OAKMONT NEWS

Oakmont's Semimonthly Newspaper

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New Home For Maddie



Princess spent 666 days in the Sonoma County Animal Shelter before she was adopted by Joe Aldridge and Timaree O'Brien of Oakmont and renamed Maddie. Read the story of Maddie's adoption in the latest Canine Club article on page 5. (Photo submitted for the Oakmont News by Julie Kiil)

Candidates Night

■News Staff

Those seeking seats on the 2024 OVA board will take part in a Candidates Night on Wednesday, February 21, 6 p.m. at the Berger Center. Members will have an opportunity to submit questions to this year's eight candidates.

This year's slate of candidates are Josh Axelrod, Jerry Gladstone, Iris Harrell, Tom Kendrick, Heidi Klyn, Jeff Neuman, Matt Oliver, and Tom Tremont.

Following this event will be two Meet & Greet opportunities — one on March 1 at the Berger Center, and another on March 20 at the East Rec Center, both at 6 p.m. Candidates may also choose to hold Meet & Greet events separate from these planned events.

Ballots for the election will be mailed to members by early March. Results of the election will be announced at the 2024 Annual Meeting on April 1. Voting is by mail. Ballots may also be turned in at the Annual Meeting at the Berger Center prior to the start of ballot counting at 10 a.m.

Key Dates in 2024 Election

February 21—Candidate's Night, 6 p.m. Berger Center Early March—Ballots mailed to members March 1—Meet & Greet, 6 p.m. Berger Center March 20—Meet & Greet, 6 p.m. East Rec. Center April 1—Results announced at annual meeting

New City Ordinance Targets WUI

■Jackie Ryan

A new city Vegetation Management Ordinance requires homeowners in the Wildland Urban Interface Area (WUI), to maintain defensible space throughout properties, to remove certain dead trees damaged as a result of a wildfire and specific hazardous vegetation, and to limit specific mulch within 30 feet of structures. Asst. Fire Marshal Jared McDaniels detailed the regulations at a Town Hall meeting Jan. 23. They impact all Oakmont homes located in the WUI, which is mostly south of Oakmont Drive. The requirements go into effect by Jan. 1 and July 1 2025, with inspections starting this summer and rotating on a three-year schedule.

Oakmont members, however, will find that the new requirements are mostly covered in Oakmont's Firewise Landscape Policy that has been in effect since 2021, and which may be more restrictive in some cases.

McDaniel and Fire Marshal Paul Lowenthal, who attended via Zoom, said the inspection plan, which is still being developed, is aimed at education and making the community a safer place and "not to come down on people or fine them."

Lowenthal said the departme nt has been highly concerned about the burn scars from the 2017 Tubbs

See **NEW ORDINANCE** on page 3

Evacuation Time Study Findings Posted Online

■News Staf

The findings of an evacuation and traffic study were presented Jan. 30 at a meeting with KLD, consultants hired to evaluate estimated evacuation times and traffic flow from Oakmont and Wild Oak in the event of a wildfire. The OVA approved the study several months ago, which included a survey/questionnaire on evacuation patterns answered by more than 1,000 households. The cost of the study was shared by Oakmont and Wild Oak, \$39,000 and \$6,000 respectively.

The full report of the study findings, methodologies and recommendations are available online, as well as the slide presentation led by OVA Director Jeff Neuman, and a video recording of the meeting. To view and read the materials, visit the Oakmont Village website's member tab and click on videos.

Bunker Bathing



A red tailed hawk took a bath in a waterlogged bunker on the Valley of the Moon Golf Course, seemingly as surprised to see golfers as they were to see him splashing around. (Photo by Martin Johns)

OTLC

Oakmont Technology Learning Center

■Linda Canar

SPRING CLASS REGISTRATION NOW OPEN

Registration is now open for the Spring session of the Oakmont Technology Learning Center (OTLC) and our new website is available for online registration. While the cost of each class remains the same, we have added the capability of taking online payments for your convenience. The OTLC team is very excited to now have an easy online process for accepting and confirming students into our classes.

Returning classes available this session include learning about your iPhone or Android phone; learning about your iPad; learning more about Windows 11, Quicken, Spreadsheets, Word, or iOS Ventura on your Mac. Additional classes also include *Avoid the Misinformation Trap* and *Free County Library Online Resources*.

To register for a class, just go to our website https://www.oakmonttlc.org. Select Classes from the menu and browse through the listing of classes. When you find a class that you like, click on the Details button and read all the information about this particular class. Use the Book Now button to sign up for this class.

The first time you register you will need to enter all your contact information. After that it is in the system. You will need to enter your credit card information to check out. As this is a new website, if you encounter any problems registering, please contact Peggy Clark at (650) 274-1437 or pegnrod@icloud.com.

Soon we will be adding some additional classes, so if you don't see something that interests you, check back in a couple of weeks. Additional classes will be added and announced later this month.



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NEW ORDINANCE Continued from page 1

and Nuns and 2020 Glass fires. "We're concerned about the rate at which scrub bay is mixed in and is growing at explosive rates and is out of control in the interface. It's worse than in 2017 and a risk to the community."

As in Oakmont, mulches of any kind are not allowed in the ignition zone or the first five feet around structures. Many attendees had questions about the restriction of red-dyed mulches and Gorilla hair. But Oakmont's policy already prohibits both, as well as some other mulches and ground covers as well and owners must submit mulch samples to the Architectural Office for approval before applying to yards. The ordinance maintains current weed abatement strategies and calls for the removal of all Scotch and French Broom and some Bay, particulary that which has become bushy. The city regulations also require specific limbing up of trees to 10 feet (or up to one-third of smaller trees), clearance or limbs from chimneys of 10 feet and removal of any trees damaged or dead as a result of wildfires. Oakmont's policy requires removal of dead or dying trees, regardless of cause, and no new trees can be planted within 10 feet of a structure.

An overview of the new city ordinance is available online at SRcity.org. The full Oakmont Firewise policy is available on the OVA website's member tab under Architectural Policies.



AARP Foundation Tax-Aide

■Diane Ethier

AARP Tax-Aide has returned to Berger Center with free tax preparation service on Mondays and Wednesdays through April 15 from 9 a.m. to 3:30 p.m.

Please note there will be no service on April 1. Appointments are required and the line is now open. You can text or call in for an appointment at (707) 582-0565 and an AARP volunteer will get back to you. If you did not already pick up a tax packet, you can pick one up during normal tax preparation hours in the Berger Center.

AARP Tax-Aide is a 100% free service funded by the AARP Foundation for seniors and those in need who may not be able to afford a paid tax preparer or cannot do their own taxes. You do not need to be an AARP member to use this service, and there is no age limit! The tax counselors and client facilitators are all trained volunteers and past annual skills tests.

Many people wonder if we can do their taxes and the answer is yes for most situations – we are trained on both standard and itemized deductions, brokerage accounts, stock gains or losses, sale of a house and many other scenarios. Call (707) 582-0565 with any questions.

Common reasons for having to turn people away include having rental income, complex Schedule K-1s, have a pension from another country, recently moved to California from another state, bought an electric vehicle and want to claim a tax credit, or have a business with a net loss or with expenses totaling over \$35,000.



■Matt Zwerling

AGING IN PLACE LEAVING A GIFT WORTH GIVING

Recently I attended a memorial service for John, one of my closest college fraternity friends, someone I have known for over 63 years. His wife told me several times over the weekend how immensely grateful she was, that "John left everything in order! He had trained our daughters about his computer, where specific things were located. He had set up the Quicken accounts so that bills or rent checks came in regularly without my having to worry about it." Arrangements had been made for end-of-life.

Do I have a plan in place? Do I have the correct and updated documents in order, and, perhaps more importantly, does someone have access to my banking information, my computer, my financial documents? Who are the people to contact—lawyers, mortuary, family and friends? If I were to die suddenly and unexpectantly, as John did, how would I like to have my life celebrated?

Linda Suhr is an end-of-life doula, and coordinator of our Cafe Mortel meetings. She will be giving a presentation on Wednesday, February 21, from 3-4:30 p.m. in the West Rec. Center, upstairs, addressing 10 Steps to Organizing Your End-of-Life Plan. She will offer ideas about all the above: documents, people, arrangements, and important things to remember.

The Aging in Place group welcomes your attendance and participation for what will be a meeting with value for each resident of Oakmont, as well as for family, heirs and advisors. There will be ample time for Q and A.

Join the monthly Cafe Mortel conversations for more information about end-of-life choices.

Oakmont Village Association Painting and Sign Policies

At the Open Board Meeting on Tuesday, Jan. 16, the OVA Board of Directors approved in concept the following policies. They are now available for a 28-day review by members of the Association, in accordance with Civil Code 4360. Any member comments on the proposed changes should email them to askova@oakmontvillage.com no later than Feb. 19.

PAINTING POLICY (PROPOSED DRAFT)

The purpose of this policy is to assure a harmonious appearance through careful selection of exterior colors. Sonoma County has four seasons and plenty of sunshine throughout the year. Colors that harmonize with nature are most valued here. Trim paint should enhance the body color and exterior design. These guidelines apply to exterior painting for both maintained and non-maintained areas.

- All exterior painting, including repainting an existing color, and stains for wood, concrete or any cterior surface require an Application for Approval from the Architectural Committee Office. A chip sample (not a photocopy) must be submitted with the application.
- A palette of approved house body, window and trim colors to choose from is available in the Architectural Committee Office. Not all colors will be approved in all neighborhoods due to different existing house styles and settings.
- Colors which are not on the approved palette will be considered and approved at the discretion of the Architectural Committee. A paint chip sample (not a photocopy) must be submitted with the application.
- Not all house colors currently seen in Oakmont were approved or will be approved.
- All units of duplexes, triplexes and fourplexes must be painted the same paint color(s) and at the same time. Distinct colors for entry doors

may be submitted at any time for approval by the Architectural Committee.

- All exterior finishes including garage doors must be flat, low sheen, low lustre, or similar sheen except for entry doors which can be semi-gloss.
- Garage doors shall be the body color of the house or white, including off-white, if there is matching white or off-white trim or accent color. White or offwhite colors on the garage door only without matching trim or accent color will not be approved. Approval of colors is at the discretion of the Architectural Committee. Custom garage doors may be approved at the discretion of the Architectural Committee.
- The homeowner is entirely responsible for the quality of the paint and its application.
- Use the specifications chart on the back of this policy to provide full details of the proposed painting scheme including walls, trim, entry doors, garage door, brick, stucco, and stone. All lines on the form must be completed.
- ■Architectural Committee

SIGN POLICY

Real Estate Signs:

 Owners or agents can place signs advertising properties for sale or rent in a visible location on the residential lot. Signs are to be removed by the next business day after the closing of escrow or rental/ lease agreement is concluded.

Non-Commercial Signs—including posters, flags, banners:

- Allowed materials: paper, cardboard, cloth, plastic, or fabric.
- Prohibited materials: lights, roofing, siding, flora,
- Size limits: Signs up to 9 sq. ft., flags, and banners up to 15 sq. ft.

• Allowed locations: Yard, window, door, balcony, or outside wall of a separate interest.

Political Signs:

- Allowed materials: paper, cardboard, cloth, plastic, or fabric.
- Prohibited materials: lights, roofing, siding, flora,
- Size limits: Signs up to 9 sq. ft., flags, and banners up to 15 sq. ft.
- Allowed locations: Yard, window, door, balcony, or outside wall of a separate interest.
- Display period: 60 days before and 7 days after an election.

Estate Sales/Household Sales Signs:

• One sign up to 4 sq. ft. allowed on the property and nearest cross street. Signs must be removed nightly.

Contractor and Commercial Signs:

• Prohibited within the community.

General Conditions:

- Signs must be legible, in good condition, comply with state and local laws, and may not pose safety risks in traffic or common areas.
- Signs, banners, flags, or posters are not allowed in common areas unless pre-approved by the appropriate homeowners' association or the Oakmont Village Association.

Security Installation Signs:

- Size limits: 96 sq. inches
- Limit of two signs per property, positioned no more than 3 ft above grade, and a maximum of 5 ft out from the house foundation.

Duration of Sign Display:

- Temporary signs for events: Max 30 days per
- Other signs not explicitly covered: Max 30 days within a consecutive six-month period.



DEATH OF A GANGSTER, A 1920s MURDER MYSTERY DINNER

Lucky you! You've been invited to the Dunn Speakeasy for the wedding of the year, taking place on Saturday, Feb. 17 at Valley of the Moon Club. In this "married to the mob" event, you'll never know who to trust. With the two families merging together, someone is bound to lose power, which means someone else will lose their life! Get on the trolley and solve this case with your fellow detectives.

Dress like the cat's meow for this mafia wedding! Flapper dresses, zoot suits, feather boas and headbands, pinstriped suits and fedoras are all appropriate. Traditional wedding attire is nifty too!

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

Admission is \$70/person. Ticket price includes buffet dinner, murder mystery and complimentary glass of sparkling wine. Cash bar available during

Menu includes: Prime Rib, Au Jus and Horseradish; Salmon with Citrus Beurre Blanc, Grilled Asparagus and Lemon, Butternut Squash Ravioli and Brown Butter Sauce, Mashed Potatoes, Mixed Green Salad with a Balsamic Vinaigrette, bread rolls and butter, Flourless Chocolate Cake.

To register, call (707) 539-0415, or visit www. playvom.com.



FEBRUARY 26: SALLY HEMINGS

The next Genealogy Club meeting will be on Monday, Feb. 26 at 1 in the East Rec. The meeting will be in person and also by Zoom. Watch for emails giving directions on joining by Zoom.

The subject for the meeting is "Sally Hemings: Thomas Jefferson's Concubine." The general story of Sally's children by Jefferson is fairly well known now, but combining several sources gives a lot of detail to their relationship. I have been researching this topic, more history than genealogy, and I give a somewhat different, more private, view of Jefferson; a lot of detail of Sally Hemings' life, with particular emphasis on her coming of age (going from a 14-year-old slave to a 17-year-old consort of one of the most powerful men in the US), and her children (there were 7, 4 of whom lived to become adults); and another look at slavery and the way in which plantation owners, like Jefferson, treated their slaves as property to be bought and sold as fit their needs.

The Oakmont Genealogy Club meets from 1–3 p.m. on the fourth Monday of each month (except July and December), both via Zoom and live in the East Rec. There are no club dues, and anyone who is interested in their family history can join. For information about genealogy research or club activities, please visit our website at: www.oakmontgenclub.org. Past programs are posted there as well as tips and internet links.

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

Oakmont Art Association

■Elizabeth Kern

MARCH 22–23: OAKMONT ART SHOW CALL FOR ENTRIES!

Our 50th Annual (Golden Anniversary) Art Show is coming soon. Enter your original work or be a vendor at the show. Oil, pastels, watercolor, photographs, ceramics, sculptures, quilts and more.

Entry fee is \$5 per item. Entry deadline is Thursday, March 7.

Our raffle with many prizes benefits our local art scholarships.

Download an entry form or get one from our website, www.oakmontart.com or pick one up from the OAA folder at the OVA Office.

Need for details? Email Kathy Byrne at kathyb8058@ sbcglobal.net.

Oakmont Craft Guild

■Carolita Carr

CALLING ALL ARTISTS AND CRAFTSPEOPLE

The Spring/Summer Oakmont Arts and Crafts Faire will be held on May 18. Plan now to participate. We will be under the solar panels in the Central Activities Center parking lot from 10 a.m. to 3 p.m.

If you are an artist or a craftsperson, register as soon as applications become available. If you have questions regarding this show, please contact me at jbcarr35@gmail.com.

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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 more.

For a complete description of each hike and to register, please keep checking our website for updates.

INTERMEDIATE HIKE: FEBRUARY 15 SONOMA CEMETERY, OVERLOOK AND MONTINI PRESERVE WITH AN OPTIONAL SHORT STROLL!

The Mountain Cemetery, Overlook and Montini Preserve is an intermediate hike. We will all park and start at the Sonoma Police Department, walking to the Sonoma Cemetery to learn and pay respects to Dr. Henry Boyes and Frank Matsuyama. From there, the intermediate hikers will head to the Overlook and Spotted Fawn Trail loop. The short hikers will walk to the historic Sonoma Plaza. We will all meet back up at La Hacienda for lunch.

About 4 miles and 375 feet elevation. Hike leader is Gary Andersen, (360) 778-9604.

LONG HIKE: FEBRUARY 15 WATERFALLS AND MORE AT SUGARLOAF

Join the long hikers as we explore the Stern Compound, view the waterfalls, and enjoy lunch at the Robin Williams overlook. This 8.7mile hike will have an elevation gain of approx. 1200'. Wear weather appropriate clothing.

Depart the Berger lot at 8:30 a.m. Hike leader is Dave Chalk, (707) 972-

INTERMEDIATE HIKE: FEBRUARY 22 SONOMA VALLEY REGIONAL PARK



We'll take Cougar Trail to the paved path, then up Woodland Star, around the lake, and return via West Sutton Lake Trail, starting from the parking lot on Highway 12. Lunch will be at the picnic tables by the parking lot. The hike will be about 4.5 miles with a 600 ft. elevation gain.

Bring water, lunch, poles if needed. Leave Berger 9 a.m. Hike leader is Florentia Scott, (707) 591-1929, hikingscott@yahoo.com.

LONG HIKE: FEBRUARY 22 MT. TAMALPAIS CIRCUMNAVIGATION

This round-the-mountain hike has fascinating natural features and historic points. We start at the Mountain Home Inn and climb the Gravity Car Grade through the Double Bow Knot. After visiting the Hoo-Koo-E-Koo it's on to Eldridge Grade and Inspiration Point. We will have views of Bon Tempe Lake along the North Side Trail before playing at the Mountain Theater. After a visit to the West Point Inn it's onto the Matt Davis Trail and back to the start.

Meet at the Berger Center parking lot at 8:30 a.m. Bring layers, water, and lunch. The hike will be about 11 miles with a 1500 ft. elevation gain. Hike leader is John Ferreira, (650)766-0497.



Sugarloaf Waterfall.

Upper Annadel by way of Ledson Marsh. Randy Vincent, (707) 538-3530.

LONG HIKE: FEBRUARY 29 ANNADEL WATERFALL HIKE

This hike will follow some of Henry's favorite trails and points of interest in Annadel, including the Schultz Waterfall. Henry was our legendary hike leader from the 1990s and early 2000s. The hike will be 6-7 miles with 1000 ft. elevation gain.

Bring lunch and water (hiking poles are recommended). Meet at Berger parking lot at 8:30 a.m. Hike leader is Randy Vincent, (707) 538-3530.



■Jean Nattkemper

HOMELESS NO LONGER

In dog years, 666 days is an eternity. That's how long the dog Princess spent at Sonoma County Animal Shelter (SCAS). Surrendered once, then adopted and returned, she was sweet but too energetic and strong for many to handle.

Determined to find a home for Princess, the shelter publicized her in the press, and shelter volunteers posted pictures on social media. But she remained in the shelter.

In October of last year, Oakmont residents Joe Aldridge and Timaree O'Brien noticed Princess on social media. They thought she would make a good playmate for Finn, their German Shepherd cross, but O'Brien had an operation scheduled, and Aldridge had not yet moved into the home. The pair waited, following posts online.

As the holidays approached, they acted, adopting Princess and renaming her Maddie. Then they received "a happy surprise," according to O'Brien. The shelter offered free classes, and the K9 Club and Lodge \$500 worth of free training. The Canine Club welcomed Maddie into Oakmont by giving the couple an honorary membership.

In a short time, Maddie has settled into her new home, bonding so well with Finn that, Aldridge says, "he even brings his toys over to Maddie so they can play." SCAS spokesperson Matt Brown is equally happy, emphasizing the shelter's commitment to finding homes for all their animals. "We found a good fit even if it did take nearly two years," he says.



Maddie (left) and Finn. (Photo by Julie Kiil)

DOG WALK, PLAY DATE

Linda's Yappy Hour Dog Walk: Monday, February 12, 10 a.m. Meet: East Rec. parking area. Rain cancels. Doodle Dog Play Date: Friday, February 17, 10 a.m. to noon at Dog Park.

For events in and outside of Oakmont and dogrelated resources, visit the Canine Club website: http://www.oakmontcanineclub.org.



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Domino Club



■Brian Huckins

MIX THOSE DOMINOES

The Oakmont Domino Club meets every Thursday morning at 9:30 a.m. in the Central Activity Center Card Room.

We play the Popular Five-up Game (more commonly referred to as the San Francisco Five-up Game). Two, three or four can play. The four-handed or partners



game is our preferred format. A slight wager has been known to add to the interest.

It is easy to learn and anyone who can add, subtract and divide can play the game. The fundamentals are simple and can be learned quickly. The finer points can be managed with a little study and practice.

Looking for players of all abilities to join. Please contact me at (415) 602-9083 or bvhuckins@gmail. com.

Lawn Bowling



■Mary Blake

CURIOUS ABOUT LAWN BOWLING?

If you're interested in learning to bowl, email us at oakmontlawnbowling@gmail.com. Lessons are free. Usually, we offer 2 to 3 lessons, one hour each, followed by a practice game.

Daily Draw is Monday through Saturday at 12:30 p.m.

SONOMA COUNTY WINE COUNTRY GAMES ARE MAY 31 AND JUNE 1

Save the date! Games are hosted by and benefit the Sonoma County Council on Aging. Events are held throughout Sonoma County. Oakmont has the only lawn bowling green in Sonoma County so teams from Berkeley, San Francisco, Palo Alto and even Salt Lake City have joined us. Contact Steve or Pam if you'd like to participate.



Bowling for the Spider at the 2023 Senior Games.

HOLIDAY TOURNAMENTS IN FEBRUARY AND MARCH

Monday, February 19: Presidents' Day, 12:30 Monday, March 18: St Patrick's Day, 12:30

MAKE THESE ARTICLES BETTER!

Email me with suggestions.

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

Star of the Valley Women's Circle

■Barbara Gasparini

LENTEN REFLECTION

As we enter the beautiful season of Easter, the Women's Circle is sponsoring a Lenten Reflection.

Our speaker is Sister Joann Heinritz, who is a sister of St. Joseph of Carondelet. Sister has been a spiritual director, retreat director and instructor at the Jesuit School of Theology in Berkely for over 20 years. Sister Joann also conducts parish missions throughout the United States and has been a retreat director in Ireland every summer for over 15 years.

We are so fortunate to have Sister Joann for our Lenten reflection. Sister will focus on the theme of "Choose Joy" for the Lenten reflection.

Please invite your family members, friends and neighbors. This is a wonderful opportunity to enhance your faith, to choose joy in your lives and make Lent a wonderful season of spiritual growth.

WHEN: Thursday, March 7 from 3–4:30 p.m.

WHERE: Star of the Valley Church

WHO: Parishioners and non-parishioners, family friends and neighbors

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Gakm⊗nt Pétanque Club

■Don McPherson

THE RULES—AND WINTER

The nature of steel boules is that they can get very cold in winter. Can a player set boules on the hearth or the register to warm them before setting off to play? Yes. Even though temperature can temporarily affect the physical properties of the metal, there is nothing in the rules that prohibits warming up boules before playing in cold weather.

The obvious next question is whether a player can wear gloves of any type to keep hands warm—or for that matter even generally to assist with wrist control? The answer, again, is Yes. Although gloves obviously can affect the release of a boule when throwing, there is nothing in the Rules that prohibits or limits wearing gloves.

Winter play is fun—allez!



Winter Pétanque: The rules do not prohibit wearing gloves or warming up boules before playing.

PÉTANQUE IN OAKMONT MONDAY, WEDNESDAY, SATURDAY

French in origin, Pétanque (pay-tonk), also known as Boules, has been played in Oakmont since the 1980s. The Club, founded in 1996, encourages all Oakmonters who may be interested in playing or learning to play to come to the courts between Berger and the OVA offices at 9:45 a.m. on the Club Play days of Monday, Wednesday, and Saturday. Club Play days are casual friendly games with teams randomly chosen. The club has boules to lend while you're learning, and you'll be playing right away.

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. No membership dues are required—just sign up to be on the club roster.

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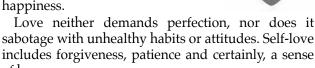
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■Charlene Bunas

SELF-LOVE ON VALENTINE'S DAY

Love yourself on Valentine's Day. Why not? Why look to others to give you love when you can give it to yourself? This difficult concept isn't hard to learn. It begins with the reality that you, like everyone else, can provide personal health and happiness



It also has care and tenderness. On Valentine's Day, buy some flowers, read a favorite book, sip a cup of tea, take a nature walk, listen to music. Write yourself a letter of appreciation. Follow Nicole's example and give yourself a nice slow hug, massaging upper arms and shoulders.

Nurturing positive attitudes and developing healthy physical habits are part of self-love. Exercise is more than just physical fitness. By exercising the physical body, we're exercising the brain and that's why JoRene inserts questions (Who is considered the "godfather of fitness?") or mental challenges during our fitness classes ("Spell Virginia backwards" and "Count from 103 backwards, by four").

Exercise helps prevents high blood pressure, Type 2 diabetes, some cancers, anxiety, and depression. Moving your muscles also delivers oxygen and nutrients to tissues resulting in a natural energy. Plus, better sleep. Regular exercise stimulates brain chemicals that leave you relaxed, less anxious and happier.

By exercising at least 30 minutes on Valentine's Day you are saying, "I love you" and "I'm taking care of you."

New to OHI classes? Come prepared. Check with health professional if you've been away from exercise for a while; wear appropriate shoes; bring free weights, yoga mat and Thera band, if you have them. If not, borrow from OHI box. And, for the sake of others, do not wear perfume.

Meeting ID: 849 7221 1947. Passcode: 558819.

Strength and Balance Class

■Valerie Hulsey

Strength and Balance classes are held every Friday at 9:30 a.m. at the East Rec. Center. The classes are not sponsored by the Santa Rosa Jr. College (SRJC) so there is a \$5 drop-in fee for each class.

Classes are limited to 72 people so come early to ensure you get a chair. Bring your Theraband for strengthening, if you do not have one you can purchase one for \$5 when you arrive.

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



 \blacksquare Valerie Hulsey

Although winter weather is still here, the pool is still warm for our terrific Water Aerobics class. Mary teaches Monday through Thursday at 9:30 a.m. There is laughter and fun in the pool and sometimes in the Hot Tub, not to mention this is great way to exercise with no strain on your body.

Santa Rosa Junior College (SRJC) is not sponsoring these classes so there is an \$8 drop-in fee for all classes. Hope to see you there.

Meditation ———

■Joanne Davey

MEDITATING TOGETHER WEEKLY MEDITATION SESSIONS AT CAC

"Search your heart, and see, the way to do, is to be."—Lao Tzu, Translator Unknown

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: 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: 4 p.m. in the CAC Building, Art Room. A 30-min. meditation.

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

Fitness Club

■Janice Weekes

RENEW YOUR MEMBERSHIP

The Fitness Club Holiday party was a rousing success. Over 100 of the club members attended and many folks joined the club just so they could attend! The food catered by OAK was delicious and the Oakmont band, Relish, kept folks moving and grooving all night long.

Please remember that if you are a club member, your club membership dues were due January 1. The fee is \$20 per person. Those dues entitle you to four 20-minute personal training sessions with John Philips. He can help you tackle any flexibility and strength issues.

If you are new to Oakmont, you may think your yearly Oakmont dues cover membership in the Fitness Club. While they do allow you to use the







Fitness Club Holiday Party. (Photos by Janice Weekes)

gym, they do not cover membership in the Oakmont Fitness Club. Membership in the club also entitles you to attend the summer picnic and the holiday party. It's a great deal!

If you have any questions about anything related to the Fitness Club, please direct your email to OakmontFitnessClub@gmail.com.





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■Bern Lefson

A FOOD DONATION CHALLENGE

SIR 92 is pleased to provide the Redwood Empire Food Bank barrels located at the Berger Center and the Activities Center (Library, Fitness) to easily enable our residents to donate non-perishable food. We have a challenge to meet. Join us in spreading the love by collecting and donating peanut butter for the Redwood

Empire Food Bank!



Why peanut butter, you ask? It makes a fantastic donation item due to its high nutritional value, long shelf life, and it's a pantry staple for many families. Your contribution will make a significant impact, providing essential nutrition to our neighbors facing food insecurity. Our goal is ambitious: to collect 15,000 jars of peanut butter. But we believe that

with your enthusiastic participation, it can be achieved! During threat of rain the barrels will be under the roof at Berger or in the lobby of the Activities Center.



■Howard Sidorsky

ORGANIZATIONAL MEETING FOR NEW OAKMONT CLUB FEBRUARY 26

Local members of the national club of Sister District are organizing a supporting club in Oakmont. Sister District is a political organization in the United States that focuses on strategic electoral district pairing.



The organization supports Democratic candidates in state

legislative races by connecting volunteers and resources from politically safe or progressive districts with those in more competitive or challenging districts. We will help Democrats win key state legislative seats, particularly in areas where the outcome can have a significant impact on redistricting and policy decisions.

We are planning a Murder Mystery Fundraiser party, postcard writing sessions, phone banking, and other activities to support the out of state candidates assigned by Sister District. Our goal is to raise money for these candidates and to have fun doing it.

The initial organizational meeting will take place February 26 starting at 4:30 p.m. in Oakmont. The meeting will take place in the East Rec Center, 7902 Oakmont Dr. Wine and appetizers will be available. Come be a part of this exciting new group!

If you want to be part of this exciting new club, we look forward to seeing you on February 26 at 4:30 in the East Rec. Center.

For more information call me at (510) 501-8750 or email howard@sidorsky.com.



■Judy Walker and Marlene Morrison



THURSDAY, MARCH 14 AT 1:30 PM WELCOME BACK CALIDORE **STRING QUARTET!**

While we have enormous appreciation for all the musicians that have played here over the years, we occasionally discover a group that just seems like a perfect fit for our community. The Calidore String Quartet falls into this category, not only because of their superb musicianship but because they seem to enjoy performing and visiting here so much. It's interesting to note that for their third appearance at Oakmont they will be staying with the same hosts

as on their previous visits. Incidentally, this was requested by both parties!

Now based in New York City, the group was founded at the Colburn School in Los Angeles in 2010. Within two years they had won grand prizes in virtually all the US chamber music competitions as well as capturing top awards at international music competitions in Munich and Hamburg. This auspicious start continued with a meteoric rise in their career involving further impressive awards at major international festivals. They have performed at numerous prestigious venues in the USA, United Kingdom, Europe and Asia.

Their busy performing schedule does not preclude active involvement in the recording world and in music education, having recently joined the faculty of the University of Delaware School of Music. Yet, they still come to Music at Oakmont!

Please save the date for a chance to hear this engaging and talented ensemble.

WHEN: Thursday, March 14 at 1:30 p.m.

WHERE: Berger Center

ADMISSION: \$30 (cash or check only) or with season or mini-season passes



Marie McBride 322-6843 **Private Line** 6520 Oakmont Drive marie@sonic.net

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CalBRE #01169355



6368 Meadowridge Drive

Move right into this updated and immaculate home with sweeping views of Annadel and beyond from the two new decks just installed this month. The owner spared no expense in the many updates throughout including recessed lighting and fixtures, light switches and sockets, door handles/hinges, and tile and wood flooring. Both bathrooms have refinished cabinets, updated hardware/plumbing fixtures, ventilation fans, and beautiful shower enclosures, including an enlarged primary shower. The eat-in kitchen was updated with new cabinets, hardware, granite counters, sink/faucet and some appliances. Three glass sliders welcome you outside to beautiful views that you'll enjoy from every back-facing window and door in the home. New gutters and 30-year roof installed in September 2023. There's nothing left to do but move in! \$799,000

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Oakmont Singles Social Club



■Bailey Penzotti, Priscilla Roslyn and Diane Soshnik

YEAR OF THE DRAGON!

Oakmont Singles Social Club and the new Asian Pacific Heritage and Culture Club will gather to celebrate the Lunar New Year. The Redwood Empire Chinese Association will entertain us with Cultural Dancers, a Martial Arts Demonstration, Lion Dancers and the Dragon.

Bring an Asian-themed appetizer or dessert to share, and your beverage of choice. Bring small bills to "feed" the lions and dragon. In addition, donations



From 2023 Chinese NY OSSC Mixer. (Photo by Bailey Penzotti)

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are greatly appreciated.

You must RSVP for this event to Priscilla Roslyn, proslyn49@aol.com by February 12.

Because of the importance of the Dragon in Chinese Culture, this will surely be a very festive celebration.

SAVE THE DATE 50TH ANNUAL BODEGA BAY FISHERMAN'S FESTIVAL SATURDAY, MAY 4, 10 AM-5 PM

Check out all the activities (Blessing of the Fleet, Live Music, Parade of Pets, Wooden Boat Challenge, Food Trucks, Craft Booths, Artist's Tent, etc.) on their website bbfishfest.org. Tickets should be purchased online. Barb Powell will be organizing this event, so RSVP directly to her at cpnpmom@gmail.com. This event may require a lot of walking on uneven ground.

MARCH BON APPETIT (SINGLES ONLY) THURSDAY, MARCH 7 AT 6 PM (OR 5 PM FOR HAPPY HOUR)

WHERE: Restaurant Mountain Mike's Pizza, 4501 Montgomery Dr., Santa Rosa. Indoor dining with full bar. **RESERVATION:** Cutoff day is Feb. 29. Reservation is for 20. Bring cash for your dinner.

This will be our casual BA. We think everyone knows how good their pizza is and that they have a good Happy Hour. We can be part of both. For Happy Hour,

we can meet by 5 p.m. to go over to their restaurant. If you wish to skip it, arrive at the Berger by 5:45 p.m. to head over to the restaurant. Let Marilyn know your choice so we can check you in when you email her at marilyn_mckeever@hotmail.com.

For OSSC membership information, contact joanberg300@gmail.com.

Oakmont Garden Club

■Patty McHugh



IN OUR OWN COMMUNITY— THE WONDERFUL, THE UNUSUAL, THE BEAUTIFUL

PRESENTED BY CAROLYN GREENE

WHEN: Wednesday, February 14, 9:30 a.m. social, 10 –11:15 a.m. meeting

WHERE: East Rec Center, 7902 Oakmont Drive

Carolyn will take us on a digital and pictorial tour through our very own community to enjoy and learn about many of Oakmont's most distinctive native and exotic plants. Carolyn has put together a favored list that includes trees, shrubs, flowers, and ground covers. Learn how to identify them and learn about their history and cultural significance. Some of these plants may be those you've admired in your travels around Oakmont and wondered what they were now is the time to satisfy your curiosity.

Carolyn Greene is a well-known Oakmont naturalist and horticultural historian. She grew up in a nurseryowning family and has worked as a field botanist/ biologist for the Natural Park Service and many other resource organizations. Carolyn was a featured speaker at our club previously, speaking about our role, as homeowners, in providing critical habitat for native wild creatures. Carolyn is passionate about nature, and we are delighted to have her speak to us again!

Members: Have you renewed your membership?

Non-members: Please come as a visitor to see what our club is about. It is our goal to offer varied plant and nature programs at which everyone learns something valuable. Annual dues are \$15 per household.





Oakmont Sunday Symposium



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

■Harriet Palk

Coffee, tea and snacks are available for sale in Berger from 9:45–10:15 a.m. before the presentation begins.

FEBRUARY 11: ROBIN JURS MOUNTAIN LIONS IN OAKMONT

If you have an external security camera, then chances are you caught a mountain lion exploring your property. Mountain lions play a critical role



in maintaining balance in the ecosystem, but they live an extremely fragile existence in Sonoma County.

Robin Jurs will help us understand these magnificent animals so that we will learn to respect them and safely co-exist with them.

FEBRUARY 18: JEANNIE PERALES, EXECUTIVE DIRECTOR EVOLVING HORIZONS AT SONOMA BOTANICAL GARDEN

Delve into the captivating journey of Sonoma Botanical Garden from its historical roots as Quarryhill



to its visionary founder and to its exceptional woodland filled with wild-collected Asian plants. Explore the garden's transformation, embracing California native flora, and join us in discovering the exciting future the new executive director envisions as the garden grows.

FEBRUARY 25: LARRY ROBINSON AND FRIENDS RUMI'S CARAVAN: THE POWERFUL IMPACT OF POETRY



By popular demand, Rumi's Caravan is returning to the Symposium to move us with its spontaneous poetic conversation and music performed in the ecstatic tradition. This will be a visual and auditory feast performed on a Persian-decorated stage. The resonating verbal deliveries will break through despair and go deep into your heart.



Oakmont Vets Club



■John De Groot

FROM GRAPES AND WINE TO BULL KELP AND URCHINS

Our January meeting featured a presentation on everything you ever wanted to know about vineyards, grapes and wine. Squire Fridell, owner of Glen Lyon Vineyard & Winery in Glen Ellen, presented.

A bit over-ambitious for an hour-long spiel, Squire captivated us with his knowledge and humorous demeanor. He started off with a history lesson on wine. Today's well-known wine regions is not where wine originated. Ancient wine areas were in an expanse close to the Black Sea. In Neolithic times (more than 6,000 BC) Georgia, Iran, and Greece were areas identified as where it all started.



As a vintner, he then led us into modern day wine making here in the Sonoma Valley. Most intriguing was his account of how he became a farmer and wine maker. Hailing from Southern California Squire was best known for his role as one of the most successful actors ever in television commercials. He performed as the principal on-camera talent in over 3,400 television commercials. You may have even spotted him on TV wearing a funny yellow and red outfit chasing The Hamburglar around McDonaldland.

As this is being written, our February meeting is being planned. Towards month-end we are working on putting together a visit to UCD's Marine Lab at Bodega Bay. A docent-led tour would introduce us to



the sea-sational and fintastic creatures of the Coastal and Marine Sciences Institute. Stay tuned! As more information is available it will be broadcasted via email blasts from the club.

As this new year unfolds, we're looking for people to help us with our club, its programs, and the service we provide others. You don't have to be a Vet, just a relative to a Vet. Join us! The lofty sum is \$20 per year.



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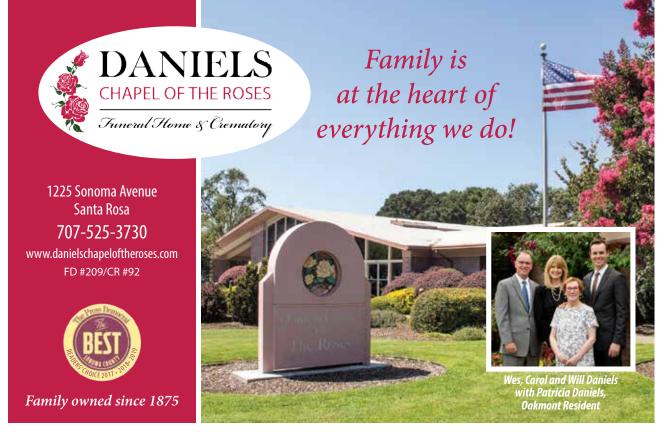
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Jazz Club

■Dolora Hurst

NOT TO BE MISSED!

After many, many requests, we are thrilled to announce that not only will we again have the extraordinary Larry Vuckovich, internationally famous jazz pianist, on our stage in the Berger Center, but also the lovely, and extremely talented jazz singer and composer, Charity Goodin-Sanen, with a voice that is unbelievably beautiful! She has been requested to do a return engagement more than any other musician that we have ever presented on our Oakmont stage.

We will not only be blessed with these giants of the jazz world, but will also experience the lovely guitar sound of Kai Lyon. The drummer for this group is very famous! He last toured with singer Tony Bennett



Larry Vuckovich.

for five years. He was with the Count Basie Band, before that. He has played and recorded with Frank Sinatra, Ella Fitzgerald, and several other of the very top music artists of today. There is not room here to name them all. Plus, we will have dancing!

WHEN: April 6 at 7 p.m., doors open at 6:30

WHERE: Berger Center

TICKETS: \$35, in the OVA Office. Cabaret seating,

wine and snacks permitted. **INFORMATION:** (707) 537-7720

Pickleball Corner **P**



■Peter Copen

WHERE TO STAND IN PICKLEBALL

It's easy to get caught up in training your different shots when practicing for pickleball, making it equally easy to forget about one of the fundamental parts of the game: where you stand. Here are a few key tips:

Stand Near the Baseline While Returning: Always gauge your opponents' depth of serve at the start of the match to understand where the best place is to stand. a good rule of thumb is to start a pace back from the baseline: not too far, not too close, just right.



Cartoon by Peter Copen.

Stay Deep for Third Shots: It's easy to get sucked in after a return, but more often than

not, your opponent is going to want to drive the ball back on their return in order for them to get back to the baseline as quickly as possible. So, you'll typically want to stay just in front of the baseline for third shot drops and maybe a little bit closer to the kitchen if you're expecting a good opportunity for a third shot drive.

Where To Stand When Dinking: When dinking at the net in pickleball, players should position themselves at the non-volley zone within their own service court. The dink is a soft, low shot played over the net.

Where To Stand When Stacking: Stacking in Pickleball is when both players on a doubles team stand on the same side of the court when a serve is made. After the serve, both players can take their preferred positions on the court. Often, stacking is used to accommodate left-handed players. It can also allow a right hand/left hand partnership to always have their stronger forehands playing from the middle of the court.

New Player Orientation: 9 a.m. on Tuesday mornings. Arrangements can be made by contacting Victoria Dettman at (707) 230-2958.

boards are where local policy is made. Who serves on them matters. Whether we know it or not, local policy impacts our lives on a daily basis. Ballots for the primary are mailed beginning on February 5. The primary election is on Tuesday,

March 5. Join us to learn about the candidates and measures in the "down ballot" races. As time permits, we will also have a discussion of the entire ballot.

Oakmont Progressives,

Standing for Justice and

Oakmont Democratic Club

MONDAY, FEB. 22: WHY VOTING

IN THE PRIMARY MATTERS

primary, and why should I care? What do all those

Who is that local candidate running in the March

Oakmont's own County Supervisor, Susan Gorin,

will come to discuss how important down-ballot

voting is and to introduce Rebecca Hermosillo, who

is running to fill the Board vacancy that Susan's

retirement will leave. This important race will most

We will also hear from our Rincon Valley School

District Superintendent Amy Jones and School Board

president Jeff Grope on the importance of Measure

G. According to the Ballot Guide, this measure will

"update local elementary / middle schools by upgrading

classrooms, science, technology, engineering labs/

music classrooms and classroom technology; provide

classrooms for kindergarten students and students

with learning disabilities; replace outdated portable

classrooms; repair, construct, acquire, classrooms,

We've heard a number of people say, "Sonoma

County and California are blue, so why bother

voting?" Local boards, commissions and school

likely be won in the primary, not in November.

■Robin Jurs and Ed Biglin

The new alliance, Left of

Oakmont, formed by five

Oakmont clubs will host

a meeting on Thursday,

February 22, at the East Rec.

Center (6:30 social, 7 p.m.

meeting) to discuss who,

where, what and why to

vote in the March primary.

sites, facilities and equipment."

measures mean?

For more information visit www.LeftofOakmont. org, www.oakmontprogressives.org, or email robinjuhrs@gmail.com.

Oakmont Dancing Divas

■Anne Marie Siu Yuan

CELEBRATION OF WOMEN'S HISTORY MONTH—A SONG AND DANCE REVUE

Every year, March is designated as Women's History Month—a month dedicated to honoring women's contributions in US history. To celebrate, attend a free community event in the Berger on Saturday, March 16, at 3 p.m., featuring performances by The Oakmont Silver Liners, The Redwood Country Cloggers, The Coaches Corner Line Dancers, The Oakmont Dancing

The origins of Women's History Month date back to 1978 in Santa Rosa when the Education Task Force of The Sonoma County Commission on the Status of Women planned a "Women's History Week."

In February 1980, President Jimmy Carter issued the first Presidential Proclamation declaring the week of March 2–8, 1980, as National Women's History Week.

In 1987, after being petitioned by the National Women's History Project, a non-profit organization dedicated to honoring and preserving women's history, Congress proclaimed March 1987 as "Women's History Month."

Current Events Discussion Group



■Tina Lewis

Every Friday Current Events meets at the East Rec. from 1-2:30 p.m. Zoom is available for those who can't attend in person. There's a lot to talk about, from Oakmont to Santa Rosa to California to national to international.

A social gathering (Happy Hour) following the meeting has become very popular. Recently, OAK has been a favorite destination.

If you are not on the Zoom mailing list and wish to be, or if you have questions, email tinalewis31@ comcast.net or call (707) 758-9739.

Lifelong Learning 7



■Marlena Tremont

UPCOMING EVENTS ENVIRONMENTAL ETHICS AND GLOBAL CLIMATE CHANGE

Instructor: Angela Nardo-Morgan Thursdays, Feb. 22-Mar. 14, 3-5 p.m., East Rec. 4-week session. Cost: \$65

Explore the urgency of climate change and the moral imperative it poses to humanity through discussions of our responsibility to wild species

and ecosystems and to present and future generations of humans dependent on critical ecological systems. What are the biggest environmental challenges and can we make a difference?



Angela Nardo-Morgan is a Councilmember of the North Sonoma Valley Municipal Advisory Council and Director of Philanthropy and Development for Marine Conservation Institute.

This class is available in person, on Zoom or as a recorded session to watch at your leisure.

SONGS FROM THE ROMANTIC CITY OF PARIS BY SONOMUSETTE SATURDAY, FEB. 17, 7 PM, BERGER CENTER \$25 PER PERSON, TABLES FOR 8 AVAILABLE



Formed in 2016 by Robert Lunceford, accordionist, SonoMusette celebrates the spirit and tradition of a 1900s French sidewalk cafe. Together with soloist Mimi Pirard, they recreate the great performances of Edith Piaf, Jacques Brel, Charles Trenet and Django Reinhardt. Enjoy the enchanting hours on the streets of Paris captivated by the beat of violin, piano, accordion, and drum. Complimentary chocolates are provided.

CAMPBELL'S JAZZ SOUP SUNDAY, MARCH 17, 7 PM, BERGER CENTER, \$25 PER PERSON

Spend an evening with Jazz Soup and enjoy both the mellow background jazz that swoons listeners with soft tunes, and the upbeat dance numbers that pull jiggly feet to the dance floor. Enjoy a fun blend of music from the 1920s through the 50s including classics like "Mack The Knife," "On The Sunny Side Of The Street" and "As Time Goes By."

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

Let's Dance—Together!

■Terry Whitten, Instructor

LEARN TO DANCE FOXTROT

WHAT: Beginning Foxtrot partner dance classes **WHEN:** Wednesdays, March 6, 13 and 20; 4–5:15 p.m. **WHERE:** Lower West Rec. Center



COST: \$10 pp for single class; \$8 pp if 2 or more classes are purchased at the same time

Foxtrot is a classic dance done to a variety of music ranging from Frank Sinatra standards to songs by Michael Buble, Natalie Cole, Rod Stewart and

even the Beatles and Stevie Wonder. It can also be danced to slower Swing and Country 2-Step music.

Over the three classes, we will build on the material taught each week so it is always best to start with the first class of the month. No partners or experience are required. Rotation of partners will be optional. Also, any ladies that want to lead and any men that want to follow are very welcome.

Partner dancing is a fun way to get exercise and meet great people. The basic steps of a different partner dance will be taught each month. Some studies also indicate that partner dancing may actually increase mental acuity and reduce the possibility of cognitive decline. It is definitely good for our muscles, balance, brains and spirit!

To register or for any questions, please contact me at twhitten@pacbell.net or call (415) 265-7590. At this time, full Covid vaccination plus at least one booster are required. Please bring your vaccination card or photo of it to the first class you take.

Playreaders



■D. Hall

QUIRKY COMEDIES ABOUND IN FEBRUARY

February 5 was a laugh-a-minute as Sarah Shankman presented *Check, Please,* by Jonathan Rand. This Oakmont Playreaders presentation was a riotous series of scenes between couples where four readers play multiple characters. The cast included Shankman, Marcel Coder, John Dolan and D. Hall.

On Feb. 12, Star Power presents *Love*, *Loss*, *and What I Wore*, by Nora Ephron and her sister Delia. It's about clothes we wore and the memories they invoke as we inventory our closets. Again, multiple readers play several roles against a backdrop called the "Clothesline." Performing are Sandy White, Jackie Kokemor, Rebecca Kokemor, Linda Emlen, Yvonne Horn and Kathy Johnson. Power narrates.

Join us the first two Mondays of every month at 2 p.m. in Room B of the Central Activities Center. Get there early for a seat.



On January 15, Playreaders moved further into its new season with two wonderfully entertaining one-act plays, Doug Lucie's delightfully funny The Shallow End and Paul Dooley's moving Post-Its. Readers were Margaret Applegate, Sarah Shankman, Marcel Coder, Sandy White, D. Hall and Kate Moore. (Photo by John Dolan)

Valley of the Moon Rotary Club

■Star Power

WHAT YOU MISSED!

If you didn't come to the January 11 Valley of the Moon Rotary meeting, you really missed out on a fiery speaker. Eris Weaver of the Sonoma County Bicycle Coalition presented a thorough talk of bicycle safety and why we should all be riding bikes instead of driving our beastly, giant vehicles.

I'm guessing Eris doesn't live in Oakmont nor is she of the average age of Oakmont residents. I was trying to picture myself riding a bike, wobbling all over the place and falling down, skinning the old knees! Not a pretty picture. However, I know a lot of able-bodied bicyclists in Oakmont, and I'm impressed, plus quite envious.

And then, on January 25, VOM Rotary welcomed speaker Carolita Carr, a retired high school teacher, who gave us the 2,500-year history of Jewish Americans, which was quite interesting.

So, you missed out on those talks, but coming up on February 15 is a visit from the Fraud Detail of the Santa Rosa Police Department. Then, on Saturday, February 24 is VOM Rotary's Crab Feed Fundraiser, which is always a big hit. Tickets sold out within weeks and the crab are looking fat and sassy for ticketholders' consumption.

VOM Rotary just welcomed back our favorite segment, Student of the Month, wherein the Rincon Valley Unified School District Elementary school principals and teachers choose a student who exemplifies the Rotary motto of "Service Above Self." We present that student with a certificate of accomplishment along with \$25 in cash to "pay it forward" and a \$25 gift card to spend on themselves. We ask the student to write and tell us what they did with the "pay it forward" cash. It's encouraging to know the future is in good hands with these superb young people.



■Greg Fauss

VALENTINES AND ASHES

This coming Wednesday is Valentine's Day and Ash Wednesday, the beginning of Lent. And although these celebrations are quite different, they share something similar.

Valentine's Day began as a commemoration of the martyrdom of two priests in the third century, both named Valentine. Various

stories of love and valentines, both Christian, secular and romantic became associated with this celebration that continues to grow in popularity worldwide.

On Ash Wednesday Christians use ashes made from the previous year's Easter Palm Sunday fronds to make a cross on their forehead, recalling Christ's loving sacrifice. This begins approximately 40 days of preparation for Easter called Lent. Resources for Lent can be found on our website.

So, what's common to both Valentine's Day and Ash Wednesday? Love. Originally, sacrificial love.

And perhaps this is helpful. Many of us have lost loved ones or never really had a romantic lover. The good news is that every person can actually experience the deep, compassionate and sacrificial love of God. This love knows no boundaries. We center ourselves around it as a community and invite you to share in it with us.

Our Bible Study is about "Questions Jesus Asks." All are welcome. We meet in the OVA Outer Office, Suite B at 10:30 a.m. on Wednesdays.

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

For more information about us, our Saturday Morning Prayer meeting, and special events please visit our website at www.occsantarosa.org, write us at occsantarosa@gmail.com or call at (707) 595-0166.

Tennis Club



■Jack Breibart

HOW SWEET IT WILL BE

Hopefully, by the time you are reading this, you will have had an email blast with all the information for the Tennis Club's second event of the year outdoors, like on a real tennis court.

The event is the Sweetheart Tournament on February 14, Valentine's Day. At the time of this writing (almost two weeks ago), the board was in deep discussion working out the details. But it's a good bet to place that it will be a whopper of a tournament, so get ready to play.

Meanwhile, the club's invitational on January 24 brought out a crowd of 25-30 netters, who spent a good deal of time figuring out who went where to play on the West Courts but didn't seem to mind. Besides, the home-made blueberry muffins, organic oranges and energy bars were good to snack on.



Vi Taylor and Frank Passaglia. (Photo by Maureen Pennal)



Neil, Arnie, Bob, Jack, Lou, Nonie and Maria. (Photo by Maureen Pennal)

InvestOAK



■Dale Spengler

FEBRUARY 16: STOCK OPTIONS, WHAT ARE THEY?

Often investments are made by buying and selling stocks of corporations. A derivative of this investment is stock options. It's possible to have options with some of but not all stocks that are commonly bought and sold on the markets. This financial instrument has been used for various strategies, including hedging, income generation, and speculation, offering investors a way to capitalize on market movements while managing risk.

At the next meeting on Friday, February 16 at 10 a.m. we will take a look at stock options. The meeting is in Room B of the CAC.

Passages



.Shari Downs (2/04/1941–12/06/2023) lived in Oakmont for 21 years and was a member of the clubs: Tennis, Lawn Bowling, and most recently Pétanque, Bridge and Mahjong. Thank you to Oakmont for the wonderful life she had there. Sincerely, the Downs family.

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

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 at (707) 291-3023 or stop by the East Recreation Center on Tuesdays from 2–3:30 p.m. (no bowling fourth Tuesdays) to see us in action. We charge \$25 for a 10-week tournament

that includes the play-offs. 2 p.m. League: 10 teams, 4 bowlers per team. Each bowler bowls three games and has his/her own handicap (80%) and average. See www.oakmontlanes.com for Club information, bowling dates, week results and team schedules to bring cookies and help set up/tear down equipment

February: Feb. 13 (week #5, Valentine's Day Challenge) and 20 (week #6). No bowling Feb. 27 (fourth Tuesday).

March: Mar. 12 (week #7, St. Patrick's Day Challenge) and 19 (week #8). No bowling Mar. 5 (Primary Election) and 26 (fourth Tuesday).

RESULTS AS OF JANUARY 30 (WEEK #3 WINTER LEAGUE)

2 p.m. League: first place, Strikers; second place, Phantom Strikers; third place, Pocket Hits; fourth place, High Rollers; fifth place tie, Alley Oops and Wii Four; Seventh place tie, Strike Outs and Pin Pushers; ninth place tie, 4 Tops; tenth place, King Pins.

Men's High Games: Don Shelhart, 256; Richard Adamczyk, 222; Terry Leuthner, 216; Ray Haverson, 215; Howard Sidorsky, 204; Charlie Ensley, 203.

Women's High Games: Joanne Abrams, 255; Rhonda D'Agostini, 248; Valerie Hulsey, 248; Diane Price, 227; Euroasia Delgado, 225; Shirley Jamison, 224; Barbara Koch, 219; Donnarose Ilecki, 213.

CLASSIFIEDS

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.

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.

OAKMONT COMPUTERS

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

DUMP RUNS

Yard waste, construction debris, junk garbage. Reasonable rates, free estimates. Call Erick, (707) 537-5459.

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.

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 marthal 1041@att.net.

CARPET, UPHOLSTERY AND TILE CLEANING

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

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.

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.

COMPUTER OOPS?

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

YOUR PERSONAL CAREGIVER AND ADVOCATE

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

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.

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.

RESIDENTIAL POWER WASHING AND WINDOW CLEANING

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

MARY KAY

Mary Kay® products offer you so many ways to enhance your beauty and wellbeing. Innovative skin care, on-trend color, pampering bath and body products, and so much more! Let's find your favorites. Call Cheryl, (707) 596-2769.

SONOMA VALLEY LEGAL SERVICES

Providing legal services for Estate Planning, including preparation or amendment of wills, trust, healthcare directives and powers of attorney, Family Law Mediation and other non-litigation family law services. Call for a free 30-minute consultation. Attorney Bailey Penzotti, (707) 615-3220.

SUPERIOR STRAIGHT LINE FENCING

Offering all fencing installed and repaired. Custom gates. Free estimates. Licensed, bonded and insured. CA lic. 1017531. Call (707) 843-0041.

PAINTER/HANDYMAN

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

ADVANCED MASSAGE WITH MARK SENZIG

Beyond massage pain relief. Mobile or office. Therapeutic approaches. CA Cert. #21935. www.marksenzig.com. (707) 480-1226.

GUTTER GUARD INSTALLATION GUTTER CLEANING

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

PROFESSIONAL WOMAN NEEDS ROOM TO RENT BY AUGUST 2024

Therapist, responsible, non-smoker, prefers furnished or unfurnished, safe tranquil environment. If you have a room available or know someone who does, please get in touch by calling (831) 359-8856 or email sandi@ willowtreesantarosa.com.

THE VINE LANDSCAPING

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

HANDYMAN/CARPENTER

Easy to work with, reliable. Reasonable pricing. Oakmont/Sonoma references. 32 yrs. experience. Remodels, electrical, plumbing. Hardwood floors. Free estimate. Ernesto, (707) 974-0359.

DOORS AND WINDOWS

Consultive sales and installation. Local suppliers. Father and son team, 30 years of experience. Lic. #527924. www. doorbeautiful.com. Call (707) 539-3196.

GALUS PAINTING

Interior/exterior professional painting. Small jobs OK. Call Leo at (707) 579-2680.

MEN'S SHIRTS— OAKMONT HANDMADE

Zippers or easy buttons, 1/2 sleeves for comfort, sizes 38-46. Great designs. Go to www.DHallShirts.etsy.com.

TRAVIS MEYERS HANDYMAN SERVICES

I have 20 plus years of experience in all phases of the construction industry and worked for several people in the Oakmont community. I am here to advertise my skills with any jobs you may need done. Call Travis Meyers, owner and operator, (415) 261-1617.

DOG WALKER FOR HIRE

Loving, patient, experienced. \$20 per walk or call. Text Annette, (619) 993-6834. You and your dog will be very happy!

COMPANION AVAILABLE

Will provide transportation to and from medical appts/shopping. Friendly visitor and/or support. Please leave a message for Jan, (707) 538-4626.

TREE TRIMMING

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

YOUR FRAU FRIDAY

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

1/2 HOME TO RENT

Senior woman looking to share 1,500 sq. ft. two-bedroom duet near East Recreation Center in Oakmont. \$1,400 per month, plus \$125 membership dues. Includes access to swimming pool, hot tub, pickleball courts, fitness center, social events, 150 clubs, etc. Karen Dewit, (415) 312-8221.

DOGGY WALKS BY JILLY

I would love to meet your fury friends. Call or text Jill, (707) 703-3703. \$25/30 min.

RUBICON MOTORIZED POWER WHEELCHAIR, \$750

Rm8000 Deluxe Series, red frame, in perfect condition. Dual motors, lithium battery, storage bags. Weighs 66 lbs., capacity up to 330 lbs. Folds in 3 seconds to fit car trunk or check at airline. Up to 20 miles per charge. Call Sue in Santa Rosa at (707) 537-7117.

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

Oakmont Village Association

OAKMONT VILLAGE ASSOCIATION

Hours: M-F 9 AM-5 PM-Open during lunch Tel 707-539-1611 6637 Oakmont Dr., Ste. A OVA E-mail: askova@oakmontvillage.com

Website: www.oakmontvillage.com

Book appointments with staff at: oakmontvillage.com/staff

MAINTENANCE OFFICE

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

CONDOMINIUM FINANCIAL MANAGEMENT (CFM)

OVA Accounting Tel 800-585-4297

OAKMONT NEWS

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

PAS MANAGEMENT COMPANY

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

ARCHITECTURAL OFFICE

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

AVAILABLE IN OVA OFFICE

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

BULLETIN BOARDS

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

LOCKER RENTALS

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

GUEST PASSES

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

STREET CLEANING

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

NEED A RIDE? GIVE A RIDE! OAKMONT VOLUNTEER HELPERS

We provide the following services to Oakmont Residents:

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

COORDINATOR Rides to Medical Appointments

February 1-15 Jen Rabalais 808 938-4479

February 16-29 Matt Zwerling 707 539-8996

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

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

LETTERS TO THE EDITOR WRITER GUIDELINES

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

POOLS & JACUZZIS

Access to OVA pools is by magnetic card. Call OVA Office, 707-539-1611 if you need a permanent new member pool access card or to register for a temporary guest pool access card. WEST: 7 AM-9 PM

(Closes 7 PM Wednesdays for cleaning) EAST: 6:30 AM-9 PM

(Closes 7 PM Mondays for cleaning) CENTRAL: 5:45 AM-9 PM

(Closes 7 PM Tuesdays for cleaning) JACUZZI HOURS: Same as facility. No one under 18 years in West and East pools and Jacuzzis. CENTRAL POOL HOURS FOR PEOPLE UNDER 18: Labor Day-Memorial Day: 11 AM-2 PM daily Memorial Day—Labor Day: 12—4 PM daily Children must be accompanied by an OVA member/ resident or adult with a valid guest pool access card. NO LIFEGUARD ON DUTY AT ANY OVA POOL. ALL FACILITIES CLOSED CHRISTMAS DAY.

STORAGE UNITS AND PARKING

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

LIBRARY

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

OAKMONT COMMUNITY GARDEN ON STONEBRIDGE

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

HAPPY TAILS DOG PARK

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

FITNESS CENTER

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

BE ON OVA E-MAIL LIST

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

2023-2024 **OVA BOARD OF DIRECTORS**

E-mail: askova@oakmontvillage.com

Marianne Neufeld, President marianne.neufeld@oakmontvillage.com

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

Iris Harrell, Secretary iris.harrell@oakmontvillage.com Jeff Neuman, Director

jeff.neuman@oakmontvillage.com Mark Randol, Director

mark.randol@oakmontvillage.com Steve Spillman, Director

steve.spillman@oakmontvillage.com David Dearden, Director

david.dearden@oakmontvillage.com Elke Strunka, Treasurer

(Non-voting officer) elke@oakmontvillage.com **GENERAL MANAGER**

Christel Antone christel@oakmontvillage.com

OVA BOARD MEETINGS

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

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

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

HOW TO CONTACT YOUR LOCAL OFFICIALS

County Supervisor Susan Gorin District 1

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

City Councilwoman Dianna MacDonald District 3

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

PUBLIC TRANSPORTATION AVAILABLE IN OAKMONT

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

Kiwanis Club of Oakmont



■Beverly Singer

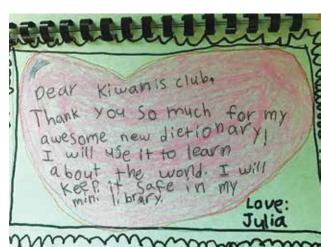
FEBRUARY 22 SHRED-A-THON

The next Kiwanis/OVA Shred-A-Thon is on Thursday, February 22, 9 a.m.-noon at the Berger Center Parking Lot. Please, only shred those important papers you have been saving for years. Do not include any x-rays, heavy folders with large metal clips, cardboard—in fact no metal which might jam the shredder. I write this, because these mistakes and more

Thank you so much for my new dictionary really want to be smarter than my add and brother. I love how it goes in A animals like at 15h or - romo Ben

have happened in the past. If the shredder jams, then there are neighbors who can't get their shredding done, and they are very unhappy to have to wait another six months for the next shredding date.

As always, the Kiwanis Club members appreciate your donations which are used for school scholarships. The main goal of Kiwanis is to help children and families here and around the world. No



The Lodge at Piner Road

presents

Laura Wayman

known as "The Dementia Whisperer"

Laura Wayman is a recognized

speaker, dedicated gerontologist,

and best selling author. She has

moderated several seminars and

workshops, on dementia care on

the West Coast.

Kenwood School thank-you letters. (Photos by Beverly Singer)

YOU'RE INVITED

Wednesday, February 28th - 2:00pm to 4:00pm

The Lodge at Piner Road

money Kiwanis earns is spent for any other purpose than helping children—that's amazing, isn't it? Among the many children's organizations Oakmont Kiwanis Club donates to is the 2nd grade at Kenwood Elementary School. Each year every 2nd grade student gets a children's dictionary to keep.

The teachers teach many lessons using these dictionaries. I must share a couple of the thank-you letters Kiwanis received in a nicely bound book with the student's photo on the front. It's obvious they are learning to write beautifully thanks to teachers Patricia Ehn and Sharon Watson

If you would like to see the booklet, Kiwanis invites you to their Thursday morning meeting at the Berger Center.

The Kiwanians invite to join and help in the many services Kiwanis does for children, families and the community. Contact President Ann Isaacs, (916)-261-7270 or annisaacs1@att.net.

Movies At Oakmont



WHERE: Berger Center **SCREENING DAY AND TIME:** Sundays **HOSTS:** Mike McInnis, Deborah Davidson, Jeff Neuman, Yllysa Snyder and Barbara Rosenlicht.

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

FEBRUARY 11 AT 2 PM **MAESTRO**

lifelong relationship of conductor-composer Leonard Bernstein and actress Felicia Montealegre Cohn Bernstein. 2023, R, 2:09.

FEBRUARY 18 AT 2 PM **MOONRISE KINGDOM**

Two 12-year-olds, who live on an island, fall in love with each other and elope into the wilderness. While people set out on a search mission, a violent storm approaches. 2012, PG-13, 1:34.

FEBRUARY 25 AT 2 PM

Ethan Hunt and his IMF team must track down a dangerous weapon before it falls into the wrong hands. 2023, PG-13, 2:43.





MISSION: IMPOSSIBLE -DEAD RECKONING, PT 1

LEARN MORE ABOUT

- √ Root Causes of Behavior Changes
- √ Techniques for those who are caring for loved ones experiencing memory loss.

Light Refreshments and beverages will be served.



#1 Best Selling Author of "A Loving Approach to Dementia Care"

1980 Piner Road, Santa Rosa • 707-852-2234 *RSVP by 2/25 to:* https://www.eventbrite.com/e/798812980127?aff=oddtdtcreator License #496804112

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General & Implant Dentistry

Tony Sanchez, DDS

707-539-0336

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





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Business Journal 2016 2017 2019 2020 2021

Some of our services:

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



Gabriella Ambrosi, President Stanton Lawson, CEO

Our caregivers are trained in one or more of our Specialty Programs, based on our clients needs www. SequoiaSeniorSolutions.com | 😝 in 🕟 | Call us today for a free assessment at (707) 539-0500

C21 Epic Valley of the Moon

Happy Valentine's Day from Century 21 Epic Valley of the Moon

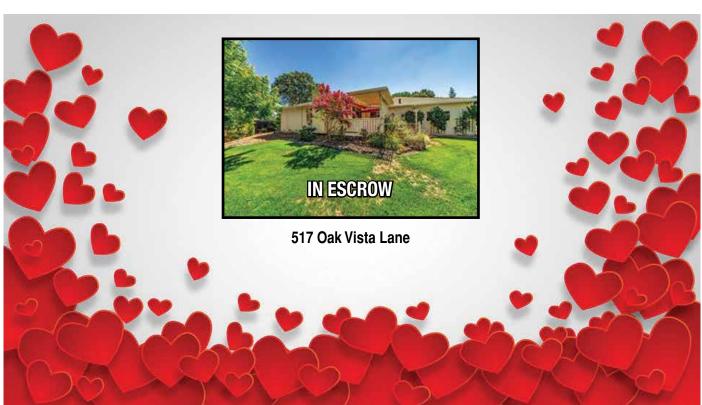




Mike & Leila O'Callaghar 707-888-6583

CalDRE# 00788134 & 00544689

The Power of 2





707.539.3200 6580 Oakmont Drive Santa Rosa 95409 www.c21vallevofthemoon.com CalDRE# 01523620





