

OAKMONT NEWS

Oakmont's Semimonthly Newspaper

www.oakmontvillage.com/news

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Oakmont Village Residents Win Bocce Tournament

■News Staff

Oakmont's Sonoma Valley Pumas bocce team captured the prestigious Sonoma Wine County Games championship on June 2. This annual multi-day, single elimination tournament hosted 16 teams from throughout California.

"After two days of going undefeated, the Pumas outlasted a highly experienced Santa Barbara team 15-6 to win the championship game," said Steve Spillman, the team's Capo. "While each game was a hard-fought battle, everyone had great time while supporting this wonderful cause sponsored by the Council on Aging."

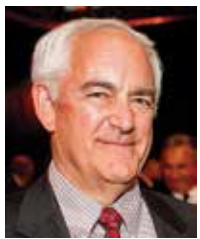


L-R: Perry Brace, Gene Mai, Capo Steve Spillman and Fritz Spotleson. (Photo by Barbara Spotleson)

Board Adopts New Committee Structure

■News Staff Report

The Oakmont Village Board of Directors restructured its standing committees to separate strategic and operational functions. The following standing committees were dissolved and renamed Operational Task Forces reporting to the OVA general manager: Communications Committee, Emergency Preparedness Committee, Firewise Advisory Resource Committee, Landscape Committee, New Resident Welcome Committee, and the Oakmont Environmental Stewardship Committee.



At the July 18 board meeting it was affirmed that Tom Kendrick's appointment as OVA treasurer by acclamation on April 16 stands.

The resolution, which was approved unanimously, cites streamlined and enhanced operations as a benefit of the change in reporting structure. The Community Education and Transparency Committee was also dissolved as most of its charter duties have been assumed by the general manager and

See **BOARD** on page 3

Rainbow Women



Oakmont Rainbow Women celebrated Pride with their annual parade on Saturday, June 8. (Photo by Julie Kiil)

Reminder of Pool Use Rules

■Christel Antone, OVA General Manager

As the weather warms up and you enjoy bringing family and friends to the pools, please take a moment to review the pool rules. The CAC pool is the only pool designated for guests under 18 years of age. To help keep the pools functioning properly, prevent issues with the equipment, and ensure everyone's safety, please ensure that all guests are aware of and comply with the rules.

Staff Monitoring: Our staff regularly monitors the pool area to ensure rules are followed. If you see anything that needs to be brought to our attention, please contact the OVA Admin office at (707) 539-1611.

Emergencies: In case of an emergency, use the phone located on the wall next to the first aid kit. Please note, there are no lifeguards on duty.

Thank you for your cooperation and for helping us maintain a safe and enjoyable pool environment. Have a great time at the pool!

To ensure a safe and enjoyable experience for everyone, please remember the following facility pool rules:

- Children (17 years of age or younger) must be accompanied by an Oakmont resident or an adult 18 years or older with a valid guest card during children's hours.
- All pool patrons must shower before entering the pool.
- No food or drink (other than water in a plastic bottle), and no glass are allowed in the pool area.
- No jumping, diving, or running on the pool deck.

See **POOL USE RULES** on page 3

Getting To a Master Plan

■Christel Antone, OVA General Manager

For the past year, we have been asking for and receiving comments from residents and user groups about what they would like the future of the central activity center to be, and our community continues to deliver excellent support and engagement from our volunteers. Members participated in community conversations and work groups, submitting valuable and well-organized information through the 2030 initiative about the current needs, the ideas and the concerns regarding the Central Complex. More recently five user groups provided planners with specific needs, preferences and aspirations for the central area.

Now it's time to take the next step for creating a long-term master plan for the central area.

Mitch Conner and his team from Archilogix have created three integrated layouts or concepts for our review and consideration. His team has focused on getting as many of the community ideas and requests included in each of the three integrated layouts.

We are excited to invite the community to view these concepts in developing a master plan and be able to share feedback. First, we'll introduce the three concepts at our June 27 Town Hall from 11 a.m. to 1 p.m. at the Berger Center.

Then the concepts will be exhibited at the Central Complex for three weeks from July 8-26. Within those dates, on select days and times we'll have community volunteers available to answer questions about the concepts and process. This exciting first step lets us review potential plans and share feedback.

We realize that the community is eager to learn as much as possible about the designs, costs and next steps. There are still some activities to complete before we know the answers to important questions about estimating costs, funding options and timelines. As we get more insights and details, we look forward to sharing this information. We will continue to announce target dates when they become available.

We want to hear your feedback so please attend the Town Hall June 27 and then plan on stopping by the Central Complex during the July exhibit of the three integrated concepts.

There will be several ways to share your feedback regarding these CAC master plan layouts. You can ask questions at the June 27 Town Hall. You may write and submit feedback at the CAC July Plan exhibit (July 8-26). We will also be scheduling community conversations as another way to gather community feedback. And, as always, you may send your feedback by email to our AskOVA@oakmontvillage.com.

We look forward to hearing from you.

Town Hall on Central Complex

JUNE 27, 11 AM AT BERGER CENTER

Central Complex Design Concepts Exhibit

JULY 8-26 AT CENTRAL ACTIVITIES CENTER

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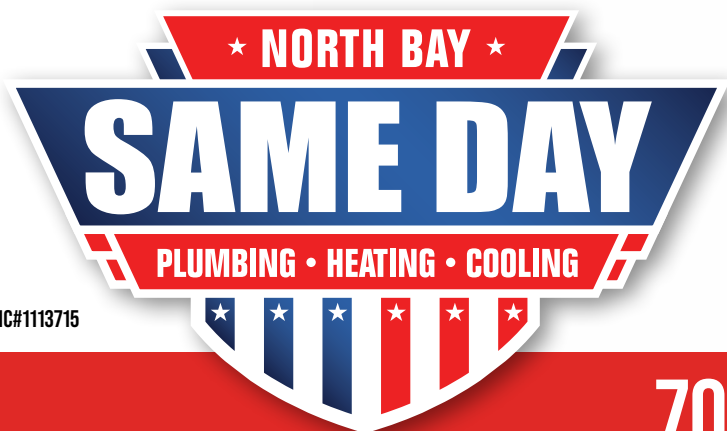
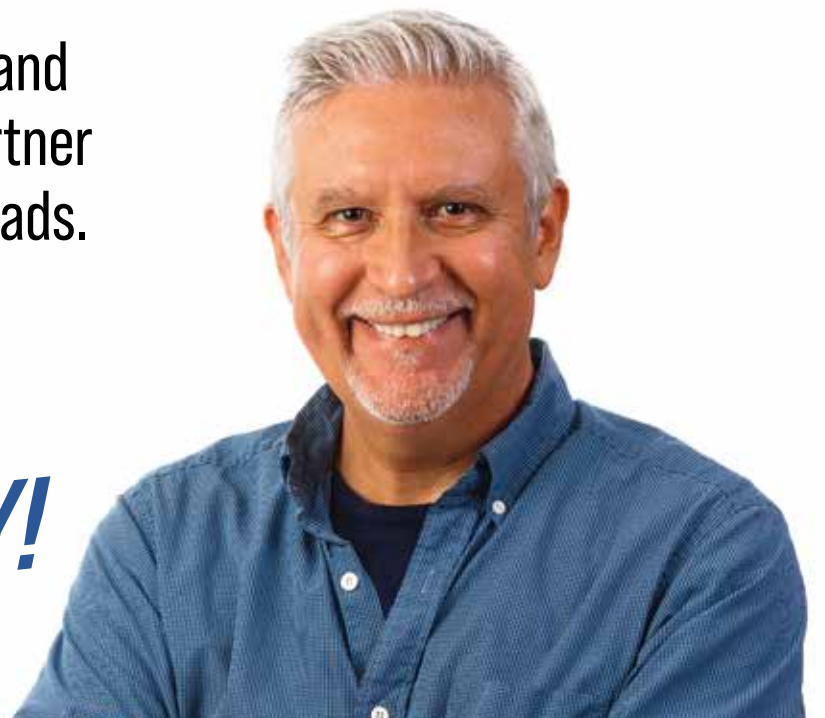
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OAK at the VOM Golf Club

■ Hilary Gruendle



HAPPENING AT OAK AND VOM GOLF CLUB

In July, enjoy Sundays on the Deck at OAK! Kicking off at 5 p.m., enjoy a BBQ with burgers, salad and cookies, \$17 per plate. There will also be \$5 glasses of wine or \$4 draft Coors. No discounts apply. Happening on Sundays: July 7, 14, 21 and 28.

LIVE MUSIC MONDAYS

Come to OAK on Mondays for live music between 5-7 p.m. Reservations required, \$8 cover charge. Here's who you can look forward to seeing next:

June 24: Glory Dayz featuring Frankie Adel from Sha na na

July 8: Jami Jamison

July 15: Showcase Band

July 22: The Magic Band

July 29: Blues Burners

August 5: Hwy 12 Band

August 12: The Magic Band

August 19: Alt City Band

August 26: Second Street Band

KNIFE SHARPENING ON JUNE 26

Every month, on the last Wednesday of the month, stop by the parking lot of OAK for knife and garden tool sharpening. This month, knife sharpening is on Wednesday, June 26. Hours are from 9 a.m. to 2 p.m. Rain cancels.

The fees: \$7 per knife any size including serrated, \$7 for scissors, \$12 for most garden tools, trimmers, loppers, and choppers.

TRY THE EARLY BREAKFAST AT OAK

OAK is opening for weekend breakfast at 7 a.m., Fridays through Sundays. For now, these early breakfast options are only for these three days, but if the early hour mealtimes prove popular, OAK may include other days of the week, too.

When you dine at OAK, don't forget that all Oakmont residents receive a 10% discount when they tell their server.

Visit www.playvom.com for all upcoming events and happenings at OAK and Valley of the Moon Club.

Join A Club Night

■ OVA Staff

THURSDAY, JULY 18, 6-7:30 PM
BERGER CENTER

Would you like to learn more about a club or organization in Oakmont?

The OVA Join a Club Night event is for everyone, new and long-time residents. Join your neighbors at the Berger Center and meet over 50 clubs at a table event. Talk to current members and learn the details. There is no cost to attend.

Community Courtesy and Staff Appreciation

■ Christel Antone, OVA General Manager

I want to take a moment to recognize and express gratitude for the hard work of the OVA staff. Their dedication to upholding a peaceful and welcoming community is consistently evident. Their unwavering commitment to fostering a peaceful and inclusive community is truly commendable. I frequently hear commendations about the exceptional quality of our staff, and I believe it's a testament to the wonderful community they serve.

Please remember:

- When you see a staff member feel free to stop and say hi, engaging with the members is the highlights of our days.

- Help by upholding rules and guidelines: This helps ensure smooth operations, a great living environment for all residents and a pleasant workplace for the staff.

- Communicate politely: If you have a concern or request, kindly express it respectfully. The OVA staff are dedicated to providing assistance whenever needed. They consistently strive to exceed expectations and ensure the utmost satisfaction for all members.

Together, we can continue to foster a respectful and thriving community.

Reporter Callout

■ New Staff

Do you have a keen eye on what's happening in our community and a passion for writing? Oakmont News is looking to expand its team of reporters.

If you're interested and want to learn more, email the editorial team at edit@oakmontvillage.com.

New to Oakmont?

Meet with a volunteer from the New Resident Welcome Committee to learn about everything Oakmont—from governing rules, important phone numbers, activities, services, facilities and emergency prep.

Contact us at welcome@oakmontvillage.com. The Welcome Packet is available at oakmontvillage.com/article/new-resident-welcome-packet.

BOARD Continued from page 1

communications director. The committee's chair will continue to collaborate with the general manager.

The board also appointed two members to the Long Range Planning committee: Leslie Gavin and Barbara Arriaga. In a separate action, the board amended committee policy to disallow board directors from serving as committee members. A board director will still serve as a non-voting committee liaison.

POOL USE RULES Continued from page 1

- Children under 18 are not allowed in the Jacuzzis.
 - No diapered children are allowed in the pool.
 - All guests must have a guest card or be accompanied by an Oakmont resident.
 - The capacity limit of the Central Pool is 60 guests.
- Find our full pool use policy here: oakmontvillage.com/article/pool-use-policy.



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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.

Lawn Bowling



■Mary Blake

INTERESTED IN LAWN BOWLING?

Email us at oakmontlawnbowling@gmail.com and we'll set up an introductory session for you.

DAILY DRAW

Monday through Saturday, show up at 9:15 a.m. to bowl at 9:30.

NEW CLUB SHIRTS

We have enough interest to order men's shirts in varying sizes.

MEMORIAL DAY TOURNAMENT

We have two types of tournaments. Intraclub tournaments follow traditional rules. Pairs and Triples play 14 ends. Singles play 20 ends or until one bowler has 21 points. The winners of the first round play each other and the winners of that round play each other until one team, or one bowler emerges victorious.

For our holiday games, Pam Dempsey and Steve Pickell often offer unique rules to make the game more interesting. Our Memorial Day Tournament was both fun and a great way to build skills. For the first 3 ends, any bowl short of the jack was "dead" and removed. For the next 3 ends, any bowl past the jack was "dead" and removed. This might seem a bit silly, but as the bowlers adapted to the challenge, I think they realized that they were improving their skills.



Memorial Day Bowlers: Richard Goodwin, Jim Krause, Jodi Darby, Wilma Rolland, Bruce Rolland and James Chang.

REFRESHER GAMES

Topher Gayle's refresher/upgrade classes are a great way to improve skills as well as get to know other bowlers. Lead position for our June 12 class filled quickly so Topher is offering a class June 27 and each month after that. Dates will be posted in our e-blasts and on the website.

COMING EVENTS

Tuesday, June 25: Men's Triples
Thursday, June 27: Refresher class
Thursday, July 4: Independence Day Tournament
Monday, July 8: Open house (no daily draw)
Thursday, July 11: After 5 Social
Tuesday, July 16: Women's Triples
Tuesday, July 30: Open Triples
Email: oakmontlawnbowling@gmail.com. Website: www.oakmontlawnbowling.com.

Asian Pacific Heritage and Culture Club

■Anne Marie Siu Yuan

DOCUMENTARY CARVED IN SILENCE WITH FILMMAKER FELICIA LOWE

DATE: Wednesday, July 10

TIME: 2-4 p.m.; door open 1:30 p.m.

PLACE: East Rec. COST: Free

Carved in Silence tells the story of Chinese immigrants who were detained at the United States Immigration Station at Angel Island in San Francisco Bay during the little-known Chinese Exclusion era.

The Chinese Exclusion Act was a United States federal law signed by President Chester A. Arthur on May 6, 1882, prohibiting all immigration of Chinese laborers for 10 years. The law made exceptions for merchants, teachers, students, travelers and diplomats. It was the first significant law restricting immigration into the United States. The law remained in force until the passage of the Magnuson Act in 1943, which repealed the exclusion and allowed 105 Chinese immigrants to enter the United States each year.

Felicia Lowe is an award-winning independent media producer, director, and writer with 40 years of production experience. Her documentaries *Chinese Couplets*, *Carved in Silence*, *Chinatown and China: Land of My Father* reveal the unique experiences of Chinese in America while underscoring our common humanity. Prior to producing documentaries, she was one of the first Asian female television news reporters and worked in children's programming. A descendent of Angel Island detainees, she's been a leader in the preservation and restoration of this National Historic Landmark.

Please join us for this free documentary screening, followed by Q&A with filmmaker Felicia Lowe.

Constitution Club



■Jane Gyorgy

CHANGE OF FOCUS

Given the interest expressed over time, especially at our April 23 meeting, to transition from the "Constitution Club" into what might be called the "Conservative Conversations" club, we have changed the focus of our June 25 gathering. This change entails a shift towards more politically focused discussions and the potential formation of political action groups.

Various ideas are being explored, from casual, sociable gatherings to a structured format with speakers and political action groups. Your input is crucial in shaping the future of our club. Remember, we meet only once every other month, on even months, on the fourth Tuesday between 4-6 p.m. in the Berger Center, 6633 Oakmont Drive. We are also considering more frequent gatherings to accommodate your interests.

If you are not a member, please email TheNewOakmontCC@gmail.com, provide your area code and phone number, and indicate your ability to receive texts. We do not use your email for anything other than meeting invitations and meeting reminders.

Five dedicated volunteers have stepped forward to ensure a smooth transition. They are actively working on getting phone numbers to reach out to each of you before the June gathering, demonstrating their unwavering commitment to gathering your ideas and interest in the change of focus.

Our June 25 gathering has been completely revised to accommodate the volunteer's findings and new members. We are thrilled about the changes and are excited to have secured a speaker, Cheryl Giurlani, President of Santa Rosa Republican Women Federated (est., 1945), to talk about the changes we are considering and her experience with a more politically focused organization. We can't wait to share these exciting developments with you.

Current Events Discussion Group



■Tina Lewis

This is a very important year to discuss current events! Please join us every Friday from 1-2:30 p.m. at the East Rec. to hear all sides of issues from local to international. Come in person if you can; join us on Zoom if you can't.

Following the meeting join us at OAK for Happy Hour. This has become very popular, giving everyone a chance to socialize, unwind, and have something to eat and drink.

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.

Bocce Club



■Elean Huff

TOURNAMENT AND CLUB NEWS

The Battle of the Sexes Tournament was scheduled for play on Saturday, June 8. However, we ended up playing a regular tournament. The winners are pictured.

Next up is the Independence Day Tournament scheduled for Saturday, July 6, at 9:30 a.m.

The Bocce Club's annual picnic will be held on Saturday, July 20, at 9:30 a.m. The picnic will start at 11:30 a.m., at the West picnic area. Bocce ball will be played at the regular time of 9:30 a.m.



Richard Goodwin, Barbara James and Bob Baciocco. (Photo by Barbara Newton)



L-R: Jean Reed, Barbara Serafin, Elean Huff, Elaine Foote and Ellie Baciocco. (Photo by Barbara Newton)

WINE COUNTRY GAMES

Two teams represented the Oakmont Bocce Club in the annual Council on Aging-sponsored event. They did not win, however, they had a great time and agreed they would do it again next year. The team of PIANOF was the big winner of the event. There were three Oakmont players on the team. Congratulations go to Eugene Mai, Steve Spillman and Fritz Spotless.

GRANDPARENTS' CLUB KIDS BOCCE

On Wednesday, July 24 and Friday, July 26, the Bocce Club will sponsor the Grandparents' Club event for the children. There will be no regular 9:30 a.m. play on these two days.

For anyone wishing to volunteer, please sign up at the Bocce Courts. For more information on this event, contact Jean Reed at (707) 538-3874.

CLUB PLAY

All three bocce courts are reserved for club play Monday through Saturday at 9:30 a.m. and continuing until all games are completed. New players interested in learning about the game are always welcome during daily play. We will be happy to show you the fundamentals and introduce you to the fun game of bocce.



■Greg Fauss



CELEBRATE!

Once again, we invite you to our monthly potluck, this Sunday, June 23 at noon, following our worship service.

As the July 4th weekend approaches we turn our thoughts to celebrating Independence Day. We are grateful for the many benefits our nation affords us and it's a good time to reflect on these benefits and all those who have worked to secure them and protect them.

As Christians we are also conscious of our interdependence. In a broad sense interdependence is about freedom limited by love and responsibility to God, to humanity and all of creation. This too comes into play as we celebrate and consider how best to live.

For more information about our Sunday Services, our Wednesday Morning Bible Study, our Thursday viewing of The Chosen movie, Saturday Prayer, monthly potlucks and other gatherings, visit our website at www.occsantarosa.org, write us at occsantarosa@gmail.com or call at (707) 595-0166.



■Marie Haverson

4TH OF JULY BBQ

As some of you know, Ray had a very bad accident in February. He suffered a very bad brain injury. Unfortunately, Ray passed away in early June. Thank you for your support and help during the past few months.

In memory of Ray, I decided to move forward with planning the 4th of July event. You all know that Sha-Boom Events Club was Ray's reason to bring us all together for a fun and happy time.

WHAT: 4th of July BBQ **WHEN:** Thursday, July 4
TIME: Doors open 4 p.m.; BBQ Dinner 5-6 p.m.; music 6-8:30 p.m.

WHERE: Berger Center **COST:** \$40 each person
CATERER: Charles BBQ

MUSIC: By Second Street Band

MENU: BBQ chicken, The Boss Hot Dog, Green Salad, Mac & Cheese, Potato Salad, cookies, coffee and lemon water; BYOB

Please make your checks payable to Sha-Boom Events Club and place in folder at the OVA office or mail to: Marie Haverson, 7111 Oak Leaf Dr., Santa Rosa, CA 95409. Please put all names and checks together in one envelope so I can sit you together at the same table.

Note: I am using Ray's contact list I found in his email. If you know of someone who didn't receive an invite, please let me know so I can update my own contact list in my email account. I will use the new list going forward.

Hope to see you all there!

Oakmont Music Lovers

■Judy Walker

A FREE PIANO/CELLO RECITAL

WHEN: Saturday, July 20 at 2 p.m.

WHERE: Berger Center

ADMISSION: Free (donations gratefully accepted)

Abigail Summers and Jenny Watts first met in the 1990s in Willits, Mendocino County. Discovering their shared love of Classical music, the two would put together house concerts every few years, to which friends and family were invited.

Abigail grew up in the English countryside, playing piano and cello from an early age. Her performance studies took her to the Royal College of Music in London where she added recorders, viola da gamba and baroque cello to her repertoire. Locally Abigail performs regularly with the Symphony of the Redwoods and the Mendocino Music Festival Orchestra. She can also be found playing string quartets at weddings and private parties around the North Bay, or teaching cello and piano in her studio in Sebastopol. She is currently studying Music Education at Sonoma State University.

Jenny grew up in Burlingame, CA, where she studied piano privately for many years. Her early training was in classical music, but also became interested in jazz and musical theater during her high school years. After moving to Willits, she accompanied various groups and events including the High School Vocal Ensemble. She also worked with local choral directors, accompanying their choirs and several musicals including *Grease*, *Oliver* and *Gypsy*.

In 2022, the Duo put together a program for a fundraiser at the Willits Arts Center which was also performed at Oakmont where Jenny and her husband Dave have been residents since 2018. Abigail moved to Forestville in 2017, and so the musicians are able to continue playing together and creating new programs for their old and new homes.

Once again, they have combined their talents for this concert of piano-cello music that includes pieces by Bach, Vaughan Williams and Fauré.

Lifelong Learning 

■Marlena Tremont

**LUNCH AND LEARN:
FROM BURGERS TO HAUTE CUISINE
19TH CENTURY COOKING**

Instructor: Dr. Bertram Gordon

Saturday, June 29, 11 a.m.-4 p.m., Berger Center

1-day session. Cost: \$47 includes lunch



The hamburger goes back to Steak Tartare in Central Asia and "Hamburg Beef" and "Hamburg Steak," in early 19th century American menus. The modern American hamburger takes off in popularity during the late 19th century and with the coming of McDonalds in the mid-20th century, it becomes a symbol of the United States.

In contrast with the humble hamburger is the rise of "La Grande Cuisine," or "high cooking," elaborate preparations associated with the Grand Hotels, as well as spas at Vichy and Evian in France, and Baden Baden and Wiesbaden in Germany, all promoting an international hotel French-inspired cuisine. Menus become collectors' items, exemplified by the New York Public Library's extensive collection and shown in class.

To register go to OakmontLL.org, fill out the form in the OLL folder at the OVA office or pay at the door. Please indicate your preference for a hamburger or a veggie burger.

**Valley of the Moon
Rotary Club**



■Star Power

HAPPY NEW YEAR!

That's right, it's a new year for Rotary clubs around the world! The Rotary new year begins on July 1, however due to the 4th of July holiday falling on Valley of the Moon Rotary's first Thursday, our normal meeting day, the first meeting of the new year will be on July 11.

At the last meeting of the fiscal year on June 27, VOM Rotary will be turning the gavel over to their new president, Fred Merrill. Outgoing president, David Beach is looking forward to a well-deserved rest after a tumultuous year facing low membership following the COVID years and a successful fundraiser in spite of the low membership. Several new members have come aboard and we welcomed them to the fold.

Fred Merrill is a colorful, happy person, who served for many years with the Sonoma Rotary Club before moving to Oakmont and joining VOM Rotary. He's an avid bike rider who you may have seen around Oakmont and surrounding areas. He's always willing to cheerfully lend a hand and is a loving family man to his four grown children and wife of many years, Susie.

VOM Rotary looks forward to another great year of "Service Above Self" and contributing toward making the world a better place. Rotary and Kiwanis clubs in Oakmont strive to work together toward these common goals.

We welcome guests to drop in for a light breakfast and friendly camaraderie on most Thursday mornings at the East Rec. Our meetings begin at 8 a.m. and run about an hour, but we encourage folks to come a bit earlier to chat.

Passages



Donald Francis Green, Sr. (March 13, 1932–May 30, 2024) lived in Oakmont with his wife Dorothy for 18 years.

Don Sr. served on the Finance Committee, the Long Range Planning Committee, the Pickleball Committee and the Oakmont Community Development Committee. He also served as President of SIRS (Sons in Retirement).

A memorial service will be held at 2 p.m. on Wednesday, July 10 at Kenwood Community Church followed by a reception.

Carol Ann McFall Hastings passed away in the arms of her wife Mary Hastings on May 22.

Carol enjoyed a 40-year career in law research and managing five law firms in three states. After being diagnosed with Corticobasal syndrome in 2020, Carol retired to her quiet Oakmont life. Carol and Mary moved to Oakmont in 2016 and have been nurtured by the area's natural beauty and the warmth of a strong loving community.

Mary is grateful for the support she has received during this difficult time from her Water Fitness and her Strength and Balance class members, the community at large and the dog parents who walk their dogs by the pool and give spontaneous pet therapy.

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*.

Oakmont Singles Social Club



■Bailey Penzotti, Priscilla Roslyn and Simone Smith

JULY MIXER—OUTDOOR FUN!

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

WHERE: West Rec. Picnic Area

We hope that you had a great time at our summer kick-off picnic. Let's continue the summer vibe by gathering at the picnic area at the West Recreation Center. We will enjoy a potluck, and thereafter play horseshoes, corn hole, or climb the hill to play bocce ball. A little something for everyone! Bring a dish to share and your beverage of choice.

Please note the location, as it is different than most of our Singles Mixers!

Please RSVP to Priscilla no later than July 15, proslyn49@aol.com!

I'm ready for a summer picnic!
(Photo by Bailey Penzotti)



JULY BON APPETIT (SINGLES ONLY)

On Thursday, July 11 meet at 5:45 p.m. to carpool from the Berger Center. The restaurant is Ausiello's Homeslice, 5755 Mountain Hawk Dr., Santa Rosa (where Ricky's Eastbound was located before they closed), <https://www.ausielloshomeslice.com>.

For over 23 years, the Ausiello family cultivated a long-standing bar and grill in a neighborhood in the downtown area which was 5 miles away from their homes. Fortunately for us, they relocated to the Rincon Valley area and brought the sense of neighborhood camaraderie with them. From popcorn chicken with a Carolina BBQ dipping sauce to a smash burger with melting American cheese to an Affogato (did I influence your meal yet?), Ausiello's Homeslice will have something for everyone.

Reservation is for 20. Bring cash because the restaurant will not provide separate checks!

Reservation cutoff is July 8. RSVP to Simone Smith, ssmith8151@aol.com or call (650) 966-1997.

DO YOU LIVE IN OAKMONT? ARE YOU SINGLE?

If so, join our club to mix and mingle with other Singles. Oakmont Singles Club offers the opportunity to network with other singles who may have your same interests.

For more Oakmont Singles Social Club membership information, contact President Deb Ponts at dponts707@gmail.com.

Wii Bowling Oakmont Lanes



■Terry Leuthner

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

Anyone interested in joining our club, either as a team bowler or substitute, please call me at (707) 291-3023 or stop by the East Recreation Center on Tuesdays from 2–3:30 p.m. (no bowling fourth Tuesdays). See www.oakmontlanes.com for club information, bowling dates, week results and team schedules to bring cookies and help set up at 1:15 p.m. and tear down equipment at 3:30 p.m.

No bowling June 25 (fourth Tuesday).

Bowling dates for July: July 2 (week #7), 9 (week #8), 16 (week #9). No bowling July 23 (fourth Tuesday).

Pickleball Corner



■Maureen McGettigan and Peter Copen

ARE YOU A PICKLEBALL ADDICT?

The pickleball invasion is in full swing. Millions of people have taken up the sport in the past 10 years. Many members of the Oakmont Pickleball Club can't wait to play every day of the week. They feel that life is not worth living without their pickleball fix.

Below are excerpts from a Mayo Clinic report on the characteristics of addiction. Do you have any? If you do, you can join the ranks of your happy fellow pickleball addicts:



Graphic by Peter Copen.

Common characteristics or factors of addiction include: Adventurous or thrill-seeking, attention deficit disorder diagnosis, comfort with secrets or lying, desire for immediate gratification, difficulty in accepting responsibility, difficulty with self-regulation, early childhood trauma, exposure to drugs and alcohol, impulsivity, mental health conditions like anxiety and depression, neuroticism or high levels of sensitivity or nervousness, obsessive and compulsive behaviors.

Watch for these signs of addiction:

- Always wanting more: Feeling that you must use the substance or engage in the behavior regularly—daily or even several times a day.
- Inability to stop: Failed attempts to stop, even when you want to, or not being able to follow rules that you have set for yourself.
- Increased tolerance: Needing more of the drug or behavior to get the same effect.
- Intense cravings: Having strong urges that block out other thoughts.
- Loss of control: Difficulty in controlling use or behavior, even though you know it's causing problems in your life or causing you physical or psychological harm.

We know you probably have at least a few of these indicators. Don't feel bad. You are not alone. And... welcome to the Oakmont Pickleball Club!

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.

Billiards Club

■Steven Dieterle

SWEET, SWEET REVENGE

The Billiards Club held an 8 Ball double elimination tournament on May 30. There were eight participants entered, all very skillful and qualified to win a tournament. There were no favorites to win the tournament from the start.

As we move forward, the club member's talent and skill levels have improved to the point where each tournament gets more and more competitive. Today's tournament had four previous tournament winners and 3 runner ups.

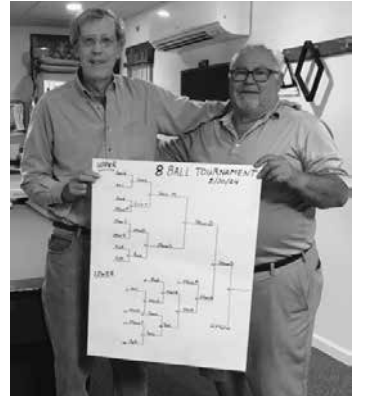
However, Steve Dieterle started strong winning his beginning matches making him the player to beat. As play continued Steve Dieterle continued to win all his matches placing him into the finals.

The play down of the rest of the participants brought Frank Coryell and Steve Martin together. These two have been constant contenders and winners in previous tournaments. The winner would play Steve Dieterle in the final match(es). As it turned out Steve Martin won the match with Frank, and moved him into the finals.

In the past year, Steve Martin and Steve Dieterle have been in this exact position, and Steve Martin won both of those tournaments. Steve Dieterle was determined not to allow Steve Martin to go 3 for 3!

Congratulations goes to Steve Dieterle on the win. It's about time!

Thanks to all the players who participated in this tournament and making it a fun and competitive event.



Winner Steve Dieterle on the left and runner up Steve Martin.

Critter Cam Club

■John Tan, Founder

A new club is forming in Oakmont! It's called the Critter Cam Club. Our mission is to build a relationship with the community to share data and provide a strong foundation and build a knowledge-base for residents with nature and science and for the well-being of humanity.

The thought was to have a local Oakmont club that could set up cameras on homes and have the images or videos uploaded to a website (to be determined). During the daytime or night, captured images-videos data could include any wildlife in the property lines of Oakmont, which will include the starting borders of Annadel Mountain, local creeks, and ponds. The data could be submitted by a physical sim card, uploaded online, or sent by a smartphone. With this information our group would focus on evaluating what breeds, the age, color, and sex and how many were seen.

We would gather the data to be submitted on our website and other data recovery methods to be sent to other organizations that receive this kind of data for research and development, such as Wildlife Insights (<https://www.conservation.org/about>) or iNaturalist.org. We could have a mounted video display system for the OVA office and/or local real estate brokers to use the presentation as a means of marketing our community.

Join our club by submitting your full names, email/phone, and an Oakmont home address for OVA verification purposes and if you have a camera already to jtan8217@gmail.com.

Critters alive!

Playreaders

■D. Hall

UPS AND DOWNS IN THE THEATER WORLD

June began with two feel-good comedies by Oakmont Playreaders, followed by Albert Groff's *Not My Cup of Tea*, produced by Marcel Coder.

Next up: July 1 and 8, when Sandy White will produce Italian-American Reconciliation by J.P. Shanley, an emotionally charged story in which an expensive, micro-planned wedding celebration and its aftermath take a sad turn. It features: Michael Erwin, D. Hall, Ginny Smith, Lisa Erwin, Esther Dolan and Sandy White.

On July 15, Playreaders will hold a workshop. Then, in August, we'll see Christopher Durang's *The*

Actor's Nightmare, produced by Lisa Erwin.

Join us the first two Mondays of every month in Room B of the Central Activities Center at 2 p.m. We "sold out" again in June, so arrive early for a seat.



D. Hall, Lisa Erwin and Michael Erwin performing a scene from *Fishing for Fate*. (Photo by John Dolan)

Kiwanis Club of Oakmont

■Charles Ensley

HOPE OF AMERICA AWARDS PRESENTED

The end-of-year assembly at Kenwood Elementary School was held on Monday, May 20. The Kiwanis Club of Oakmont presented their annual four Hope of America awards for best citizenship, participation in class and future leadership. Awardees chosen by their teachers were fifth graders Bella Saxsenmeier and Alba Hamilton, and sixth graders Camden Lopata and Kaila Seyms.

To benefit programs at Kenwood School, Oakmont Kiwanis collects for the Thanksgiving Redwood Empire Food Bank drive, makes donations for LEGO Robotics, the STEAM program and purchases dictionaries for second graders. In addition to providing the annual Hope of America awards, club members financially supported the sixth-grade spaghetti feed to fund their week of outdoor education, which raised so much this year that the class had two different camping trips!

Kiwanis also presented Hope of America awards on May 31 to Luther Burbank fifth graders Esteban



Fran Lazzarini, Bella Saxsenmeier, Alba Hamilton, Camden Lopata, Kaila Seyms and Charles Ensley. (Photo by David Seyms)

Rueckert and Alexis Rodriguez and sixth graders Elisha Varani and Donathan Birdsell.

A college scholarship was awarded to Maria Carrillo High School senior and Key Club president Ava D'Anzica Himes on May 20.

Funding for such awards and college scholarships is made possible by donations to our twice-yearly Shredathons and our upcoming August 3 Carnitas and Margarita Dinner at Berger Center. Tickets available soon.

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 the OVA.

JUNE 23 AT 2 PM THE CALL OF THE WILD

A sled dog struggles for survival in the wilds of the Yukon. 2020, PG, 1:40.



JUNE 30 AT 2 PM FAST CHARLIE

Charlie Swift is a fixer with a problem: the thug he's whacked is missing his head and Charlie will only be paid if the body can be identified. Enter Marcie Kramer, the victim's ex-wife and a woman with all the skills Charlie needs. 2023, NR, 1:30.



JULY 7 AT 2 PM ALL THE PRESIDENT'S MEN

Washington Post reporters Woodward and Bernstein uncover the details of the Watergate scandal that leads to President Richard Nixon's resignation. 1976, PG, 2:18.



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Canine Club



■Jean Nattkemper

GOING TO THE DOGS

Just-for-fun competition, raffles, dog caricature artist Shannon Abbey, and microchipping by Northtown Guardian Pet Hospital... Kicking off Oakmutt Doggy Day on June 1, non-profit Paws for Love led the Parade of Dogs around the Berger lawn.



Judges L to R: Chandra London, Anita Roraus and Trace Hernandez. (Photo by Julie Kiil)

In the competition, prizes were awarded in nine categories:

- Best Costume: Sophie (Pete and Cathy Hardy)
- Fastest Dog (Large): Grace (Kathy Carter)
- Fastest Dog (Small): Bellatrix (Steve Jenkins)
- Best Senior: Misty (Dan Ruckman and Cindi Doell)
- Cutest Mixed Breed (Large): Hotspur (Tess Giannotti)
- Cutest Mixed Breed (Small): Dusty (Mick McVey)
- Best Rescue: Marty (Bev Leve)
- Best Tricks: ZuZu (Barbara Hopp)
- Happiest Dog with Waggiest Tail: Izzi (Richard King)



Bev Leve and Marty. (Photo by Julie Kiil)

For Bev Leve, the award for Best Rescue evoked memories of her dog's "remarkable journey," one that began when Marty was taken from the streets of Mexico and brought to Santa Rosa by Compassion Without Borders. Suffering from mange, loss of teeth, and some neurological problems, he was disoriented and slow to bond.

Over several months, and with attention and training, Marty became responsive and healthier, slowly gaining weight, from his original 18 pounds

to an eventually fit 42 pounds. Today, Marty is a calm dog and a walker, traversing Oakmont streets with tail wagging. He is "a good soul," Bev Leve says, and "enriches my life."

DOG WALKS

- PJ's Yappy Hour Dog Walk: Friday, June 28, 9 a.m. Meet at corner of Oakmont Drive and Singing Brook.
- Linda's Yappy Hour Dog Walk: Monday, July 15, 9 a.m. Meet at West Rec picnic area.

AT HAPPY TAILS DOG PARK

Havanese/Bichon Alert! The Dog Park is reserved on June 29 from 10 a.m. to noon for a play date with these lively little dogs.


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OakMUG



Oakmont Macintosh Users Group

■Peggy Clark

YOU HAVE QUESTIONS, PAT HAS ANSWERS

Our next meeting is on July 20 at the East Rec Center. Meeting starts at 2 p.m. but please arrive early (1:30) for social time and to sign in, get your name tag or socialize with other members.

OakMUG is streamlining check in. We are making name tags for all members and all you will need to do it show your name tag at the door so no more standing in line to check in. If you have your name tag and show it, you just walk on through. We plan to change colors each year so you will need to get a new color at the beginning of a new year.

Our next speaker will be Pat Barclay. Pat will be having a Question-and-Answer session. Please email Oakmontmacusersgroup@gmail.com any questions you might have or a topic you would like Pat to expand upon. If you can't think of any questions, I'm sure you will walk away with many answered questions you didn't know you had.

If you are not a member and are interested in joining, please stop by or sign up at the door. Membership dues are \$10 per person per year. This included six speakers sharing everything apple.

Chinese Mahjong

■Jean Gomez

LEARN TO PLAY MAHJONG

The Oakmont Chinese Mahjong club meets every Thursday at 10 a.m. in Suite B (next door to OVA Office).

Come learn a new game and have fun while exercising your brain. Newcomers will be taught how to play (trainers are always available). Experienced players always welcome.

For more information call/text me at (510) 368-2230 or Mike at (707) 293-0495.



A busy morning at the Oakmont Chinese Mahjong Club.



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Men's Bible Study

■Lou Lacson

OUR NEW MODERATOR

Our longtime moderator and very dear friend, Dr. Gene Wyne, has decided to pass the torch to George Taylor as the new moderator. George is an experienced pastor who recently moved to Oakmont with his wife Viola from Massachusetts.

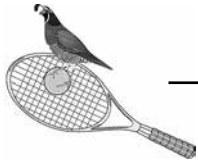
The men of the Bible study group wholeheartedly welcome George to lead us as we continue our study of the Scriptures with video lessons from Les Feldick's "Through the Bible" series.

Join us every Thursday at 10:30 a.m. at the East Rec. Center.



Men's Bible Study members. (Photos from Jim and Lou)

Tennis Club



■Jack Breibart

SOME LIKE IT HOT

You have to really love tennis or be a little nuts, or some of each, to show up for a social mixer when the temperatures is 95/96°, give a few points either way. But that's what a group of Tennis Club members did late in the afternoon of June 5 at the West Courts for the annual TennBeer drop-in event.

The TennBeer is a very, very informal gathering of food and drink (provided by players) and tennis. It was started by the late Bob Zémore years ago and

Tennis Club Events Coordinator Maureen Pennal reminded everyone of this bit of history.

Truth be known, much time was spent in the shade of the Recreation Center's mini patio, where there was a wide variety of nibbles and cool beverages. You can tell by the accompanying picture that everyone had a great time.

And meanwhile in the outside world, the French Open at Roland Garros, the second leg of the four Grand Slams, has decided its champions. Carlos

Alvarez, the 21-year-old Spanish sensation defeated Germany's Alexander Zverev, in five sets for the men's title, and Poland's Iga Swiatek won her third straight French title (and fourth overall) by defeating Italian Jasmin Paolini in straight sets.

There was some glory for American women: Coco Gauff and Czech Katerina Siniakova won the doubles trophy in three sets over Paolini and her Italian partner, Sara Errani. It was Gauff's first major doubles title and eighth for Siniakova, the third in Paris. Good partners help.



Forget the heat, we're having a good time. (Photo taken by Oakmont passerby)

Spirit Day



The OVA Staff celebrated Aloha Spirit Day on June 12 with fun Hawaiian wear and popsicles in the afternoon with Oakmont residents. The next Spirit Day is on Wednesday, July 17 with a theme of Tie Dye. (Photo by OVA Staff)

Sister District Project of Oakmont

■Carolita Carr

CHAPTER MEETING

WHEN: Monday, June 24

TIME: 5:30 pm

WHERE: Central Activities Center, Room B

Bring finger foods for a light dinner. Our business meeting will begin at 6 p.m. On the agenda will be a review of our fundraisers so far, where our postcarding efforts stand, and planning for upcoming fundraisers.

Come join us and lend a hand.





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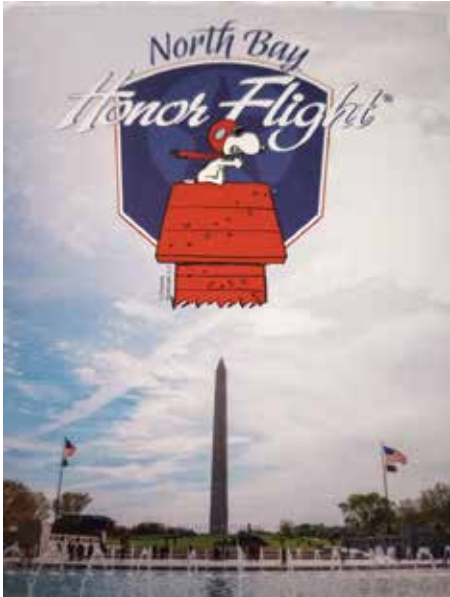
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Oakmont Vets Club

■Paul Gowins



NORTH BAY HONOR FLIGHTS

The members of the Oakmont Veterans Club would like to bring a special matter to your attention. We have all seen recent images of our D-Day vets being honored overseas, and while our hearts and visions are full of those images we want to say a word about special events conducted here at home.

Every year there is an ongoing event to honor all the disabled and terminally ill veterans that served in our nation's conflicts and wars. Those events are called "Honor Flights." The veterans travel from all over our country to visit memorials and tour our nation's capital. They are sponsored by the regional veteran's organizations that the Veterans Administration has designated as "hubs." The hubs schedule flights on separate days so there are not more visiting veterans in the Capitol than can be accommodated.

The vets must also be accompanied by "Guardians" who help with whatever assistance the vets may need. The Guardians expenses are not fully paid by the hubs because the local groups simply cannot afford to pay all of the expenses out of their budgets, so they have to raise funds to help offset the costs. That is why the hubs work to raise funds for the veterans and companions.

This year our region was granted the status of "hub." It was founded by a 501-C3 organization called "The North Bay Honor Flight," and they have scheduled their premiere flight tentatively for April 28-30, 2025. The point of all this is to ask for any donations you can help with. April 2025 seems a long way off, but there is much to do, and we want the first flight to be spectacular.

If you can help visit <https://www.northbayhonorflight.org> or call our Oakmont Veterans Club leaders, John DeGroot at (707) 974-8898, or John Adams at (707) 525-1254.



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Grandparents' Club

■Leslie Brockman

GRANDPARENTS' WEEK IS COMING! Grandparents' Week is coming next month. Here are some highlights:

- Welcome Barbecue at Oakmont Gardens and Welcome Carnival, both on Sunday, July 21
- Family Picnic on Tuesday, July 23
- Bingo on Wednesday, July 24
- Family Movie Night on Thursday, July 25
- Coin Tosses in CAC pool on Friday, July 26

In between all these events are classes—lots of classes: Sports, Crafts/Hands-On, Nature, Music/Dance/Drama, Toddler Classes, and more.

The best way to sign up is to go to the club's new website: www.oakmontgrandparentsclub.org and join the club for \$20 per family. You will be emailed a list and description of all classes being offered, along with family events. This can be your study guide to make plans with your grandchildren, remembering to select second and third choices, in case the class fills before you enroll.

Then, when the website opens for registration on June 25 at 10 p.m., you will be prepared to officially register and pay for all classes and events. Club members get to register early, so be prepared! Another bonus—your prices as a member will be lower than non-members. Deadline to register is July 19.

You are not required to be a club member to participate, as you still have the opportunity to sign your grandchildren in to classes and events beginning on July 1. Questions, comments? Contact me at (949) 683-7725 (texts preferred) or email at oakmont.grandparents@gmail.com.



Photos by Julie Kiil and Kathy Sowers,

Oakmont Craft Guild

■Carolita Carr

PRE-HOLIDAY ARTS AND CRAFTS FAIRE CALLING ON ARTISTS AND CRAFTSPEOPLE

Registration is now open for the Pre-Holiday Oakmont Arts and Crafts Faire which will be held on October 19. Paper applications are available in the Craft Guild file in the OVA office, or you can request one via email.

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, we want to see your work. Plan now to participate.

If you have questions regarding this show, or want an application, please contact me at jbcarr35@gmail.com.

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Oakmont Pétanque Club

■Don McPherson

BASTILLE DAY FÊTE—JULY 13

The Oakmont Pétanque Club celebrates its annual Bastille Day Fête on Saturday, July 13. The festivities kick off at 9:30 a.m. at the Pétanque Courts with registration for the Bastille Day Tournament. The bleu, blanc, et rouge French tricolor will decorate the court, and players are encouraged to wear blue, white, and red.

The tournament will be played in mêlée format with randomly assigned teams as drawn and organized by Tournament Director Jean-Michel Poulnot. Play begins as soon as teams are drawn at 9:45 a.m. Winners will be announced and photos taken at the conclusion. Spectators are welcome!



Jean-Michel Poulnot leads singing of "La Marseillaise" at the 2023 Bastille Day Fête.

At approximately 11:45 a.m., Poulnot will lead in the traditional singing of "La Marseillaise," the French national anthem. Following the singing, a group photo will be taken with the club banner. All club members are invited to the celebration and encouraged to be in the annual group photo.

A potluck pique-nique lunch will begin at approximately 12 noon, contingent on the conclusion of tournament play. All club members, whether or not they play in the tournament, and their significant others are invited. Bring a lunch dish to share and your own beverage, cup and table service.



2023 Bastille Day Tourney Winners (L to R): First place—Andy Finfrock, Don McPherson, Linda McPherson and second place—Gordon Blumenfeld, Jean-Michel Poulnot and Gail Ruder.

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.

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 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: JULY 11 KORTUM TRAIL FROM WRIGHT'S BEACH TO THE RUSSIAN RIVER

Hiking along Kortum Trail is experiencing classic California coastal bluff terrain. The glacial created sea stacks along the path remind us of what was the sea floor during the Ice Age. Lichen, Douglas Iris, Lupine, and Indian Paintbrush decorate along the 4-mile Kortum Trail. Negotiating Furlong Gulch makes this 9-mile hike interesting before descending to the end of the Russian River. 9 miles there and back with 1,000 ft elevation gain.

Bring water, lunch/snack, and binoculars. Meet Berger Center 8:30 a.m. Hike leader is John Ferreira, (650)766-0497.



up to the crest of Red Hill where we will have a snack overlooking the ocean. We will then pass thru a lovely old Redwood Grove and several natural arbors of wind sculpted old Fir trees. About 5 miles with 1,000 ft elevation gain.

Leave Berger at 8:30 (note earlier time to allow for the drive). Bring water, snack, and poles if you like. Hike leader is Leslie Gossage, (707) 321-7841.



Marin Headlands Vista.

LONG HIKE: JULY 18 TENNESSEE VALLEY TO MUIR BEACH LOOP

This quintessential Marin Headlands hike has it all: cliffs, stunning ocean views, city views, and cool temperatures. We'll begin at the Tennessee Valley parking lot with a stroll through the valley, then take a right turn before the beach heading up to the ridge and North toward Muir Beach on the Fox Trail, where we'll be treated to some amazing Downtown San Francisco views. We will then return on the Coastal Trail with great views from high above the ocean on this leg.

The trails are up and down and mostly in the open, so cover yourself in sunscreen and bring plenty of water and poles if you like. 6.7 miles and 1600 feet of elevation. Hike leader, Jeff Zalles, jeffzalles@gmail.com, (415) 999-JEFF.



Russian River view from Red Hill.

INTERMEDIATE HIKE: JULY 11 SHELL BEACH TO RED HILL JUNCTION

We will hike from Shell Beach up the Pomo Canyon Trail to the Red Hill Junction and continue

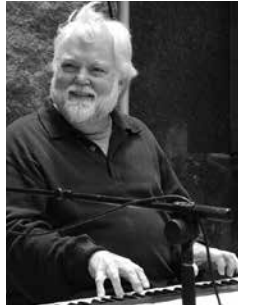
Jazz Club

■Dolora Hurst

THE OAKMONT JAZZ CLUB PRESENTS RENOWNED JAZZ MUSICIANS

Pianist Larry Dunlap has arranged a collection of some of the beautiful, and most loved songs of legendary composer, producer, arranger, and songwriter Burt Bacharach. Nearly everyone knows and loves the incredibly beautiful sound of Burt Bacharach's music. Larry is a master at arranging music and embellishes that beauty in his arrangements. He has already received rave reviews for his incredibly lovely arrangements of these Bacharach songs that he loves so much.

Grammy award pianist Larry Dunlap is the man the San Francisco Symphony calls in if they need a pianist, or if the ballet needs another piano, or for whatever reason, Larry gets the call. He also plays in clubs constantly as well as teaches. For years he travelled and also recorded with the famous Cleo Laine. They played and recorded



Larry Dunlap.

for years throughout Europe with the Dankworth Orchestra conducted by John Dankworth, Cleo's husband, and Larry on piano. Larry Dunlap is one of the most famous, most talented, and most respected pianists in the world today.

Larry was well aware of the talents of Nicholas Bearde and, realizing his ability to interpret the music of Burt Bacharach, selected him immediately to portray this music. Nicolas, with his lovely sensitivity and beautiful voice, does it masterfully. I kept wishing that Burt Bacharach could hear this mesmerizing voice portray his lovely music.

Nicholas Bearde was a member of Bobby McFerrin's groundbreaking acappella "Voicestra," and a featured vocalist and narrator for Vincent Herring's "Story of Jazz Orchestra," highlighting the 100-year history of recorded jazz music. Today he is busy singing concerts across the country.

Melecio Magdaluyo on sax and flute, Dan Feiszeli on bass, and Jason Lewis on drums, are the perfect artists to round out the group.

You will not want to miss this performance!
WHEN: Saturday, August 10, 7 p.m. (doors open 6:30)
WHERE: Berger Auditorium, 6633 Oakmont Drive
TICKETS: \$35, available in OVA Office. Tables for 8 may be reserved. Cabaret seating, dancing. Drinks and snacks permitted.

■Michael James

Our July monthly meeting will kick off with accomplished jazz pianist, Louise Bettner. She will share with us the benefits of music in a short presentation. Michael James and Rebecca Gilbert will join Louise on the alto and tenor saxophones.



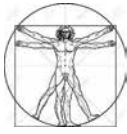
Louise Bettner.
(Photo by Michael James)

Rounding out the entertainment will be the students from the Jazz Club music classes. The group members, all Oakmont residents, are Rebecca Gilbert on saxophone and ukulele; Ron Holladay and Gretchen Siemens on guitar and harmonica; Ray Darwin on steel pan and percussion; Michael Wax and Xavier Rowlynn on guitar; Debbie Siegel and Stephanie Leong on ukulele. Some of these students learned music theory in their school days but most of them are learning to read music for the first time.

We will play a variety of songs and everyone is welcome to sing along. Please join us and celebrate the success of this great group!

WHEN: Wednesday, July 3, 2-4 p.m.
WHERE: East Recreation Center
COST: The Jazz Club is free

Fitness Club



■Janice Weekes

ANNUAL PICNIC NEXT WEEKEND

Oakmont Fitness Club members, there are still tickets available for the annual picnic on June 29 from noon to 2 p.m. at the West Rec Picnic Area. We'll have a brief meeting followed by a delicious barbecue lunch with beer and wine. There will be a nominal fee of \$10 for Fitness Club members. Guests may attend with the purchase of a \$25 meal ticket.

If you are not yet a member of the Fitness Club, now is a great time to join. For the \$20 membership fee you will be able to attend the barbecue and receive four 20-minute personal training sessions with John Phillips, our Oakmont personal trainer.

Pick up the registration form at the Fitness Center or at the OVA office. Turn it in at the Fitness Center or in the Fitness Club folder in the OVA office. Attach your check made out to Oakmont Fitness Club. You must register to attend.

■John Phillips

WHAT IS INTERVAL TRAINING?

Recently, I've been asked what Interval Training is. The definition of Interval Training is alternating between short bursts of intense exercise and brief periods of rest. In most cases we are talking about aerobic exercise but interval training can be done with light weight or body weight exercises.

The time that your bursts last and the time that you rest may vary from one person to the next. The bursts usually last between 20-60 seconds and the rest can be from 10-20 seconds. These routines don't have to be very long, anywhere from 10-20 minutes. Studies have shown that they can burn as much, if not more, calories as a 30-minute constant cardio workout.

If you would like to try a weight training version of interval training, I hold classes Monday, Wednesday and Friday at 2 p.m. at the lower West Recreation Center. We perform 10 exercises for 30 seconds with 10 seconds between each exercise to get ready for the next exercise. We perform 4 sets and have a 2-minute break between each set. The session lasts about 40 minutes, including warm-up and cool-down.

The first session is free and then \$10 for each session after that. The only requirement is that you can get up and down off the floor. Working on that ability alone will help keep you independent.

If you have any questions regarding this article or any fitness questions, I can be reached at (707) 494-9086 call/text or email at wkuout2@aol.com, or stop by the Fitness Center. I hold Orientations every other Monday and Friday and Seminars Tuesday and Thursday. Stop by the Fitness Center to check times and subject matter, and please sign up for the Orientations.

Water Fitness



■Valerie Hulsey

When Mary runs into a former Water Aerobics student they usually say, "I'm coming back!" Some have been saying that for years. The weather is great, the water even better, so now would be the time to "come back."

Class is held at the West Pool, Monday through Thursday at 9:30 a.m. There is a drop-in fee of \$8 per class.

We look forward to seeing you soon.

CLASSES ON FRIDAYS

Julie's water exercise class continues at the West Pool every Friday at 10:10 a.m. There is a drop-in fee of \$8 per class.

Or you can exercise to a recording for free on Friday at 8:50 a.m. (no instructor).

Oakmont Health Initiative Free Fitness Classes

■Charlene Bunas



BEAT SUMMER HEAT

Summer is here. Hot, sweaty, mostly unclothed and docile on the chaise lounge. Poolside. Oh, sorry, that's the cover of the latest "dime" paperback romance novel, the one where the desperate heroine is rescued by her handsome, hot and sweaty, mostly unclothed Hollywood Hunk.

Summer need not be uncomfortable. Exercise in the morning when the temperature is at day's low and your energy is up. Exercise in the morning for a daily boost of metabolism. In the heat of summer, exercise at a slower pace and never without drinking water. Hydration revitalizes.

So. Let's get the heat on! Class is open, Monday, Wednesday, Friday (not second Friday) at 9 a.m. in the Berger. Zoom number on website.

High temperatures put extra stress on cardiovascular system, so it's important not to overexert. Allow ample time to rest and recover after exercising in summer heat.

Schedule regular rest days to promote recovery and prevent exhaustion. Maybe sit by the pool, modestly attired, sunscreen and hat worn as protection and read a dime paperback romance novel on non-OHI class days.

A word to the wise: any exercise program needs to be set with care. Correct shoes, plenty of water are musts. Know your own limitations and plan around what is safe for you. OHI classes are vigorous and large. If you have been away from physical exercise for a while, you may check with your doctor and begin a routine with caution. Beginning in a smaller, more gentle environment, could be considered, at least at first.

Just For Fun Games Club

■Phillip Herzog

PLAY GAMES FOR FUN

The Just for Fun Games Club is a great place to make friends and play all sorts of old and new games including board games, card games, tile games and dice games! We meet every Saturday at 1 p.m. in the Card and Game Room at the CAC. There are multiple games being played at the same time, so you will always be able to choose what game you want to play. It's never too serious—because we play games Just for Fun!

Sometimes we games play online. To do so, we use Zoom for communication and the website Board Game Arena for the games. We send out a weekly email notice, so if we will be on zoom, we'll let you know.

The club has a large collection of games on hand and players often bring new and different games as well. Some of our favorite games are: Wingspan, Catan, Ticket to Ride, Splendor, Cubirds, Rummikub, Saint Petersburg, Carcassonne Hand and Foot. There are so many games out there to play... something for everyone. What would you like to play? We'll teach you how to play or you can teach us how to play your game!

Everyone is welcome to come and have a good time at the Just for Fun Games Club. Just show up. It's that easy! For more information contact us at Just4FunGamesClub@earthlink.net or call me at (707) 843-3053.

Jewish Interest Group



■Howard Sidorsky

RACHEL CANAR TO SHARE ABOUT NATURE ISRAEL

In July, our meeting has been changed from July 21 to July 7. We will have a very interesting speaker, Rachel Canar, who will share about Nature Israel. She will be talking about why Israel is environmentally important and globally relevant to what is happening in the world today.

She will describe the central role the Society for the Protection of Nature in Israel (SPNI) has played in Israel for the past 70 years. Founded in 1953, the history of SPNI is part of the story of Israel itself, leading right up until today. The program will tell us about SPNI's emergency response on October 7th and its new Nature Heals program that is helping thousands of Israelis.



Rachel Canar.

The program is devoid of controversial politics and able to be enjoyed by everyone.

Again, Rachel will make a presentation on July 7 at 2 p.m. As usual, bring a snack or beverage to share. Coming early to help set up at 1:30 p.m. is always appreciated. Everyone in Oakmont and their guests are invited to all JIG sessions.



Nature Israel.

Meditation

■Joanne Davey

WEEKLY MEDITATION SESSIONS AT CAC

"Life is really simple, but we insist on making it complicated."—Confucius

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.

Strength and Balance Class

■Valerie Hulsey

MARY'S FITNESS CLASS

Mary teaches the Strength and Balance class 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 and come and have some fun and improve your balance at the same time.

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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.

CUSTOM WORKS CONTRACTING

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Pruning, trimming, hedges, mowing. Fruit trees, stump grinding. Pressure washing. Over 20 yrs. of experience. Free estimates. Now accept credit cards. Visit website: ajyardservice.com. Call Alex, (707) 322-1646. Lic. #06530716.

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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.

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Companionship, part-time (days only), no heavy lifting. Will do light housekeeping and can prepare meals! References upon request. \$25/hr. Sher Geisner, (707) 815-3006. Please leave a message!

GUITAR LESSONS

Cut to the chase guitar lessons by the 2024 California Music Hall of Fame recipient Al Ferguson. No reading music or theory. Just pick up the guitar and play taught. Oakmont resident. Al Ferguson, (909) 583 1342.

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Ladies Bunco Night

■Barbara Wooley



ROLL THE DICE! GOOD FRIENDS, GOOD SNACKS AND GOOD TIMES!

Looking for a fun, low stress activity for the summer? Come on over and try Bunco—the fun, easy, no skill required dice game. Bunco is not only loads of fun, players have the opportunity to win cash prizes! In what other game can a player literally win for losing? Beginners are always welcome. Bring a friend!

Usual nights are the second and fourth Monday of each month; however, there are exceptions, so always check your OVA events calendar. Please arrive by 6:45 p.m. for check-in. Games run from 7–9 p.m.

WHERE: Card Room—Central Activity Center

WHEN: 2nd and 4th Monday of each month (check Oakmont Events Calendar)

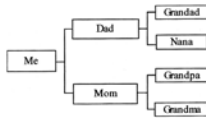
TIME: 6:45 p.m. (play is about 1-1/2 to 2 hrs.)

FEE: A \$5/night is required for each participant.

CONTACT INFORMATION: Jill Butler, (760) 468-1743, Email: jillivannili@sbcglobal.net

Genealogy Club

■Melinda Price



SHARING STORIES OF INTERESTING FAMILY EVENTS

The next meeting of the Genealogy Club will be at 1 p.m. on Monday, June 24 in the East Rec. It will also be available by Zoom, so watch your emails for the info you'll need to access it.

We'll share stories of members of our family, grandparents, great-grandparents, etc., who have an interesting event in their life, or an interesting life overall. Bonnie Anderson will share the story of her great-great-grandmother who was an OB-GYN doctor at Ellis Island.

We're asking anyone who has a story to share to send a picture of the person, if they have one, to George McKinney at: georgewmck@gmail.com.

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.

New Beginning Tap Class Starting Soon

■Nina Raggio, Instructor

Tap class is more fun than Zumba, more social than yoga, and more exciting than golf! Beginning tap class starting in July.

Calling all you wanna-be or used-to-be tap dancers. Come join in one of the most social, energetic, happy

dance forms of all time—tap dancing. It's a great way to exercise your body and mind and make new friends at the same time. Be prepared to have the most fun you can have on two feet while dancing to the oldies and the newbies.

Come to an informational meeting where I will give you everything you need to know to get started:

WHEN: Wednesday, June 26

WHERE: Lower West Rec. studio

TIME: 1 p.m.

I had a career as a professional dancer in Hollywood performing with Donald O'Connor and dancing on the Smothers Bros. and Glen Campbell TV shows. I also teach at the Dance Center in Railroad Square and choreographed for Santa Rosa community theatre.

I hope to see you at my informational meeting!

For information email to ninar@sonic.net or call (707) 548-1494.



Travel and Adventure Club

■September Holstad

CHEF JOHN ASH OCEANIA CRUISE TO ALASKA—SEPTEMBER, 2025

Please join us for a presentation by Oceania Cruises for a Culinary Cruise to Alaska, featuring Chef John Ash.

The Travel and Adventure Club meeting will be the first you will hear about this special cruise with Chef Ash. Besides the wonderful itinerary from Seattle there will be a cooking class at sea, welcome

cocktail reception and a food and wine pairing dinner as well as a tour of the kitchen onboard. The cruise date is September 9–18, 2025 and will most definitely be a sellout. The cruise will visit Ketchikan, Juneau, Skagway, Hubbard Glacier and Sitka in Alaska, the last stop before returning to Seattle will be in Victoria, BC. You'll not want to miss this one.

The meeting is on June 26 from 3–5 p.m. at the upper level, West Rec Center. Everyone is welcome.

2024–2025 OVA BOARD OF DIRECTORS

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POOLS & JACUZZIS

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

WEST: 7 AM–9 PM

(Closes 7 PM Wednesdays for cleaning)

EAST: 6:30 AM–9 PM

(Closes 7 PM Mondays for cleaning)

CENTRAL: 5:45 AM–9 PM

(Closes 7 PM Tuesdays for cleaning)

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

CENTRAL POOL HOURS FOR PEOPLE UNDER 18:

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

Memorial Day–Labor Day: 12–4 PM daily

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

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COORDINATOR

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June 16–30

Patresa Zwerling 707-539-8996

July 1–15

Matt Zwerling 707-539-8996

We provide the following services to Oakmont Residents:

■ Transportation to medical/dental appointments in Santa Rosa only

■ Meals on Wheels 525-0383

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

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

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

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

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

HOW TO CONTACT YOUR LOCAL OFFICIALS

County Supervisor Susan Gorin, District 1

Phone (707) 565-2241

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

Email: Susan.Gorin@sonoma-county.org

City Councilwoman Dianna MacDonald, District 3

Email: dmaacdonald@srcity.org

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



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ICON PROPERTIES



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