 for members of the Cal Alumni Club and their guests, and \$65 for non-members. Non-alumni are welcome to join the Cal Alumni Club as "Friends of Cal." Dues are \$20 per year (\$10 if you join before December 31). Donations to our scholarship program, benefiting SRJC students who transfer to Cal, and which also supports the Cal Alumni Association scholarship programs, are also welcome.

Cocktails will begin at 5 p.m., and are included in the price. Dinner will be served at 5:45 p.m. The dinner will be Meatloaf with Brown Sugar Glaze, Roasted Vegetables, Mashed Potatoes and Garden Salad. Dessert will be Apple Crisp with Whipped Cream. There will also be wine on the tables.

Reservations and payment must be received by Friday, September 15. Call (707) 322-6272 for payment and reservation information. We have a capacity of 60 people for our dinners, so early reservations are advised.



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Oakmont Dancing Divas

■Susan McLean



The Grant Avenue Follies in Oakmont. (Photo by Patricia Cosgrove)

A HOT SHOW FOR A HOT AUGUST AFTERNOON

The crowd at the Berger on August 5 was transported back to San Francisco Chinatown's golden nightclub era of the 1940s, '50s and '60s as the Grant Avenue Follies entranced the audience with flowing scarves, glittery robes, head-dresses, and a (fully-clothed) fan dance with bright red feather fans. The Follies then strutted and tapped in short shorts, fishnet and top hats. They went on to perform several hulas in recognition of Asian Pacific culture.

But these self-proclaimed "Glammas" don't just look back to yesteryear. They shared videos of their rap "Lunar New Year Cheer" that was featured on the AARP website and their "Gai Mou Sou (feather duster) Rap" that they performed in the heart of Chinatown in response to violence against the Asian American community.

For a seventh inning stretch, the audience enjoyed learning hula moves and hand gestures to the tune "Tiny Bubbles." There was even a magic trick or

two, one of which called upon volunteers from the audience.

Some years ago, four professional dancers from the likes of the Forbidden City, the Sky Room and the Shanghai Low in San Francisco got together to dance again on doctor's orders to get more exercise. The group grew over the years and is currently comprised of dancers aged 65–88. The 88-year-old Miss Patty (Patricia Chin) worked with Frank Sinatra on the movie *Pal Joey* and was even rumored to be his San Francisco girlfriend.



Cynthia Yee pulls gold coins out of thin air! (Photo by JoAnn Banayat)

Not only did the dancers get more exercise, they also had a lot more fun. As the Grant Avenue Follies, they began entertaining and raising funds for senior centers, self-help groups, hospitals and more. They've been featured on KPIX 5 News, Chinese news, the *San Francisco Chronicle*, Chinese language newspapers and *Positive Thinking Magazine*. Cynthia Yee, founder of the Grant Avenue Follies, received the Jefferson Award for providing service to various communities in the San Francisco Bay Area.

The Grant Avenue Follies continue to entertain and inspire and bring fun wherever they go. The Oakmont Dancing Divas were fortunate to bring the Follies to Oakmont thanks to a generous grant from the Oakmont Community Foundation.

If you too enjoy dancing and performing, consider joining the Divas. The mission of the Divas is to share the joy of dancing and performing by participating in Oakmont events and producing community and cultural events that use the power of dance to educate, entertain, and bring people together. For more information, please contact Anne Marie Siu Yuan at asiuyuan@hotmail.com or (707) 537-6849.

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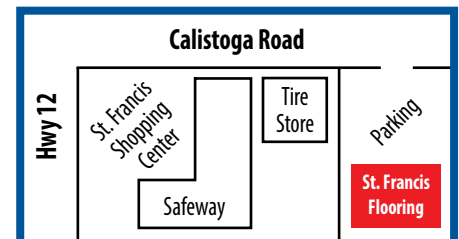
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Tennis Club



■Jack Breibart

LOOKING AHEAD

It is high planning time for the Tennis Club, on and off the courts.

First up on the planning board is the annual 10 Beer Mixer, named in honor of the late Bob Zemor, who started the event many years ago. The event will be on the West Courts, starting at 5 p.m. on Oct. 4. The club will provide tennis balls, and players are asked to bring appetizers and drinks to share.

Looking farther ahead in the planning future are tournaments for October and November and a little fancier social mixer early next year, which could include dinner and dancing. All the details are being worked on by the board.

The club also had a table at the recent Oakmont Club Night. Club members Frank Passaglia and John Hughson talked up the club at the event and even landed a new member.

And as always, club members are enjoying their tennis. Good crowds are showing up at the Tuesday and Thursday drop-ins on the East Courts and on Friday mornings at the West Court. The Tuesday and Thursday rotating matches start at 9 a.m. and run to about 11:30. Peter Hogan is the grand master for these playing days.

Sunday is a good time to play too, with Brian Williams (brianwilliams25@comcast.net) making the matches on the West Courts at 9 a.m.

Branch #92 SIR



■Bern Lefson

PHOTO TRIP TO AFRICA

SEPT. 12 AT BERGER STARTING AT 11:30 AM

Our next adventure starts with lunch with a choice of two entrees plus fixings from Oakmont Market. A social time with free drinks at the start. Attendees will be thrilled with the wild animal photos of Ron Elkind in a special place in Africa. Not to be missed.

Later in the month, our members will be on safari to Safari West. In October, another great speaker on the second Tuesday, and later we will go on adventure to a Dining Out event. Our gala in December will be our annual Holiday Dinner Dance.

Non-members are welcome to try us out. Contact Steve at sgroubert@hotmail.com for reservations and meal choice. To learn, more go to www.sir92oakmont.org.



Photo by Bern Lefson.

Canine Club



■Randi Hulce

SAVE THE DATE:

WEDNESDAY, OCTOBER 11

MEMBER APPRECIATION PARTY

The Fall Member Appreciation Party is one of many benefits of being an Oakmont Canine Club member. The party will be at Wild Oak Saddle Club. Wednesday, October 11 from 4–6 p.m. This is a club-subsidized event for all current members at a cost of only \$10 per member. Up to 75 members may attend.

If interested in attending, contact periolinger@yahoo.com. Deadline to contact Peri is

October 4. Last year sold out quickly, so make your reservation early.

NOTE: This is a “Members Only” special event, so if a member wants to bring a non-member guest, the guest needs to become a member of the club to attend.



CANINE CLUB DOG WALK YAPPY HOUR MEETS AT 9 A.M.

Monday, September 11—Meet up at corner of Oak Leaf Dr./Valley Oak.

Friday, September 29—Meet up is Berger Lawn in front of Bulletin Board.

For October dates visit the club website: www.oakmontcanineclub.org.

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

PAWS FOR HEALING

If you’re reading this on Friday, Sept. 8 it may not be too late to register for Training starting Saturday, September 9. Paws for Healing training is three consecutive Saturday mornings—Sept. 9, 16 and 23. Please consider this opportunity to become a Canine Assisted Therapy Team. For more information, www.pawsforhealing.org or call Donna Forst, (707) 775-9241.

LOCAL COMMUNITY EVENTS

Join the Fun on September 9 at DogFest Wine Country. One of the best dog-friendly events of the year! Grab a beverage or delicious meal from the amazing hosts at Russian River Brewery, see a service dog demo, while supporting the mission of Canine Companions, who since 1975, has placed more than 7,400 expertly trained service dogs with children, adults, and veterans with disabilities, at no charge.

Popular Spring Lake Water Bark is Back. For dog-friendly fun join in on four weekends, Sept. 9–10,

17, 23–24, and Sept. 30–Oct. 1. Bring up to three dogs to swim, leash-free, at the swimming lagoon (which is closed to humans for the season). Funds raised support



60+ dog-friendly parks by building trails and enhancing the Regional Parks system. Tickets on sale now (\$8-\$15 per dog) or celebrate the park’s 50th anniversary this year and get a season’s pass “dog tag” (\$50) for access all dates. To purchase, visit www.sonomacountyparksfoundation.org/water-bark.html.

Paws For Love, a foundation that gives grants to shelters for surgeries and other emergency situations, is looking for volunteers. A Garden Pawty is planned on the Windsor Town Green on Saturday, October 14, from 10 a.m.–3 p.m. Volunteers are needed to help people with their purchases. The 25th Annual Gala in February also needs people to assist with auction and checking people in. Please contact alcumplings1275@gmail.com for more information.



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■Greg Fauss

EXPLORE CHRISTIANITY WITH ALPHA

Oakmont is a beautiful place to live the later part of one's life. The surrounding nature and famous moon above our valley invite us to what lies deeper and beyond.

Robin Gill writes this about nature's beckoning us toward God through the Satin Moon.

The Satin and Light of Life, all mixed with the tangle of days ... Some with wondrous surprises, others to places we could not imagine ... ones that leave us weary and helpless. Yet these are just the days that teach us to bend to the light or forever live bent. Perhaps that's the point. The point where we finally turn. And with grace from above, a bit of humor in our hearts ... we learn to love everyone and everything that comes our way, and are guided toward the Satin Light.



Beginning Thursdays at 6 p.m. on September 14 at Oakmont Gardens, we invite anyone feeling guided toward God to an open exploration of Christianity called ALPHA.

We will meet over a meal, watch a short video and have a safe time of sharing where all questions and opinions are allowed. Topics covered include: "Is There More To Life Than This?", "Who Is Jesus?", "How Can I Have Faith?" and "Does God Guide Us?" Please check out our website to register or for more information about Alpha.

Our Sunday services are at 10:30 a.m. in the East Rec Center at 7902 Oakmont Dr.

Details about our Wednesday morning Bible study, Saturday Prayer meeting, and special events can be found at www.occsantarosa.org. Writing us at occsantarosa@gmail.com or call (707) 595-0166.



■Barbara Kendrick

Oakmont Birders

LEAVING THE NEST

Several readers asked about the fate of the House Finch nest in the hanging basket, from last month's column. My friends, the basket owners, report that of the six original eggs, only one chick made it to the fledgling stage—that is, feathered out, ready to leave the nest and fly. But they felt fortunate to observe the moment of truth for that chick.

One day they saw both parents flying back and forth repeatedly between the basket and a nearby fence, apparently demonstrating the optimum beginner flight path. The chick, still in the nest, fluttered its wings tentatively for a while without becoming airborne. Finally, the little one took off and made it to the fence. It sat for a moment, then disappeared over the fence, and both parents took off after it, keeping up the encouragement. "We feel like proud grandparents," my friends said. "We're just so lucky to have seen it all." How nice that they were rewarded for their patience with the little family! (The hanging basket was a goner, but replaceable.)

This seems like a good time to mention the two general types of baby birds: altricial and precocial.

Altricial birds are hatched with their eyes closed, floppy and naked with little or no down, and totally dependent on their parents. All songbirds, such as the House Finch, fall into this general category, as do hummingbirds, woodpeckers, hawks, falcons, owls, and egrets. They remain in the nest being fed



Always hungry!
(Photo courtesy of Tom Grey)

and cared for until their juvenile plumage, including flight feathers, comes in. For the House Finch, this is between 12 and 19 days; for the Bald Eagle, 56 to 98 days.

Precocial birds are hatched with their eyes open, fully covered with down, and ready to leave the nest immediately, or within a day or two at the most. They can either find their own food from the start or pick up the idea quickly from being



Quail and juvenile out for a stroll.
(Photo courtesy of Tom Grey)

shown what to eat by their parents. Game birds, geese and ducks, cranes, and some other wading birds are in this category. The tiny quail we see in Oakmont are quintessential precocial chicks—little cotton puffs running on toothpick legs after their parents from the moment they exit the egg.

These two evolutionary paths have both proved successful. Precocial birds have larger eggs, since the chicks hatch out in a far more developed state. This means that the females producing them must have access to and make the effort to consume many more nutrients. But once the chicks hatch, they can more or less fend for themselves, reducing the strain on the parents. Altricial birds can produce smaller eggs, but when these hatch the parents must provide food, warmth, and defense for as long it takes the little darlings to fledge and leave the nest. Humans can relate!

Got bird questions? Have a bird photo you want to share or ID? Want a "Birds Seen in Oakmont" checklist? Send an e-mail to bkendrick@jps.net.




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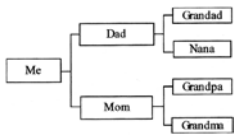
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Genealogy Club



■Melinda Price

SYNCHRONIZE YOUR TREES

The next Genealogy Club meeting will be on Monday, Sept. 25 at 1 p.m. in the East Rec. The meeting will be in person and also by Zoom. Watch for emails giving directions on joining by Zoom.

The topic will be how to synchronize your various family trees.

Most researchers have a computer program where they keep a family tree. Many of us also have a family tree on Ancestry or another website. The problem we're now running into is that we often can add information to one family tree (like the green leaf on Ancestry when there's a hint about a new fact about your ancestor). If you accept the green leaf's information and add it to your tree in Ancestry, then how do you update the tree on your computer or any other tree you have?

Then there's the problem with FamilySearch. You can have your own tree there and you can combine it with the master family tree they have. Again, how do you update all these trees?

We'll have an open discussion with some guidance about how you can keep all your family trees updated.

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

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

Current Events Discussion Group



■Tina Lewis

Every Friday from 1-2:30 p.m. Current Events meets at the East Rec. There is Zoom available for those who can't attend in person.

We are working to make Current Events more educational and inclusive. Look for in-depth reports and issues discussed from opposing points of view. Another innovation is our social gatherings following the meetings. We meet at a place determined at the end of each meeting for Happy Hour, places such as Salt & Stone, Oak, Palooza, Cielito Lindo, The Saloon at Jack London Lodge, and Tips Roadside.

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

Star of the Valley Bingo

■Peter Hardy

BINGO IS BACK!

Star of the Valley will present Bingo on Tuesday, September 12 at 4 p.m. Because bingo begins promptly at 4 p.m. and is well attended, it is important that you arrive at about 3:30 p.m. in order to purchase your dinner ticket and/or bingo cards prior to the start of bingo. This month we will have four different gourmet sandwiches, coleslaw, and dessert.

If you don't play bingo, come for dinner at approx. 5:30 p.m. All are welcome.



Oakmont Constitution Club



■Jane Gyorgy

CONSTITUTION CLUB BASED ON THE NOBLE IDEALS

The Oakmont Constitution Club will meet Tuesday, October 24, 4 p.m. at the Berger Center. The topic will be Lecture 4, "Consent of the Governed and the Separation of Powers" of the Hillsdale College 12 lecture series Constitution 101.

For those considering joining the Constitution Club, the ideas expressed in "The Noble Ideals of America's Founding," 7/5/19 by Scott Rasmussen, Real Clear Politics expresses what we hope to achieve through a better understanding of the Constitution and the reason the club was founded.

Rasmussen discusses the Noble Ideals in the nation's founding documents as a clear direction toward being a righteous people and a righteous nation and how they provide a plan, a blueprint against which the nation can measure its success.

Even when written, the authors knew they were not living up to every Noble Ideal they set down in writing, yet it was debated, written, and they signed it. Rasmussen maintains that the continued PURSUIT of our Noble Ideals has helped us recognize our nation's failings and do the work to right our wrongs.

In the words of Thomas Sowell, "The most basic question is not what is best but, who shall decide what is best."

These writings tell us our nation has never been—and never will be—perfect. But our founding ideals, Noble Ideals, remain a beacon of hope for all Americans to follow. That is our task as a nation. Our task as a club is to better understand the Constitution.

For a copy of the study guide of a lecture and/or to reserve your place at a future gathering (fourth Tuesday, even months, 4-6 p.m. in the Berger), contact TheNewOakmontCC@gmail.com.



Oakmont Futures

■George McKinney

HOW A FUTURIST LOOKS AT THE FUTURE

The next meeting of the Futures Club will be September 13 at 4 p.m. in East and on Zoom (see below for Zoom link). Bruce Hartsough, who is very active in the Institute for the Future and President of the Bay Nature Institute, will have a presentation on how a Futurist Looks at the Future and lead an open discussion. Bruce tells us he is a "cautious optimist" about the future.



The Oakmont Futures Club is chartered to keep Oakmont residents up to date with technical advances that will impact us now and during the next 2-10 years. This year we plan to continue our look at energy efficiency and electric vehicles (even electric planes!); advances in medical treatment and monitoring (personal alerts); advances in the Smart Home (home alarms); what you can do with your cell phones, tablets and wearables; and AI (what do you think of Chat Bots?).

Meeting ID: 860 6299 0770. Passcode: 809582.

Our website is OakmontFuture.com. Our email is futureoakmont@gmail.com. Email us if you'd like to be on our mailing list.

Pickleball Corner



■Peter Copen

CELEBRITIES WHO PLAY PICKLEBALL

Who are some of the most well-known faces in the world who have taken to the pickleball revolution? Here's an (ever-growing) list of celebrity pickleball fans who have taken to the sport like ducks to water. Here are a few of them:

Drew Brees: The retired NFL superstar is the latest major sports figure to get in on the pickleball craze. "I am an avid pickleball player, fan and student of the game," said Brees, who played 20 years in the NFL. "I look forward to helping raise awareness around the incredible players and competitions helping grow the sport of pickleball and fostering overall fan engagement."



Cartoon by Peter Copen.

Leonardo DiCaprio: One of the biggest names in the world of American films, Leonardo DiCaprio is also a big fan of this great sport of pickleball. Winner of some of the most prestigious awards in Hollywood, this is one of the celebrities to find their calling in pickleball.

The Kardashians: One of the most well-known families in the history of American entertainment industry, the Kardashians—at least some of them—are big fans of pickleball. So much so they recorded a video of the sisters playing pickleball on the episode of "Keeping up with the Kardashians."

Stephen Colbert: Host of "The Colbert Report" and "The Late Show with Stephen Colbert," Stephen Colbert is one of the more well-known faces on American television and he has joined hands with Funny or Die and CBS Studios to produce a show called Pickled.

Ellen DeGeneres: And unsurprisingly, she is a huge pickleball buff as well. Because during the height of the pandemic, DeGeneres attempted to play pickleball and ended up hurting her lower back and announced on her show she had been unable to walk.

Bill and Melinda Gates: Once touted the richest man on this planet, and even at the time of writing one of the top five in that list of richest people, Bill Gates is another one of those pickleball fans. In fact, Gates took to pickleball long before it became mainstream in nature according to an interview of Melinda Gates, his former wife. In the interview, Melinda says: "We are huge pickleball fans, in fact one of the things Bill was so excited to teach me when we were first dating was pickleball."

George and Amal Clooney: The superstar George Clooney and his wife Amal have a pickleball court at their home in Los Angeles. George has gone on record to admit he isn't as good as his wife on the pickleball court, often losing to her in singles play.

And then there are all the Oakmont celebrities who will have to remain anonymous at this time in order to keep their fans away.

New Player Orientation: 9 a.m. on Tuesday mornings. Arrangements can be made by contacting Nancy Lande at (707) 978-2998 to schedule a session. Call Jim Howard at (209) 761-8517 for demo loaner paddles.



Request a Firewise Assessment

■Dave Watts, Chair, Firewise Resources Committee

Many Oakmont residents are confused about the difference between a Firewise Resource Committee (FWRC) firewise home assessment and an Architectural Committee (AC) firewise home inspection.

Some residents are not requesting a FWRC firewise home assessment because they believe that any infractions of OVA's Firewise Landscape Policy will be sent to the AC for enforcement purposes. I want to stress FWRC firewise home assessments are not sent to or seen by AC inspectors. The FWRC has no enforcement responsibilities. Its job is to educate and encourage residents to take firewise actions that reduce wildfire risks for their home and as a result, all of Oakmont.

Residents are encouraged to request a voluntary firewise home assessment from the FWRC before they are notified that they will be having a mandatory firewise inspection from the AC. This will help a resident to pass an AC mandatory inspection.

FWRC assessments are comprehensive as they cover both home hardening and defensible space landscape actions on a resident's property.

AC inspections are primarily to check for compliance with OVA's Firewise Landscape Policy.

FWRC assessors engage in a conversation with residents to enhance a resident's understanding of how wildfires endanger homes. Special importance is placed on making a home and the area within five feet of a home as firewise as possible because most homes in a wildfire are lost from embers that ignite combustibles in this area.

Schedule an appointment with a volunteer assessor from the Oakmont Firewise Resource Committee by filling out the form: <https://oakmontvillage.com/article/firewise-assessment-request>.

Or, you may send an email with your name, address and phone number to firewise@oakmontvillage.com or call the OVA Office at (707) 539-0701.

Red Flags Say Be Alert

■News Staff Report

During fire season, red flag watches and warnings are one of the tools city and county safety officials use to monitor and respond to conditions in the field. The weather notices are issued by the National Weather Service (NWS) and each is focused on the a specific time period.

A Fire Weather Watch is issued when weather conditions could exist in the next 12-72 hours. One level below a warning means fire danger is still high. Critical fire weather conditions are possible but not imminent or occurring.

Red Flag Warnings are issued for ongoing or imminent weather events, which may result in extreme fire behavior that will occur within 24 hours. It is the highest level of alert issued by the NWS. During these times extreme caution is urged for all residents, because a simple spark can cause a major wildfire.

The Santa Rosa Fire Department, along with fire agencies across Sonoma County, use a fire weather flag system to help increase community awareness during times of critical fire weather. If the National Weather Service issues a Red Flag Warning for the city's Wildland Urban Interface (WUI) area and/or any other impacted portion of the city, all Santa Rosa fire stations fly a red flag throughout the duration of the weather event to signify to the community that the area is forecasted to experience critical wildfire weather conditions.

During a Red Flag Warning, all Sonoma County fire agencies work in partnership to up-staff firefighters and fire-fighting equipment to actively patrol areas specified as high-fire risk areas during a declared weather event. This action allows for quicker and more immediate onsite resources in the event of a fire threat.

Source: www.srcity.org.

Just For Fun Games Club

■Phillip Herzog

PLAY GAMES WITH OTHERS IN OAKMONT

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. There are multiple games being played at the same time, so you will always be able to choose what game you want to play. It's never too serious—because we play games Just for Fun!

The club has a large collection of games on hand and players often bring new and different games as well. Everyone is welcome to come and have a good time at the Just for Fun Games Club. For more information contact us at 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!

For more information, to RSVP, or to register for lessons, contact Jeri Phillips at 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.

Up-to-date Covid vaccination and masks are required.

BOARD AND CARD GAMES

As stated above, we play lots of other games too, including board games, card games and tile games. What would you like to play?

Oakmont Progressives

■Osha Hayden

A DEEP DIVE INTO SUSTAINABLE INVESTING

On September 11, Oakmont Progressives presents "A Deep Dive into Sustainable Investing" with Dale Wannan, founder of SustainVest Asset Management.

What is your investment money funding? Is it working for a sustainable future on a livable planet? Or is it funding fossil fuels, weapons, or other polluting industries? If you'd like to align your money with your values without sacrificing returns, you'll want to attend our September meeting.

Dale Wannan, is an entertaining speaker who will show you how to use your money to influence positive change and help steer our world toward a more sustainable future with Socially Responsible Investing.

Join Oakmont Progressives on Monday, September 11 at the East Rec. Center at 6:30 p.m. for social time, 7 p.m. meeting. Feel free to bring light appetizers or drinks to share.

All Oakmonters are welcome! Attendees may also participate via Zoom. Go to www.oakmontprogressives.org for the Zoom link and for more information about our club.

Travel and Adventure Club

■September Holstad

SEPTEMBER MEETING WITH OCEANIA CRUISE LINES

Please join us on Wednesday, September 27 from 3-5 p.m. and learn all about Oceania Cruise Lines. Our guest, Michael von Wittenau will be our guest. There will be a presentation and then open for questions and answers. Michael will be highlighting some great new itineraries and the new Simply More benefits.

We meet at the West Rec. Center, upper level (6470 Meadowridge Dr). There is no cost to join, anyone is welcome. There is no obligation or sales pitches, so come and learn about Oceania.

If you have any questions, please contact me at (404) 272-2972 or sholstad@bellsouth.net.

Hope to see you on Sept. 27 as we kick on this year's Travel and Adventure Club meetings. As a reminder, we meet every month, fourth Wednesday at 3 p.m. in the West Rec.

OakMUG Oakmont Macintosh Users Group

■Peggy Clark

TIPS AND TRICKS FOR IPAD AND IPHONES

Be sure to mark your calendars for the upcoming OakMUG meeting on September 16 at 2 p.m. at the East Rec. Center. This will be a one-hour presentation.

Leslie Brockman, one of our OTLC (Oakmont Technology Learning Center) instructors, will be sharing some fun and helpful tips and tricks for your ipad and/or iphone. Be sure to update your devices to iOS 16 to get the latest upgrades.

If you want more tips and tricks you may sign up for Leslie's 2-hour OTLC class coming in November.

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



Oakmont Health Initiative Free Fitness Classes

■Charlene Bunas

SEPTEMBER: BACK TO SCHOOL ABCs

During the 1960s, 70s and 80s, new shoes, new pencils and clean black and white boards meant the school year had begun. For 2023, most schools open by August and supplies now include huge backpacks, fast laptops and cell phones.

Though time and events change, school lessons continue to build on the foundational ABCs. For Oakmont Health Initiative members, exercisers get motivated by using those same letters, A, B, and C.



Joan, Anne Marie and Colleen at recess. (Photo: Charlene Bunas)

Recently, while exercising, students were challenged to call out as many motivational words they could think of. All the words had to be about exercise and they had to start with A, B, or C. For example: "Cultivate your Best Attitude."

Some of the words heard that day were:

- Abs, amuse, action, automatic, aging (gracefully,) aerobics, attitude.
- Beautiful, best, biceps, balance, brag, bravo, brave, blood, build, babe.
- Capillaries, can, control, caring, change, circuit, cleanse, compare, cheer.

Thus in Oakmont, the new school year begins. For "newbies," Adidas, New Balance or Nike are a must, as long as they provide good support and are non-skid. Thera band, light hand weights and mat are optional because are available in class. Bring water and an openness to learning something in each class. Meeting ID: 849 7221 1947. Passcode: 558819.

Strength and Balance Class

■Mary Hastings

STRENGTH AND BALANCE CLASSES ARE BACK

Balance classes have resumed at the East Rec. Center on Fridays at 9:30 a.m. The classes are not sponsored by the Santa Rosa Junior College so there will be a \$5 drop-in fee each week.

Come early to get a chair, classes are limited to 72 people. Bring a Theraband for strengthening or you can purchase one at class for \$5.

Come and have some fun and improve your balance at the same time.



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 the OVA.

SEPTEMBER 10
AT 2 AND 7 PM

TRANSCENDENCE

A scientist's drive for artificial intelligence takes on dangerous implications when his own consciousness is uploaded into one such program. 2014, PG-13, 1:59.



SEPTEMBER 17 AT 2 PM
P.S. I LOVE YOU

A young widow discovers that her late husband has left her 10 messages intended to help ease her pain and start a new life. 2007, PG-13, 2:06.



SEPTEMBER 24 AT 2 PM
THE GOOD HOUSE

Life for New England realtor Hildy Good begins to unravel when she hooks up with an old high school flame. Based on Ann Leary's *The Good House*. 2021, R, 1:44.



Yang Style Tai Chi

■Vicki and Kenn Chase

NEW BEGINNING TAI CHI CLASS

Looking for improved balance, strength and flexibility through gentle exercise? Tai Chi is for you! We are offering a new beginning class on Thursdays, 12-1 p.m. at the West Recreation Center, Lower Level starting September 7. Come try the first class and see if Tai Chi is for you. If you wish to continue, the fee is \$60 for four consecutive classes.

We have decades of teaching experience and offer a patient, encouraging approach to learning Tai Chi. We teach Yang Style Tai Chi, meditation form. It is a series of movements taught for centuries to promote health, peace and longevity. We invite you to join us.

Pre-registration is recommended by emailing taichikenn@yahoo.com. Space is limited.

Karen moves to head of class. (Photo by Charlene Bunas)



Marie McBride
322-6843
Private Line
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Welcome to 20 Meadowgreen Circle!

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and closet storage and so much more. The living room has a gas burning fireplace and built-in cabinets, and opens to a light filled sunroom overlooking the secluded garden area most unique for a triplex. It provides plenty of space for gardening and outdoor seating for gathering with friends. The private laundry room is accessible from inside the home with a door that leads to the carport. New insulation in the attic and whole house Kohler Generator. Call for a private showing, or if you'd like more information.

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

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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.

CARPET, UPHOLSTERY AND TILE CLEANING

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

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 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.

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.

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.

MASSAGE THERAPY

Massage studio now open in Oakmont. One-hour custom massage, \$100. Book your session now. Brittany Koop, CMT, #91724. Call (707) 849-3915. By appointment only.

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.

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.

RESIDENTIAL POWER WASHING AND WINDOW CLEANING

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

BAY GRAB BAR

Certified Aging in Place Specialist. Safety and independence with grab bars, handrails, ramps. Call Bill, 509-82222. Lic. #1062187. www.BayGrabBar.com.

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.

FELIX'S TREE SERVICE

Trimming, pruning, topping, removal, stump grinding. Fire protection. Licensed and fully insured. CA Lic. #955271. Free estimates. Call Felix at (707) 753-3032.

GUTTER GUARD INSTALLATION GUTTER CLEANING

Window cleaning, power washing and solar panel cleaning. Over 20 years in Oakmont. Call Alex, (707) 291-0429.

CUSTOM WORKS CONTRACTING

Licensed, Bonded, Insured Contractor, Lic. #833926 (check lic. # on CLSB website). USMC Veteran-operated and owned. Here to help out the Oakmont community in all trades for repairs and maintenance, door/windows replacements, kitchen and bathroom remodels, decks, fences, and much more. Please call Jamie Flatt for free estimates on projects. (707) 721-4002.

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

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

PERSONAL ASSISTANT

Need help around the house, errands, shopping, meals, house sitting with or without animals, a dog walk (under 25lbs)? You name it and we can discuss it. Retired Speech and Language Specialist. Call Mary, (650) 291-6307,

CAREGIVER LIVE-IN OR LIVE OUT

25 years of experience, good references. Please call for details. Justine, (707) 280-4786.

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Private 1-hr. lessons at home, using positive reinforcement and customized for your needs. www.good-dawg.com. Call Colette, (707) 892-3210.

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Learn to improve your balance and move easier. Brain based exercises and therapeutic massage. Downtown Santa Rosa studio. Contact Christopher Cormier, (707) 478-2512, ewithchris.com.

HOW TO MAKE YOUR FINANCIAL RESOURCES LAST!

Hosted by Kobrin Financial Services. 2 nights ONLY! Limited seating! Dinner and event at Union Hotel. October 17 and 25, 6 p.m. Must call to RSVP, (707) 566-6775.

SONOMA VALLEY LEGAL SERVICES

Providing legal services for Estate Planning, Family Law Mediation, other non-litigation services in family law. Call for a free 30-minute consultation. Attorney Bailey Penzotti, (707) 615-3220.

TREE TRIMMING

Pruning, trimming, hedges. Fruit trees, stump grinding. Fall clean-ups. Over 20 years of experience. Free estimates. Call Alex, (707) 322-1646. Lic. #06530716.

Oakmont News Classified Rates

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

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

DEADLINE: 10 days prior to publication.

MAIL TO: CJM Productions, 2105 Longhorn Circle, Santa Rosa, CA 95401 • Tel (707) 206-1957 • cjmprod567@gmail.com

Classified Order Form

NAME _____
 ADDRESS _____
 CITY, ZIP _____
 \$ _____ Check, Money Order or Cash
 HEADLINE _____

 BODY TEXT _____

Oakmont News

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

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

CJM Productions also handles advertising for the *Oakmont News*. **CJM Productions** and the **Oakmont Village Association** assume no responsibility for the content of any ads that appear in the *Oakmont News* nor do we endorse or recommend any product or service advertised herein.

CA law requires all CA licensed contractors to list their license number in their service advertisements. CA law also requires contractors performing work totaling \$500+ (incl. materials & labor) must be licensed by the Contractor State License Board (CSLB) to work in California. For information contact the Contractor's State License Board at www.cslb.ca.gov.

Oakmont Village Association

OAKMONT VILLAGE ASSOCIATION

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

MAINTENANCE OFFICE

Hours: Daily 6 AM–10 PM
Tel 707-539-6720
Maintenance Building (next to Central Auditorium)

CONDOMINIUM FINANCIAL MANAGEMENT (CFM)

OVA Accounting
Tel 800-585-4297

OAKMONT NEWS

Tel 707-206-1957
E-mail: cjmprod567@gmail.com

PAS MANAGEMENT COMPANY

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

ARCHITECTURAL OFFICE

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

AVAILABLE IN OVA OFFICE

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

BULLETIN BOARDS

There are three OVA bulletin boards, one at each recreation center, where OVA events can be posted. Please bring in notices to the Events Coordinator at the OVA Office. Size is limited to 8.5"x5.5". Items "For Sale", "For Rent" or "Want to Buy" can be put on a 3"x5" card and left at the OVA Office.

LOCKER RENTALS

Annual Locker Fee \$30 (January 1–December 31). If you wish to rent a locker, come to the OVA office and give us a check, your information and the number of the locker you want to rent. You provide the lock. We can prorate the annual fee. Daily use lockers are free. NOTICE: Weekly locker inspections are done by OVA Maintenance. Locks could be sawed off with no prior notice and locker contents removed on all unpaid lockers. Items will be held in OVA Maintenance office for 30 days. If you have any questions, please contact the OVA Office M-F 707-539-1611

GUEST PASSES

The following are OVA Guest Pass types and duration: 1) Guest from outside Sonoma County—up to 90 days; 2) House sitters—up to 90 days (OVA host must present written request to OVA Office for approval prior to visit); 3) Guests living in Sonoma County—2 days per card, and no more than 3 cards per month. Guest cards are available during regular hours in the OVA Office for a \$25 non-refundable fee. Guests accompanied by their Oakmont host are not required to have a Guest Pass.

STREET CLEANING

City streets in Oakmont are cleaned by the city early on the fourth Friday of each month. Residents who want their streets swept should avoid street parking overnight on those days.

NEED A RIDE? GIVE A RIDE! OAKMONT VOLUNTEER HELPERS

We provide the following services to Oakmont Residents:

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

COORDINATOR Rides to Medical Appointments

September 1–15
Jen Rebalais 808-938-4479

September 16–30
Maggie Schmidt 707-890-1347

If you would like to be a volunteer, please call 707-539-8996. Donations to Oakmont Volunteer Helpers are appreciated and tax deductible. Mail your check payable to Oakmont Volunteer Helpers, 6637 Oakmont Dr., Ste. A, Santa Rosa, CA 95409. Thank you.

Mon.–Fri. medical rides before 9 AM or after 4 PM are subject to limited volunteer driver availability. No service on weekends or holidays. Please call at least three full working days prior to appointment.
We regret that we are unable to provide either wheelchair or emergency service.

LETTERS TO THE EDITOR WRITER GUIDELINES

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

POOLS & JACUZZIS

Access to OVA pools is by magnetic card. Call OVA Office, 707-539-1611 if you need a permanent new member pool access card or to register for a temporary guest pool access card.
WEST: 7 AM–9 PM
(Closes 7 PM Wednesdays for cleaning)
EAST: 6:30 AM–9 PM
(Closes 7 PM Mondays for cleaning)
CENTRAL: 5:45 AM–9 PM
(Closes 7 PM Tuesdays for cleaning)
JACUZZI HOURS: Same as facility. No one under 18 years in West and East pools and Jacuzzis.
CENTRAL POOL HOURS FOR PEOPLE UNDER 18:
Labor Day–Memorial Day: 11 AM–2 PM daily
Memorial Day–Labor Day: 12–4 PM daily
Children must be accompanied by an OVA member/resident or adult with a valid guest pool access card.
NO LIFEGUARD ON DUTY AT ANY OVA POOL.
ALL FACILITIES CLOSED CHRISTMAS DAY.

STORAGE UNITS AND PARKING

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

LIBRARY

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

OAKMONT COMMUNITY GARDEN ON STONEBRIDGE

For more info on signing up, email Oakmontcommunitygarden@gmail.com. Contact for current availability.

HAPPY TAILS DOG PARK

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

FITNESS CENTER

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

BE ON OVA E-MAIL LIST

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

2023–2024 OVA BOARD OF DIRECTORS

E-mail: askova@oakmontvillage.com

Marianne Neufeld, President
marianne.neufeld@oakmontvillage.com

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

Iris Harrell, Secretary
iris.harrell@oakmontvillage.com

Jeff Neuman, Director
jeff.neuman@oakmontvillage.com

Mark Randol, Director
mark.randol@oakmontvillage.com

Steve Spillman, Director
steve.spillman@oakmontvillage.com

David Dearden, Director
david.dearden@oakmontvillage.com

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

GENERAL MANAGER
Christel Antone
christel@oakmontvillage.com

OVA BOARD MEETINGS

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

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

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

HOW TO CONTACT YOUR LOCAL OFFICIALS

County Supervisor Susan Gorin District 1

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

City Councilwoman Dianna MacDonald District 3

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

PUBLIC TRANSPORTATION AVAILABLE IN OAKMONT

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

Hikers



■Scott Finn

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

Please keep checking our website for updates

SEPTEMBER 21: INTERMEDIATE HIKE HOOD MOUNTAIN LAWSON TRAIL

The Lower Johnson trail to the Lawson trail climb through oak, chaparral and Sargent cypress woodlands, and wind west across prominent ridge lines with scenic vistas of Sonoma Valley and the Napa hills. While the historic Lawson family cabin and barn were lost in the fire, the natural habitat is showing signs of regeneration.

We'll hike from the upper parking lot and head up the Lower Johnson trail. We will be on the road going uphill for a short while. Then it's a gradual climb as the trail switchbacks to the top and back. The distance is 6 miles and the elevation change is 1150 feet. Weather permitting; we'll have a snack at the top before we head back down. Bring water, snack/lunch and poles if you use them. Heavy rain cancels.

Leave Berger Center at 9 a.m. Hike leaders are Jody Galli, (763) 213-3076 and Colleen Keegan, (925) 487-4014.



View from up on Hood Mountain looking down.

SEPTEMBER 21 LONG HIKE FALL HARVEST MOON HIKE

Join the intrepid Long Hikers as we journey to the top of Bald Mountain to enjoy the almost Full Moon. This 6.5-mile hike, with an elevation gain of 1650 ft, will allow hikers a super view atop Bald Mountain. Bring lots of water, a snack and layers for the 2729 ft elevation of Bald Mtn. Additionally, hiking poles and a head lamp are recommended.

Depart Berger Center lot at 6 p.m. Hike leader is Dave Chalk, (707) 972-8988.



View of the Harvest Moon on the way up to Bald Mountain.

Toxic Waste Collection



■Crissi Langwell

SEPTEMBER 26, 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 now available. To sign up, visit: <https://zerowastesonomaohhwevent.as.me/Oakmont>

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

Oakmont Singles



■Bailey Penzotti

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.

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 "SBSC" in the membership folder.

In addition, 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 "SBSC" in the name badge folder.

SEPTEMBER MIXER: PICKLEBALL IS BACK!

WHEN: Friday, September 22 (note: the fourth Friday of the month), 6 p.m.

WHERE: East Rec. Center,

Please RSVP for this mixer to Diane, dianeshnik@comcast.net by Monday, September 18.

We will once again join our Oakmont Pickleball Experts who will offer instructions, demo and play this popular game. As always, don't focus just on the activity. See the opportunity to mix and mingle, play and/or spectate.

Rather than bringing an appetizer to this monthly



Some of the OSC men singing James Taylor and Willy Nelson songs at the Karaoke mixer.

mixer, we ask that you eat a late lunch or early dinner at home and arrive at the pickleball courts about 5:50 p.m. to play/spectate between 6-7 p.m. All play and spectating will be followed by a club sponsored Ice Cream Social with all the toppings.

If you have your own pickleball paddles, bring them along, (loaner paddles will be provided) with your beverage of choice, your key card for entry, and your Proof of Covid vaccination, (if first time to an OSC activity).

So, paddle up and have a blast. Comfortable court shoes encouraged, no open toes/sandals. Let's continue to make this the best club in Oakmont!

SAVE THE DATE

October 2 Mixer: Speaker Michael Von der Porten on "The Unforgotten Cemetery" in Santa Rosa

October 5: October Bon Appetit (Singles Only). 6 p.m. Location TBD.

OAKMONT GARDENS EVENT SERIES

JOIN US FOR

FALL FEST

BLUES, BREWS & BRATS

When the oak leaves turn vibrant,
we turn up the fun!

We're welcoming the change of seasons with our annual Fall Fest. Hay bales, pumpkins and gourds will be in abundance—along with live music from The Blues Defenders, craft beer from Barrel Brothers Brewing Company and delicious fall fare including bratwurst, pretzels and more.

Thursday, October 12th 4:00 – 6:30pm

301 White Oak Drive
Santa Rosa, California 95409

RSVP BY OCTOBER 6th by calling 707-899-1263

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Jewish Interest Group



■Howard Sidorsky

A UNIQUE VIEW OF THE HOLOCAUST

On September 17, at 2 p.m. in the East Rec. Center, Arthur Shostack will return to Oakmont to present his unique view of the Holocaust. Arthur used to live in Oakmont and was active with the group responsible for the Sunday Symposium. Arthur has also written *Stealth Altruism*, a book dealing with his views on the Holocaust.

Arthur feels that many of us understandably ask what most threatens our wellbeing as American Jews. A ceaseless rise in vicious antisemitism? An invisible increase in marriage to non-Jews? The possible emergence in Israel of a Bibi-led autocratic culture?



He also feels that the list ought to also include an invisible downward slide in the significance of Holocaust commemoration. Furthermore, he maintains this is paradoxically the most dangerous hazard, since Holocaust commemoration can uniquely highlight exaltation of the human spirit, and thereby be one of our religion's most consequential contributions to humanity.

Arthur will make a case for our adapting a new

narrative in our temples and synagogues, as well as in what we teach our children about the Holocaust and what they are taught in K-12 schooling. His case builds on the overlooked fact that throughout the Holocaust many Upstander victims made daring, secret, and fiercely forbidden efforts to try to alleviate suffering—what he calls the Help Story, an inspiring account of ways in which at risk of life Upstanders (Jews and Gentiles) saluted the “better angels of our nature.”

Art Shostak spent 42 wonderful years (1961–2003) as an Applied Sociologist, professional futurist, labor educator, and public speaker before retiring in 2003 at age 66 to augment travel that has since taken him and Lynn Seng, his wife of over three decades, to 35 countries. His special interest is learning and sharing that learning, so he has written, edited, or co-edited 34 books.

Art and Lynn lived in Oakmont from 2012 through 2016, and have since then enjoyed living in Alameda, CA. They have four sons and six grandchildren, almost all living nearby.

Everyone in Oakmont is welcome to join us on Sept. 17 at 2 p.m. in the East Rec. Center to meet Art and hear his unique presentation.

Star of the Valley Women's Circle

■Barbara Gasparini

REDEMPTION HOUSE OF THE BAY AREA PRESENTATION

Would it surprise you to learn that California has the highest rate of human trafficking in the nation? On Tuesday, September 26 from 3–5 p.m., the Star of the Valley Women's Circle presents two amazingly brave former victims of abuse and human trafficking: Elizabeth Quiroz and Lisa Diaz McQuaid, who together co-founded the Redemptive House of the Bay Area.

Elizabeth is an author and graduate of Arizona State University. She has a master's degree in social justice and human rights. Elizabeth overcame the effects of human trafficking, addiction, incarcerations and a broken foster care system. Elizabeth now uses her past pain and present voice to help other women caught up in this never-ending circle of pain and destruction. She is the recipient of numerous recognitions and awards for her commitment to the community, most notably the 2022 Sonoma County Woman of the Year award from Congressman Mike Thompson.

Also speaking is Lisa Diaz McQuaid, a Santa Rosa native and survivor of childhood sexual abuse and an adult survivor of domestic violence, sexual assault, and labor and human trafficking. Lisa has found healing and recovery from her past and wants to help other on their paths of healing and empowerment. Lisa is working on her AA at SRJC and plans to transfer to Sonoma State to work toward a BA in sociology and ultimately earn a master's in social work.

In 2019, these two amazing women, Elizabeth Quiroz and Lisa Diaz-McQuaid, formed Redemption House of the Bay Area, which is Sonoma County's first group dedicated specifically to helping women being trafficked or who have escaped from trafficking. In addition to holding bimonthly meetings, they conduct street outreach—visiting homeless encampments, hotel parking lots, pounding the pavement, and distributing flyers. Their aim is to find trafficking victims and, if those people so desire, get them to safety. In 2022, Redemption House of the Bay Area helped 137 women who had experienced exploitation.

“They're not throwaways. Let's restore them, get them back into society,” says Elizabeth Quiroz

Come to this informative and inspiring presentation on Tuesday, September 26 in our Parish Center from 3–5 p.m. All are invited free of charge. Refreshments will be provided. Donations are greatly appreciated. No RSVP needed.



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707-888-6583
CalDRE# 00788134 & 00544689



Tierney Muscatell
707-326-1355
CalDRE# 02092107



199 White Oak Drive \$485,000



7136 Oak Leaf Drive



6301 Highland Place, Sebastopol



411 Meadowgreen Drive \$540,000



Oakmont Drive \$1,050,000



6581 Stone Bridge Road



517 Oak Vista Lane \$585,000



325 Laurel Leaf Place



135 Alice Street



Randy Ruark
707-322-2482
CalDRE# 00337150



Carol Castetter
858-442-0200
CalDRE# 00974403



Shireen Ramsier
707-494-8984
CalDRE# 02145716



Denise Martin
707-481-2794
CalDRE# 02132458



707-539-3200

CalDRE# 01523620

6580 Oakmont Drive, Santa Rosa 95409 • www.c21valleyofthemoon.com

