

OAKMONT NEWS

Oakmont's Semimonthly Newspaper

www.oakmontvillage.com/news

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OVA Election Coming April 1

■News Staff

Oakmont members have until April 1 to mark their ballots for three candidates running for the OVA Board of Directors. The ballots arrived in homes in early March and the results of the voting will be announced at the 2024 Annual Meeting on April 1.

Eight candidates are running for the three positions: Josh Axelrod, Jerry Gladstone, Iris Harrell, Tom Kendrick, Heidi Klyn, Jeff Neuman, Matt Oliver and Tom Tremont. Their statements are available on the OVA website.

Voting is by mail. Ballots may also be turned in at

the Berger Center on April 1 by 9:45 a.m., prior to the start of the Annual Meeting. No ballots can be accepted once the Annual Meeting begins at 10 a.m.

To establish a quorum, 807 (25%) verified ballots are required.

Counting will be conducted following board business under the direction of the Inspector of Elections. The Annual Meeting will reconvene at approximately 2 p.m., once counting is complete, with an announcement of election results.

Emergency Vehicle Access Agreement Reached

■News Staff

NO TIMELINE

Oakmont Village Association and Burbank Housing have reached an agreement for an emergency vehicle access (EVA). The EVA will connect to the Southeast Santa Rosa (SESR) housing community, formerly called Elnoka. The EVA will run from Stone Bridge Drive near the community garden and the dog park to the SESR community.

"The agreement with our new neighbors represents a significant milestone for Oakmont's safety initiatives and holds the potential to provide numerous benefits," said Christel Antone, the general

manager of OVA.

Burbank Housing is proposing the construction of the Fire Apparatus Access Road, commonly referred to as an emergency vehicle access (EVA). According to Burbank Housing, negotiations for the EVA are part of the organization's work during the preliminary planning phase for the SESR development. An EVA is an access point that allows for the passage of emergency vehicles, and its use is controlled by city officials.

There is no timeline for the construction of the EVA, which will be built during the development of the SESR project.

Board Approves Early Loan Payment

■News Staff

The Oakmont Board of Directors approved paying down an additional \$300,000 on OVA's loan to fund purchase of the golf courses in order to save future interest.

The action came following discussion of the possibility of making similar extra payments in future years with returns that could be applied to saving on member dues. Treasurer Elke Strunka said the early payments over three years would save \$487,000 in interest payments over the life of the loan. The loan would be retired in 2031, three-and-a-half years ahead of schedule. The vote for an early payment applied only to 2024, and Strunka said subsequent would have to make the decision for continuing the paydown.

The vote was seven to one, with Director Jeff Neuman voting no, at the board's March 19 meeting. He recommended further study.

General Manager Christel Antone reported that five user groups were well into their job to gather data, input and insights to help a community planner who is working to craft concepts for the Central Complex. The groups, some with as many as 40 participants, will continue working into early April, Antone said, adding that they are "doing an enormous amount of work in a short time in order to funnel ideas into concepts." Antone also said the user group work is

requiring extra time, and the results of their work will be discussed at an upcoming Townhall on April 2 at 1 p.m. in the Berger. "This will provide an opportunity for both members and the board to receive updates from User Group Leaders regarding their progress. Additionally, it will allow the community to share feedback," she said.

Planner Mitch Connor's designs will be presented in the coming months to the board and to the community.

Chair Sue Aiken, reporting on work of the Community, Education and Transparency Committee, said all eight board candidates accepted invitations to a fireside conversation with the community, and that there was a good turnout. Board President Marianne Neufeld said she would recommend a future board adopt the idea.

Neufeld, whose term is ending April 1, spoke to the spirit of volunteerism here. "I have volunteered for most of the 18 years I've lived in Oakmont," she said. "Volunteers help our community thrive through social interaction with our neighbors and are rewarded in many ways for their participation."

Neufeld said it was rewarding to see the number of candidates who came forward seeking board positions. Eight people sought three openings.

See **BOARD** on page 3

Signs of Spring



A blooming magnolia spotted on Miramonte Drive in Oakmont on March 9. (Photo by Julie Kiil)

Attend the 4th Annual Fire and Earthquake Safe Fair

■News Staff

The fourth annual Fire & Earthquake Safe Fair is just around the corner, and the whole community is invited. On Friday, April 5, from 3–6 p.m. at the Berger Center, enjoy a day of education and information with more than a dozen vendors, plus Mexican cuisine and refreshments that can be purchased from local food truck, Zapata Grill.



"MYN and Sonoma County Emergency Department will be highlighting earthquake readiness and awareness this year, since April is National Earthquake Preparedness Month," said Katy Carrel, Meet Your Neighbor (MYN) coordinator and one of the fair organizers. "We will have valuable information on actions to take if 'the big one' hits Oakmont."

The 2024 Fire Safe Fair highlights firewise practices and emergency preparedness, with a special focus on what residents can do to keep their homes safe in the event of disasters such as wildfire and earthquake. This year's vendors include the Santa Rosa Fire Department, Best Fire Equipment, the Halter Project, Fire Safe Sonoma, Sonoma Ecology Center plus many other safety and emergency groups. Oakmont committees providing information at the fair include the Firewise Resource Committee, OEPC (Oakmont Emergency Preparedness Committee), and MYN (Meet Your Neighbors).

For questions about the Fire Safe Fair, contact myn@oakmontvillage.com.

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BOARD Continued from page 1

STRUNKA LEAVING FINANCIAL POST

Elka Strunka is resigning after eight years as treasurer of the Oakmont Village Association.

Strunka's announcement at the OVA Board's meeting was greeted by applause of appreciation from the Berger Center audience and the board.

She began as a board member and continued as treasurer after her term expired. The new board will appoint a successor to the finance job. Strunka said she had volunteered to remain on OVA's Finance Committee.



At-a-Glance Summary of March 19 OVA Board Meeting

■Harriet Palk

CONSENT CALENDAR

Architectural Committee: Paul Ryan and Marianne Neufeld appointed as non-voting members to assist the committee with inspections.

Sister District Club: Approved to provide a venue for like-minded individuals to work toward affecting national politics.

Finance Committee: Appointed Elke Strunka to the committee.

COMMITTEE REPORTS

Community Education and Transparency: Arranged a Fireside Conversation with the OVA Board Candidates for March 15. This was not a mandatory event for the candidates, but all participated. There was social time followed by 1-1/2 hours of addressing questions from the audience. Sue Aiken facilitated and encouraged a tone of civility from both the candidates and the audience. Fifty residents were in attendance.

Communications: Continues to assist in the preparation of the *Oakmont News* and other

community-wide communications as needed, including writing, photography and advising. A second brainstorming session is being planned to work on website content and functionality.

Landscape:

Berger: Larger decorative rock was installed on top of the pea gravel around the Berger. Primroses were planted.

CAC: Callistemon 'Little Johns' were replaced with healthier plants.

Medians on Oakmont Drive: 20 crape myrtle trees planted. Other plants have been ordered and should be planted this spring.

Oakmont Drive Entrance: Looked at main entrance and suggested upgrades to the plantings there.

Insurance: Awaiting direction from the insurance company as to how close to the building's plantings may remain.

Debt Payment: OVA will make a principal payment on its outstanding loan in the amount of \$300,000, payable from the Capital Improvement Fund. Jeff Neuman voted no.

Town Hall to Address Insurance Requirements

■News Staff

Following last month's town hall on home fire insurance and current trends in the industry, a sequel on March 25 at 1 p.m., will continue the conversation with two speakers who will share about the current home fire insurance situation and options on how to deal with new insurance requirements or cancellations.

Annie Barbour of United Policyholders, a national consumer advocacy group committed to educating consumers on home insurance and related subjects, will talk about the loss of her Coffey Park home in the 2017 fires. "I have a deep attachment and commitment

to making sure my hometown gets as many resources as possible," she said. "I never want anyone to go through what all of us have gone through."

Also joining us will be Stuart Mitchell, whose company Wildfire Mitigation Advisors, has helped hundreds of county residents to understand and deal with wildfire dangers. Stuart is a Certified Wildfire Mitigation Specialist who helps clients navigate warning and cancellation letters from insurance companies or seeking new insurance.

The Town Hall will also be on Zoom and there will be time for Q&A.

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.

OAK at the VOM Golf Club

■Hilary Gruendle

Enjoy these upcoming events at OAK! Remember, Oakmont residents receive a 10% discount when they tell their server. Reservations can be made at (707) 539-0415 x 5. Visit www.playvom.com for all upcoming events and happenings at OAK and Valley of the Moon Club.

EASTER BRUNCH AT OAK

Enjoy Easter Brunch at OAK on Sunday, March 31. Two seating times of 10 a.m. and 12:30 a.m. Cost is \$55 per person, and kids under 10 are \$25. Reservations required. Call (707) 539-0415 x 5.

The brunch buffet menu includes: Eggs Benedict and Eggs Florentine, Honey and Brown Sugar Glazed Ham, Omelet Station, Bagel and Smoked Salmon Station, Breakfast Potatoes, Bacon and Sausage Caesar Salad, Mixed Green Salad, Braised Lamb Ragout over Polenta, assorted fruit salad, assorted desserts and potato rolls.

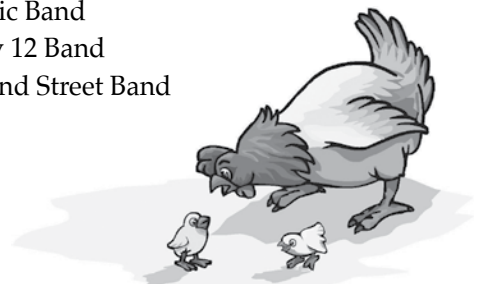
MORE EVENTS TO ENJOY

Taco Tuesday: April 9, 16, 23 and 30. \$3 Beef Taco when you purchase a beverage—no other discounts apply.

Thirsty Thursdays in April: \$3 Draft Coors Light—no other discounts apply.

Live Music in April: reservations required and an \$8 cover charge.

- April 8: Jami Jamison
- April 15: Magic Band
- April 22: Hwy 12 Band
- April 29: Second Street Band



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Men's Bible Study

■Lou Lacson

FEELING ALONE

The greatest antidote to loneliness is knowing that God is within us and sometimes we just need to remember this. So come to the MBS for fellowship where we can share how God is always with us. We need to seek His kingdom first and He will provide the comfort and everlasting inner peace.

WHEN: Every Thursday at 10:30 a.m.

WHERE: East Rec. Center

Lifelong Learning



■Marlena Tremont



MARIA CARRILLO HIGH SCHOOL JAZZ BAND

WHEN: Friday, March 29 at 7 p.m.

WHERE: Berger Center

ADMISSION: Free, donations accepted. \$25 donation suggested. Theater seating.

Witness youth at their finest as local high school musicians share a deep passion for swing, jazz, and contemporary tunes from the 20s, 30s, and 40s. Enjoy timeless classics in the hands of new masters led by Matt Bringedahl, Director of the Instrumental Music Program at Maria Carrillo High School.

SPRING SEMESTER REGISTRATION OPEN! MARVELS OF THE MIDDLE AGES

Instructor: Lynn Ostling

Mondays, April 8–29, 3–5 PM, Berger Center
4-week session. Cost: \$65

Explore the European medieval world through masterpieces of art and architecture.

TEDDY ROOSEVELT

Instructor: Mick Chantler

Wednesdays, April 10–May 15, 3–5 PM, Berger Center
6-week session. Cost: \$95

Examine the career of this remarkable—if often abrasive and authoritarian—American statesman.

THE MYTH OF AMERICAN INNOCENCE

Instructor: Barry Spector

Thursdays, April 11–May 16, 3–5 PM, East Rec
6-week session. Cost: \$95

Learn new ways to consider our pressing social and environmental problems through mythological thinking.

SPACE EXPLORATION: OPENING OUR EYES TO NEW WORLDS

Instructor: Dr. Mary Barsony

Mondays, May 6–13, 3–5 pm, Berger Center
2-week session. Cost: \$35

See the universe through the eyes of the James Webb Space Telescope and NASA's DAWN mission to explore the two largest bodies in the asteroid belt between Mars and Jupiter.

LEARN MORE PAY LESS

Classes are available in-person, online and by recording to view at your leisure. Purchase multiple classes at the same time for the same person and save 25% off the total.

For more information or to register, go to oakmontll.org, leave a check in the OLL folder in the OVA office or pay at the door.

Sleep Apnea

■Bob Flandermeyer

GREG ACKROYD, MD—GUEST SPEAKER

The next meeting of the Sleep Apnea Group is the first Tuesday of April—Apr. 2. We meet the first Tuesday of even numbered months in Berger Room G at 1 p.m.

Dr. Greg Ackroyd of Providence Sleep Medicine, 585 W. College, Santa Rosa, will be our guest speaker. Dr. Ackroyd's knowledge of sleep is quite incredible. If you ask him a question about sleep, he will reply with an in depth, convincing, layered response you haven't thought about.

Our last meeting had a full room. Come early and bring your questions and equipment. We discover that we learn from each other and have time to ask further questions we had not thought of earlier.

This is a remarkable opportunity to improve your health and live longer.

Bring your equipment; masks and machines, if you think it would be helpful to illustrate your questions.

Also, bring a pen and paper for notes. Kaiser patients are also welcome, plus those who have other doctors. Spread the word, bring a friend.

Questions, call me at (707) 694-8018 or email rrflandy@yahoo.com.

Lawn Bowling



■Mary Blake

COMING EVENTS

Monday, April 1: April Fool's Day
Daily Draw is Monday through Saturday, 12:15 p.m.

Sonoma Wine Country Games: May 31 and June 1

LET YOUR HANDS DO (MOST OF) THE TALKING

One of the fun parts of lawn bowling is having our own "secret" code—hand signals.

BowlsUSA says:

- Voices cannot be heard over the sounds of road and air traffic.
- Shouting disturbs players on other rinks.
- Your team will feel more in sync if you can read each other's signals.
- Signals will help communication and the flow of the game.
- You can signal without drawing the attention of your opponents.

Remember, our rinks are right next to each other. A sudden shout on one rink can affect a bowler on the next rink. And angry shouts can affect the mood of everyone bowling.

So, this is a reminder to all of us to be considerate and respectful of other bowlers. If you find yourself shouting or if you find anger in your voice, remember that everyone on the Green is affected. You aren't being considerate of other bowlers. And if someone else's shouting is affecting your bowling, gently let them know.

One of the best parts of Lawn Bowling is the chance to socialize. But we all need to remember to keep the volume down—we aren't the only ones out there and our words or tone can be affecting others.

Take the quiz and match the hand signals:

- ___ Distance from Jack
- ___ Where's the Jack? Here!
- ___ Our points
- ___ Their points
- ___ A measure

Website: www.oakmontlawnbowling.com.

Star of the Valley Women's Circle

■Barbara Gasparini



VALLEY OF THE MOON CHILDREN'S CENTER



Are you aware of the changes and challenges facing one of our neighbors? That neighbor is the Valley of the Moon Children's

Center, the county's only emergency shelter for children removed from their homes because of abuse or neglect.

Come to the Star of the Valley Women's Circle presentation featuring Meg Easter-Dawson, Program Development Manager of Valley of the Moon Children's Center, and Katie Condie, Executive Director of Programs for Valley of the Moon Children's Foundation, on Tuesday, April 16 from 2–4 p.m. and find out what challenges and changes our neighbor is facing.

Since 2017, the Valley of the Moon Children's Center has been evolving to respond to the State of California's overhaul of the Foster Care System, known as the Continuum of Care Reform, or CCR. Instead of holding children for up to 30 days, all group homes must place endangered children in foster home within 10 days. The approach acknowledges a child's traumatic experiences, basically changing the way you look at a youth. "It's not what's wrong with you, it's what's happened to you. We're building a relationship quickly in a different way," according to Nick Honey, Retired Director of the County's Family, Youth and Children's Services.

Learn about the vital role the Valley of the Moon Children's Foundation plays in supporting the work of the Valley of the Moon Children's Center by awarding \$150,000 in scholarships to 42 foster youth, serving 104 foster youth through the Valley of the Moon Children's Center Dental Program and providing \$41,476 to 40 scholars facing challenging situations that threatened to end their schooling.

Please invite your family and friends to this informative presentation on Tuesday, April 16 in our Parish Center from 2–4 p.m. All are invited free of charge. Refreshments will be provided. Donations are greatly appreciated.

Oakmont Art Association

■Elizabeth Kern

APRIL 12: DISCOVER PHOTOGRAPHS OF IRVING PENN

Irving Penn is widely recognized as one of the 20th century's greatest photographers. A long contributor to *Vogue Magazine*, Penn revolutionized fashion photography in the post war era. Using neutral backgrounds, he emphasized model's personalities through their gestures and expressions.



deYoung Museum, Irving Penn's photograph of Audrey Hepburn.

The exhibition, presently at the deYoung Museum, spans every period of Penn's nearly 70-year career. There is a special section of images from San Francisco's Summer of Love. The talk, presented by a deYoung Museum docent, will be held at the Berger Center, April 12, at 10:30 a.m.

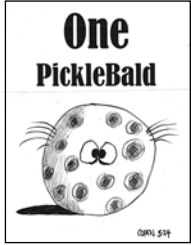
Pickleball Corner



■Doc Savarese

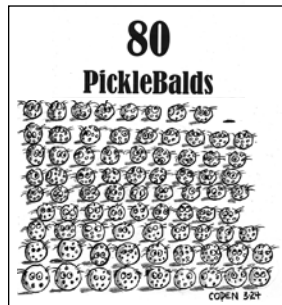
LIFE AT 80+

When I was young, I got up in the morning and enjoyed a bowl of Rice Krispies. Now when I get up in the morning, I just sound like one. I will be turning 82 on my next birthday, and I'm adjusting to my decline in cognitive acuity such as being slower in word and name recall, and an increase in distractibility.



Physical decline is also expected and experienced. The American Psychology Association states that approximately 92% of 80+ people have at least one chronic condition. I am no exception.

As an optimist, I have always thought positively about aging. My goal as an 80-plusser is to stay healthy, active, and productive as long as I am able. I really don't mind getting older. I just want to age well. Some benefits to aging:



Cartoons by Peter Copen.

- People call me at 8 p.m. and asking, "did I wake you?"
- Things I now buy won't wear out.

- Yesterday I tried to straighten out the wrinkles in my socks and discovered that I wasn't wearing any.
- Secrets are safe with me because I cannot remember them.
- I enjoy watching a movie even though I may have seen it a few days ago.
- No one expects me to run—anywhere.

Research identifies "Super-Agers" are people in their 80's who function as those who are 30 years younger. Their common denominator is they have strong social relationships, active lifestyles, and continue to challenge themselves. Don't let your age deter you. You may not become a Super-Ager, but you can put yourself on the road to better health.

New Player Orientation: 9 a.m. on Tuesday mornings. Arrangements can be made by contacting Victoria Dettman at (707) 230-2958. Call Jim Howard at (209) 761-8517 for demo loaner. For mentoring, contact Barbara Ricossa at ricossa@ymail.com.

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Jazz Club



■Dolora Degeer-Hurst

AN EXTRAORDINARY EVENING DANCE THE EVENING AWAY ON APRIL 6, 7 PM

You will not want to miss this show featuring five of the top musicians of today, happening on April 6, 7 p.m. at the Berger Center.



Larry Vuckovich.

Larry Vuckovich is one of the top jazz pianists in the world. He played in the foremost clubs in Europe before coming to the U.S., where he established himself in New York, then in San Francisco.



Charity Goodin-Sanen.

The drummer for this group was with the Count Basie Band, then traveled for five years with Tony Bennett. He has also recorded with the likes of Frank Sinatra, Sarah Vaughn, and other major artists.

Singer Charity Goodin-Sanen is a new dynamo on the jazz scene. Add Steve Heckman on saxophone and Doug Miller on bass, and it is a true "Dream Team." Add dancing and it will be a magic evening!

Tickets for \$35 in the OVA office. Drinks and snacks permitted. For information call (707) 537-7720.

■Michael James

ENRICH YOUR LIFE WITH MUSIC, IT'S FUN AND IT'S FREE! NEXT JAZZ CLUB MEETING:

WHEN: Wednesday, April 3, 2-4 p.m.
WHERE: East Recreation Center

Hikers



■Scott Finn

UPCOMING HIKES

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.

LONG HIKE: APRIL 4 OAT HILL MINE

This early April hike begins at the Silverado trail head located just outside Calistoga on Highway 29. Parking is just after the intersection with the Silverado



Oat Hill Mine Trail.

Trail. The trail winds its rocky way up to the Holm's Homestead over an old mercury mining road. This is an up-and-back hike of about 9 miles and 2000 feet elevation gain. Wildflowers may be spectacular along with great views!

Leave Berger at 8:30 a.m.,

bring poles water and lunch. Hike leader is David Steinberger, dmstein.723@gmail.com.

INTERMEDIATE HIKE: APRIL 11 FOOTHILL REGIONAL PARK, WINDSOR

The park features oak woodlands, grassy hillsides, spring wildflowers, scenic overlooks and three ponds.

WHAT TO BRING: Instrument of choice

PARTICIPATION: Participate at your comfort level

A performance by our special guest and Oakmont resident John Ray will kick off our April Jazz Club meeting. He will inspire us to dust off our old trumpet, saxophone, trombone, clarinet or flute! He will entertain us with a variety of popular standard jazz hits on trombone.

Born and raised in Los Angeles, John Ray began playing classical, jazz and marches on trombone in the third grade. Sports took over his attention at age 15 but picked up the trombone 20 years later, working in jazz workshops, community bands and classical ensembles.

He moved to Oakmont in 2013 and has devoted his time to concert bands, swing bands, reggae bands and ragtime/Dixieland bands in the New Orleans traditional style. John directs and plays trombone with the New Horizons Band of Sonoma County, a non-profit organization dedicated to giving seniors an opportunity to make music, regardless of ability or experience. They are always looking for new members.

John loves all kinds of music, especially other tuning systems from cultures around the world. He will share techniques and styles as well as his experiences and will answer your questions.

During the second hour of the meeting, we will learn to read music starting with some of your favorite songs. We will continue with our exercises in rhythm, melody and vocal that we learned in previous meetings. Written music will be provided for everyone, beginning and advanced. Bring instruments that you play and any wind instrument you would like to learn to play! Core musicians will jam, and all meeting participants are invited to join. Music will be provided.

Beginning on the easy Three Lakes Trail, we'll hike around Pond B before arriving at the more challenging Alta Vista trail to the park summit with an expansive 180-degree view of the Santa Rosa Plain and Coastal Range beyond. We continue our loop around the park using the Oakwood-Westside perimeter trails.

Bring water, snack, hiking shoes, poles and a regional park pass if you have one. Restrooms are available in the parking lot. Approx. 5 miles with 625' elevation gain. Check OHC website for possible trail changes. Hike leaders are Gary and Susan Novak, (707) 569-6016.

LONG HIKE: APRIL 11 HIKE TO GUNSIGHT THRU HIKE VIA GOODSPEED TRAIL

A unique hike—we start at the Goodspeed Trail in Sugarloaf SP and finish at the Pythian Rd. lot in Hood Mountain Regional Park. Bring both passes if you have them. About 8 miles and 2,200 ft. elevation gain. After a steady climb up Goodspeed, we will be rewarded with gorgeous views at Gunsight Rock. Before the hike, volunteers will place a couple of cars at Pythian. It would be helpful to RSVP on the website so we have a rough idea of the numbers.

Bring water, poles, lunch, start from the Berger at 8.30 a.m. Hike leader is Scott Finn, (619) 884-0977.



View from Gunsight Rock.

Dancing Is 4 Everyone

■Mariellen Munson

BERGER EVENING LINE DANCE CLASS

Oakmont has been in a semi “power-off” mode for the last several years, gradually getting back into the swing of things. Now, let’s really “power up” and dance. The joy of dance may be experience by you, without a partner. We are inviting you to join with our Beginning Line Dance Class. Let’s continue to move!

Remember, dance is exercise for your brain as much as for your body. While dancing your brain is constantly making new neural connections. Studies show that this is very beneficial for both strong mental and bodily health.

Our instructor, Steve Luther, has a unique style of teaching that makes it easier to learn the steps to a variety of dances and the music he selects is upbeat and lively. It is the “only way” to exercise in the minds of our many line dancers.

Join with the Beginning Line Dance Class starting April 8, Monday nights from 7:15–8:15 p.m. at the Berger Center. The class will continue weekly throughout the year. This is the only time that you can join with the beginning class this year. A four-week monthly session is only \$32 (or \$8 a class). Individual classes are \$10. This first series will be \$32, as there are four classes on Mondays in April.

Fun times are ahead. You will feel the joy and laughter in the room from the start. There are no reservations so come early to allow time to sign up. If you have concerns about your balance, this is probably not the class for you. Questions or concerns, please feel free to contact me at (707) 538-4142. And remember, it’s fragrance free!

Let’s Dance—Together!

■Terry Whitten, Instructor

NIGHTCLUB 2-STEP CLASSES IN APRIL

WHAT: Beginning Nightclub 2-Step partner dance classes

WHEN: Wednesdays, April 3, 10, 17 and 24 from 4–5:15 p.m.

WHERE: Lower West Rec.

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

Nightclub 2-Step (NC2S) is one of the most popular partner dances in Sonoma County and is danced to a large variety of slower ballad type music. Examples of songs that NC2S can be danced to are: “I Will Always Love You” by Whitney Houston, “Because You Loved Me” by Celine Dion, “All of Me” by John Legend, and “Let It Be” by The Beatles. Add in songs by Taylor Swift, Adele, Lady Gaga, Michael Bublé and even the Rolling Stones, and there seems to be an endless number of songs that NC2S can be danced to.

Over the four 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.

Join us for a fun way to get exercise and meet great people. The basic steps of a different partner dance will be taught each month. A number of studies also indicate that partner dancing may actually increase mental acuity and reduce the possibility of cognitive decline. Some even say that dancing makes you smarter! 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.



Oakmont Progressives



■Ed Biglin

DEMOCRATIC ALLIANCE

OAKMONT DEMOCRATIC ALLIANCE TO DISCUSS FUTURE PLANS

Oakmont Progressives will meet with other members of the Oakmont Democratic Alliance on Monday, April 8, at the East Rec. Center, 6:30 p.m. social and 7 p.m. meeting and discussion.

The meeting, as part of the Oakmont Democratic Alliance, will present the action plan drawn up by Oakmonters to help maximize our efforts in the November election. Members have been conducting vigorous research into what California congressional campaigns are most likely to flip a seat and which campaigns can use some help.

We will also present what is being done in Nevada to again win the state for the President and protect progressive Democrat Senator Jack Rosen. Due to the great work of the Oakmont Persisters, Oakmonters have already sent thousands of post cards this year to voters in swing races. At this meeting, we will discuss plans for other election activity such as texting, phoning, canvassing, etc.

Many fall elections are won by turnout. Early work in the spring and summer has a goal of making sure eligible voters are registered. This will allow Get Out The Vote efforts to reach low propensity voters and helping voters get to the polls. We’re meeting with campaigns and mobilization efforts to see how our efforts can be most effective.

Come meet with us to review the plans and help determine what we can do to help preserve American Democracy for future generations.

The Oakmont Democratic Alliance is a coalition of five groups working together during this crucial election year. Those groups are: Oakmont Democratic Club, Oakmont Progressives, Oakmont Sister District, Persisters and Standing for Justice.

Oakmont Pétanque Club

■Don McPherson

MEASURING—UMPIRE’S RULE

When a retractable tape fails to determine the point, the team playing must use an umpire’s rule, made of fiberglass or steel in 10 equal folding segments measuring 1 meter in total. The last segment has an adjustable extension adding up to 10 centimeters.

A player unfolds the rule to the number of segments necessary and places the end segment against the widest part of the boule. The extension is then repeatedly advanced in small increments and lowered to the cochonnet until almost touching it. The rule is then moved to measure the second boule. If the extension touches the cochonnet, the second boule is closer; if there is a gap, the first boule is closer.



If the boules are so close to the cochonnet that an umpire’s rule is too long, calipers are used if available. If not, or if the point still cannot be determined, then the result is a tie. The playing team, which failed to win the point, must throw again or, if both teams are out of boules, neither scores and the end is over.

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.

Anyone, regardless of experience, is welcome to enjoy the challenge and camaraderie of a simple game that is inexpensive, fun to play, and learned quickly. The club has boules to lend while you’re learning, and you’ll be playing right away.

Kiwanis Club of Oakmont



■Beverly Singer

CHILDREN AND COMMUNITY HERE AND EVERYWHERE

Thanks, thanks, thanks to you. The last Shred-A-Thon was successful and your donations to children Kiwanis supports is greatly appreciated. The Kiwanis recent speaker exemplifies the type of organizations your donations help support.

Madeleine Keegan O’Conner from the Sonoma County YWCA spoke of the YWCA’s role in addressing the needs of victims affected by domestic violence. The YWCA has a safe house and a therapeutic preschool. I quote from their brochure, “Children who witness domestic violence experience

depression and psychological stress—and are more likely than other children to be physically violent. You may know someone in need of the YWCA 24-hour hotline, (707) 546-1234.”

One of the Kiwanis Club’s newest members was asked why she joined. Here are excerpts from Sherrie Conrad’s article:

“Kiwanians are dedicated to improving the world one child and one community at a time. When I am asked why I joined Kiwanis, the answer is easy! I knew that this organization provides assistance to various community needs.

“Reading Bev Singer’s articles about the worthwhile events and activities of the Kiwanians, I became more interested in attending one of their early morning meetings. I am so glad I did! Learning firsthand how this small group of people function as a family with a common interest of helping the children of Santa Rosa and beyond is awesome!

“I walked into the meeting room at Berger Center a stranger but left feeling a part of the fellowship with these dedicated men and women. The six objectives of Kiwanis are action verbs: to give, to encourage, to promote, to develop, to provide and cooperate. In the short time I have been a member of Kiwanis, I have witnessed these worthwhile objectives as common threads in local school support, student recognition and local community projects.”

For information about Kiwanis Club please call (916) 261-7270.



Madeleine Keegan O’Conner and Ann Isaacs, President.

Playreaders

■D. Hall

GALLOWS HUMOR AND THEATER WORKSHOP SET FOR APRIL

“Macabre humor” seems an oxymoron, but that’s what Edward Albee’s *Zoo Story* is, and it was superbly presented by John Dolan and Steven Levin in March. Oakmont Playreaders staged this modern classic courtesy of Sandy White, who produced and narrated it.

Marcel Coder plans some gallows humor for the April 1 and 8 performances, as she produces *Not My Cup of Tea*, by A.F. Groff and *The Mouse and The Raven*, by Tim Kelly. The first one-act features Sandy White, Sandy Shankman, and Marcel Coder in an interlude where two sisters plot the demise of their mother. Following it is the story of society women who go to see what the newspaper plans to write about them in their obituaries. Ginny Smith, Yvonne Horn, and Marcel Coder star in this one.

On April 15, Playreaders plan to hold a theater workshop led by Artistic Director Jim Preston.

Join us the first two Mondays of every month at 2 p.m. in Room B of the Central Activities Center. Come early to get a seat.



Zoo Story readers were Sandy White, Steven Levin, and John Dolan. (Photo by Esther Dolan)

■Leslie Brockman, Chair

Grandparents' Club



THE EASTER EGGSTRAVAGANZA IS COMING SOON!

Last call for registration for this year’s Easter Eggstravaganza!

WHEN: Saturday, March 30, 1–2:30 p.m.

WHERE: Berger Plaza

WHY: Because our grandchildren love finding colorful plastic eggs filled with toys and candy!

Registration deadline for this event is March 26, so be sure to get your grandchildren enrolled before then. There are three ways to do that:

1) Go to our new website www.oakmontgrandparentsclub.org, create an account, register and pay there and join or renew your dues to be a part of Grandparents’ Club, where you get discounted prices on our events and activities.

2) In our folder at the OVA offices (the paper-and-pencil way—just fill out the form and leave your cash or check there).

3) On the OVA website registration form—go to oakmontvillage.com/article/author/grandparents-club.



Photos by Kathy Sowers.

The afternoon of March 30 will be such fun for all ages, from toddlers to teens: 3 egg hunts, 2 bounce houses, balloon man and face painter, music by the wonderful Mello-Tones, prizes and Beanie Babies for all children, and 2 Easter Bunnies!

Questions? Contact me at (949) 683-7725 or oakmont.grandparents@gmail.com. Hope to see you and your excited grandchildren there. Lastly, pray for a sunny day on March 30—thanks!



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Gardens Promoting Habitat Tour

■Lesli Lee, Oakmont Environmental Stewardship Committee Chair

**SAVE THE DATE
SUNDAY, APRIL 21, 2-4 PM**

The Oakmont Environmental Stewardship Committee will honor Earth Day by hosting a "Gardens Promoting Habitat" Tour, showcasing Oakmont gardens that are firewise, drought tolerant, attractive and habitat enhancing. Join us to see beautiful native plants that are pollinator and wildlife friendly.

For more information, contact Carolyn Greene, cgnpark@icloud.com.



Marie Kay Hansen and Penny Sirota enjoy coffee and conversation in a habitat garden that will be featured in the Eco Garden Tour on Sunday, April 21, 2-4 p.m. (Photo by Carolyn Greene)

New Horizons Band Performing Free Concert

■News Staff



Mark your calendar for April 13 when the New Horizons Band returns to Oakmont for a free concert. Performing at the Berger Center at 2 p.m., the band of seniors is known for its eclectic programming and musical nod to well-known favorite tunes.

This year's program includes music from the *Pirates of the Caribbean*, "Alexander's Ragtime Band," Leonard Bernstein's "Danzon", the "Mandalorian" from *Star Wars*, plus J.S. Bach and *Chicago's* greatest hits, Lassus Trombone, Elgar's *Nimrod*, El Choclo tango, and contemporary reflective pieces.

A special treat will be soloist Sharon Griffith and Oakmont's John Z. Ray singing Gershwin's "They Can't Take That Away from Me."

Always a popular event, be sure to grab your seat before the 2 p.m. start time on April 13 for an afternoon of free, live music.



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Oakmont Cloggers

■Colleen Keegan

**BEGINNER CLOGGING CLASS STARTS
APRIL 2**

WHEN: Tuesdays beginning April 2, from 3-4 p.m.

WHERE: Lower West Rec. Center

COST: \$8 per class

WHAT TO WEAR: Please dress comfortably and wear hard-soled shoes if you have them, tap shoes are fine but not required.

Clogging is a lively American folk dance that is great exercise and tons of fun! Come join us for this beginning class where you'll learn the fundamental movements of clogging by integrating them into steps and dances. You'll be dancing in no time! No dance experience required.

Instructor Michele Hill (RedwoodCloggers@gmail.com or (707) 494-2008) brings 38 years of dance experience and a great enthusiasm for clogging. She leads a local clogging dance club (Redwood Country Cloggers), is a nationally known instructor, president of the Northern California Cloggers Association and hosts an annual clogging workshop in Santa Rosa that draws dancers from all over the western United States.



Redwood County Cloggers at Sonoma County Fair.



Redwood Country Cloggers in Oakmont.

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User Groups Examine Central Complex Functionality

■Marlena Tremont

Four User Groups to support the concept development work of ArchiLOGIX (ALX) were formed at an organizational workshop held on Tuesday, March 5 at the Berger Center. Christel Antone, OVA General Manager, began the meeting by explaining the importance of the work with ALX, asking residents to stay informed and get involved.

The User Groups are examining four categories of activities that take place in the Central Complex—fitness, arts and education, inside gatherings and outside gatherings. Participants were drawn from club leaders, Long Range Planning Committee members who are serving as liaisons and interested Oakmont residents. The User Groups are gathering data about the current and future functionality of the indoor and outdoor spaces.

A fifth User Group has been formed under the direction of Christel Antone to look at the space needs of the OVA Administrative and maintenance offices.

In April, an AARP Walk Audit of the Central

Complex will be conducted. This effort will support and enhance the work of the User Groups by focusing on the connectivity to and between buildings and ways to create a more cohesive community-based feel to the Central Complex area. More information will be available for interested residents to participate in the Walk Audit shortly.

In early April, ALX will work with GM Christel Antone and the User Groups individually to discuss their data and findings. Subsequently, ALX will present a report which will serve as the foundation to inform the conceptual planning phase. There will be opportunities for review and comment on the design development progress.

A new Central Complex Area section on the OVA website homepage will provide up-to-date information as it becomes available. Articles will appear regularly in the *Oakmont News* and *Inside Oakmont*. For inquiries, email AskOVA@oakmontvillage.com.



The red outline shows the boundaries of the Central Complex area that is currently under study.



■Carolita Carr



CHOPPIN' BROCCOLI BRINGS BACK THE '80S

WHERE: Berger Center **WHEN:** April 20
TIME: Doors open at 5:30, music begins at 6:30 p.m.
COST: \$20 pp. Each member may bring one non-member guest.

Bring snacks for your table and BYOB.

Ah, the '80s! Compact discs and MTV made their debut. The internet opened; the Berlin Wall fell. Live Aid and Thriller were terms we learned. We had big hair, side ponytails and mullets; we wore Spandex, leg warmers, neon colors, lacy shirts and cut off sweatshirts. We listened to Whitney Houston, Madonna, George Michael and The Police.

Now Boomers is taking you back to that era with Choppin' Broccoli, a band that plays the best dance hits from the 1980s—Michael Jackson, Bon Jovi, Journey, Prince, Duran Duran, and much, much more. The evening will include professional sound production, lighting, costume changes, and great performances of fun '80s music.

Dress for the era if you feel like it. If not, that's ok, too. But get your reservations in now. Go to the website oakmontboomers.org to register.

MEMBERSHIP

If you are new to Oakmont or have simply forgotten to renew your membership, joining is easy. The cost is \$15 per person, and you can sign up by visiting our website, oakmontboomers.org.

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■Greg Fauss

HAPPY EASTER!

On Palm Sunday we recall Jesus' ride into Jerusalem on a donkey, where he was greeted by enthusiastic crowds. But not all were welcoming. Others planned his demise. By the end of the week, on a Friday, Jesus had been falsely accused and tried by a hastily arranged sham court in the night, sentenced to death and crucified.

But this would not prove to be the end to his ride. The fact that you're reading this and the billions of people all over the world spanning over 2,000 years testify that a few days later, on Easter Sunday, Jesus came back to life to give us life. Those who believe this have also experienced its positive impact.

Jesus (and we) invite you to experience the ride of your life by joining us this Palm Sunday, March 24. A presentation on Refugees in Europe during our potluck will follow. All are welcome and you don't need to bring food to participate.

Easter-Sunday, March 31, will bring a celebrated end to Holy Week.



Easter eggs adorn a budding bush in Berlin, Germany. (Photo by G. Fauss)

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

Wednesdays at 10:30 a.m.: our Bible Study looking into the "End Times" meets in the OVA Outer Office, Suite B.

Thursdays from 6:30-7:30 p.m.: everyone is invited to watch the historical drama *The Chosen* movie series with us at the Oakmont Gardens.

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.

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Movies At Oakmont



WHERE: Berger Center

SCREENING DAY AND TIME: Sundays

HOSTS: Mike McInnis, Deborah Davidson, Jeff Neuman, Ylysa Snyder and Barbara Marquardt.

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

**MARCH 24 AT 2 PM
GOOD GRIEF**

When his husband unexpectedly dies, Marc's world shatters, sending him and his two best friends on a soul-searching trip to Paris that reveals some hard truths they each needed to face. .2023, R, 1:40.



**MARCH 31 AT 2 PM
THE HOLDOVERS**

A cranky history teacher at a remote prep school is forced to remain on campus over the holidays with a troubled student who has no place to go. .2023, R, 2:13.



**APRIL 7 AT 2 PM
ANATOMY OF A FALL**

A woman is suspected of murder after her husband's death; their half-blind son faces a moral dilemma as the main witness. .2023, R, 2:31.



**APRIL 14 AT 2 PM
AMERICAN FICTION**

A novelist who is fed up with the establishment profiting from Black entertainment uses a pen name to write a book that propels him into the heart of the hypocrisy and madness he claims to disdain. 2023, R, 1:57.



Oakmont Futures

■George McKinney

CRITTER CAMS—

A GREAT WAY TO ENJOY WILDLIFE

The next Futures Club meeting will be April 10 at 4 p.m. in East and on Zoom (see below for Zoom info).

This meeting of the Futures Club will focus on wildlife cameras, also known familiarly as Critter Cams. Many of us have them, but understanding how to use them and get the best pictures possible is a challenge.

We'd like to share resident pictures from their Critter Cams. If you have a picture that seems interesting or just something to talk about, send it to futureoakmont@gmail.com and we'll be able to put it on the screen!



Personal photo from my Critter Cam! (Photo by George McKinney)

John Tan's trying to set up a Critter Cam Club here in Oakmont. Come to this meeting and consider joining the club to share information on cameras, placement, and settings - and share your pictures!

Zoom Meeting ID: 860 6299 0770. Passcode: 809582.

The Oakmont Futures Club is chartered to keep Oakmont residents up to date with technical advances that will impact us during the next 2-10 years. Our website is OakmontFuture.com. Our email is futureoakmont@gmail.com.



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Parliamo Italiano

■Jane Rinaldi

OUR NEXT MOVIE: LA PAZZA GIOIA

Parliamo Italiano's next feature film will be shown on April 2 at 2 p.m. The film *La Pazza Gioia* (2016) (its English title is *Like Crazy*) has been critically called "madcap," "charming," "outlandish," and follows the adventures of two women who become friends and escape from a psychiatric facility in Tuscany. The director is Paolo Virzi.

The film received a David di Donatello nomination for "Best Actress" and "Best Film." The two women are played by Valeria Bruni Tedeschi and Micaela Ramazzotti, and it's only right that we show it right after April Fool's Day!

Oakmont Cat Care Coop

■Mary Ellen King

NEED CARE FOR KITTY WHILE YOU ARE AWAY?



Join the Oakmont Cat Care Coop and share the care! For Oakmont residents only. Active participation for over 15 years.

For information and to get on the list contact me at (707) 849-1581.

Oakmont Singles Social Club



■Bailey Penzotti, Priscilla Roslyn and Simone Smith

APRIL MIXER CHARLES M. SCHULZ MUSEUM

WHEN: Friday, April 19, 6 p.m.

WHERE: East Rec Center

Established in 2002, the mission of the Charles M. Schulz Museum and Research Center is to preserve, display, and interpret the art of Mr. Schulz. A volunteer from the museum will make a presentation about the museum, their revolving exhibits, and all the activities that they offer for all ages.

Bring an appetizer or dessert to share, and your own beverage of choice. Please RSVP to proslyn49@aol.com by April 15.



Photo by Vicki Payne.

APRIL BON APPETIT (SINGLES ONLY)

WHEN: Thursday, April 4 at 5:30 p.m. Meet at the Berger Center

RESTAURANT: Franchettis' Gausthaus, 1229 N. Dutton Ave., Santa Rosa

Casual dining of "Neapolitan Pizza plus Strudel and Schnitzel with Noodles and other delicious offerings of German cuisine. German beer and wine too!

Reservation is for 20 but restaurant may accommodate a few more with notice. The restaurant agreed to separate checks.

Reservation cutoff is April 1 (no fooling!) RSVP to Simone Smith, ssmith8151@aol.com or (650) 966-1997.

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

Many activities to enjoy as seen on their website BBFISHFEST.ORG! Advance tickets a must and purchased online. Please RSVP to Barb Powell at cpnmpom@gmail.com. This event may require lots of walking on uneven ground.

For Oakmont Singles Social Club membership information, contact joanberg300@gmail.com.

Canine Club



■Jean Nattkemper

CELEBRATE SPRING

As the clouds and damp of winter give way to sprouting buds and mustard-covered hills, what better thing to do than walk with other dogs and owners on the streets and paths of Oakmont.

Put on your walking shoes, grab some water, and join Oakmont dog owners in leisurely walks that cover 1 to 2 miles. Participants are encouraged to wear walking shoes and carry water. Rain cancels all walks.



PJ's Yappy Hour Dog Walk: Friday, March 29, 10 a.m. Meet at corner of Oak Leaf Drive and Valley Oak Drive.

Linda's Yappy Hour Dog Walk: Monday, April 15, 10 a.m. Meet at East Rec parking lot.

LEASH-FREE

Help keep Happy Tails Dog Park clean and safe by volunteering to spend one hour a week performing routine cleanup and reporting, if necessary, maintenance and human or dog behavioral issues to Peri Olinger. To learn more, contact Peri at periolinger@yahoo.com or (707) 479-6961.

RESOURCES FOR YOU AND YOUR DOG

The Canine Club website (<http://www.oakmontcanineclub.org/>) lists events and resources such as pet sitters and dog walkers, etc.

You may have your dog included in the Photo Gallery by e-mailing Steve Huntley with a photo, the name of the dog, the word "Photo," and the words "Photo Gallery" in the subject line. Mail to shuntley@huntleyenvironmental.com.

EVENTS OUTSIDE OAKMONT

Dogwood's 8th Annual Rummage Sale: Sunday, April 21, 10 a.m. to 2 p.m. Sebastopol Grange, 6000 Sebastopol Ave., Hwy. 12, Sebastopol.

Canine Assisted Therapy: Volunteers in Paws for Healing take their dogs to facilities where people benefit from dog visits. The next training dates are April 6, 13, and 20 from 9 a.m. to noon. If interested in participating, go to www.pawsforhealing.org or call (707) 775-9241.

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.

MARCH 24: MARK STAPP PRISON BASKETBALL— MORE THAN A GAME

How can we help incarcerated and formerly-incarcerated people re-enter our community? Dr.



Mark Stapp, Senior Director at Sonoma State University and Vice Mayor of Santa Rosa, volunteers at San Quentin, an institution that is at the vanguard of national rehabilitation efforts. Mark will detail his experience there as well as local efforts to expand educational and career opportunities for formerly-incarcerated residents. For moral, social and economic reasons, this is an issue of vital importance to our community.

MARCH 31: EASTER / NO PRESENTATION

APRIL 7: VICTORIA SWEET SLOW MEDICINE: IT'S GOOD FOR YOUR HEALTH

■Judy Walker



SIMONE PORTER'S DEBUT AT OAKMONT

For our final concert of the 2023-2024 season, we have been fortunate to engage a rising star in the violin world.

At age 10 Simone Porter made her professional solo debut with the Seattle Symphony Orchestra. Her "impassioned energy, interpretive integrity, and vibrant communication skills" were immediately recognized. In recent years Simone Porter has debuted with the New York Philharmonic, the Philadelphia Orchestra, and the Los Angeles Philharmonic and internationally with the Royal Philharmonic



Simone Porter.

Orchestra in London. She has also performed at the Edinburgh Festival, at Mostly Mozart, with the Los Angeles Philharmonic at the Hollywood Bowl, and at Walt Disney Concert Hall with Gustavo Dudamel.

For her debut at Oakmont, she has selected works covering the Baroque period to contemporary music, all of which display her amazing technique and her emotional connection to her instrument. The program will open with a work by the contemporary American composer, Andrew Norman whose music is greatly influenced by architecture. Also included is a Passacaglia by Franz Bieber, an Austrian composer who was claimed as the best violin composer of the 17th century.

In addition, Simone will perform two contrasting violin sonatas—the Beethoven Op.12 no.1 and the beautiful late romantic sonata by Richard Strauss, written when he was 23. At the time he was in love with a young soprano who he would later wed. It is both lyrical and technically demanding for the violinist as well as the pianist. Simone Porter's accompanist will be Pallavi Mahidhara.

We really hope you can participate in this last concert of a very successful season.

WHEN: Thursday, April 11 at 1:30 p.m.

WHERE: Berger Center

ADMISSION: \$30 each or with Season or Mini-Season Pass



Over the years that Victoria Sweet has been a physician, "healthcare" has replaced medicine, and costs keep soaring, all in the ruthless pursuit of efficiency. The remedy is very simple. Good medicine takes more than technology. It takes time, time to respond to people, time to arrive at the right diagnosis and the right treatment.

Dr. Sweet will show us how sometimes it's more efficient to not be so efficient.

APRIL 14: EDWIN BERNBAUM, PHD THE POWER AND MYSTERY OF MOUNTAINS

As the highest and most dramatic features of the landscape, mountains embody humanity's highest and deepest values and aspirations.



Edwin Bernbaum, author of the award-winning *Sacred Mountains of the Word*, will take us on a riveting and impactful photographic journey exploring the power and mystery of mountains around the world.

Somatics Class

■Cheeta Llanes

NEW SOMATICS CLASS IN OAKMONT

This somatics class uses gentle movements and body awareness to improve the quality of life. "Movement is life. Life is a process. Improve the quality of the process, and you improve the quality of life itself," was expressed by Moshe Feldenkrais decades ago.

Experiencing and practicing in this class can relieve stress, anxiety, poor sleep, and assist in recovery from injuries. You will learn more about your body-mind connections, and how simple bodily movements can significantly improve your life. We will be doing gentle movements in chairs for the first class.

If you are looking for less stress, tension, or anxiety, if you are dealing with any sleep problems, if you would like to improve your motor skills, or have more ease in your body, if you enjoy walking with your dog, or with friends, then this class is for you. The material is very approachable and has something to offer everyone.

This somatics class will be led by Silas King, a long-time practitioner of movement, meditation and martial arts. He has helped people with Parkinsons, injuries, poor sleep and anxiety disorder.

Come to our free introductory class downstairs in the West Rec. Center on Wednesdays, April 3 and 10 at 9 a.m. For more information, contact me at (415) 710-2903, or email at cheetallanes@yahoo.com, and Silas King at (707) 734-0780 and email silaskingonline@gmail.com.

Oakmont Music Lovers

■Judy Walker

APRIL 2: THE ART OF THE MASTER CLASS BY JOHN BURCHARD

A classical music master class typically consists of a distinguished professional musician coaching a group of aspiring student musicians, with the aim of fine-tuning their technique and deepening their interpretation. Styles of coaching range from reflective confidant to effusive cheerleader, and from strictly verbal commentary to frequent mentor demonstrations.

The range of student performance attributes potentially benefiting from an experienced professional's coaching varies with the student's type of instrument. For example, singers, like instrumentalists, convey musical meaning through their production of abstract sounds; but they also convey meaning through their facial expressions and gestures while simultaneously communicating another dimension of meaning through the world of language.

Aspiring orchestra conductors need to inspire a large ensemble of instrumentalists through their profound understanding of an entire score as well as through their familiarity with the parts for each instrument. They also need to develop a highly expressive yet easily discernible beat, as well as exhibit that mysterious quality of personal magnetism.

During John Burchard's presentation we will view excerpts from five master classes. These will include instrumental, vocal, and conducting sessions, all coached by distinguished professional musicians. I hope many Oakmont music lovers will join me in the East Recreation Center on April 2—at least partly because John has carefully selected master classes in which one hears, amidst all the performances and critiques, music that is hauntingly great.

WHEN: April 2 at 10:30 a.m.

WHERE: East Recreation Center

COST: Free (donations gratefully accepted)

Oakmont Health Initiative Free Fitness Classes

■Charlene Bunas

HEALTHY LIFESTYLE, PART II

OHI's goal of physical fitness includes exercising with others, in a positive community. Associating with happy people, according to American Heart Association is one part of a healthy lifestyle.



Back: Kathy Sowers, Linne McInner, Gary and Charlene Bunas; front: Marilyn Pugliese. (Photo by Charlene Bunas)

OHI Board members Kathy Sowers, Linne McInner, Gary Bunas and Marilyn Pugliese describe their experiences of Oakmont Health Initiative.

Kathy says, "Troy and I have made many new friends in OHI, visiting before class talking after. Plus, our instructors, JoRene and Nicole, interact with us individually or from the stage, as friends. Friends: one of the greatest gifts that has us coming back."

Before she retired from a 45-year career (nurse/nurse practitioner,) Linne promised herself physical fitness as a top priority. "Exercise classes were a major motivation for my move to Oakmont. At 75, I've slowed down, but regular exercise is still important. I hope JoRene and Nicole will continue to lead and inspire us to stay active!"

Only male on the Board, Treasurer Gary Bunas applauds class participants who contribute to ongoing needs of OHI. He sees these donations a way to insure this program a permanent benefit for an Oakmont healthy lifestyle.

On a personal note, he adds, "This program works! Classes are close to home; Charlene and I have many friends from these morning meet-ups. We love it."

Board President, Marilyn says she finds her "fellow exercisers inspiring," and describes the wide age range, but says "there's not much of a gap in effort and ability." She asks, "where else can you encounter 50 or 60 smiling faces who've gathered to have fun and work on their health?"

You are invited to take a step into a healthy lifestyle through rigorous work-outs with future friends. Check with health practitioner if you have hesitations.

Meeting ID: 832 5893 6515. Passcode: 053432.

Meditation

■Joanne Davey

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



■John Phillips

REPORT NON-WORKING EQUIPMENT

Since we have so many new people and maybe even a few of the regulars that don't remember, I would like to share how to report a piece of exercise equipment that may not be working. It's simple: as you enter the Fitness Center from the lobby, on the left is a large cabinet and in the first lower cubby is a clipboard with a form on it that's titled "Fitness Center Equipment Repair Sheet." This is to report exercise equipment only. If there is a building issue, please report that to OVA Maintenance—their telephone number is listed by the phone on the wall.

Please complete the form as thorough as possible. All the machines should have a number on it for identification. Try to describe what the machine is doing and please provide your name and a telephone number just in case we need clarification. If you want to make sure I see it, you can place it under my door and I will clip it back on the clipboard. That way you know that I've reported it. It is a good way for others to know that the machine has been reported.

I realize we have been lacking on getting possible repair times, but I am working with the maintenance people to see if we alleviate this problem.

If you have any questions or concerns regarding this article or anything fitness related, please feel free to contacting me at (707) 494-9086 (texting accepted) or email at wkuout2@aol.com. I hold Orientations every other Monday at 4:30 and Friday at 10 a.m., and Seminars on Tuesday at 1 p.m. and Thursday at 3 p.m.

Valley of the Moon Rotary Club



■Star Power

NO APRIL FOOLS HERE!

No fooling, it's almost April and I'm not fooling around when I predict sunny days ahead, flowers in bloom and interesting meetings at Valley of the Moon Rotary.

If you're curious about Rotary, Thursday, March 28 will be an interesting meeting to attend. VOM Rotary has a very favorite segment called Student of the Month. We cherish the youngsters who are earmarked to lead our country in a few short years. You would be amazed at how many potential leaders there are out there, and we honor them. Rincon Valley Unified School District chooses a student who exemplifies the Rotary motto of "Service Above Self." These students aren't necessarily the scholars, but the ones who show leadership, compassion toward others, and are consistently helpful to others.

The principals and teachers usually select this student without pause. They stand out amongst the rest. That student, usually accompanied by parent(s), teacher and even the principal, attends our meeting and we get to hear about these positive youngsters and, if we're lucky, even get them to speak to us (but they tend to be pretty shy).

We present that student with a Certificate of Honor, a cash award to spend on themselves, plus a cash award to pay forward. We provide them with a postage-paid return note to write back to us and tell us what they did to pay it forward. They can be very creative and thoughtful. We applaud them.

Plus, we have a terrific speaker that day, Karin Sanford, who's written a book called *The Last Thing Claire Wanted*, about solving a 30-year-old cold case. Sounds interesting.

Our meetings begin at 8 a.m. at the East Rec, but come a little early for coffee, pastry and chat.

Oakmont Democratic Club



■Thomas Amato

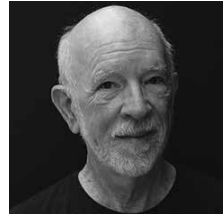
MARCH 28: MARCH PRIMARY TO NOVEMBER VICTORY

The March 28 7p.m. meeting of the Oakmont Democratic Club at the East Rec. Center, will feature an analysis of Super Tuesday and how what we learn from the recent election can help Oakmonters develop a winning strategy for Democrats this fall.

The Oakmont Democratic Club meeting is being held as part of the Oakmont Democratic Alliance. It will feature presentations from Larry Martin, Chair of the Indivisible Out of District Committee and Marty Bennett, Consultant to the Unite Here Union of hotel workers.

Larry Martin will provide a detailed look at strategic

election results that impact future control of the US Senate and US Congress. He will particularly focus on the six California races that are most competitive and how Oakmonters can help. Larry is also a leader in the California Grassroots Alliance, coordinating organizing in six swing districts.



Larry Martin.

Marty Bennett, in 2022, helped organize local canvassers to hold the Democratic Senate seat in Nevada. He will provide an analysis of the developing efforts to help defend Democratic Party control of the US Senate, as Nevada is a major battleground

again.

Marty will also update us on the successful efforts of workers at the Sonoma Valley Mission Inn to form a union. A sizable delegation of Oakmonters attended the two rallies that helped Unite Here win.



Marty Bennett.

Please join us for a social at 6:30 p.m. We will provide pizza and salad. You are also welcome to bring a snack to share and your favorite beverage. The meeting will be a hybrid zoom. For the link or more information visit oakmontdemocraticalliance.org.

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DOGGY WALKS BY JILLY

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

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Oakmont Garden Club



■Patty McHugh

CREATING HABITAT FOR POLLINATORS BY SUSAN KEGLEY, CO-OWNER BEES N BLOOMS CCOF-CERTIFIED ORGANIC FARM, SANTA ROSA

"April hath put a spirit of youth in everything."—
William Shakespeare, *Sonnet XCVIII*

WHEN: Wednesday April 10, 9:30 a.m. social, 10-11:15 a.m. meeting

WHERE: East Rec. Center, 7902 Oakmont Drive

For most of us (including you non-gardeners), April gets us out of the doldrums of the past few months and brings with it a blend of renewal, awakening and promise. This month's presentation is sure to get you thinking of getting back out into the garden. Spring is in the air!



Bees N Blooms is an 11-acre certified organic farm providing a home for thousands of honeybees and native bees, flowers of many varieties, a lavender labyrinth, an acre of lavender for oil production, and a tree nursery with pollinator-friendly trees. Susan tells us that regardless of the size of our own private gardens, backyard gardens can be a boon for pollinators, from butterflies to hummingbirds to honeybees.

Her presentation will focus on what you can do to make your garden a welcoming spot for pollinators. Susan will focus on types of flowers that are most attractive to pollinators, as well as gardening practices that support pollinator health and habitat. She will share their experiences with regenerative organic approaches to pest management and soil fertility.

We hope to see most of our members in attendance! Who doesn't like flowers?

Silver Guys of Oakmont

■D. Hall

POTLUCK SOCIAL PLANNED FOR APRIL

Silver Guys of Oakmont and their invited guests will convene for their Spring potluck on April 14 in the East Recreation Center. The event starts at 2 p.m. and ends by 5 p.m. As usual, attendees are invited to bring a food item and beverage to share.

Silver Guys of Oakmont provides an opportunity for Oakmont gay men and their friends to enjoy non-political social, educational, and community service activities. All men living in Oakmont are welcome to join us.



Oakmont Vets Club

■John De Groot

DEFENSIVE DRIVING

On Thursday, March 28, from 1-3:30 p.m., the California Highway Patrol will present a 2 ½-hour course on Defensive Driving. Sponsored by the Vets Club, everyone is invited.

Those who complete the course will be given a certificate. You may then share this course completion certificate with your insurance company for a potential premium reduction.



The location is the Berger Center. All we ask if for you let us know you're coming (and hopefully for a \$3 donation). Your confirmation is necessary for course material.

Please contact me at jdegroot@sonic.net, (707) 974-8898 or Michael Hudson at swiftvet17@gmail.com, (303) 570-5405.

Travel and Adventure Club

■September Holstad

LEARN ABOUT UPCOMING MIRAVAL SPA TRIP

On March 27, the Travel and Adventure Club is meeting at the Upper West Rec. Center at 3 p.m. to discuss information on a group trip to Miraval Resort and Spa in Tucson, AZ. You don't need to be a member of the Travel and Adventure club to attend or join in on the fun, everyone is welcome.

Planned for early September of 2024, trip attendees will enjoy a 4-day wellness retreat with a self-led agenda and access to Miraval's many amenities.

Your stay includes: Accommodations; nightly resort credits; all meals, healthy snacks and non-alcoholic beverages; daily complimentary fitness, yoga, meditation, wellness lectures and more; full access to resort amenities; all gratuities.

If you have any questions, please contact me at sholstad@bellsouth.net.

Tennis Club



■Jack Breibart

NEW RINGMASTER AT WEST TENNIS COURTS

There is no earth-shaking news from the Tennis Club this edition. But a little shake.

There has been a change in the Ringmaster of the Sunday tennis at the West Courts. For the last three years or so, Brian Williams, he of the sky-high lobs, has been in charge of sending out emails, recording them and then assigning matches for Sunday.



Right to left: Neil Linnebar, the new Sunday chief; Brian Williams, the old Sunday chief; Terry Brown and Frank Passaglia, Tennis Club Vice President. (Photo by Jack Breibart)

Now, Brian has passed the baton to Neil Linnebar, who is off and running with the handoff. Anyone interested in playing on Sunday, should email Neil at dlinneball@hotmail.com. This is his wife Dianne's email, but she is helping with the flow while Neil's email is on the blink.

The Tuesday-Thursday tennis at the East Courts is still going strong, under the stewardship of the hard-working Peter Hogan, who with his top sidekick, Arnie Herskovic, are masters at swabbing off the courts and getting them ready to play during this rainy season. Want to get the latest on the East Courts tennis? Contact Peter at pwhogan@sbcglobal.net.

Jot down Sept. 19-21, 2025 on your next year's calendar for the Laver Cup, a huge deal in the tennis world, which will be held locally at the San Francisco Chase Center, home of the Warriors. Roger Federer, a founder of the event, was in San Francisco recently to talk about the Cup. He also attended a Warriors game, which they unfortunately lost.

This year's Cup will be held in September in Berlin. The Laver Cup—guess who it was named after—sends six of the world's best players against six of Europe's best players in a three-day competition.

The first four tournaments were won by Team Europe in Prague (2017), Chicago (2018), Geneva (2019) and Boston (2021). Team World has won the past two in London (2022) and Vancouver (2023). You can keep tabs on the Laver Cup at www.lavercup.com.

Performing Arts Workshop



■Sherri Hoefling

OAKMONT PERFORMING ARTS WORKSHOP: WHAT IS IT?

Our goal is to provide a space for people interested in the performing arts to practice their craft. There is no substitute for time under the lights, or in front on a microphone, to accelerate your growth as a performer. We are creating a safe space for anyone to show their talents. We will not be critiquing your performance although you are welcome to ask for opinions from those in attendance.

We have reserved the Upper East Rec. the first Wednesday of each month and will host an Open Mic. Starting at 5:45 p.m. you can sign up for a 6-minute time slot and performances will start at approximately 6:15. Sound system will be provided but if you need guitar amps, music stands, special stool, chair without arms, etc., please bring it.

We look forward to hearing Oakmont's many talented musicians and we hope others will come show off their talents. Are you a comedian? How about a story teller? Juggler? Ventriloquist? (Please, no fire dancers, it makes Oakmonters nervous). Let's see what you've got!

If this sounds like fun, you do not need to perform to attend. Every performance needs an audience. There is no charge for this event. Please come see our version of Oakmont's Got Talent.

WHO: You and your friends

WHAT: First Wednesday Open Mic

WHERE: Upper East Rec.

WHEN: First Wednesday of every month, this month—April 3

MORE INFO: Sherri Hoefling, (707) 236-5500 or Jim Munger, (707) 775-8943

NEED A RIDE? GIVE A RIDE! OAKMONT VOLUNTEER HELPERS

COORDINATOR

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March 16-31: Jen Rabalais 808-938-4479

April 1-15: Barbara Lowell 707-538-0333

We provide the following services to Oakmont Residents:

- Transportation to medical/dental appointments, including pet appointments in Santa Rosa only
- Rides to events and activities within Oakmont
- Meals on Wheels 707-525-0383

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 LOCAL OFFICIALS

County Supervisor Susan Gorin, District 1

Phone (707) 565-2241

Email: Susan.Gorin@sonoma-county.org

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

City Councilwoman Dianna MacDonald, District 3

Email: dmacdonald@srcity.org

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

Asian American and Pacific Islander Heritage Month Celebration

■ Anne Marie Siu Yuan

DATE: Saturday, May 11

TIME: 10 a.m. to 5 p.m. Doors open at 9:30 a.m. (coffee & muffins)

PLACE: East Rec. Center

COST: Free admission

May is officially designated as Asian American and Pacific Islander Heritage Month. It is a period for recognizing the contributions and influence of Asian Americans and Pacific Islander Americans to the history, culture, and achievements of the United States.

Come and experience some of the customs and traditions of the Asian Pacific Heritage and Culture. The event will feature workshops and demonstrations by local Sonoma County artists: Origami with Henry Kaku, Qi Gong with Sara Valerio from Turtle Moon Qigong, Henna Tattoos with Rupinder Kaur, and Chinese

Paper Cutting with Hsiu-Chuan Armstrong from the Redwood Empire Chinese Association (RECA).

We will also feature three Oakmont artists sharing their love and passion for their arts with their Oakmont community. Cathy Chong will be doing a lecture and demonstration on Calligraphy. Garth Hokanson, Master Gardener, will be demonstrating the art of Bonsai. Gary Andersen will be sharing with us the art of Japanese Kamishibai Storytelling, as well as demonstrating his Japanese Influenced Woodworking.

There will be Chinese Dim Sum available for purchase. For entertainment during lunch, there will be Lion Dancers from RECA and Oakmonter Stephanie Brucker and fellow dancers from Hula Mai will be dancing and teaching the art of Hula.



Please note that there will be limited capacity for Paper Cutting, Origami and Henna tattoos, and advance sign-ups will be required—there are sign-up sheets in the club folder at the OVA office.

This event is funded by a grant from the Oakmont Community Foundation.

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