

OAKMONT NEWS

Oakmont's Semimonthly Newspaper

www.oakmontvillage.com/news

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Oakmont Residents Enjoy New Menu at OAK

■Crissi Langwell, OVA Communications Director

You asked, they listened. OAK Restaurant rolled out a new menu last month, which has been met with marked appreciation from Oakmont residents. It even sparked a lively and very positive discussion on Nextdoor.

"I decided to go back and give it another try tonight," resident Robin Baskin wrote in a recent post, who admitted curiosity by so many glowing reports from others who dined at OAK. "The menu is new with many interesting options. I ordered the polenta/vegetable dish, which was quite good. The service was great, and the food was out in five minutes. I am happy to say I shall go back."

CourseCo, the Petaluma-based company who operates OAK Restaurant and manages staffing and oversight, has partnered with Hilary Gruendle, Valley of the Moon Club General Manager, to implement the many changes residents are seeing rolled out at the restaurant. Based on suggestions from the community, CourseCo went to work on modifying the menu. A few newcomers include the Catch of the Day, Flank Steak, Avocado Fries, Kenwood Chicken Salad, and Vegetable Puttanesca Polenta. They joined the classic items like the OAK Cheeseburger and the BLTA Sandwich. Plus, all Oakmont residents receive a 10% discount on their meals when mentioned to their server.



Highway 12 drivers will notice a new sign for OAK Restaurant at both entrances to Oakmont. (Photo by Crissi Langwell)

"I think they have the best slider and wedge salad," said Marianne Neufeld, OVA's board president.

"I am very happy to see separate lunch and dinner menus, as well as a variety of entrees," resident Jim Greer added as a comment on a Nextdoor post. "I had a salmon special at the last Trivia Night that was quite good for the price. Looking forward to a 'too tired/busy to cook' night soon!"

Resident Betsy Prouty doesn't wait for a "too busy" night for a meal at OAK, opting instead to

See **NEW MENU** on page 3

Paws at the Berger



In addition to the vaccinations offered at a flu shot clinic at the Berger Center on Sept. 11, several therapy dogs attended the clinic from Paws for Healing, a canine assistance therapy program. Cricket, a Golden Retriever, was there in the morning. In the afternoon, volunteer Maggie Schmidt brought Kaya, who is shown here comforting Maureen Feldman as she received her flu shot from a Safeway technician. (Photo by Julie Kiil)

New COVID Vaccine at Oakmont Clinics

■News Staff Report

The new, updated COVID-19 vaccine booster will be available at two clinics at the Berger Center in the coming weeks.

The clinics will be Friday, Sept. 29 and Thursday, Oct. 26. They will run from 9 a.m. until 3 p.m. Reservations can be made online.

Vaccines offered will be the Quadrivalent flu vaccine (adult and senior doses), RSV and the new X88 Variant COVID vaccine. The clinics will be operated by Safeway Pharmacy.

Shingles and pneumonia vaccines offered here at earlier clinics will no longer be available.

People coming to the clinics should bring with them their Medicare or other insurance cards along with a consent form, which is available online at the site where appointments are made. Safeway is unable to bill Kaiser for the shots, so Kaiser members are asked to visit their provider to schedule a vaccine.

You can make an appointment at one of the clinics and complete a consent form online at www.safeway.com/vaccinations/group-clinic/OakmontvillageSR. A consent form also is available at the OVA office, 6637 Oakmont Drive, Suite A.

Board Passes Amended Central Complex Area Plan

■News Staff Report

Differing viewpoints from board members and Oakmont residents on a resolution to move forward on Central Complex planning resulted in an amended proposal that will eventually solicit input from Oakmont members.

The board voted five to two to eliminate the resolution's reference to a specific number of ideas—14—that would have gone to the community for input. Getting community feedback on about the Central Complex will remain intact, but the mechanics of the process will be developed in the next two weeks by the General Manager, 2030 leaders and board members. The resolution moves the board closer to drafting a scope of work for a consultant to design viable conceptual plans for the Central Complex development over the next 20 years. Member feedback is expected to be presented to the board no later than Nov. 7 with a planner in place by late December and future town halls as plans develop.

Director Mark Randol said it is "due diligence to get community opinion one more time" before moving forward with a planner.

"It's always a struggle to take a step forward," said Director Olga Ydrogo. "We won't be able to satisfy the entire community. We need to do things not to clear just one hurdle but to get to the finish line with a clear path."

In other business, Christel Antone, general manager, announced a Town Hall on the proposed changes and transitions at the Los Guilicos property. The presenters will be Tina Rivera, director of health services for Sonoma County and Gabe Kiff, director of homelessness services division. The date for the meeting will be announced when available on the association website and via emails.

See **BOARD** 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.




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At-a-Glance Summary of September 19, 2023 OVA Board Meeting

■Harriet Palk

CONSENT CALENDAR

AC Firewise Inspection Ad-Hoc Committee: Added members Bruce de Terra and Tom Meier.

Dissolved Oakmont Community Development Committee. General Manager will now handle issues that previously came before OCDC.

COMMITTEE REPORTS

Communications: Committee is working with Colin and Crissi to make updates to website content and functionality. Committee members are working on FAQs, including fine-tuning some of the operational aspects of the Publication Policy, updating items such as the publication schedule; Policy has been sent to the board for approval.

Community Education and Transparency: Wrote a resolution for Board consideration to return a Spotlight section in the GM Report to the board each month. Such a feature may not be advisable as it would involve legal documents such as the CC&Rs and Davis-Sterling. CETC will work to help Oakmonters understand as much as possible about governing documents. Committee has discussed a possible revision of the charter to make the language and focus current. We have been working on a draft to present to the Board in Oct. Fireside chats were held for residents who moved in during the pandemic when little information was available, and CETC facilitated establishment of the Welcome and Volunteer Resources Committees.

Landscape: The Landscape Committee has been trying unsuccessfully for more accountability from True North Landscaping. The General Manager has decided that the committee will report its findings and suggestions to her, and she will interface with the landscape contractor. Attention will be focused first on new plantings around the Berger and then move on to the other buildings in turn, including meeting Firewise Policy guidelines. Jenny Watts is drafting a median design with crape myrtle trees and low-growing, drought tolerant shrubs. The design is subject to approval by the City.

Emergency Preparedness: Emergency drill with an 7.0 earthquake scenario is scheduled for October

14 from 9 to 11 a.m. The goal is to get all Oakmonters involved by reviewing their houses for potential hazards and knowing how to shut off power, gas and water as well as giving volunteers simulated problems to report. Meet Your Neighbors team reports that one-third of Oakmont neighborhoods are organized using MYN procedures. Additional volunteers are needed in all areas.

OPEN FORUM RESOLUTION

The Board will continue operate Open Forum under the resolution adopted June 19, 2018, allowing member comments after director discussions and prior to voting on each committee report, unfinished business and new business items. Director Iris Harrell reported that the OVA attorney had advised against this policy; Christel read content from Davis-Stirling that authorizes the procedure put in place in 2018. Resolution tabled until Board meets in a few weeks with the attorney.

FENCE POLICY REVISION

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

DECK POLICY REVISION

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

2024 ELECTION RULES

Approved in concept the revised OVA 2024 Election Rules as recommended by the Board of Directors to be posted on the Berger bulletin board, the Oakmont Village website (www.oakmontvillage.com) and available in the OVA office as soon as practicable to allow 28-day review by members of the Association, according to Civil Code 4360.

Volunteer Opportunities Subject of October 4 Open House

■Bev Leve, Volunteer Resource Committee Chair



Volunteer opportunities will be the focus of an Oakmont semiannual reception on Friday, October 4 at the East Rec. from 6:30-8 p.m. The event is hosted by the Volunteer Resource

Committee, which serves as a clearing house for volunteer needs.

Oakmont Village is a volunteer-driven community, and this evening will suggest new and old volunteer opportunities to save dues (always) and satisfy the urge to be helpful, useful and social in our community. Want to add a volunteer experience? Change up your volunteer commitment? Discover a need? We will hear about immediate and future opportunities while we mingle and enjoy each other's company.

During the 2030 conversations, we heard a common theme from participants, and it was about Oakmont's unique spirit of volunteerism that gives our community vitality.

What's in it for you? Come and find out while you meet a lot of involved and interesting Oakmont neighbors. Your input into our community is vital—put it into action.

BOARD Continued from page 1

The board approved revisions to the deck and fence policies, requiring all new and replacement decks and fences to adhere to Firewise policies by utilizing non-flammable materials. The amended policies can be found at the OVA website under Architectural Policies.

The Board also passed an amended resolution to update the 2024 Election Rules to reflect the current term limits and number of directors, and to include residents of Oakmont Gardens in section 3 that defines rules for member votes. The revisions to both policies will be posted and published in the *Oakmont News* for a 28-day commenting period.

NEW MENU Continued from page 1

take advantage of the vacation-like feel she says the restaurant provides to enjoy her lemon drop martini. "Sipped away with feet up and felt like I was on vacation. Hard to beat location and view," she wrote.

Some things that haven't changed are OAK's dedication to entertainment in Oakmont, which they have posted on their website at playvom.com. Upcoming events include a Murder Mystery Dinner, a sushi making class, live music on Monday nights, and their monthly Trivia Night.

"We need to support this business if we want it to succeed," resident Sue Carrell wrote in a post about OAK. "I believe they are working very hard to satisfy the residents here. A failure will ultimately cost Oakmont residents a lot more in the long run."

As a show of support, the OVA office collaborated with OAK Restaurant to create giant signs at the corner of both Oakmont entrances, enticing Highway 12 drivers to stop for a meal at OAK Restaurant.

To make reservations at OAK, call (707) 539-0415. For the latest menus and operational hours, visit www.playvom.com/the-club/dining, or show up at 7035 Oakmont Drive.



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Lawn Bowling



■Mary C Blake

COMING EVENTS

We've had a busy couple of months with tournaments almost every week. Now, as the weather cools, we take a breather.

Novice Singles: Tuesday, September 26, 9:30 a.m.

Women's Triples: Rescheduled, probably to last week of September.

Daily Draw switches from 9:30 a.m. to 12:30 p.m.: Sunday, October 1

LABOR DAY TOURNAMENT

With 24 bowlers, we had a full house for our fun Labor Day Tournament. Pam and Steve made the game very interesting with different rules every third end. The most interesting end was the ninth. The skips bowled first, then the seconds. Then the leads set the jack and bowled. My team didn't have the jack and I thought I'd figured out a reasonable strategy. I was very wrong.

TOURNAMENT RESULTS

Women's Singles: In the last and final round, Pam Dempsey defeated Ande Anderson to become our best woman bowler. I hope Pam has a big enough shelf for all her trophies.



Pam Dempsey (L) defeated Ande Anderson (R) to become our best woman bowler. Steve Pickell (C) marked. (Photo by Mary Blake)

REMINDERS

To improve safety on the green, please put out the "pull-me-up" poles when you put out the rakes and scoreboards. These are those odd-looking poles with a golf ball on the end.

Prepare yourselves for a faster green with more bias. The landscapers didn't have a sharp enough mower to keep our grass as short as it should be. Jim Krause has worked with them closely to get their mower sharpened and the grass is being mowed to be shorter. The result should be a faster green and more bias in your bowls.

After the most recent Open House, we will have a few new bowlers on the green. They'll have had some practice as a lead, not as a second. If they don't yet know everything, blame the training coordinator (me), and help them figure it out.

TIP OF THE DAY #15 MEASURING A HEAD

Both Seconds visually inspect. If both agree, you are done. If not, agree on and then remove any obvious winning shots (putting them on a towel keeps them from being counted a second time). After removing bowls, the next shots are easier to eye-ball, but if it's not clear, don't waste time arguing—measure. The rule: whoever contests a shot doesn't do the measuring. In practice: whoever has a tape and can kneel does the measure. If it is a long reach, both can help. If need be, ask a lead to help.

Next tips: Estimating which bowls are closer.

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



Oakmont Democratic Club



■Thomas Amato

ASSEMBLYMEMBER DAMON CONNOLLY REPORTS ON SACRAMENTO

Assemblymember Damon Connolly will join the Democratic Club on September 28, 7 p.m. at the East Rec. Center. The California Legislature just finished its 2023 session and Assemblymember Connolly will share his perspectives about what was accomplished and what failed to pass.



Assemblymember Connolly had seven bills passed by the Assembly and moved to the Senate. Among the top priorities in Connolly's first year in the Assembly were climate change and protecting the environment. He also focused on legislation attacking the state's housing crisis.

Assemblymember Connolly will also share an update on local funding including helping secure over \$2,700,000 for our county to expand the transition for the homeless from encampments to permanent stable housing.

We invite all Oakmonters to join us for the Open Meeting at 7 p.m. Please feel free to come at 6:30 p.m. for social time. Bring light appetizers and libations to share, if you wish. The meeting will also be available on Zoom. See our webpage (oakmontdemclub.com) for details and a link.

Music at Oakmont



■Judy Walker

MUSIC AT OAKMONT BEGINS 2023-24 CONCERT SEASON

This is a favorite time of year for those who love music, thanks to the re-emergence of the concert season for local music organizations. Music at Oakmont is no exception as we eagerly announce Israeli Chamber Project as our first concert of the new season.

Anticipating the Israeli Chamber Project's opening of the Music at Oakmont concert series is like anticipating the arrival of old friends. On October 19 at 1:30 p.m. in the Berger, we heartily welcome this group for their third visit to Oakmont.

The ensemble, which has been performing together for more than 20 years, includes strings, winds, harp and piano and was created to perform educational and outreach programs in Israel and abroad. They won the 2011 Israeli Ministry of Culture Outstanding Ensemble Award and the 2017 Partos Prize in recognition of its passionate musicianship, creative programming, and commitment to educational outreach.

The organization also includes in its mission the support of emerging Israeli composers and they have commissioned works specifically for performance by the Israeli Chamber Project.

The Israeli Chamber Project has appeared around the world including performances at The Kennedy Center, Stanford's Bing Concert Hall, Weill Recital Hall at Carnegie Hall, the Morgan Library and Museum, the Herbst Theater in San Francisco, The Green Center in Sonoma, Wigmore Hall in London, as well as in Canada, China and Hong Kong.

WHEN: Thursday, October 19 at 1:30 p.m.

WHERE: Berger Center Auditorium

COST: \$30 (cash or check only) or with season pass

PLEASE NOTE: Season Passes can be purchased at this concert for \$150

Travel and Adventure Club

■September Holstad

LEARN ABOUT TAKING A CRUISE

Please join the Travel Club on Wednesday, September 27 from 3-5 p.m. for a presentation by Michael von Wittenau, Regional Director of Sales at Oceania Cruises, who is ready to answer all your questions about taking a cruise. Michael will be highlighting some great new itineraries with Oceania Cruises and the new Simply More benefits.

We meet at the West Rec. Center (6470 Meadowridge Dr.), upper level. 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 off this year's Travel and Adventure Club meetings.

Oakmont Sunday Symposium



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

■Harriet Palk

Season passes are still available for \$50.

Coffee, tea and snacks are for sale in Berger from 9:45-10:15 a.m.

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.

OCTOBER 1: SPONSORED BY THE OAKMONT FITNESS CLUB SARINA FERGUSON

OSTEOARTHRITIS (IT'S COMING FOR YOU)



Those aches and pains! Osteoarthritis is the most common form of arthritis and afflicts most of us sooner or later. Turns out there is a lot we can do about it.

Sarina Ferguson specializes in just these issues. You will walk out of this talk instantly feeling 20 years younger. Maybe it won't be quite that quick, but Sarina will put us on the path to a more agile and limber future.

OCTOBER 8: RON ELKIND A MASTER OF PHOTOGRAPHY

Do you ever wish you could take the perfect photograph? Oakmont resident Ron Elkind can. Whether it's of animals, people or landscapes, he works until he captures the most awesome and breathtaking photos and will share his favorites and the intriguing stories behind them.



Join the New Asian-Pacific Heritage Club

■John Tan

Oakmonters interested in learning about and celebrating Asian-Pacific Heritage are invited to attend the inaugural meeting of the Oakmont Asian-Pacific Heritage and Culture Club, an up-and-coming group in our community.

The mission of this club is to share Asian-Pacific heritage and culture with the Oakmont community by providing a variety of social, cultural and educational events showcasing various customs and traditions. Everyone is welcome to join, with a focus on Asian-Pacific influences.

The leaders of this group are John Tan, Anne Marie Siu Yuan and Heidi Klyn. John started the first ever Chinese Mahjong Club, which is now under new leadership and still running smoothly. Anne Marie created the Dancing Divas, has fostered many Asian shows at the Berger Center, and works closely with Redwood Empire Chinese Association (RECA). Heidi has been a champion for many of Oakmont's health initiatives and community happenings, and is a past board member. All three leaders share a unique bond they believe will help this club flourish and grow.

Great significance is placed on this club being fully formed and ready to plan cultural events before the Chinese New Year, February 2024. If you didn't know, 2024 is the "Dragon" year, the first animal astrology symbol of the Asian calendar year. The technical term is Wood Dragon. It's a big event if you were born in 1928, 1940, 1952 and 1964. The Year of the Dragon is considered one of luck and abundance, and what better luck if we can get our club officially started before the upcoming year.

The first meeting of the Oakmont Asian-Pacific Heritage and Culture Club will be held on Thursday, Oct. 5, 11:30 a.m.-1:30 p.m. at China Village (138B Calistoga Rd., Santa Rosa). This meeting is to gauge interest in this club and to discuss possible events and topics, so if you are at all curious, you are encouraged to reserve your spot to attend.

Please RSVP by September 29 to 14tilesformj@gmail.com or text or call at (707) 408-3651. If you reach voicemail, leave a message with your name(s), your email address, and your phone number, and how many are coming.

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Jewish Interest Group



■Howard Sidorsky

SERVING THE NEEDS OF OAKMONT'S JEWISH COMMUNITY



For over a year now, Oakmont has had an organization which has presented programs of particular interest to its Jewish population. These programs have varied from "Jews on Broadway" to "Jewish Medical Ethics," and everything in between. But maybe you missed a particular program, or maybe you

are just now becoming aware of these offerings. Not all of them have been recorded but we now have many.

What can you do? Well, it's not too late to hear some of these presentations. Thanks to the organizer and a little help from OVA's tech guru, Colin, the

Jewish Interest Group now has a YouTube channel, where you can watch many of the group's recorded programs.

In the future, we will attempt to have them all recorded. The technology available to us is good, but not perfect. Sometimes it is not the technology but the operator who is at fault and the presentation does not get recorded.

Go to: <https://www.youtube.com/channel/UCgUWdF6CxxYXDtOcqBXTm8Q> and listen to anything of interest to you.

Another is to send me an email (howard@sidorsky.com) and I will send you the link. If you would prefer to use your phone, text me at (510) 501-8750 and ask for the link.

If you would like to join the group, please email me with your contact information. Everyone in Oakmont is welcome to join the group.

OAK at the VOM Golf Club



■Hilary Gruendle

MURDER MYSTERY DINNER AT OAK A DANCE WITH DEATH: A 1950'S SOCK HOP GONE SOUR

Attend a Murder Mystery Dinner at OAK on Saturday, November 4, starting at 5:30 p.m.

This 1950s prom is a doo wop disaster! When a death on the dance floor makes this prom night a party foul, it is up to you to figure out whodunit and get this dance back on track. Trade clues with your guests, gather information about the crime, and reveal the punk that made this prom nowhereville. This night of laughter and dancing is now too heavy to razz anyone's berries, so it's up to you to find the murderer!

Word from the bird is this is one show you will not want to miss. This night is shootin' to be swell despite the disaster. Ladies, bows and pins in your hair will go nicely with your puffy sleeved prom gowns. Gents, you will look sharp in white and black suits or tuxes. Get ready to put on your thinking caps; you'll need your wits about you to solve this crime. Costume attire encouraged.

5:30 p.m.: arrival complimentary sparkling wine and learn about the rules of the game.

6 p.m.: Buffet Dinner is served.

6:30 p.m.: Act 1 begins.

7 p.m.: The investigation begins.

Ticket price includes buffet dinner, murder mystery and complimentary glass of sparkling wine. Cash bar available during event.

To purchase tickets on Eventbrite, follow this link: bit.ly/459Bsd3.

LIVE MUSIC AT OAK

Every Monday, enjoy Live Music at OAK. Call today to reserve a table (707) 539-0415 x 5.

Check our events page for more events: www.playvom.com/events.

Sept. 25: O and the Riots, 5-7 p.m.

Oct. 2: The Magic Band, 5-7 p.m.

Oct. 9: Jami Jamison, 5-7:30 p.m.

Oct. 16: Second Street Band, 5-7:30 p.m.

Oct. 23: Two of Us, 5-7 p.m.

Nov. 6: The Magic Band, 5-7 p.m.

Nov. 13: Jami Jamison, 5-7:30 p.m.

Nov. 20: Second Street Band, 5-7:30 p.m.

Nov. 27: The Retro Rockers, 5-7:30 p.m.

Dec. 4: The Magic Band, 5-7 p.m.

Dec. 11: Jami Jamison, 5-7:30 p.m.

Dec. 18: Two of Us, 5-7 p.m.

Oakmont Constitution Club



■Jane Gyorgy

RECAP OF LAST MONTH'S GATHERING

Lecture 3 from Hillsdale College Online Course titled, *Constitution 101* was viewed and discussed.

Mr. Pestritto talked about the founder's agreement on the government's purpose was to secure citizens' natural rights. Yet, after ten years of operating under the Articles of Confederation, the founders had grown concerned that state governments had failed to secure citizens' natural rights. Quotes that stood out were:

"...Laws were not only too numerous to understand but also impractical and unjust."—Madison, Vices of the Political System of the United States

"One hundred seventy-three despots would surely be as oppressive as one... the powers of government should be so divided and balanced among several bodies of magistracy, as that no one could transcend their legal limits, without being effectually checked and restrained by the others."—Thomas Jefferson, *Notes on the State of Virginia*, Query XIII, 1784

"...one of their errors was 'having too good an opinion of human nature.'"—George Washington to John Jay, August 15, 1786

"If these states should either be wholly disunited, or only united in partial confederacies, a man must be far gone in Utopian speculations, who can seriously doubt that the subdivisions into which they might be thrown, would have frequent and violent contests with each other. To presume a want of motives for such contests, as an argument against their existence, would be to forget that men are ambitious, vindictive, and rapacious. To look for a continuation of harmony between a number of independent unconnected sovereignties, situated in the same neighborhood, would be to disregard the uniform course of human events, and to set at defiance the accumulated experience of ages."—Alexander Hamilton, Federalist 6

On October 24, at 4 p.m. at the Berger Center, we will view Lecture 4, *Consent of the Governed and the Separation of Powers*.

To learn more about the US Constitution, receive a study guide for a gathering, and RSVP for an upcoming gathering, email TheNewOakmontCC@gmail.com.

We look forward to seeing you!



Oakmont Pétanque Club

■Don McPherson

OKTOBERFEST TOURNAMENT OCTOBER 21

The Oakmont Pétanque Club holds its 2023 Oktoberfest Tournament and Potluck Picnic Lunch, the last tournament of the season, on Saturday, October 21. As with all tournaments, the French tricolor will decorate the court. Players are encouraged to wear fall colors.

The festivities will kick off at 9:30 a.m. at the Pétanque Courts with registration for the tournament. If you are playing, please be there by 9:30—the Oakmont courts can accommodate 18 players for tournaments. Play will begin as soon as the teams are drawn. Winners' photos will be taken at the conclusion. Spectators are welcome!

The tournament will be played in *mêlée* format with randomly assigned teams as drawn and organized by Club Tournament Director Jean-Michel Poulnot, with the club's "Fanny" looking on. "The Goddess of Pétanque," Fanny is the focal point of a traditional ritual should any team suffer a 13-0 shutout loss.

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



Oktoberfest Tournament Champs in 2022 were Shari Downs, Richard Goodwin, and Linda McPherson.

BE CAREFUL OUT THERE!

A Dutch man died five days after being hit in the head with shrapnel from an exploding "leisure" pétanque boule. The boule exploded after being left near a barbecue fire pit during a bachelor party. Police said the explosion was comparable to a grenade.

Competition-certified boules are hollow, made by welding two heavy steel half-spheres together before they are heated to around 900 degrees and then finished. The cheaper leisure boules have thin metal walls and are filled with a thick "mortar" of sand and metal filings to give them extra weight.

According to the *UK Daily Mail*, a French man was similarly killed when a boule left near a barbecue exploded in 2018. In 2009, a new, unsold set of leisure boules sitting on a shelf in a Swiss shop's storeroom spontaneously exploded. The boules had become corroded over time and a chemical reaction inside caused the seams to fail.

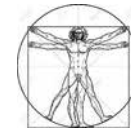
The German Pétanque Federation has recommended buying only competition-certified boules from pétanque-specific shops.

PÉTANQUE IN OAKMONT—MONDAY, WEDNESDAY, SATURDAY

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.

Fitness Club



■John Phillips

HIGH INTENSITY INTERVAL TRAINING

One question that I'm constantly asked is how to combat aging. My response is: if I had all the answers to that question, I wouldn't be here. This has been a burning question for the ages. We know what some of the answers are, but most people don't want to hear them. They include eating properly (unprocessed, natural foods), exercise and one that many people don't think of—community.

One reason I'm bringing this up is because many people have stopped by to ask if I have seen a Netflix series called "Live to a 100: The Blue Zones." It follows author Dan Buettner as he travels around the world visiting what he calls "blue zones," where people seem to have a much longer life span than that of the rest of the planet. He is trying to find out what makes these areas different. It looks like a very interesting show and if you can, I would suggest you watch it.

A Fitness Board member sent me an interesting little video regarding High Intensity Interval Training (HIIT) and aging. I like to hear anything regarding HIIT, as I have put together a Senior HIIT class held every Monday, Wednesday and Friday at the lower West Recreation Center at 2 p.m. with a minimal cost (first session free). A few months ago, I wrote

an article regarding the benefits of an interval cardio work compared to an endurance cardio workout. It showed that an Interval workout burned more calories in a shorter workout but also helped build stamina. The video states many of the same points but also included one that is very important for seniors, and that is response time.

HIIT training, unlike endurance training, has been shown to help with balance, and how quickly someone is able to respond to a change in their balance or situation, helping to prevent falling. If you would like to take a look at the video it can be found at: www.cnn.com/videos/health/2023/08/16/fitness-aging-hiit-sanjay-gupta-wellness-cprog-orig.cnn

Please continue wiping down all the equipment after use.

If you have any questions regarding this article or anything about fitness and working out, I can be reached at (707) 494-9086, or email wkuout2@aol.com or stop by the center and while you are here, have a little workout. Remember I have orientations every other Monday and Friday, and seminars on Tuesday and Thursday. Check the calendar at the entrance of the Fitness Center. More than that, I hope to see everyone at the Center.

Meditation

■Joanne Davey

MEDITATING TOGETHER

We invite you to join one or both of our weekly drop-in meditation sessions which have been taking place for many years. Beginning and experienced meditators are welcome. We approach meditation as a non-denominational practice.

Saturdays at 10:30 a.m. in the CAC Building, Room

B. This is a 35 min. meditation. This session frequently begins with a short 15-20-minute talk about various aspects of meditation.

Tuesdays at 4 p.m. in the CAC Building, Art Room. A 30-minute meditation.

If you have questions, please contact: Trisha Mitchell, (650) 255-4026, or Liz Buckley, (707) 538-3235.

Keep Active Yoga

■John Ferreira

"Everyone needs support for total health-mind, body, and spirit."—(KP.org)

Come practice yoga on Mondays at the West Rec. Studio from 3–4 p.m. Sundays have recently been added—same time and place.

We follow the Bikram style/method of yoga using 24 of the original series plus the two breathing techniques during all classes. Every muscle will be contracted, stretched and relaxed, improving circulation. The breathing techniques improve the elasticity of the lungs and balances the heart, lungs and mind/body connection.

The class is an open-eyed meditation by visually

focusing on one point on the floor, tennis courts, swimming pool, ceiling, or your beautiful self in the wonderful mirrors at the West Rec. By focusing, one can use more senses which leads to meditation and complete relaxation. Every bone will be compressed, helping to maintain and sometimes improve bone density.

Come join us and take "personal responsibility for your health." There are no dues for membership. The only cost is for personal accessories. A yoga mat or towel is recommended.

For more information contact me at ferreirajohn@msn.com, (650) 766-0497.

Strength and Balance Class

■Valerie Hulsey

Balance classes have resumed at the East Rec. Center on Fridays at 9:30 a.m. The class is not sponsored by the SRJC, so no registration is required, just a \$5 drop-in fee each week.

Come early to get a chair, classes are limited to 72

people. Bring a Theraband for strengthening. If you do not have one, you can purchase one for \$5 when you arrive.

Bring water and come and have some fun and improve your balance at the same time.

Oakmont Music Lovers

■Judy Walker

WOMEN COMPOSERS THROUGH THE AGES

After our summer break, Oakmont Music Lovers will reconvene on October 3, 10:30 a.m. at the East Rec. Center. For our first session, I will give a presentation on female composers throughout history.

Members may be familiar with the names Clara Schumann, the wife of Robert and Fanny Mendelssohn and sister of Felix. But there is a wealth of others from many historical periods who, in the past, have been largely ignored. Thankfully some

have been "discovered" and their works performed in recent years. Subsequently, those are gaining in popularity and respect.

As usual, I will provide a number of musical samples of these female composers' work, which should make for an interesting session. We look forward to meeting up with you all again at the usual time and place.

WHEN: Tuesday, October 3 at 10:30 a.m.

WHERE: East Rec. Center

ADMISSION: Free (donations gratefully accepted)

Oakmont Health Initiative Free Fitness Classes

■Charlene Bunas



OHI students work the fence. (Photos by Eileen Beltrano)

SITTING ON THE FENCE?

OHI was recently challenged by “the fence.” No, students didn’t sit on it, they used it. After class, a few folks talked about what “sitting on the fence” means: uncertain, undecided and uncommitted.

Gail admitted to having been a fence sitter... until she stopped. She made specific goals: stop self-criticizing, watch for emotional swings, start the day with positivity. She says every OHI class helps her with those goals.

Jim is straightforward, “You just cannot make progress (of any kind) without making decisions.”

From *Brainz Magazine*, Danielle Bardon writes that experiences (past failures), negative thoughts (too old, too out of shape), beliefs and feelings (“everyone will know the exercises and I’ll be embarrassed”) and self-talk (“who you kidding?”) are all instrumental in making defeatist decisions. The good news: they can be challenged.

When it comes to exercising, are you on the fence? If so, you are not alone. Consider some thoughts to help you off that fence: “everyone who succeeds has failed,” or “everyone in Oakmont is also old,” or “OHI instructors are here to help.”

Both instructors have your back. They encourage getting off the fence and into the class. It’s not about how you feel after one, two or even twenty classes; it’s about how you’ll feel a year, or five years from now. Exercise is the key.

Take the key, get off the fence and unlock the gate to being the best you can be, one OHI class at a time! Meeting ID: 849 7221 1947. Passcode: 558819.

Oakmont Artist’s Landscape at de Young

■News Staff Report

Oakmont artist Gail Radice’s work was accepted recently into the de Young Open, a triennial event at the San Francisco Museum. The Open is a juried exhibition of works by artists from the nine Bay Area counties, and according to the Fine Arts Museums of San Francisco, the Open is the only exhibition of its kind at a major American Museum.

Radice, who paints mostly landscapes, said *Gravenstein Wash* was inspired by a friend’s gift of “beautiful Gravensteins floating in my kitchen sink. I was compelled to paint them.”

The piece was one of some 900 selected from more than 7,700 submissions. Radice is the membership director for Oakmont’s Art Association. The de Young exhibit opens Sept. 30 and runs through mid-January.



Gail Radice stands beside *Gravenstein Wash*.

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Canine Club

■Randi Hulce

HAVE YOU MADE YOUR RESERVATION FOR THE MEMBER APPRECIATION PARTY?

The Annual Party is one benefit of being an Oakmont Canine Club member. The party is 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.



"Let's Party!"

If interested in attending, contact periolinger@yahoo.com. Deadline to contact Peri is October 4. Last year sold out quickly, so make your reservation now!

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 Canine Club member to attend.

Canine Club Dog Walk Yappy Hour meets at 9 am Friday, September 29: Meet up is Berger Lawn in front of Bulletin Board

Monday, October 9:

Meet up is East Rec. Parking Lot

For future 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!

Local Community Events

Popular Spring Lake Water Bark is here for two more dog-friendly weekends—Sept. 23–24, and Sept. 30–Oct. 1. Bring up to three dogs to swim, leash-free, at the swimming lagoon. Funds raised support 60+ dog-friendly parks. Tickets on sale now (\$8–15 per dog). To purchase go to Water Bark—Sonoma County Parks Foundation website.

Blessing of the Animals, St. Francis Winery Sunday, October 1, 2 p.m.: Free admission—donations welcome. An annual fundraising event held at the winery on the first Sunday of October every year. Visitors are encouraged to bring their pets, including dogs, cats, birds, and turtles, to be blessed. The event is a fundraiser for a different animal charity each year

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. Please contact alcumings1275@gmail.com for more information.

DOG-GONE-IT!

Were you aware the Canine Club has a website that includes upcoming events inside and outside Oakmont, resources including access to a dog walker, pet sitter, trainer list, photo gallery of member's precious pups, members list and more? WOOF! Please visit: www.oakmontcanineclub.org.



Oakmont-Wide Earthquake Response Drill Set for Oct. 14

■Pat Barclay, Emergency Preparedness Committee

Imagine: You are sound asleep in the middle of the night. You are suddenly awakened by violent shaking of your bed and sounds of breaking glass and items falling on the floor. It's pitch black—the power is out and the streetlights are dark. You're disoriented. Where's your flashlight? There's glass on the floor, where are your shoes? You walk the house. Pictures and shelves are on the floor, an unsecured bookshelf has fallen and is blocking the hallway. Nothing seems to be where it was. The phones are dead. You smell gas, where's the valve shut-off wrench?

A fictional story? No, the author has lived it—more than once. And may live it again: the USGS now predicts that the Bay Area has a 63% chance of having a major earthquake in the next 13 years. It could happen at any time without warning.

On Saturday, October 14, the OEPC (Oakmont Emergency Preparedness Committee) will be conducting an emergency drill for a simulated 7+ magnitude earthquake affecting Oakmont. The OEPC wants all residents to participate. The drill will run from 9–11 a.m. Get with your neighbors to discuss/practice how you would respond, both individually and collectively. As with all disasters, response starts at home—and with neighbors helping neighbors. Is your neighborhood prepared to deal with such a disaster?

For this drill, and for any major emergency, OEPC response volunteers will activate, setting up emergency communications at each Rec. Center and dispatching neighborhood radio operators (aka Zone Communicators) to walk Oakmont streets and reporting simulated damage and injuries resulting from the quake. If you see one of our volunteers, in bright yellow vests, please give them a simulated issue to report. If you don't see one of our volunteers, your neighborhood may not be represented by a zone communicator.



Marilyn and Tom Pugliese transcribe and send messages to the ham operators during a recent drill. (Photo by Julie Kiil)

Consider volunteering to join our team—you don't need any expertise and the OEPC will provide everything you'll need. Just let us know: drop us an e-mail at OakmontERT@gmail.com or call me at (707) 570-7500.

This is also the perfect time to examine your home for potential hazards. Are the bookshelves secured to the wall? Is the TV secured with earthquake straps? Any heavy wall-mounted items that might injure you if they fell? Do you have enough food and water to survive for several days? Preparation is key, it's too late when the quake hits.

This is also a great time to get MYN (Meet Your Neighbors) started in your neighborhood. Check out the program at <https://oakmontvillage.com/myn/>. It's all about knowing your neighbors, and neighbors helping neighbors. Every neighborhood will be surviving on their own, sharing tools and equipment, skills and expertise, and supplies that may be needed. Email Katy Carrel or Matt Zwerling, MYN Coordinators at mynoakmont@gmail.com for more information.



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Oakmont Vets Club

■John De Groot and Pat Hendricks

SEPTEMBER 28: VETERANS AND MENTAL HEALTH

Are you aware of the common mental challenges for veterans and their spouses, families, and friends? Do you know where to get support and help?

Come to the Oakmont Veteran's Club presentation at the Berger Center, featuring Dr David Joseph on September 28 from 4-5:30 p.m. and find out about issues and how to focus on change for the good. Dr. Joseph's presentation will be Veterans and Mental Health: Asking for Help and Finding Moments of Joy.

Dr. David Joseph is a licensed clinical psychologist and Director of Mental Health at the VA in Santa Rosa. He has lectured widely on issues related to PTSD, military cultural competency, complex trauma, crisis intervention strategies for law enforcement, and compassion fatigue. Dr Joseph received his Ph.D. from Alliant University in San Francisco, his post-doctoral training at the National Center for PTSD in Menlo Park, CA and his undergraduate degree at the University of Michigan. He has been with the VA for 16 years and at the VA Santa Rosa Clinic for two years.

The presentation and discussion will focus on common mental health challenges in veterans, especially PTSD and depression. We will examine how to know when mental health issues are interfering in our lives, and ask for help (which is not as easy as it sounds) and where to go to get it. The presentation will conclude with a discussion about opening ourselves to moments of joy instead of trying to be "happy" all the time.

Join with us for this informative presentation. All are invited. No RSVP needed.



Oakmont Squares

■Barbara Wooley



SOCIAL SQUARE DANCING START OCTOBER 3

The Oakmont Squares is excited to announce that the Fall 2023 beginner Social Square Dancing classes will begin Tuesday, October 3, 7-9 p.m. at the East Rec. Center. If you cannot make it on the 3rd, no worries; the first class will be repeated on the following Tuesday, October 10.

Oakmont dancers have found the Social Square Dancing program (based on 50 calls) to be a good fit for the Oakmont "active adult" demographic. Professional caller Lawrence Johnstone is adept at combining those 50 calls into nearly endless patterns, so the brain gets a work-out along with the body. Modern square dancing goes beyond what many individuals of a certain age might remember from junior high/middle school.



Keith Wilson and Lindy Hahn.
(Photo by Barbara Wooley)

The music spans a wide range of music genres, including country, pop music through the decades, Disney favorites, Broadway show tunes and movie songs, and beyond.

The new Social Square Dancing class is an opportunity for anyone who would like to come see what square dancing is about, or to update their rusty skills. No partner is necessary. Casual dress and a willingness to give it a whirl are all that is required. Come join the Oakmont Squares to "dance in a square and make a circle of friends."

Come meet the Oakmont Squares welcoming and supportive dancers and recent graduates and see what fun Square Dancing can be. Experienced dancers at Mainstream Level or beyond are welcome to come visit or join the Oakmont Squares at any time.

The Oakmont Squares meet Tuesday evenings from 7-9 p.m. at the East Rec. Center. Fee: \$8 per night or \$25 per month. For more information call Jenny at (707) 367-2102.

From Sports to Music

■News Staff Report

These six pickleball players were taking a break from the game one day and discovered they have more in common than paddles. All musicians—current and past with a good mix of instruments and voices—they turned their talents into a band called Relish.



From left: Jim Munger (vocals and guitar), Karen Mackey (vocals and ukulele), Heidi Morgan (vocals and keyboard), Doc Savarese (sax and clarinet), Peter Copen (drums) and Sherri Hoefling (bass). (Photo by Kathy Sowers)

Covid interrupted rehearsals and engagements for a while. But now they are back in full swing. They entertained fellow Pickleball Club friends first, and lately Relish is booked at venues that include Fountain Grove Club, Wild Oak Saddle Club and a growing number of bookings for Oakmont holiday club parties.

The band plays a mix of music, from folk, rock and dance tunes. Says Sherri Hoefling: "Music keeps us young and sharp, and the friendships we make through it enriches our lives."

Lifelong Learning

■Marlena Tremont



EXPERIENCING NATURE THROUGH ART

Instructor: Bruce Elliott

Thursdays, Oct. 19–Nov. 9, 3–5 PM, East Rec.

4-week session. Cost: \$65

This course will explore the aesthetic relationship between fine art and nature, as viewed through the lens of perception. The course traces the evolution of artistic depictions of natural settings from the Renaissance to Impressionism to more modern artists like Alexander Calder and Mark Rothko that invite active participation by the viewer in the artistic process. The course will culminate by touching upon innovative visual practices that enable viewers within a nature setting to themselves 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.

Classes available in person, on Zoom or as a recorded session to watch at your leisure. To see all classes and register, go to oakmontll.org, fill out a form in the OLL folder in the OVA office, or register at the door.



Meet Wiley's Wish

Animal Rescue

Wiley's Wish Animal Rescue is a Northern California-based 501(c)(3) organization dedicated to rescuing and adopting out dogs from high-kill shelters in California. From the Bay to L.A., we save innocent lives from euthanasia as a result of the state-wide overcrowded shelter crisis. To learn more, visit www.wileyswish.com.

In this issue, we'd like to introduce you to

Phoebe is a three-year old, Siberian Husky/Kelpie mix. This petite (40lb) snow-white sweetheart is in perfect health, microchipped, spayed and up to date on all vaccines and Rabies.

Phoebe is fun-loving and gentle with adults, kids and dogs of all breeds and sizes. She'd be a perfect family, first, second or third dog.

Phoebe

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(603) 609-8594 or
wileyswish@gmail.com

You can also visit
www.wileyswish.com
to learn more and fill out
an adoption application




"She's a little gem. Whoever gets her will be very lucky." – Holly, Phoebe's Sonoma County Foster Mom

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 28: LONG HIKE BIG ROCK RIDGE TRAIL

This hike features nice views and meanders through a mixed range of elevation and biomes. Enjoy this 6.7-mile out-and-back trail near San Rafael, California. Generally considered a moderately challenging route, it takes an average of 3 hours 18 minutes to complete. The Big Rock Ridge trail passes through sections of the Lucas Valley Open Space Preserve where you can catch a good view of the George Lucas compound from above.

This is a very popular area for hiking. Pack plenty of water and lunch. Poles if you need them. Leave Berger at 8:30 a.m. Hike leader is Jeff Zalles, jeffzalles@gmail.com, (415) 999-5333.

SEPTEMBER 28: INTERMEDIATE HIKE TOLAY LAKE REGIONAL PARK

Explore early Fall colors on the upper East side on a 5-mile out-and-back via the Causeway and East Ridge Trail to the 3 Bridges Vista Point. Gradual 500 ft. elevation gain culminating in great views of the Tolay Lake valley, vineyards and San Francisco Bay. Picnic lunch at the top. Prepare for possibly muddy trails. Heavy rain cancels.

Regional Park Pass or \$7. Leave Berger at 9. Hike leader is Marilyn Pahr, (707) 541-6430.

OCTOBER 5: LONG HIKE SHILOH RANCH REGIONAL PARK

We will hike the Creekside Trail to the Pond to enjoy the ducks, geese, frogs and turtles. Then take the Pond Trail to the Mark West Creek Trail followed by the Canyon Trail and the Big Leaf Trail. And if it's open, we will add part of the Ridge Trail to a wonderful vista point overlooking Windsor and Santa Rosa. So,



Shiloh Ranch Regional Park vistas.

depending on the trail closures, the hike will be 6 to 7 miles with 900 to 1100 feet elevation gain.

Bring water and lunch and meet at the Berger Center parking lot for departure at 8:30 a.m. Hike leader is Randy Vincent, (707) 538-3530.

OCTOBER 12: LONG HIKE MOUNT WITTENBERG, SKY, WOODWARD VALLEY, COAST, BEAR VALLEY TRAIL

Experience this 12.4-mile loop trail near Point Reyes Station that is generally considered a challenging route, with an elevation gain 1,732 ft. Starting at the Bear Valley Trailhead just outside of Olema, this route will take you up to the peak of Mount Wittenberg,

then down to the coast. You can stop at Sculptured Beach for lunch and take in the ocean, then continue on to Bear Valley Trail for the trek back to our starting point.

Bring plenty of water and lunch for this 5+ hour hike. Expect to return by 5 p.m. We leave from the Berger Center Parking Lot at 8:30 a.m. sharp. Hike leader is Chris Sork, (707) 495-3196, call or text.



Hiker enjoying the Wittenberg trail.

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Movies At Oakmont

WHERE: Berger Center

SCREENING DAY AND TIME: Sundays

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

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

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.

OCTOBER 1 AT 2 PM EXECUTIVE DECISION

When terrorists seize control of an airliner, an intelligence analyst accompanies a commando unit for a midair boarding operation. 1996, R, 2:13.

OCTOBER 8 AT 2 PM BLADE RUNNER

A blade runner must pursue and terminate four replicants who stole a ship in space and have returned to Earth to find their creator. 1982, R, 1:57.



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Oakmont Futures

■George McKinney

WHAT'S NEXT IN ELECTRIC VEHICLES—ELECTRIC AIRPLANES

On Wednesday, Oct. 11, 4 p.m. at the East Rec. Center, the Futures Club welcomes Bob Matreci, who has been very involved with the Pacific Coast Air Museum at the Sonoma County Airport. Sonoma Country had a part in a significant 2011 milestone: The NASA/Google Electric Airplane Challenge and Prize.



Bob will cover two categories of aircraft which are far along in development by small companies: air taxis and small commuter planes. Both categories are attracting significant investment from US and International commercial aircraft manufactures, venture capital pools and even the FAA. United Airlines already has an order in for electric planes for use to shuttle passengers between airports in the San Francisco area.

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?).

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

Meeting ID: 860 6299 0770. Passcode: 809582.

Oakmont Garden Club

■Patty McHugh



SONGBIRDS PRESENTED BY VERONICA BOWERS, NSCC

WHEN: Wednesday, October 11, 9:30 a.m. Social, 10 a.m. Speaker

PLACE: East Rec. Facility, 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!

Club Note: October is the month we call for nominations from the members for the 2024 Board of Directors. Your participation is critical to the success of our club. Please consider a volunteer post.

Pickleball Corner

■Peter Copen



PICKLEBALL INJURIES AND PREVENTIONS

Injuries in our sport seem to be more common. As a result, I have summarized some information that I hope may be helpful to keep you safe.

Common pickleball injuries:

Calf strain: is often described by patients as feeling like being kicked in the calf. It commonly occurs when lunging forward for a low shot. Remember MICE (movement, ice, compression and elevation) in the first 24-48 hours after injury.

Hamstring strain: This usually also occurs when lunging forward for a low shot, but it takes longer to heal than a calf strain.

Wrist injury: These occur with pickleball due to the twisting of the wrist, similar to ping pong. The most common injuries are tendinitis in the wrist, best treated initially with a wrist splint and rest for a couple of weeks. If the pain persists, get it checked out.

Elbow injury: commonly known as tennis elbow. This is generally tendinitis on the outside part of the elbow and is best treated with backing off playing for a week or two.

Achilles' tendon rupture: This is among the more serious type of pickleball injuries. Tendons, which connect muscles to bones, are difficult to heal because they have a poor blood supply. This injury is often treated with surgery, followed by physical therapy. It can take months or even a year to heal.

How can I prevent pickleball injuries? With pickleball, the key to staying on the court and not in physical therapy is recognizing the warning signs. Small muscle cramps often precede a more serious injury, as does an overall sense of fatigue. If this is happening to you, back off for a bit and rest until you feel ready.

Before starting a game, do dynamic warm-ups—like jogging in place, jumping jacks, walking lunges and air squats.

Stronger and more pliable muscles mean less injuries. In addition to warming up the body, I have my patients bring their foam roller or massage gun to the pickleball court and use it before they play.

Prioritize strength training. I prescribe strength training for all of my patients, from 10-year-olds to 80-year-olds. But this is especially important for aging players. As we age, our muscles get weaker. For this reason, a quick lunge to the left to get a shot in a 20-year-old player may go unnoticed, while the same shot in a 60-year-old can result in a two-month injury from tearing a calf muscle.

Getting out to play pickleball is great for your health, and I'd rather see you on the court than in my office. To make pickleball as safe as possible, it's important to understand your body's limits and to employ strategies to keep yourself from getting injured.

Hope this helps.

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.



Cartoon by Peter Copen.

Playreaders



■D. Hall

FAMILIAL DYSFUNCTION GIVES WAY TO ROMANTIC COMEDY

Full house crowds greeted the cast of Jane Borr's production of *The Cocktail Hour*, by A.R. Gurney. The drama about a dysfunctional American family ran on September 4 and 11 with a cast that included John Dolan, Jane Borr, D. Hall and Sandy White.



September's Playreaders production was A. R. Gurney's *The Cocktail Hour*, an emotional tale of an upper crust family with secrets resulting in a particularly toxic relationship between father and son. Readers were Sandy White, Jane Borr, John Dolan and D. Hall. (Photo by Esther Dolan)

In preparation for October's presentations, Playreaders will rehearse *Same Time Next Year*, by Bernard Slade, on September 18 and 25. This play will be staged on October 2 and 9, with Yvonne Horn and John Dolan in the lead roles and Sandy White narrating. It's the story of New Jersey accountant George and Oakland housewife Doris who meet at a Northern California inn in February of 1951. They have an affair and agree to meet once a year (for 24 years) despite the fact that both are married to others and have six children between them. This play is one of Playreaders' favorites.

On November 6 and 13, Jim Preston and Ginna Zoellner will present the much-anticipated *Educating Rita*, by Willy Russell. It involves a young student and her professor/tutor, who wield their dishonesty and disillusionment on each other.

December brings some delightful holiday fare and the promise of 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.



■Carolita Carr

GHOSTLY NIGHT RETURNS!

WHAT: Halloween Dance **WHERE:** Berger Center

WHEN: Saturday, October 28

TIME: Doors open at 5:30 p.m. Music begins at 6:30.

COST: \$25 per person, each member may bring one non-member guest

BRING: the beverage of your choice and snacks to share

Fall is upon us and that means Halloween. We are delighted to announce that we are bringing you the Briefcase Blues Brothers Band—a tribute to the Blues Brothers of Saturday Night Live fame (Belushi and Aykroyd). These guys do the music and dancing of the originals and present a really great show.

In addition, we will have our annual costume contest. Prizes will go to the most original, the best couple, and the spookiest. Judges will come from the audience.

So, get ready; it promises to be a truly ghostly night! Register now at oakmontboomers.org.

MEMBERSHIP

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



Pinochle Club

■Rod Clark



CLOSING PINOCHLE CLUB

Due to a lack of players, the Pinochle Club will no longer be playing cards as of Sept. 8.

I want to thank all the current players and past players for making Thursday mornings very enjoyable. The best to you all.

Oakmont Singles

■Bailey Penzotti



IT'S THAT SPOOKY TIME OF YEAR

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.

OCTOBER MIXER:

SPOOKY TIME OF THE YEAR

DATE AND TIME: Friday, October 20, 6 p.m. (note: the fourth Friday of the month)

LOCATION: East Rec Center

For this mixer, we welcome Mike Von der Porten who will speak to us about The Santa Rosa Odd Fellows Cemetery, the "Forgotten Cemetery." Delving into the history of a little-known Santa Rosa cemetery is the perfect topic leading into Hallow's Eve. Let's gather for an evening of suspense and questions for Mike.

In the "spirit" of the season, bring a "spooky, Halloween-themed appetizer or dessert to share with your fellow ghouls, witches and warlocks, and dress in garb if you are so inclined for the Halloween season.

Remember! The Oakmont Singles Club mantra is come, mix, mingle and have fun! Please come and join us for this ominous and intriguing adventure.

As always, it's BYOB, bring your key card for entry, wear your name badge and bring a Covid proof of vaccination if it's your first time in attendance.

RSVP to Priscilla, proslyn49@aol.com by October 16 by 5 p.m.

OCTOBER BON APPETIT (SINGLES ONLY)

DATE: Thursday, October 5

TIME: 6 p.m.

LOCATION: Sea Thai Bistro, 2350 Midway Dr., Santa Rosa in Montgomery Village, www.seathaibistrobar.com

Limited to 14 members. Outside dining, parking in Montgomery Village. Bring cash for dinner. This is one of the most popular seafood restaurants in Sonoma County. It also has various assorted Asian noodle dishes and a full bar.

Reservations to Marilyn, marilyn_mckeever@hotmail.com no later than October 1.



Sleep Apnea

■Robert Flandermeyer

SLEEP APNEA WELCOMES DR. GREG ACKROYD

On Tuesday, Oct. 3, 1-3 p.m., in Room G of the Berger Center, the Sleep Apnea Club will welcome Dr. Greg Ackroyd, MD, a sleep specialist with Providence Medical Group. This is an opportunity to ask him questions, listen to and share experiences with others, and ask repeat questions to Dr. Ackroyd as they occur to you with time.

Bring your equipment if you have specific questions about your mask and/or machine. Wearing a protective anti-viral face mask is recommended.

Sleep Apnea meets every first Tuesday of even months: February, April, June, August, October and December. We hope you will join us.

For questions please call, text or leave a message at (707) 694-8018.

Wii Bowling Oakmont Lanes



■Terry Leuthner

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

Anyone interested in joining our club, either as a team bowler or substitute, please call me at (707) 291-3023 or stop by the East Recreation Center on Tuesdays from 1:30-4:30 p.m. to see us in action. We charge \$25 for a 10-week tournament that includes the play-offs.

We bowl every Tuesday of the month except for the fourth Tuesday. Both 1:30 p.m. and 3:15 p.m. League have 6 teams, 4 bowlers per team. Each bowler bowls 3 games and has his/her own handicap (80%) and average. Bowler and team results are recorded each week.

See www.oakmontlanes.com for club information, bowling dates, week results, schedules to bring cookies and to setup/tear down equipment.

No bowling Sept. 26 (fourth Tuesday).

Bowling dates for October: Oct. 3 (week #7), 10 (week #8), 17 (week #9) and 31 (week #10, Halloween Challenge). No bowling Oct. 24 (fourth Tuesday).

LABOR DAY CHALLENGE RESULTS

Winners are: 1:30 League—Joanne Abrams, Asia Delgado, Sandy Osheroff, Don Shelhart; 3:15 League—Joanne Abrams, Carolita Carr, Rhonda D'Agostini, Scott Harris, Valerie Hulsey, Vickie Jackanich, Sandy Osheroff and Nicole Reed.

RESULTS AS OF SEPT. 5 (WEEK #4 FALL LEAGUE)

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

Men's High Games: Don Shelhart, 300; Charlie Ensley, 225; Mike Apicella, 205.

Women's High Games: Joanne Abrams 268; Sandy Osheroff, 268; Robin Schudel, 267; Asia Delgado, 256; Karen Palmiotti, 201.

3:15 p.m. League: first place, Strike Outs; second place, High Rollers; third place, King Pins; fourth Place, Pin Pushers.

Men's High Games: Scott Harris 211.

Women's High Games: Vickie Jackanich, 267; Sandy Osheroff, 247; Joanne Abrams, 238; Rhonda D'Agostini, 213; Carolita Carr, 212; Nicole Reed, 211; Felicia Laden, 203.

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

Kiwanis Club of Oakmont



■Beverly Singer

THANK YOU, AND THANK YOU AGAIN

Your Oakmont Kiwanis Club thanks the many of you who supported the "Carnitas and Margaritas" fiesta on August 19 at the Berger Center. Kiwanis thanks the businesses who kindly gave donations. The wonderful carnitas, beans and rice could not have been enjoyed without the Oakmont Gardens' chefs and crew. The dinner was yummy. Kiwanis is so appreciative to Oakmont Gardens for this huge donation, and weren't the servers great? They are members of the CHOPS teenage club of Santa Rosa. CHOPS has a culinary class for teenagers. The CHOPS staff and teenagers deserve big thanks for their help.

CHOPS will have their fundraising dinner on September 23. Kiwanis members will attend to support that wonderful teen club. The goal of Kiwanis members is to make lasting differences in the lives of children locally and around the world. When you support Kiwanis, you also support children, families and the community. Kiwanis thanks you who made financial donations for children.

At the fiesta event, Kiwanis past president and Key Club Montgomery High School advisor, Trisha Shindledecker, welcomed the audience from the Berger stage. She presented the Key Club member who was the recipient of the Oakmont Kiwanis college scholarship, Carmen Jimenez. Carmen, her parents and her grandmother, an Oakmont resident, were present. Carmen was honored for her outstanding accomplishments throughout Maria Carrillo High School. Carmen will attend the University of Washington and plans to be an environmental attorney.

Also present from Maria Carrillo High School were this year's Key Club president, Ava D'anzica Himes, and vice president, Nola McGarva. Bev Singer is the Kiwanis Key Club advisor for Maria Carrillo, and Trisha Shindledecker is the advisor at Montgomery High School. Other Kiwanis Clubs sponsor local high schools, and many Kiwanians volunteer at local elementary and junior high schools as well. Kiwanis is all about helping children to be good community leaders.

Kiwanis hopes we have not missed you in our thank-yous. You are important to us and the children, families and community we serve. Please come join us. Contact Bob Isaacs at (916) 202-3799 or kiwanisbob@att.net.

Oakmont Craft Guild

■Carolita Carr

ART AND CRAFT FAIRE RETURNS

WHERE: CAC Parking Lot

WHEN: Saturday, October 7

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 Arts and Crafts Faire on Saturday, October 7. So far, we have over 30 local artists and craftspeople who will be displaying their talents. Be sure to take in this fun event. Bring the family; there will be something for everyone. There will be a taco truck for lunch.

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 club's 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 me at jbcarr35@gmail.com. All types of arts and crafts will be included.

CLASSIFIEDS

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.

BODEN PLUMBING, HEATING AND AIR

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

GARDENING

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

BABE'S TRANSPORT

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

ONE WAY PLUMBING, INC.

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

PAINTER/HANDYMAN

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

HANDYMAN SERVICES

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

FOR ALL YOUR PAINTING NEEDS

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

GARAGE DOOR SERVICES

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

REPAIRS PILING UP? CALL RAY

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

MARTHA L PROFESSIONAL HOUSE CLEANING

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

CARPET, UPHOLSTERY AND TILE CLEANING

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

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 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.

RESIDENTIAL POWER WASHING AND WINDOW CLEANING

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

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.

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.

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.

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.

DOG TRAINING

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

BALANCE AND BODY WORK

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.

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.

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

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

DEADLINE: 10 days prior to publication.

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

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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, and The Saloon at Jack London Lodge.

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 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.



Oakmont Progressives



■Ed Biglin

VIEWING OF NEW FILM

TRUSTWORTHY: ALL VOICES HEARD

On Monday, October 9 at the East Rec. Center, the Oakmont Progressives will screen the video *Trustworthy: All Voices Heard*, with a social starting at 6:30 and the film at 7 p.m.

The documentary explores how misinformation on all sides has fueled the country's growing polarization, and how we can hear all voices and find common ground. If you have felt despair over the vast chasm that seems to separate the people of our country, this film is a must see. In it, you will hear both media experts and everyday people talk about how the media can help or hurt our democracy. The film is very even-handed, favoring neither the left nor the right.

Trustworthy is a documentary that chronicles a 5,300-mile journey across America to explore how the growing crisis of trust in media threatens our democracy, and whether we can find common ground. From small towns to urban enclaves, the film makers speak with journalists, experts and everyday Americans across the political spectrum about how we got to this critical moment, how we can become better news and information consumers, and how we can come together to rise above the misinformation and discourse aimed at dividing our communities.

This screening is sponsored by the Oakmont Progressives, but we believe that it is important for all, regardless of political affiliation or opinion, so we are inviting all Oakmonters to join us. And please feel free to come at 6:30 for the social time and bring light appetizers and libations to share if you wish.

Oakmont Art Association

■Philip Wilkinson

LINDA LOVELAND REID PRESENTS GERTRUDE STEIN

On Friday, Oct. 13, 10 a.m. at the Berger Center, Linda Loveland Reid will share a lively presentation on Gertrude Stein, notable novelist, poet, and avid art collector.

Gertrude Stein once "modestly" commented that without her, some of the artists and writers she promoted might not have emerged as they did to take over the art world, such as Matisse and Picasso. Gertrude coined the phrase "lost generation" to describe Hemingway and his circle. With her two brothers and life partner, Alice B Toklas, she lived in Paris during the early movement of progressive art, stubbornly acquiring works that the general population found wildly odd.

This presentation will be an in-depth look at the enigmatic Gertrude Stein, the author who wrote: "a rose is a rose is a rose is a rose" in her 1913 poem, "Sacred Emily."

Linda Loveland Reid is an OLLI instructor for Sonoma State and Dominican Universities. She holds a B.A. in History and Art History from SSU, graduating cum laude. Other interests include two published novels available on Amazon, figurative and abstract painting, and directing community theater.

Linda is on the Board for SSU OLLI and chairs the Art Club with over 200 members. She also serves on the Board of Sebastopol Center for the Arts, the Artist Workshop of Sonoma County, and the SSU/OLLI Advisory Board.

2023–2024 OVA BOARD OF DIRECTORS

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POOLS & JACUZZIS

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

WEST: 7 AM–9 PM

(Closes 7 PM Wednesdays for cleaning)

EAST: 6:30 AM–9 PM

(Closes 7 PM Mondays for cleaning)

CENTRAL: 5:45 AM–9 PM

(Closes 7 PM Tuesdays for cleaning)

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

CENTRAL POOL HOURS FOR PEOPLE UNDER 18:

Labor Day–Memorial Day: 11 AM–2 PM daily

Memorial Day–Labor Day: 12–4 PM daily

Children must be accompanied by an OVA member/resident or adult with a valid guest pool access card. NO LIFEGUARD ON DUTY AT ANY OVA POOL. ALL FACILITIES CLOSED CHRISTMAS DAY.

NEED A RIDE? GIVE A RIDE! OAKMONT VOLUNTEER HELPERS

COORDINATOR

Rides to Medical Appointments

September 16–30

Maggie Schmidt 707-890-1347

October 1–15

Ron Kaufman 707-541-6713

We provide the following services to Oakmont Residents:

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

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

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

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

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

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

HOW TO CONTACT YOUR LOCAL OFFICIALS

County Supervisor Susan Gorin, District 1

Phone (707) 565-2241

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

Email: Susan.Gorin@sonoma-county.org

City Councilwoman Dianna MacDonald, District 3

Email: dmacdonald@srcity.org

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

Bocce Club



■Gale Schlee

AUTUMN TOURNAMENT

The Harvest Moon Tournament on September 2 was under cloudy skies but fun. The winning teams were Larry Schlee, Phil Duda and Jean. On court #2, the winners were Pat Paulson and Vlad. The winners on court #3 were Elie Baciocco, Tony D'Agosta, Barbara Newton and Tony Sarram.

Our next event is the Autumn Tournament on Saturday, October 7 at 9:30 a.m., followed by a potluck and our Annual Meeting at the West Rec. Center.

Beginning November 1, the start time for the Bocce Club will change to 1 p.m. Hope to see everyone there.



Jane, Vlad and Pat Paulson.



Larry Schlee, Phil Duda and Jean.



■Greg Fauss



IT'S OCTOBER (ALMOST)

I'm so glad I live in a world where there are Octobers. Autumn is easily my favorite season. The brightly colored leaves set against the crisp blue sky invite me to reflect on the changes over the past year, to let go of things I have outgrown and to set goals for what I hope to accomplish in the weeks to come. It's a wonderful time to count your many blessings and rejoice in his glory.

I hope the Scriptures reflections and prayers guide you to experience the wonder of God's creation and may you see God's hand in your life as you look ahead with hope, trusting that God is shaping your future.

If you want to meet new people and explore the Christian faith join us on Thursdays at 6 p.m. at Oakmont Gardens for ALPHA. We meet over a meal, watch a short video and have a safe time of sharing where all questions and opinions are allowed. Upcoming topics will be: "Why Did Jesus Die?" and "How Can I Have Faith?" 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. This Sunday's service will be followed by a potluck.

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

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 TenBeer Mixer, named in honor of the late Bob Zemore, 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 will bring appetizers and drinks to share.

Looking further ahead in the planning future are tournaments for October and November, and a 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 New Member Night. Tennis 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 Courts. The Tuesday and Thursday rotating matches start at 9 a.m. and run to about 11:30 a.m.

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 West Courts at 9 a.m.



Mellie Gott, Maureen Pennal and Judy Passaglia. (Photo by Frank Passaglia)



Don Buckley, Bill Nassi, Vi Taylor and Reed Davis. (Photo by Frank Passaglia)

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Parliamo Italiano

■Jane Rinaldi

THE PALIO—AN ITALIAN HORSE RACE FULL OF EXCITEMENT

Parliamo italiano will be showing *Palio* on October 3, in Room B in the CAC Building from 2–3:30 p.m. The movie is in Italian with English subtitles.

If any of you love horse races, this film is one you want to watch. The Palio is annual horse race that takes place in Siena, Italy, and has been held there since the Middle Ages. The spectacle before and after the race is almost as exciting (almost!) and colorful as the race itself.

Come and join us for a rousing afternoon of jump-up-from-your-seat horse racing.



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