

OAKMONT NEWS

Oakmont's Semimonthly Newspaper

www.oakmontvillage.com/news

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Two MAS Ambulances Assigned to Oakmont

■Carolyn Greene



Medic Ambulance Services staffs two fully equipped vehicles in Oakmont for patient transport. The ambulances have new gurneys and powerlifting systems, which help lift patients with improved safety for transport. From left to right: Jimmy Pierson, president and COO Medic Ambulance; Matt Windrem, Division Chief-Emergency Medical Services Sonoma County Fire District; Brian Meader, Regional Director of Operations, Medic Ambulance; and Eric Constantine, Operations Manager, Medic Ambulance, Sonoma County. Photo by Maureen McGettigan.

It's been almost six months since a new ambulance provider began service in Oakmont, and Oakmonters are becoming accustomed to seeing the boxy red ambulances that may remind some of the matchbox cars of childhood.

Last year, the Sonoma County Board of Supervisors approved a five-year contract with the Sonoma County Fire District (SCFD) and its sub-contractor, Medic

See **AMBULANCES** on page 5

Foundation Broadens Reach for Oakmont Grants

■Jim Brewer

The Oakmont Community Foundation has expanded its guidelines to allow more residents to qualify for grants for programs and activities that support educational and charitable services within the Oakmont community.

"We now have the funds to help initiate and produce new programs or activities within Oakmont," said Jackie Ryan, OCF president. "We want to reach out to more people who have ideas for initiatives that benefit Oakmont."

Founded in 2007, the Oakmont Community Foundation (OCF) is an independent California non-profit Public Benefit Corporation specifically



See **OCF** on page 5

Central Complex—What Happens Next

■Christel Antone, OVA General Manager

I would like to thank everyone who has visited the CAC and have shown interest in the Master Plan concepts. Many of you have asked for specific cost information. It is not yet available but will be soon. Unlike a personal home renovation, where homeowners typically know their budget, or may not have a budget and make decisions independently based on their own preferences, this project involves a master plan that requires approval from seven board members acting on behalf and in the best interest of a community of 4,700 members. Please note that the commentary process is to gather information about the draft concepts presented by ACX. This is not a vote on concepts we plan to use but a chance for the community to comment on the concepts ACX created for OVA. See Master Plan draft concepts on page 8.

We are incorporating community input for several reasons:

- Understanding Needs and Priorities by engaging the community early helps to identify the needs, desires, and priorities of those who will be most affected by the project. This ensures that master planning addresses real concerns and serves the community effectively.

- Building Trust and Support in early involvement of the community fosters transparency and trust. When people feel their voices are heard and considered, they are more likely to support the project and engage constructively throughout the process.

- Gaining Diverse Perspectives: Community members often bring diverse perspectives and local knowledge.

- Enhancing Project Relevance: Projects that align with community values and aspirations are more likely to be successful and sustainable. Early input helps tailor the project to fit the specific and realistic needs and wants of the community.

- Identifying Potential Issues early from community can help identify potential issues, conflicts, or areas of resistance early in the process. Addressing these concerns at the outset can prevent inaccurate or extra cost.

- Encouraging Community Ownership ensures that community members are involved from the beginning, they are more likely to feel a sense of ownership and responsibility for the project. This can lead to better maintenance, support, and advocacy for the project's long-term success.

- Regulatory and Funding Requirements such as funding bodies and regulatory agencies require evidence of community consultation and support as a condition of approval. Early engagement can help meet these requirements and facilitate smoother

See **CENTRAL COMPLEX** on page 8

Hungry Guests



Howard Shattner spied five Western bluebird eggs in mid-June in the birdhouse he constructed and mounted in his backyard on Pythian Road. By the end of June, five hungry baby birds were eager for breakfast. (Photo by Howard Shattner)

At-a-Glance Summary July 16 OVA Board Meeting

■Harriet Palk

COMMITTEE REPORTS

Firewise Resource: Oakmont has made great strides, but where do we go from here and what should be our priorities going forward? We want to reach Oakmont residents who still are not engaged with firewise issues, coordinating with the Meet Your Neighbor program and presenting a series of articles in the *Oakmont News* to educate and keep firewise issues on the minds of our residents.

Our committee members are doing their best to keep abreast of all firewise issues from home-hardening and defensible-space actions to the current situation of home fire insurance and will continue to have events and speakers in the coming year. Remember our motto: Be firewise. What you do makes a difference!

Environmental Stewardship: Two *Oakmont News* press releases published for upcoming in-person events; held "Habitat Garden Tour" showcasing four Oakmont gardens; produced an educational document that included the committee's recommendations for home efficiency and electrification, approved by the general manager for distribution. Held "Home Efficiency and Electrification Workshop" with representatives from Sonoma Clean Power, a local HVAC installer, a panel of two Oakmont households and a table with Sonoma County Division of Climate Action and Resiliency information.

Baseline Creek Mapping Project completed; Waste Reduction Project Team started working with the general manager to provide recycling and compost containers at outdoor events. In collaboration with the Oakmont Community Garden successfully planted 12 California native plants. Oak Restoration Project provided 14 saplings to receive supplemental water from 50-gallon barrels and long hoses; Oakmont Creek Adopt-A-Creek vegetation pilot project approved by the city of Santa Rosa's Creek Stewardship program.

Land Regeneration through Art and Cultural Awareness Project received a Puffin Grant of

See **AT-A-GLANCE** on page 3



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Small Actions Can Reduce Wildfire Risks

■ Dave Watts, Chair of the Firewise Resource Committee

Oakmont is surrounded by mountains, forests and vineyards, but this location brings with it wildfire risks. Although we cannot eliminate all wildfire risks, there are some simple and inexpensive actions that can be taken that help to reduce wildfire risks.

“Think small because that is what is going to get you,” emphasizes Dr. Stephen Quarles, a well-respected fire scientist. Dr. Quarles points out that “a push broom on fire against wood siding can ignite a home.” We tend to overlook small items, but we must pay closer attention to them.

Fire experts from the Insurance Institute for Business and Home Safety inform us that the majority of home losses in a wildfire are the result of embers that ignite combustibles within five feet of a home. Small combustibles act as kindling which ignite larger combustibles such as wood siding. Fire experts are all in agreement that we need to keep the area within five feet of a home as clear of combustible materials as possible.

Firewise U.S.A. experts recommend that all combustibles be removed that are within five feet of any structure: remove small items such as dry leaves and needles that are on the ground, on the roof or in rain gutters; remove leaves and needles at the base

of exterior siding; remove all wood mulches that are within five feet of a structure; remove combustibles away from structures such as brooms, rakes, plastic waste cans, wood furniture, seat cushions, wood piles and natural fiber mats; remove all combustible materials from under decks; keep the base of wood fences clear of wood mulches; and have good seals on all garage and entry doors.

Finally, replacing 1/4-inch mesh screen vents with 1/8-inch mesh screen vents is one of the least expensive but very effective home hardening action that can be taken. Todd Lando a wildfire mitigation specialist with the Marin Fire Department puts it this way, “Replacing 1/4-inch mesh vents with 1/8-inch mesh vents gives you the biggest bang for your buck.”

A Firewise Resource Committee assessor can help a homeowner to understand wildfire risks. Request an educational assessment on the OVA’s website at oakmontvillage.com/docs or contact the Architectural Office at (707) 539-1611 ext. 5 or visit the office in person.

Oakmont’s Firewise Resource Committee’s motto is “Be Firewise: What You Do Makes a Difference!” Doing small and inexpensive actions can help reduce a home’s wildfire risk and consequently our community’s wildfire risks.

Letter to the Editor

HOW OAKMONT’S MEET YOUR NEIGHBORS PROGRAM CAN SAVE YOUR HOME IN A WILDFIRE

First responders have a clear priority. They need to save lives before worrying about saving property.

In 2020 Oakmont was saved because most residents had evacuated and the firefighters could focus on saving houses. The September 28, 2020 issue of the *Press Democrat* shows the fire only two blocks from our MYN group.

Not a problem, you say, we’re responsible homeowners and we use WatchDuty and other sites to keep ourselves informed. We’ll leave before any wildfire threatens Oakmont.

But what about your neighbors? Do all your neighbors have a plan to evacuate and are all of them alert to risks from active wildfires?

That’s what Meet Your Neighbors (MYN) helps organize for Oakmont. Local MYN groups of 12-20 homes work together to ensure everyone is alerted and ready to evacuate as needed. This is particularly important for people who have serious disabilities and need major help to evacuate. They need to evacuate much earlier than the rest of us.

To start a Meet Your Neighbors group, a neighborhood host is needed. As host you invite your neighbors to a meeting, they send someone from the MYN leadership group to explain the MYN process and act as moderator for a discussion. If your neighbors want to set up a Meet Your Neighbors group, then someone needs to volunteer as the contact in emergencies.

To explore MYN further, contact them at myn@oakmontvillage.com.

George McKinney, Coordinator
Stone Creek Meet Your Neighbors Group

E-Waste and Mattress Collection



■ OVA Staff

**SATURDAY AND SUNDAY,
AUGUST 17 AND 18, 9-5 PM**

E-Waste Collection will be two-day event, sponsored by Conservation Corps North Bay. They will be parked in the Berger parking lot, 310 White Oak Drive, parallel to the street. There is no appointment needed for this event.

Accepted e-waste items are computer equipment (computers, monitors, laptops, keyboards, printers, mice, hard drives), consumer electronics (DVD players, VCRs, gaming devices, stereo components, radios, PDAs, cell phones, cables), televisions (CRTs

and LCDs), and office equipment (telephones, fax machines, copiers). The only kitchen appliances accepted are microwaves.

**MATTRESS RECYCLING EVENT
SATURDAY, AUGUST 17, 9 AM-5PM**

Recycle your clean, dry, unwanted mattresses for free at this special one-day event! Only mattresses (any size), futons, and box springs are recyclable. A limit of three units per vehicle per day are accepted. Soiled or wet mattresses, futon frames, and crib mattresses are not accepted.



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AT-A-GLANCE Continued from page 1

\$1,750 that will finance Native Plant and Grasses Demonstration Gardens and installation of a large-scale earth painting as acknowledgement of the Native American tribe that lived along what is now called Oakmont Creek.

Policy on Committees: Tabled.

Bylaws Committee: Resolution was withdrawn, will be revised to incorporate new ideas.

West Pool Heater: Approved up to \$17,000 for a new spare heater to ensure backup capability to minimize downtime and cost impacts.

Umpqua Bank Signature Card Update: Addition of authorized signatories—Heidi Klyn, David Dearden, Steve Spillman and Tom Kendrick. Removal of Marianne Neufeld, Olga Ydrogo, Iris Harrell and Elke Strunka.

Director Matt Oliver expressed discouragement over so much negative response to the proposed upgrades at the CAC and that people are not taking advantage of the OVA outreach to inform themselves. Directors Klyn and said that they think there has been much positive input. Director Dearden suggested it may be appropriate to do a direct mailer. Christel Antone talked about the enormity of the project and the need to recognize that it will take time for the residents to absorb it all.



Oakmont Vets Club

■Paul Gowins

THIRD ANNUAL OAKMONT VETS CLUB PICNIC

Once again, the dog days have caught up to us, so it must be time for the long-awaited 3rd annual Oakmont Vets Club picnic on July 27 in the West Rec. picnic grounds from 12 noon to 3 p.m. All Oakmont vets and guests are invited and encouraged to come help us consume a mountain of free hot dogs (appropriate to the season) and all the trimmings you can mustard (see what I did there?).

Get there early to purchase your raffle tickets for some really great prizes, and to see what games and special presentations are in store for your enjoyment while you hot dog the day away.

This year please bring an item or two to leave in the donation bins set up around our picnic area that will go to The Sonoma County Veterans Outreach Drive which will be distributed to homeless veterans and others in dire need. We need such items as socks and underwear, or other clothing, blankets and bags, shoes and toiletries, some food and snack stuffs, and, of course, the outreach can always use a cash donation. Your generosity will help some of our neighbors that desperately need help.



Photo from last year's picnic.

In addition to your donations, this year we are asking everyone who can to bring some salad (portioned for 8 to 10 servings), or a side dish (again for 8 to 10), or a dessert (also 8 to 10). In an attempt to get a fairly even distribution of the dishes we are assigning the dishes like this: if your last name begins with the letters A to O, please bring a salad or side dish; and if your name begins with the letters P to Z please bring a dessert. That should render a fair distribution, with enough for everyone expected this year.

Sleep Apnea

■Bob Flandermeyer

GREG ACKROYD, M.D., GUEST SPEAKER

The next meet-up of the "Sleep Apnea Get-Together" is the first Tuesday of the month on August 6. We meet the first Tuesday of even numbered months in Berger Room G at 1 pm.

Dr. Greg Ackroyd of Providence Sleep Medicine, 585 W. College, Santa Rosa, will be our guest speaker. He is a remarkable resource, and has been very generous with his time and knowledge.

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—when there were time constraints. This is a remarkable opportunity to improve your health.

Following is a checklist: Bring your equipment; masks, machines and don't forget power cords. It really helps to describe your mask and machine difficulties if you bring them, and you can't turn on the machine without the cord. If you have a contact card or business card—bring them. Finally, as you can see, this is technical information; it helps to have a pen and paper for notes.

For more information call me at (707) 694-8018.

OAK at the VOM Golf Club

SUMMER WINE TASTING

Join OAK on August 10 for Summer Wine Tasting, with 11 wineries offering pours and nibbles from 5-6:30 p.m. Admission is \$40 and reservations are required. Call 707-539-0415 x 5 to reserve your spot.

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:

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 JULY 31

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, July 31. 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.

Pickleball Corner

■Kathy Kelly

PERSONAL FITNESS FOR PICKLEBALL ONLINE!

Train 100 is a great personalized online fitness program designed to maintain fitness and prevent injury for the older pickleball player.



Graphic by Peter Copen.

Developed by a doctor and a physical therapist in the Bay Area, their app provides a weekly program of personalized exercises designed to build strength, balance, flexibility, and agility for pickleball and an active lifestyle. Participants receive a new program every week that builds a fitness base for about four weeks then gradually adds in more challenging exercises. Two upper body and two lower body workouts that are about 30 minutes long, including warm-ups and cool-downs every week.

I have met Alan Chan and have been doing the program for a couple of months. It is great. Kathy Kerst, Sonoma County Pickleball ambassador also endorses it.

Train 100 is conducting survey interviews to learn about different players' goals, needs, and challenges. Complete the 20-minute survey interview to get a month free to try out the program.

Contact Alan at alan@train100.fit to sign up for a 20-minute interview and redeem your free month of training.

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@gmail.com.

Playreaders



■D. Hall

AUGUST BURSTS WITH DRAMA AND COMEDY

After a three-week end-of-July hiatus, August greets us with a panoply of diversion. First up for Oakmont Playreaders: Neil Simon's version of Anton Chekov's *The Good Doctor* on August 5. This is a series of amusing vignettes featuring John Dolan, Jim Preston, Kate Moore, Margaret Applegate, Ginna Zoellner, Yvonne Horn, Jeff Sheff, Steven Levin, Michael Erwin, Wes Doerr, and Blanche Kaiser.

Then, on August 12, we'll see Christopher Durang's *The Actor's Nightmare*, produced by Lisa Erwin. It centers around George, who finds himself inexplicably backstage one day. When confronted by the stage manager, Meg, it becomes apparent that he is the understudy for an actor named Edwin (Edwin Booth), but George has no memory of the play. This comedy features Michael Erwin, Marcel Coder, Ginna Zoellner, Sarah Shankman, D. Hall, Jim Preston and 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 July, so get there early.



Playreaders' July offering, *Italian American Reconciliation* by John P. Shanley, a whacky tale of complicated relationships. Readers included Ginny Smith, Lisa Erwin, Esther Dolan, Dennis Hall, Sandy White and Mike Erwin. (Photo by John Dolan)

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OCF Continued from page 1

organized to enhance and support educational and charitable activities within Oakmont Village Association. It is governed by an all-volunteer board of directors who are current or former Oakmont residents.

Since its founding, more than \$350,000 has been awarded to Oakmont clubs and organizations. Previous grant recipients include groups like Music at Oakmont and the Computer Learning Center. Many, even most, of Oakmont's diverse clubs might now qualify if the funds requested would be exclusively for educational or beneficial purposes.

Under the new policy guidelines, individual residents in Oakmont who have a proposal for an educational or charitable project can apply for a grant. Collaborations are welcome. The brief grant application will generally require an explanation of the request and how it meets OCF's purpose, a proposed budget and timeline, and what would determine success or impact of the funding. Successful grants may be funded in full or in part.

Former guidelines that required an applicant to have a treasurer, such as of a club, or a bank account, have been eliminated. The application and process will be available on our website, in the OVA office folder or from any director. Questions and discussions about grant project ideas are encouraged.

"OCF has provided long-standing financial support of organizations and groups like Music at Oakmont, Oakmont Sunday Symposium, Caregivers Support Group, Volunteer Helpers and the Grandparents Club and many more," said Ryan. "We recognize that we now have the funds to help initiate and produce new programs or activities within Oakmont. Examples may include anything from providing telescopes for an astronomy project or group, museum trips, gardens and educational activities, coaches, speakers and workshops. OCF is excited to see what community members dream up to benefit all who live in Oakmont."

The OCF board members are Jackie Ryan, President; Andie Altman, treasurer; Deb Marzak, secretary; Susan Chauncy and Jim Brewer. Forms and additional information can be found at oakmontcommunityfoundation.com.

Valley of the Moon Rotary Club



■Valerie Hulsey

YOU MISSED A GOOD ONE!

Oh, yeh, the new year has begun and came in with an exciting meeting about polo ponies.

Some of you may not even know that Oakmont sports a world-famous polo field that houses the Wine Country Polo Club and exciting polo games held from May to mid-September. You can catch a match usually on Thursday, Saturday or Sunday with a game at 10 a.m. and another at noon.

VOM Rotary's first speaker of the new year was Vladimir Rivkin, who has managed the polo team for 9 years. Santa Rosa's very well-known benefactor, Henry Trione, established the polo club in 1969 and built the polo field in 1973. Vlad has played polo world-wide for 20 years and has a stable of 24 Argentinean thoroughbreds.

Polo is Argentina's biggest sport. The game is fast-paced and one of the most dangerous of sports with riders falling off their steeds, or being hit by the little fiberglass (or bamboo) ball they bat around at break-neck speeds, stopping, starting and turning! Whew! It's an exciting game.

It was interesting to learn that most team owners bring along 6-8 horses each practice or match. Vlad explained that horses, like people, have personalities and temperaments. Maybe one decides he doesn't feel like playing that day, so they grab another more cooperative one. They might even to get into arguments. Time out for that one! The picture in my head is hysterically funny, but probably not to the rider.

Coming up in August, VOM Rotary has topics including Pets Life Line, Valley of the Moon Alliance, Sonoma County Libraries, plus new segments to our regular meetings. Drop by and say hello. VOM Rotary meets most Thursday mornings at 8-9 a.m. at the East Rec. Come at 7:30 for coffee and a light breakfast.

AMBULANCES Continued from page 1

Ambulance Service (MAS), to provide emergency medical service to Oakmont and to much of the rest of Sonoma County. SCF/MAS replaced the previous emergency response provider, AMR. County officials said the choice was made to improve response times and to provide more modern equipment in a cost-effective manner.

Founded in 1979, MAS is a family-owned private ambulance company that provides emergency and non-emergency medical transport services in seven Northern California counties, with more than 130 ambulances and 600 employees. MAS was able to offer positions to almost all the previous Sonoma County AMR employees.

Two new ambulances with all new equipment are assigned to Oakmont, stationed behind the building at 6576 Oakmont Drive. Trucks carry state-of-the-art emergency equipment, including power-load gurneys and heart monitor systems and are staffed by both EMTs and Paramedics. Crews are on duty for 12-hour shifts, 7 a.m.-7 p.m. First responder medical service is also provided by the City of Santa Rosa's Fire Department, usually from Station #7, on Stone Bridge Drive.

"Of course, we want to keep Oakmonters out of the EMS system, and remind residents to be aware of home trip and fall hazards, discuss their emergency plans with family and friends and keep their POLST (Physician Order for Lifesaving Treatment) and other documents readily accessible in case emergency service is needed," said Matt Windrem, the EMS Division Chief for the Sonoma County Fire District.

Emergency officials continue to remind residents to dial 911 if experiencing chest pain, stroke symptoms or other emergent conditions and not attempt driving to local emergency centers.

Tennis Club



■Jack Breibart

FOND FAREWELLS

The Oakmont tennis community said farewell recently to Grace Braner, who has left for Pittsburgh, PA where she will be close to her son and grandson.

Grace, or Amazing Grace as she is known on her email, has been a long-time regular on the Oakmont and Saddle Club courts. She is known for a mean back-hand slice on return of service that leaves the server scrambling to reach it, usually too late. The stroke is often accompanied with a sly smile from Grace.

The first of the farewells took place at the China Village restaurant, attended by the Tuesday and Thursday East Court tennis regulars and arranged by Peter Hogan, who provided chocolate and regular cheesecakes for dessert.

The second of the farewells moved to a late Sunday at the West Courts where Reed Davis brought a group together to say goodbye. Reed led a couple of toasts (wine was provided) to Grace, who shortly after gracefully departed.



The second farewell for Grace at the West Courts. Grace is sixth from the left. (Photo by Rebecca Coker)

And speaking of departed, Novak Djokovic departed Wimbledon, graciously, for the second straight year watching 21-year-old sensation Carlos Alcaraz holding up the winner's cup. Alcaraz's victory came easier this year, 6-2, 6-2, 7-6 than it did in 2023 when it took five sets.

In the Wimbledon woman's final, Barbora Krejckikova, of the Czech Republic, defeated Jasmine Paolini, of Italy, 6-2, 2-6, 6-4. Krejckikova is the eighth different woman to win at Wimbledon over the last eight years. Pretty amazing.

New Phone Options for OVA Staff Members

■News Staff

The OVA staff phone list options have recently changed. To connect with the staff member or department you wish to reach, please look over the following extensions. These options are also available in the recorded message when you call the OVA Office at (707) 539-1611.

Architectural

Ext. 104—Architectural Administrator, Alejandra Pulido

Ext. 105—Architectural Community Relations Specialist, Danielle Hannigan

Front Office

Ext. 108—Activity Cards and Monthly Assessments, Chandra London

Ext. 109—Administrative Specialist, Dana Walters

Events

Ext. 103—Events Coordinator, Anita Roraus

Communications and Technology

Ext. 107—Website, Newspaper and Digital Communications, Crissi Langwell

Ext. 110—Facility Technology & AV equipment, Trace Hernandez

Management

Ext. 101—Operations Manager (Facilities), Todd O'Donnell

Ext. 106—Human Resources and assistant to the General Manager, Dawn McFarland

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Hikers



■Scott Finn

We welcome you to join us on a hike whether you are a member yet or not and the annual membership is only \$15. Go to our website at www.oakmonthikingclub.org to join the club, get hike details, club information, photos and more. For a complete description of each hike and to register, please keep checking our website for updates.

HIKERS' ANNUAL PICNIC AUGUST 8, 12 NOON WEST REC. PICNIC AREA, 6470 MEADOWRIDGE DR.

Food will be catered, cold drinks available, with beer available for \$3 purchase. Otherwise, there is no cost to club members. All hikes will begin at the West Rec. Parking lot with the long hikers (starting at 8:30 a.m.), intermediate hikers (starting at 9 a.m.).



There is plenty of parking, with shade for our eating and no bees! We will support our protection of the environment with compostable and recyclable materials.

Any questions call Mary Lou Hicks, (707) 303-7113

AUGUST 8: INTERMEDIATE HIKE NORTH BURMA LOOP TRAIL

Work up an appetite for the annual picnic by joining me on this intermediate hike in Annadel. With our picnic at the West Rec. outdoor area this year, we will all meet at the West Rec. picnic area and depart on our hike from there at 9 a.m. We will hike over to Annadel where we will do the North Burma Loop, returning to the West Rec. by 11:30 a.m., just in time for the Fiesta! A distance of approximately 4.4 miles and 622' of elevation. Hike Leader is Gary Andersen, (360) 778-9604.

AUGUST 8: LONG HIKE CENTRAL ANNADEL LOOP TRAIL

Enjoy this easy hike starting from the West Rec. Center and working around Lake Ilsanjo up the North Burma Trail to the Live Oak Trail. Once to the lake, we will walk around it and then return via the Louis Trail and back down North Burma with time to make it back for lunch by 11:30 a.m. A distance of about 5.5 miles and 750' elevation gain. Hike leader is Scott Finn, (619) 884-0977.



Lake Ilsanjo looking west.

AUGUST 15: INTERMEDIATE HIKE HISTORIC CHINA CAMP—EARLY CHINESE SHRIMP FISHING VILLAGE

Great early California history here in this State Park operated entirely by volunteers just like Sugarloaf. We will tour the Camp itself with a local volunteer and then we're off on a 6.6-mile hike on the Shoreline, Oak Ridge and Bay View Trail Loop. Total of 669' elevation. It's near the bay so hopefully not too hot.

Bring lunch and poles if needed. Oh yes, Bonnie's Brownies provided for dessert. Early start time—8:30 a.m. departure from Berger lot. Hike leader is Gary Andersen, (360) 778-9604.

AUGUST 15: LONG HIKE ISLANDS IN THE SKY TO SHELL BEACH

This is a spectacular through hike, we will leave a

couple of cars at Shell Beach, and go back to Duncan's Mills to hike through Islands in the Sky portion of Willow Creek Preserve, across Willow Creek itself to Pomo Campground in the Sonoma State Coastal Park, thence to Shell Beach by the more direct trail, or over Red Hill.

Views of the Russian River, Willow Creek, the Pacific Coast and more... About 8 miles and 1600 or 2000' elevation gain. Also, I am going to investigate a new route using Willow Ridgetop, similar general characteristics but nearer the Russian River. Stay tuned to oakmonthikingclub.org for updates.

Leave the Berger at 8:30 a.m., bring lunch, water, poles, dress in layers for conditions near the coast. Hike leader is Martin Johns, (330) 815-5167.

Wii Bowling Oakmont Lanes



■Terry Leuthner

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

Anyone interested in joining our club, either as a team bowler or substitute, please call Terry at (707) 291-3023 or stop by the East Recreation Center on Tuesdays from 2–3:30 p.m. (no bowling fourth Tuesdays) to see us in action. See www.oakmontlanes.com for club information.

Bowling date for July: July 30 (week #10).

Bowling dates for August: Aug. 6 (playoff Tournament Summer League), 13 (week #1 Fall League), 20 (Week #2). No bowling Aug. 27 (fourth Tuesday).

RESULTS AS OF JULY 16 (WEEK #9 SUMMER LEAGUE)

2 p.m. League: first place, Pocket Hits; second place, 4 Tops; third place, Wii Four; fourth place, High Rollers; fifth place, Alley Oops; sixth place, King Pins; seventh place, Phantom Strikers; eighth place, Pin Pushers; ninth place, Strikers; tenth place, Ghosts.

Men's High Games: Gordon Freedman, 269; Larry Souza, 269; Charlie Ensley, 236; Glenn Hewitt, 227; Don Shelhart, 227; Scott Haris, 224; Terry Leuthner, 200; Frank Schepengerdes, 200.

Women's High Games: Sandy Osheroff, 266; Rhonda D'Agostini, 256; Vickie Jackanich, 253; Pat Scott, 237; Robin Schudel, 223; Peggy Ensley, 215; Karen Palmiotti, 206; Valerie Hulsey, 203; Barbara Koch, 202.

Sister District of Oakmont



■Carolita Carr

LESS WHINING, MORE WINING

WHAT: Wine Tasting Gold Medal Wines

WHERE: Berger Center

WHEN: Saturday, July 27

TIME: Doors open at 3 p.m.

We are getting together to taste some fine wines, listen to some great music, and hear (in person) from our candidate from Arizona, Karen Gresham.

Come spend a lovely Saturday afternoon with us. Music is provided by some great musicians from right here in Oakmont, and the wines are all award winners. Bring an appetizer to share.

Since this is a fundraiser, we are asking for a \$50 per person donation.

Oakmont Democratic Club



■Tom Amato and Chris Thompson

HOT AUGUST EVENTS TO PROMOTE DEMOCRACY

This August the Oakmont Democratic Alliance has three great events where Oakmonters can make their voices heard for the fall election.

The main event will be hosting Congressional Candidate Adam Gray at the Berger Center on Friday, August 30, 6–8 p.m. Gray was almost elected to a Central Valley congressional seat centered around the city of Modesto in 2022. He lost by less than 600 votes. This district is seen as a "tossup" by the influential Cook Political Report.

The evening will include live jazz, great food and a chance to hear from Adam Gray and his hopes for the Central Valley and our nation. Tickets to this event can be purchased on our website: oakmontdemocraticalliance.org.

Second, (but first on the August calendar) the PerSisters Project will have their Postcarding Party on Monday, August 5, 2–4 p.m. at the West Rec. Center. Oakmonters have sent thousands of post cards to voters in many of the important races in battleground states in an effort to increase voter turnout. New members are welcome to join us.

Also this month, the Oakmont Democratic Club will co-host with the Oakmont Progressives Club their Summer Potluck with Oakmont musical group More Joy on August 12. More details on this event in this month's Progressives' article on page 15.

Kiwanis Club of Oakmont



■Beverly Singer

CARNITAS AND MARGARITAS FIESTA AUGUST 3

The Kiwanis Carnitas and Margaritas Fiesta is Saturday, August 3 at the Berger Center. The doors will open at 5 p.m. Enjoy chips, salsa and a margarita (alcoholic or non) before a dinner of carnitas, beans, rice and green salad, all for \$35. Your first margarita is included with your ticket. If your name is Rita, you get an extra margarita free. Phone Bob Isaacs for tickets at (916) 202-3799 or buy tickets from any Kiwanian.

The wonderful teens from CHOPS Teen Club of Santa Rosa will be the dinner servers. They train in cooking and serving at the teen club under the guidance of some well-known chefs. Teenagers from the Montgomery and Maria Carrillo High School Kiwanis-sponsored Key Clubs, will help with set-up for the fiesta.



Kiwanis President Ann Isaacs and CHOPS Director Melissa Stewart.

Kiwanis Club's main goal is to help children locally and worldwide. To that end, Kiwanis has Key Club advisors in high schools and often in elementary and middle schools. Kiwanis-sponsored Circle K Clubs are in colleges and universities.

The Fiesta is the Oakmont Kiwanis Clubs largest fundraiser for earning money to support Kiwanians in the goal to help children, families and the community.

Oakmont Pétanque Club

■Don McPherson

BASTILLE DAY FÊTE 2024

An abundance of bleu, blanc et rouge clothing and tricolor flags made for a festive annual Bastille Day celebration on Saturday, July 13.

The fête began with the annual Bastille Day Tournament. Tournament Director Jean-Michel Poulnot handled registration and randomization of teams with the club's "Fanny," "the Goddess of Pétanque," looking on. With substitutions, a capacity 20 club members played in the tournament, and two dozen joined in the festivities including lunch.

In the play-in game, the team of Sheila Culver, Don McPherson, and Steven Payette defeated Gorden Blumenfeld, Linda McPherson, and Jean Reed, 13-6; Max Hinchman, Jim Knapp, and Gail Ruder defeated Lisa Bonomi, Ellean Huff, and Rachel Meserve, 13-6; and Ernest Culver, Cynthia Goodwin, and Richard Goodwin defeated Tom Bonomi, Barbara Lowell, and Barbara Newton, 13-9. S. Culver-D. McPherson-

Payette then won a one-end tie-breaker against Hinchman-Knapp-Ruder.

In the Concours, S. Culver-D. McPherson-Payette defeated E. Culver-C. Goodwin-R. Goodwin, 13-6 to win the 2024 Bastille Day championship. In the Consolante, T. Bonomi-Lowell-Newton defeated Hinchman-Knapp-Ruder, 13-9 to take third place, and L. McPherson-Jean-Michel Poulnot-Reed defeated Diane Blumenfeld-Schaap-Huff-Meserve, 13-7 to take fifth place.

Following announcement of winners, Jean-Michel Poulnot, en beret, led a rousing rendition of the French national anthem, "La Marseillaise," and all gathered for the annual Bastille Day Club photo. Accordionist Debbi Knapp provided French café music during the delicious potluck pique-nique lunch that followed.

It was une grande fête!

PÉTANQUE IN OAKMONT

The club encourages all Oakmonters who may be




Winners 2024 Bastille Day Tourney (L. to R.): Second Place—Cynthia Goodwin, Richard Goodwin and Ernest Culver; First Place—Don McPherson, Sheila Culver and Steven Payette.

interested in playing or learning to play pétanque (pay-tonk) to come to the courts between Berger and the OVA offices at 9:45 a.m. on the Club play days of Monday, Wednesday and Saturday. The club has boules to lend while you're learning, and you'll be playing right away.



2024 Bastille Day Club Photo. (Photo by Diana Payette)



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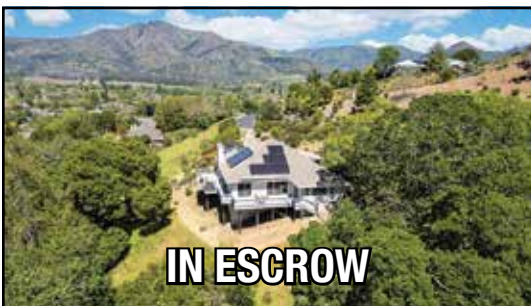
168 White Oak Drive—St. Helena—\$749,000



7563 Ferroggiaro Way—Orchard Res 4—\$1,025,000



422 Woodley Way—Mt. Hood—\$1,175,000



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CENTRAL COMPLEX Continued from page 1

project approval processes.

- Creating a Shared Vision early with community involvement helps create a shared vision for the project, ensuring that members are aligned and working towards common goals. This shared vision can guide decision-making throughout the project.

It is less cost-effective to gather cost information for concepts and elements that would not be implemented. If we cost out the current model at each refinement stage, we would be spending money with every iteration.

There are several reasons why it's not advisable to create a cost model for initial draft concepts:

Early-Stage Concepts: These are often vague and subject to changes. Cost models based on these preliminary ideas are likely to be inaccurate and can lead to misleading conclusions.

Design Evolution: As the project progresses, the design and scope are likely to change. Early cost models can quickly become obsolete.

Resource Allocation: Creating detailed cost models can be time-consuming and expensive. At the initial stages, it might be more effective to allocate resources towards refining the concept and understanding feasibility.

Uncertain Scope: Initial concepts may not have a well-defined scope, making it difficult to accurately estimate costs. Changes in scope can drastically alter cost projections.

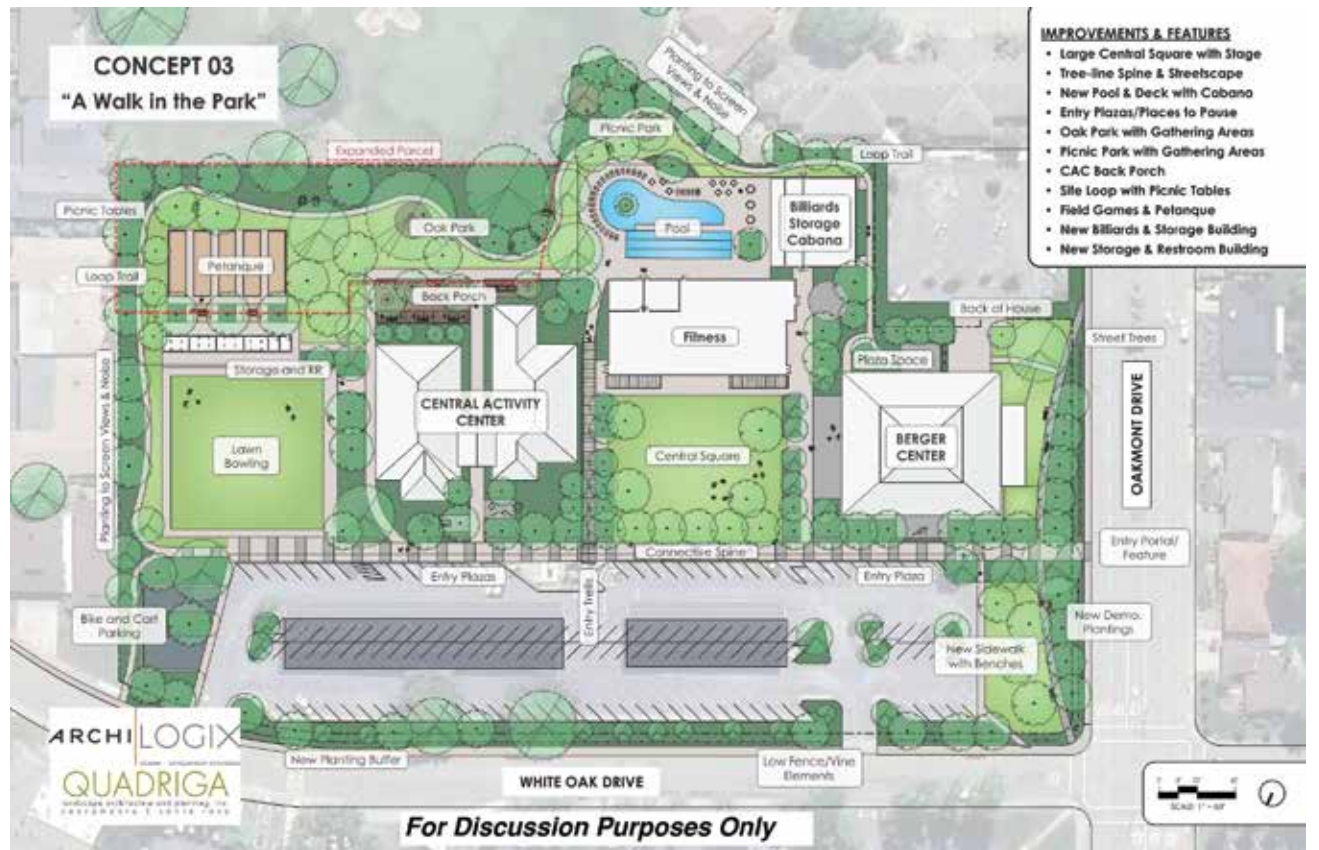
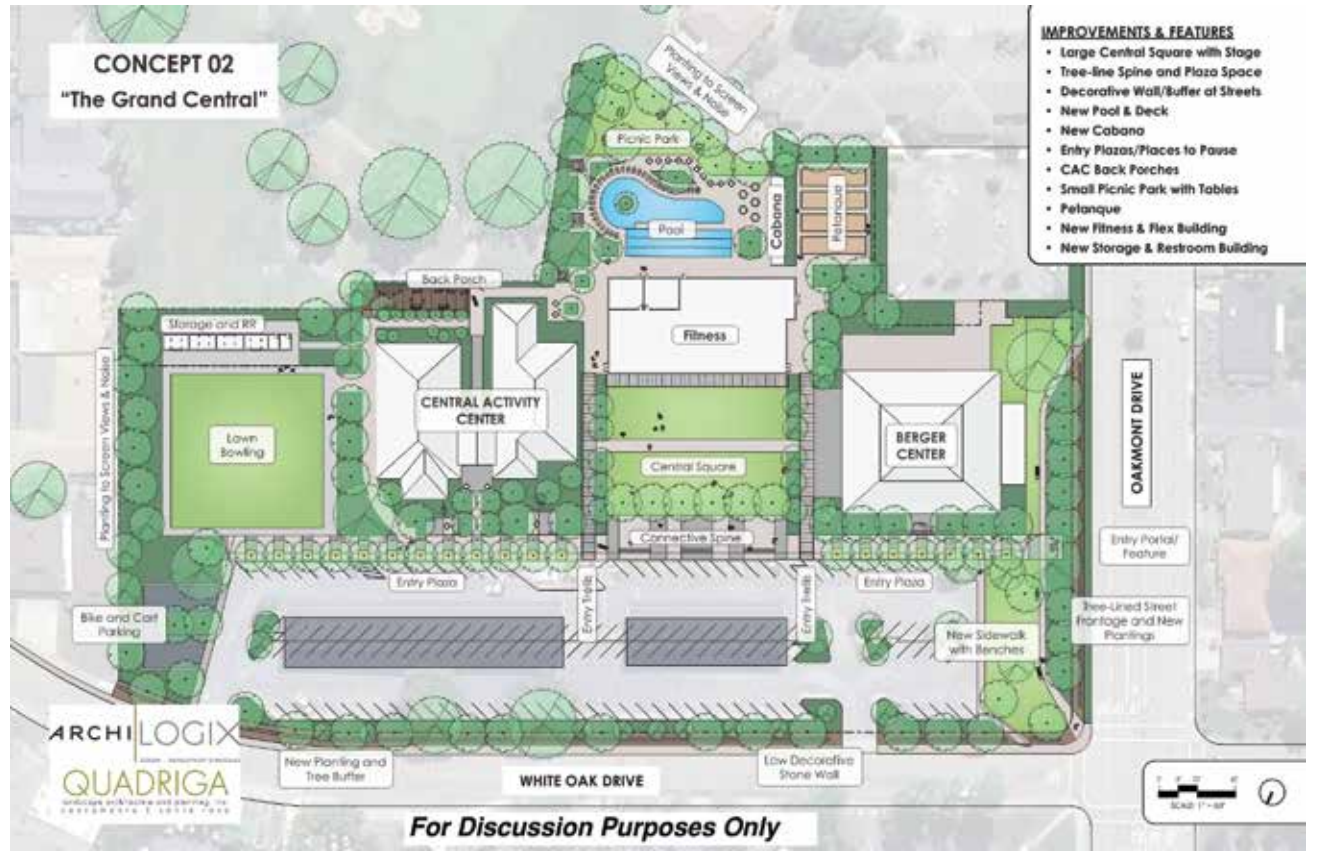
Focus on Feasibility and Vision: Early stages should focus on exploring different ideas, assessing feasibility, and defining the project vision.

Community Alignment: At this concept stage, it is more important to ensure alignment with members' wants and needs within the concepts. Once there is a clear understanding of these aspects, more accurate cost modeling can be developed.

As many of you know, master planning has never been undertaken in Oakmont, making this a learning experience for many of us. It's crucial that we get it right.

A collaborative approach ensures that any eventual plan, if chosen, will cater to the diverse needs and preferences of the community.

Currently, we are in the initial conceptual draft phase. As we continue to refine the scope, we will be able to provide a more precise financial overview with cost information that accurately reflects the community's priorities.





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■Carolita Carr



**WONDER BREAD 5
IN OAKMONT**



WHERE: Berger Center **WHEN:** Saturday, August 17
TIME: Doors open at 5 p.m., music begins at 6:30

COST: \$30 per person. Each member may bring one non-member guest.

FOOD TRUCKS: Tacos los Iniguez and Moxies Frozen Yogurt

If you want to laugh, sing, dance and have a really good time, Boomers has a great evening in store for you. We are bringing Wonder Bread 5 to Oakmont. These great musicians make up an international rock and roll party machine that will get you out of your seat, out on the floor and keep you there all night long. Go to our website (oakmontboomers.org) to register. Act now, this event will sell out fast.

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.

Lifelong Learning 

■Marlena Tremont

**FALL CLASS PREVIEW
WEDNESDAY, AUG. 28, BERGER CENTER
2:30 MUSIC AND REFRESHMENTS,
3 PM PROGRAM BEGINS**

Come meet the instructors and hear about these fabulous new classes.

**JAPANESE PAPER AND FABRIC MARBLING
INSTRUCTOR: ROBERT MAHAR**

Online registration only; limit—24 students. Wednesdays, Sept. 18–25, 3–5 p.m., Berger Center. 2-week session. Cost: \$40, plus \$35 for supplies (paid in class).

**THE HOLLYWOOD RENAISSANCE OF 1967
INSTRUCTOR: TERRY EBINGER**

Thursdays, Sept. 19–Oct. 10, 2–5 p.m., East Rec. 4-week session. Cost: \$95. Note early start time.



**SANTA ROSA SYMPHONY
INSTRUCTOR: WENDY CILMAN AND
SANTA ROSA SYMPHONY MUSICIANS**

Wednesdays, Oct. 2–23, 3–5 p.m., Berger Center. 3-week session, bonus fourth class. Cost: \$50.

**CONTEMPORARY ECONOMIC POLICY
INSTRUCTOR: JON HAVEMAN**

Mondays, Oct. 14–Nov. 4, 3–5 p.m., Berger Center. 4-week session. Cost: \$65.

**DRUG DISCOVERY AND DEVELOPMENT
INSTRUCTOR: DENNIS DRAYNA**

Thursdays, Oct. 17–Nov. 7, East Rec. 4-week session. Cost: \$65.

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.

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Passages



Ann Ver Planck (born Feb. 23, 1948) passed away on July 1. She and her partner Dorrine moved to Oakmont in 2013. Ann was a member of PEO, Chapter JO (Santa Rosa) and coordinated rides for a couple of years for Oakmont Volunteer Helpers. Her ashes will be dispersed in the San Francisco Bay with a small group of friends from a boat by the Neptune Society.

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*.

Movies At Oakmont



WHERE: Berger Center

SCREENING DAY AND TIME: Sundays

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

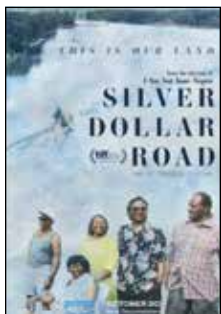
NOTE: All films are shown with English subtitles, when possible, free of charge—compliments of OVA.



JULY 28 AT 1:30 PM

SMALL IS BEAUTIFUL – THE QUEST TO SAVE THE VALLEY OF THE MOON
PRE-FEATURE SPECIAL

From a Sonoma filmmaker, about efforts to preserve the Sonoma Developmental Center in Glen Ellen. Followed by Q&A with producer and cinematographer. 2024, 0:25.



JULY 28 AT 2 PM

SILVER DOLLAR ROAD

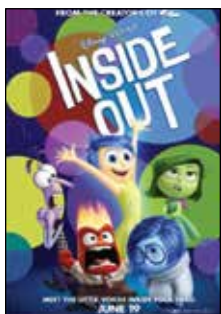
A Black family in North Carolina has been harassed for decades by land developers attempting to take their waterfront property. 2023, PG, 1:40.



AUGUST 4 AT 2 PM

FALL GUY

A down-and-out stuntman must find the missing star of his ex-girlfriend's blockbuster film. 2024, PG-13, 2:06.



AUGUST 11 AT 2 PM
INSIDE OUT

After young Riley is uprooted from her Midwest life and moved to San Francisco, her emotions—Joy, Fear, Anger, Disgust and Sadness—conflict on how best to navigate a new city, house, and school. 2015, PG, 1:35.

Oakmont Birders

■ Barbara Kendrick

THE KING OF THE FISHERS

The Belted Kingfisher, which shows up in Oakmont around our creeks and the golf-course ponds, is unique in several respects. First is its appearance—there's no mistaking a Belted Kingfisher for any other



Punk-rocker head, tiny legs and tail. (Courtesy of Tom Grey)

local bird. About the size of a Robin, it's compact and stocky, with short legs and tail and a large head crowned with a shaggy, spiky crest that punk rocker Sid Vicious would envy. The beak is long and serious-looking, like a dagger. The head and body are slate blue-gray, with a white collar and chest separated by a blue belt. Females sport a rusty bar or splotch mid-breast.

The Kingfisher's call is also unmistakable. Both males and females make a sharp rattle, like a ratchet. A few other birds make rattling or chattering calls (including some Orioles), but no one does it with the Kingfisher's gusto and duration. You can hear them



Female Belted Kingfisher. (Courtesy of Tom Grey)

rattling away as they fly around patrolling their water-based territory.

Kingfishers are well named—they truly are the king of fishing birds. Their typical strategy is to perch on a branch or wire overhanging a body of relatively clear water, spot a fish by sight, and dive in

headfirst to grab it in their beak. Returning to the perch, they give their prey a whack to stun it, then swallow it headfirst. And unlike many fishing birds, they do not miss. I once watched a Kingfisher dive 15 times in succession from a bridge into a canal and come up each time with a minnow. When he finally flew off, he had trouble getting airborne.

Keep an eye and ear out for the Belted Kingfisher whenever you're near fresh water—they're here year-round.

Have a question about birds? Want a "Birds Seen in Oakmont" checklist? E-mail bkendrick@jps.net.

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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.

Men's Bible Study

■Lou Lacson

MID-YEAR REFLECTION

Jesus' ministry at least lasted three years. The Old Testament prophets mentioned Jesus' coming to earth at least some 700 BC. We can always look back to those years of waiting and then the ministry that followed. *The Book of Matthew* describes Jesus' second coming.

Here we are in the year 2024. It is halfway over and another round of summer sizzling days awaits us. Patience will greatly reward those believers who faithfully wait for Jesus' return.

In the meantime, join us every Thursdays, 10:30 a.m. at the East Rec. to learn more of this good news.

Canine Club



■Jean Nattkemper

KEEP 'EM COOL

Just as we struggle on very hot days, so do our dogs. Unlike us, dogs sweat only through their paws. Serious overheating can lead to organ failure and death.

Dogs with dark coats (black, for example) overheat more readily than others, as do brachycephalic breeds, who find it hard to breathe. It is dangerous to leave any dog in a car in the sun, even for a short period of time and with a window open, because heat rises rather than flowing sideways.



If your dog's mouth is wide open and his tongue is hanging out, use cool water on paws, belly, and groin for 5 to 10 minutes. If he staggers, shows weakness in his hind end, or collapses, use water and immediately take him to the vet.

YAPPY HOUR DOG WALKS

Linda's Yappy Hour Dog Walk: Monday, August 12, 9 a.m. Meet at East Rec parking area.

Jazz Club



■Dolora Hurst

A VERY SPECIAL CONCERT

If you have read our Jazz Club information notices, you know that the Oakmont Jazz Club is presenting a concert starring two of the finest musicians in our country today.

Larry Dunlap, pianist, toured the world for several years as accompanist for Dame Cleo Laine. They received a Grammy Award for a performance in New York when they played at Carnegie Hall. Queen Elizabeth bestowed the title of Dame upon Cleo Laine for her incredible singing ability during their time together. Larry is considered one of the premiere pianists of today. He is the man called in San Francisco when a Tony Bennet, Ella Fitzgerald, Sarah Vaughn type comes to play there. He also plays with the San Francisco Orchestra when needed, as well as arranging, teaching, composing, recording and playing gigs at many jazz clubs.



Nicolas Bearde.

Nicolas Bearde, is also a man of many, many talents. He has worked in movies and the theater as well as sung in too many venues to even mention. He is certainly one of the great vocalists of our time. His ability to capture the emotion expressed in the music has been termed absolute magic. All that, combined with a thoughtful delivery and a warm and jazzy way, has had him compared with Billy Eckstein. He is not to be missed!

Completing all this, making it a dream group of musicians, is Melecio Magdaluyo, sax and flute; Dan Feiszeli, bassist; and Jason Lewis, drums. The group

are all top of the ladder musicians.

WHEN: Saturday August 10, 7 p.m. (doors open 6:30)
WHERE: Berger Center Auditorium, Cabaret seating
COST: Tickets \$35. Bring or mail payment to OVA Office, 6633 Oakmont Dr. Make checks payable to Oakmont Jazz Club.

INFO: (707) 537-7720

Drinks and snacks permitted. Dancing encouraged. Tables for 8 may be reserved.

■Michael James

SWING INTO AUGUST WITH A DANCE PARTY

The Jazz Club August monthly meeting will be a dance party! In place of a regular meeting, we will welcome The New Horizons Swing Band of Sonoma County for a wonderful two hours of swing music from the 1920s through 1950s. Audiences love dancing or tapping their feet to the sounds of Benny Goodman, Artie Shaw, Count Basie, Duke Ellington, Glenn Miller, Henry Mancini, and many others.

The swing band has 24 musicians and singers, and many of them live here in Oakmont!

We will have cabaret seating and participants may bring snacks and drinks to share with friends. Dancing is encouraged. Tickets are \$10 each.

Call me at (559) 707-2750 for reservations.

WHEN: Wednesday, August 7, 2-4 p.m.

WHERE: Oakmont East Recreation Center

COST: \$10 per person

WHAT TO BRING: Snacks, drinks, dancing shoes if you like to dance.

CONTACT: Michael James, (559) 707-2750

Silver Guys of Oakmont



■D. Hall

END-OF-SUMMER POTLUCK SCHEDULED FOR AUGUST 11

Silver Guys of Oakmont and their invited guests will convene for their summer potluck from 2–5 p.m. in the West Rec. Center (upper floor) on Sunday, August 11. 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 invited to join us.

Oakmont Singles Social Club



■Bailey Penzotti

AUGUST MIXER—INTRO TO OAKMONT SINGLES SOCIAL CLUB WEBSITE!

WHEN: Friday, August 16, 6 p.m. **WHERE:** East Rec. **GUEST SPEAKER:** Jeff Zalles

Hear Ye, Hear Ye. The Oakmont Singles Social Club has their own website (at last)! Our new website will be the new place and method for you to confirm your attendance at the mixers including special holiday events, sign up to be with other OSSC club members at the Boomer events, sign up with Bon Appetite, pay membership dues and much more.

Jeff Zalles designed our website and is here to give everyone an introduction to it. Most importantly, he's here to give you instructions on how to use it and answer your questions. We encourage all members to attend this mixer to learn how to navigate the website so you won't be left in the dark ages.

Please bring an appetizer or dessert to share and your own libation to drink. Remember to wear your name badge and bring your key card for entry. (For now) please RSVP to Priscilla no later than August 12, proslyn49@aol.com!

JULY BON APPETIT (OSSC MEMBERS ONLY)

WHEN: Thursday, August 1

WHERE: Meet at 5:45 p.m. to carpool from the Berger Center

RESTAURANT: Sazón Peruvian Cuisine and Deli, 1129 Sebastopol Rd. Santa Rosa, <https://sazonsr.com/menu>

A family-owned and operated restaurant that "fuses different stages from our country's history." The menu offers cuisines from the Ancient Inca Empire through the Spanish Conquest.

Reservation is for 20. Bring cash because the restaurant will not provide separate checks! Reservation cutoff is July 29. RSVP 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. OSSC offers the opportunity to network with other singles who may have your same interests. For more info, email President Deb Ponts at dponts707@gmail.com.

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 Health Initiative Free Fitness Classes

■Charlene Bunas

THE SUN SHINES

In 2002, Jan moved to Oakmont. She and partner Greg moved here in part, for the dynamic lifestyle.

Pickleball, golf, hiking, swimming had been her normal routine. When not doing some sort of defined exercise, she and Greg put on chartreuse vests, grabbed trash grabbers and big bags, and walked the streets of Oakmont, picking up trash.



OHI exerciser
Jan. (Photo by
Charlene Bunas)

Because she'd always been physically active, Oakmont OHI was a natural. Until it wasn't. Her first clue was dizziness. Her second, shortness of breath. Fuzzy balance got in her way. Jan needed to rest more often, exercise less strenuously. She calls it the beginning of her "heart voyage."

The year 2013 saw the first heart operation. And her second. In 2024 she went to Stanford. Another operation. Additional challenges. The already thin Jan says she lost "20 pounds (super skinny,) but am trying to put them back on!"

This woman may have lost pounds but she has never lost priorities. Health takes time and is a continuous process. She knows it's not what you do in a day or in one game, or even swimming a few laps. Jan's plan? She's back to OHI, not feeling the least bit self-conscious about personal changes she makes to routines. "My arms are weak so weights above the head are a challenge! I just modify the exercises as necessary." Excellent OHI instructors and the warm friendliness of other students keep her coming.

As she regains her physical strength and stamina she's incorporating another love: duplicate bridge. A few heart problems? No problem for this Oakmonter who says, "I'm alive, the sun is shining and I plan to get back into all my activities."

Watch for her, picking up trash. She'll be the one in the neon green vest. She'll be smiling.

WHEN: Monday, Wednesday, Friday at 9 a.m.

WHERE: Berger Center

Café Mortel



■Linda Suhr

"SOLO AGING" LEARNING AND SUPPORT WORKSHOP COMING TO OAKMONT

Dr. Sara Zeff Geber, author of Essential Retirement Planning for Solo Agers, will be facilitating a live workshop in Oakmont for solo agers who want to elevate their plans for the future. The workshop will be on Saturdays, monthly, for six months, starting in September.



Sara Zeff Geber,
Ph.D.

Participants will benefit from the knowledge and thought leadership of Dr. Geber as well as other local experts in the fields of law, finance, and eldercare. Enrollment is limited to 18 solo agers (older adults who do not have children or other family available to help them in later life).

If interested, please contact Dr. Geber directly. She will provide information on the fee, answer questions about the workshop, and handle registration. Contact her at Sara@LifeEncore.com.

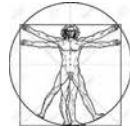
NOTE: 20% discount for enrollment by Sept. 1.

NEXT MEETING

Café Mortel meets on Wednesday, August 14 from 3-4:15 p.m. in the East Rec. This will be an open-ended discussion about aspects of the end of life. All Oakmonters are welcome.

For questions about Café Mortel email me at linda@autumnoflifeplanning.com.

Fitness Club



■John Phillips

NEW POWER PLATE HAS ARRIVED

We have finally received the new Power Plate, and it is really something. It might be a little intimidating, but don't let it scare you, it is quite easy to work. I will just give you a couple of tips.

There are some buttons that look like a house that will always take you back to the main menu. On this menu in the bottom right corner is a manual button that allows you to choose a speed and time without showing any of the pre-programmed workouts. If you happen to be in a pre-programmed routine, there is a power plate button which takes you back to the main menu.

One of the neatest things about this machine is that it has a timer near the base for when you are doing planks or anything where you are sitting on the platform. It is easy to operate, and I suggest that you give it a try.

If you have any questions regarding this article or anything that is fitness related, please feel free to ask. You can reach me by phone or text at (707) 494-9086, email wkuout2@aol.com or stop by the Fitness Center and see the new machine. Remember I hold orientation every other Monday at 4:30 p.m. and Friday at 10 a.m., please sign up as I limit these to 6 participants. On Tuesdays at 1 p.m. and Thursdays at 3 p.m. I hold seminars, subjects change each week so please check out the board at the entrance of the Fitness Center.

Water Fitness



■Valerie Hulsey

When Mary runs into a former Water Aerobics student they usually say "I'm coming back!" Many have been saying that for years.

The weather is great, the water even better so now would be the time to come back.

Classes are held at the West Pool: Monday and Wednesday at 9 and 10:10 a.m., Tuesday and Thursday at 9:30. Newcomers are encouraged to join one or both of these smaller classes.

There is an \$8 drop-in fee. 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).

Meditation

■Joanne Davey

OAKMONT WEEKLY MEDITATION SESSIONS AT CAC

"Repetition is not failure. Ask the waves, ask the leaves, ask the wind."—Mark Nepo

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

Saturdays at 10:30 a.m. in the CAC Building, Room B: This is a 35-min. meditation. This session frequently begins with a short 15-20-minute talk about various aspects of meditation.

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

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

Let's Dance—Together!

■Terry Whitten

WALTZ CLASSES IN AUGUST



WHAT: Beginning American Waltz partner dance classes

WHEN: Wednesdays, Aug. 7, 14, 21 and 28 from 4-5:15 p.m.

WHERE: Lower West Rec.

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

The Waltz is considered one of the most elegant and rhythmic of the Ballroom dances. Aside from classical music, there are a lot of contemporary as well as Country songs that have Waltz timing. Some popular Waltz songs are "Moon River," "Take It to the Limit," "You Light Up My Life" and the Theme from *The Godfather*.

During the four sessions, you will learn the basic American style Waltz steps that are the most useful to get you waltzing around the dance floor. A few fancier steps will also be taught! Waltz can be done compactly if the dance floor is crowded or with bigger gliding steps if there is a lot of room.

No partners or experience are required. As always, it is best to come to the first class since each week after that will build on the material taught in the 1st week. We will rotate partners during the classes, although rotating is optional. Also, any ladies that want to lead and any men that want to follow are very welcome.

Aside from being fun and a great way to get exercise, a number of studies have shown that dancing on a regular basis may reduce the possibility of cognitive decline and may actually increase mental acuity since new nerve connections are made in the brain. Some even say that "dancing makes you smarter!" It certainly makes you feel better and can improve balance!

To register or for any questions, please contact me at twhitten@pacbell.net or call (415) 265-7590.



Radio Active Club to Form

■Howard Sidorsky

We are proposing the creation of a club that would provide support for Ham Radio operators, GMRS operators, and anyone else interested in radio communications.

What are these radios anyway? Some call them HTs, Walkie Talkies, Family Radios, Ham Radios, CB radios, Weather Radios. Let's talk about this and get together.

We would have monthly meetings at which interesting topics would be presented, have social events for fun and fellowship, and work for a communitywide understanding of the role of radio in emergencies, and general communications. More importantly, it will provide a place for interaction between various radio operators on a social level, not just on the air and in an emergency. This could include lunches, happy hours and any other in person activities. The initial meetings will attempt to define the interaction and activities.

The club would meet in person and also via Zoom to meet the needs of anyone using these radios. The first meeting will be held at the OVA Office, Suite B on July 29, 2-4 p.m.

If you are interested in such a club, please contact me via howard@sidorsky.com or text or phone at (510) 501-8750. If you do, please be sure to leave your name, phone number, and email address.



Howard Sidorsky.

CLASSIFIEDS

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Oakmont specialist—since 1986, general contractor John J. Coyle. Free design and consultations. Bathrooms, kitchens, roofing, additions. We do it all. Licensed, insured, bonded. Local references. (415) 879-1634.

BODEN PLUMBING, HEATING AND AIR

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

BABE'S TRANSPORT

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

OAKMONT COMPUTERS

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

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

SONOMA VALLEY LEGAL SERVICES

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

GALUS PAINTING

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

CUSTOM WORKS CONTRACTING

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

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

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

REPAIRS PILING UP? CALL RAY

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

MARTHA L PROFESSIONAL HOUSE CLEANING

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

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

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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.

TREE TRIMMING

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.

THE VINE LANDSCAPING

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

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

VALLEY OF THE MOON PLUMBING

We are a local plumbing company that can take care of all your plumbing needs from service and repair, to remodels and additions. Call today to schedule a free estimate. (707) 800-2043.

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

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

RESIDENTIAL POWER WASHING AND WINDOW CLEANING

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

SUPERIOR STRAIGHT LINE FENCING

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

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Heating, Cooling, service and repair. Serving Sonoma Valley. Call Vince Parish at Ridgeback Mechanical, (707) 666-5056.

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Kitchens, baths, rehabs, decks, patios, roofing, plumbing, electrical, insulation. Fire and water damage repair. Quality service, reasonable rates. Proudly serving locally for over 30 years. Free estimates. Lic. #669482. Visit our website: www.specialtyimprovementsunlimited.com. Call today, (707) 328-3555.

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

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For all your electrical needs, including rewiring, troubleshooting, generators, panel upgrade, lighting, EV chargers, security/landscape lighting. Available 24/7. Lic. #461220. Free estimates. Call (707) 690-2541. Visit www.beginbuild.com.

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.

OAKMONT'S PAINTING SERVICES

29 years in Oakmont. Many Oakmont references. Great work at fair prices. License #1108640. Bonded and Insured. (707) 528-8222 or email OakmontsPainting@gmail.com.

CONSTRUCTION/REMODELING

Barrera General Contractor. Decks, fences, kitchen and bathrooms, finish carpentry and general construction. Licensed and insured. CA Lic. #1044479. Call (707) 843-9469, (707) 975-6576 or (707) 393-9748 (cell).

CERTIFIED CAREGIVER

Certified Nursing Assistant (CNA) and hospice caregiver. Light housekeeping, errands, transportation to appointments and shopping. Over 20 yrs. of experience. Maria Barrera, (707) 393-9748.

TONY'S GARDENING SERVICES

General landscape, mowing, yard maintenance (free fertilizer included, so your grass and plants can be greener than every), high weed clearance. Clean-up, hauling, trimming, pruning and gutters. Free estimates. Ref. available. Tony Sandoval, (707) 321-2958.

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Window cleaning in Oakmont. Sparkling windows and friendly service. Satisfaction guaranteed. Get a free quote. Call Seth, (707) 708-4343.

HANDYMAN SERVICES

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

CHRISTO TRANSPORTATION

Based in Oakmont, available for airport transport at competitive prices. Commercially insured with TCP 32055. Call Chris, (707) 205-8109.

1/2 HOME TO RENT

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

LIVE-IN, EXPERIENCED, FEMALE CAREGIVER WANTED

Care needed for an 82-year-old woman and her toy poodle in her beautiful Oakmont home with exceptional views. Must have valid driver's license, be able to speak English and non-smoker, please. For more information contact Liana between the hours of 11 a.m. and 9 p.m. at (917) 613-6265.

GARDEN TRIMMING

An emphasis upon a natural look, since 2007, and home projects as well. Small jobs OK. Richard, 833-1806. I'm an Oakmont resident.

ONE WAY PLUMBING, INC.

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

SHARE A TRIPLEX WITH ME

Woman looking to share 1,100 sq. ft. 2-bedroom triplex in Oakmont. \$1,200 plus \$125 for membership dues. Includes access to 2 salt water swimming pools, hot tubs, pickleball courts and lots of clubs. Please call Melissa Wright at (707) 239-6237.



■Greg Fauss



Photo by G. Fauss.

REVITALIZATION

Recently I had the opportunity to spend a few days backpacking in the Sierras. If I could only do one vacation activity all year this would be it. I'm not sure exactly when I began backpacking, but I'm guessing at around age 10. Since then, I've done it at least once a year every year.

I enjoy the beauty, raw power and clarity of nature along with the disconnect from life conveniences that sometimes actually just add stress. It really does something to my soul and psyche, as well as being good physical exercise.

We hope you're able to get away from your normal routines and connect with something revitalizing.

On that note you're invited to our next potluck at noon this Sunday, July 28 following our Sunday service, where we plan to share and discuss what we find revitalizing. Everyone is always welcome to our Sunday services at 10:30 a.m. and anything else for that matter.

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.

Yang Style Tai Chi

■Vicki and Kenn Chase

NEW BEGINNING TAI CHI CLASS

A new "Basics of Tai Chi" class is starting August 7, 9 a.m. at the West Recreation Center, upper level. Kenn Chase, with over 50 years' experience teaching Yang Style Tai Chi, has been living and teaching in Oakmont for three years. Kenn combines the best of Eastern and Western philosophy, as well as his background teaching heart patients to enhance learning and each student's potential. His teaching style emphasizes the meditative and health qualities available through regular practice. Anyone can do Tai Chi, as it is slow moving and no impact.

We can all use help with balance! Tai Chi not only improves balance, but enhances flexibility, strength and self-confidence. Research shows that Tai Chi can decrease falls, anxiety, depression and stress, improve cognitive function and much more. Regular practice brings an improved ability to conduct daily activities. Come join the class and see what Tai Chi can do for you!

Pre-registration is highly encouraged as space is limited. The fee is \$60 for 4 consecutive classes.

For further information and/or to register email taichikenn@yahoo.com. Website: integralwaytaichi.com.



OVA Presents "Feeling Good: Burnham Sings Bubl  "

■OVA Staff

The OVA presents Broadway's David Burnham at the Berger Center on Thursday, August 29. The award-winning performer will celebrate the songbook of Grammy award-winning artist Michael Bubl  . Performing songs like "Cry Me a River," "I Haven't Met You Yet," "Save the Last Dance for Me," and more, Burnham's rich and evocative voice brings Bubl   to the stage.

Recipient of the prestigious Helen Hayes Award for Best Actor, a Drama-Logue Award and a Back Stage Garland Award, David Burnham has performed as Fiyero in the Broadway production of *Wicked* and Fabrizio in the Tony award-winning musical *The Light in the Piazza*. He first gained critical acclaim when he was chosen to replace Donny Osmond in the national tour of Andrew Lloyd Webber's *Joseph and the Amazing Technicolor Dreamcoat*.

On film, David is the voice of the Prince in the Warner Bros. animated feature *The King & I* and is featured in Disney's *Home on The Range*.

Doors open at the Berger Center for this August 29 performance at 5:30 p.m., and the show begins at 6 p.m. Tickets are \$30 per person, available in the OVA office, for theater style seating. Learn more about Burnham at www.davidburnham.com.



Oakmont Volunteer Helpers

■Matt Zwerling

NEIGHBORS HELPING NEIGHBORS

The concept of neighbors helping neighbors is not unique to the Meet Your Neighbors emergency preparedness program in Oakmont. Oakmont Volunteer Helpers (OVH), from its roster of resident drivers, provides transportation to medical appointments for Oakmont residents who are unable to drive themselves.

Whether for something as simple as needing a blood test, or as involved as a colonoscopy or laser eye surgery, having a neighbor drive you to and from your appointment when other means of transportation are unavailable can offer a sense of ease and relief. And, unlike a taxi or Uber, there is no charge for this beneficial service.

We ask that you call the current Coordinator (listed near the back of each issue of the *Oakmont News*) at least 3 weekdays before your appointment to arrange a ride.

If you have a couple of hours once a month or so and would like to volunteer as a driver, email me at the address below to learn more. This is a rewarding opportunity to meet and be of service to your neighbors.

Perhaps the most important volunteer opportunity with OVH is to be a Coordinator, the one who arranges for those important rides. This position requires a 2-week commitment but takes about 15 minutes daily, if that! All it takes is a working computer and familiarity with sending emails—sounds straightforward, no?

Again, if you are interested, we can always use help, so let me know at zwermd3@gmail.com.



2024-2025 OVA BOARD OF DIRECTORS

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heidi.klyn@oakmontvillage.com

David Dearden, Vice President

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Olga Ydrogo, Director

olga.ydrogo@oakmontvillage.com

Tom Kendrick, Treasurer

(Non-voting officer)

tom.kendrick@oakmontvillage.com

GENERAL MANAGER

Christel Antone

christel@oakmontvillage.com

POOLS & JACUZZIS

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

WEST: 7 AM-9 PM

(Closes 7 PM Wednesdays for cleaning)

EAST: 6:30 AM-9 PM

(Closes 7 PM Mondays for cleaning)

CENTRAL: 5:45 AM-9 PM

(Closes 7 PM Tuesdays for cleaning)

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

CENTRAL POOL HOURS FOR PEOPLE UNDER 18:

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

Memorial Day-Labor Day: 12-4 PM daily

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

NEED A RIDE? GIVE A RIDE! OAKMONT VOLUNTEER HELPERS

COORDINATOR

Rides to Medical Appointments

July 16-31

Maggie Schmidt 707-890-1347

August 1-15

Ron Kaufman 707-541-6713

We provide the following services to Oakmont Residents:

■ Transportation to medical/dental appointments in Santa Rosa only

■ Meals on Wheels 525-0383

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

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

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

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

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

HOW TO CONTACT YOUR LOCAL OFFICIALS

County Supervisor Susan Gorin, District 1

Phone (707) 565-2241

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

Email: Susan.Gorin@sonoma-county.org

City Councilwoman Dianna MacDonald, District 3

Email: dmacdonald@srcity.org

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

Oakmont Progressives



■ Ed Biglin

SUMMER POTLUCK AND FUNDRAISER MONDAY, AUG. 12, 5:30-8:30 PM, EAST REC. CENTER

Oakmont Progressives will again sponsor our popular summer potluck with a concert by Oakmont's own More Joy. Their concerts are a special treat—they're fun, they're funny, and their music is always relevant to what's going on in the world.

In this crucial election year, we're working as part of the Oakmont Democratic Alliance to try to make a difference. So, this year's potluck will also be a fundraiser for Seed the Vote. We're asking for a \$20 (minimum) donation to Seed the Vote.

Seed the Vote is a national volunteer organization that recruits and trains people to canvas and work in

battleground states. In 2022, despite rampant voter suppression and the prediction of a "red wave," grassroots organizing again made key electoral wins possible. In Nevada alone, Seed the Vote volunteers talked to nearly 7,500 people at their doors during a critical Senate race won by only 7,928 votes. We expect to have a representative come talk about their work in the 2024 election.

Sign up early—this is always a popular event and space is limited. In order for us to plan effectively, we'll ask you to let us know who you are, whom you're bringing, and what food you'll bring. As always you should bring the libation of your choice to share as well.

To sign up, go to www.oakmontprogressives.org or www.oakmontdemocraticalliance.org. Find the event



More Joy.

page and click on the More Information or RSVP link and fill out the RSVP form. We're also asking that you click on the Seed the Vote link to donate (<https://seedthevote.org/donate/>).

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<http://thegaragedoordepot.com/>

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Westco Fiji Care

CALL (408)775-3723



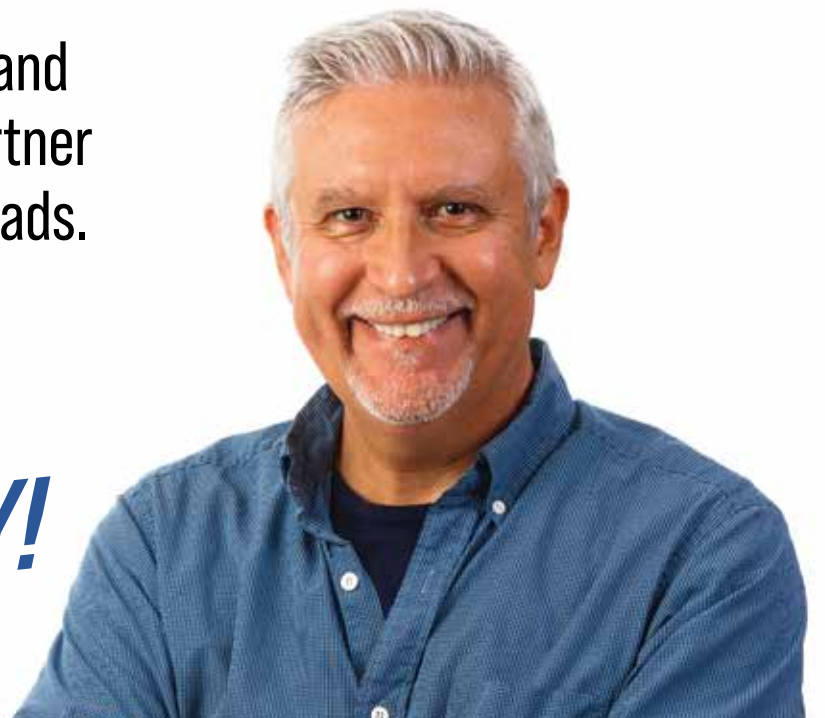
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Professional Services for your Loved Ones
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LIC#1113715

707-633-3574 SameDayNorthBay.com