

OAKMONT NEWS

Oakmont's Semimonthly Newspaper

www.oakmontvillage.com/news

January 28, 2023 • Volume 61, Number 2

New Equipment, Staff Avoid Golf Course Flooding

■Maureen McGettigan

If this were 2020, a great portion of Oakmont's golf courses would be under two feet of water due to last month's relentless rain. Upgraded maintenance has meant the golf courses survived without too much damage or flooding.

Credit is due to the work of Valley of the Moon's golf maintenance crew, headed by King Wayman, the superintendent of Oakmont's courses. Wayman



A contained stream of water in one of the golf courses during January's rains. (Photo by Maureen McGettigan)



Oakmont golf course Superintendent King Wayman with maintenance equipment. (Photo by Maureen McGettigan)

and his crew of 14 have worked over the past year and a half to clean storm drains and cut down dead trees and limbs. They also eliminated growth in the ponds and secured the banks to prevent the ponds from flooding.

Wayman's maintenance crew oversees 200 acres of land. CourseCo, which leases the golf courses from the OVA, has provided the new equipment and vehicles for maintaining the courses. Wayman credits those upgrades with being key to preventing a catastrophe from the atmospheric rivers of rain that brought flooding to much of California

Wayman worked at golf courses on the Monterey Peninsula before coming to Oakmont. He has a degree from Penn State in Turf Management. That degree is required for most superintendents of golf courses. It takes years to earn the credentials to maintain a golf course.

Insurance Agent to Explain Doubling of OVA Premiums

■Al Haggerty

A representative of Oakmont Village Association's insurance agency will explore the reasons for a near doubling of its 2023 insurance premiums from \$346,000 to nearly \$680,000 at a Town Hall at 1 p.m. Tuesday, Feb. 7 at Berger Center.

A.J. Scott of the Cline Agency will go into detail regarding the overall insurance market and the reasons for the soaring costs.

Scott had previously explained to the OVA board that it was "incredibly difficult to acquire coverage at any price," citing high fire risk and a claim following the sprinkler malfunction which flooded the West

Recreation Center. She said 45 carriers declined to insure Oakmont. She is expected to provide a breakdown in the cost of various coverages.

While a loan from OVA's Asset Replacement Fund will cover the 2023 increase, outgoing president Jess Marzak said the board would have to take "a critical look" at a dues increase in 2024

The premium increase comes against a backdrop of soaring homeowners insurance premiums throughout fire prone areas of California. Many homeowners have had to resort to the high-risk market with its higher rates and limited coverage.

Mark Randol Elected President of OVA

■Al Haggerty

Mark Randol was elected president of the Oakmont Village Board of Directors at its Jan. 17 meeting at Berger Center.

Randol was elected to complete the term of Jess Marzak, who resigned as president, explaining that the job "exceeded my expectations" and he and his wife were unable to do the things they wanted. He will remain on the board until the April elections.

Randol, who won in a close election, 4-3 over Iris Harrell, can seek a second two-year term in April, when three seats are at stake. Heidi Klyn was elected vice president, receiving four votes to three for Jeff Neuman. Both the president and vice president votes were by secret ballot.

Randol and director Olga Ydrogo are eligible to run again. Klyn is completing her second two-year term and is not eligible for re-election.

Randol, who moved to Oakmont with his wife more than ten years ago, served for six years as president of the Oakmont Sunday Symposium and gave numerous talks on homeland security, immigration, intelligence, terrorism and historical topics. He served for more than eight years in the U.S. Air Force and then for 30 years in the federal government.



Elnoka Sale Leaves Questions

■Jackie Ryan and Jim Brewer

The developer of the Elnoka housing project to be built next to Oakmont has sold the property to a Burbank Housing, a Santa Rosa-based developer of affordable housing.

OVA Manager Christel Antone said the sale of the property came as "a complete surprise." She said she was notified by Oakmont Senior Living, owned by developer Bill Gallaher, that the sale closed on Dec. 31.

The development, put in limbo negotiations over an evacuation route for Oakmont that would cross Elnoka to reach Melita Drive. "The efforts to get an additional evacuation route for Oakmont remain a top priority for OVA," said Antone. "We look forward to working with the new owners and moving ahead with our plans to secure a new route out to Melita Drive."

Antone said she was waiting on the city for details on the status of the property's Environmental Impact Report (EIR), which was nearing a final stage under the Gallaher group.

Elnoka borders Oakmont on the west. All but nine acres along Highway 12 is zoned for 55-plus housing.

Burbank Housing's announcement of the purchase said it offers "the opportunity to bring forward a mixed income housing community that can offer both market rate and affordable housing, with a range of housing types that will serve all members of the community, regardless of income."

In an effort to win city approval of the project, Gallaher had significantly reduced the number of housing units planned for Elnoka, which had been proposed to include 676 residential units.

Burbank Housing said Elnoka is its largest single land acquisition in its 43 years, during which it has developed more than 4,000 affordable housing units in Sonoma County alone.

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Technology To-Do Suggestions

This is one of a series of articles provided by the Oakmont Technology Learning Center on the use of technology by seniors.

■Tina Nerat

Since it's still January, the season for new year's resolutions, how about considering technology resolutions to start the year off right? Here are some suggestions you may not have thought of.

Computers/devices. Make sure you are current on all your software, app, and operating system updates. If your computer or phone/tablet is no longer supported with manufacturer updates, it's a security risk and it's time to replace it. Prepare and budget for end-of-life for your digital devices. Our computers and devices do not last forever, needing to be replaced every few years to keep up with security threats and the horsepower required by our apps. When a device is at end-of-life, make sure it's scrubbed free of your files and personal information and recycle it at an e-waste event.

File backups. Make sure your files are backed up, either to the Cloud or to an external drive that is stored elsewhere than your home. Backups can be automated. Speaking of backups, it's time to scan in those pictures in your photo albums you've been meaning to scan for years and store them in the Cloud as well as on an external drive. With all the rain lately, we aren't thinking about fires and evacuations, but putting your

precious photos in the Cloud and on a backup device will become critical with future fire evacuations.

Hacks, Phishing, Scams. Lower your chances of being hacked or scammed. Start using multi-factor authentication and do some password maintenance (more on passwords coming in February 11 article). Get familiar with the current scams; the e-mails and voice mails are starting to look "real" at first glance. Protect your privacy online. Check your settings on apps you use. There are also new tools to remove your personal information from Google searches.

Digital Estate Planning. Think about updating your current will to add digital estate instructions. Add legacy contacts to your online accounts (Facebook, Apple, Google, password managers, and more). Check out the Oct. 8, 2022 article on digital estate planning and resources available.

Tech Support. Know where you're going to go for tech support before you need it. The *Washington Post* has some helpful information on privacy and avoiding scams.

Clickable links to *Washington Post* resources are available with the electronic copy of this article at www.oakmont-learning.org under Tech Articles.

Hospice Myths Debunked

■Jackie Reinhardt

Rob Matheson of By the Bay Health tackled some common myths about hospice care at a Jan. 10 Town Hall at the East Recreation Center. By the Bay Health, the oldest hospice in California with offices in Marin, San Francisco, and Sonoma, also provides palliative care, skilled nursing, home health, respite care and grief counseling.

"The word hospice scares people to death," Matheson said, noting it often is associated with giving up and the end of life. "But the goal is to help the person live the best life possible in the time remaining."

Since Medicare Part A covers the cost of hospice, the only out of pocket expenses are private caregivers if a

family hires them. Medications and durable medical equipment, such as a wheelchair or hospital bed, are included in the coverage.

"Hospice care is provided wherever the patient calls home," said Matheson, refuting the belief that you need to go to a hospital. Most of the care is provided in the patient's own house, but it could be in a skilled nursing or residential care facility. Less than half of patients on hospice have a cancer diagnosis while Alzheimer's accounts for 17 percent followed by heart disease at 12 percent. The average time in hospice is five to 19 days.

Most of the time it is the patient's doctor who makes the referral when it is believed the patient has six months to live, Matheson said, adding you can continue to see your primary physician while on hospice but not specialists related to your medical diagnosis such as oncologists.

"If you want to pursue aggressive therapy or you don't like your team, you can revoke your hospice agreement," he said, adding you can be readmitted.

Matheson said By the Bay Health also provides respite services for family caregivers who are involved in hospice care for a while and need a break. The patient is transferred to a skilled nursing facility which Medicare pays for the first five days.

People can get better on hospice so discharge is always a possibility, according to Matheson, citing the case of a 93-year woman By the Bay Health discharged after she gained weight. She was transferred to a free palliative care program called Match (monitor at the client's home).

A benefit of Medicare Part B, palliative care is associated with chronic conditions such as Parkinson's that can last years. The difference is that you have a smaller team and palliative visits by an RN are infrequent as opposed to weekly visits by hospice providers. The focus is on curative care and helping you navigate appointments as opposed to comfort care and pain management under hospice.

Questions from the audience sought more information about how hospice is handled by Kaiser and the VA, what choices are available in a nursing home, what to do when a patient dies, end of life options and how to communicate your wishes in an advanced health directive.

At-a-Glance Summary, Jan. 17 OVA Board Actions

■Harriet Palk

CONSENT CALENDAR

Approved appointment of Georgene Bonovich to Community Education and Transparency Committee.

Recognized formation of Yang Style Tai Chi Club.

COMMITTEE REPORTS

Landscape: Dead and overgrown plants have been removed around Berger and the CAC and mulch put down; some new plants put in and others removed on Oakmont Drive median with plans being considered to improve its appearance; looking for ways to reduce cost for West Rec hillside installation; several dead trees and shrubs removed at East Rec.; providing list of maintenance requests to general manager pending replacement of the facilities manager; broken bench on Annella Creek removed and new one to be ordered; produced a draft document on Landscape Maintenance Standards that will be discussed with True North management and should be put into practice by the maintenance crews. Landscape at the Pythian entrance will be addressed.

Building Construction: Installation of the new carpet in the CAC is complete; the south patio lighting project and a repair to the awning at East Rec are complete; the new electric switch gear equipment for the West Rec. is in hand, but one more matter to be settled with PGE. Committee currently has three members; more are needed.

Oakmont Community Development: Working on building trusting relationships with entities on nearby Highway 12 and organizing with entities who have interests in common with Oakmont; establishing an emergency route through Elnoka; building good relationships with local elected officials; addressing the area on Oakmont Drive to Highway 12. Burbank Housing, the company that bought Elnoka, reportedly has a good reputation and builds affordable and low-income housing. Burbank Housing will have to do an EIR. OCDC is not moving forward aggressively until Project 2030 has prioritized the needs of the community.

ELECTION OF NEW OFFICERS

President: Mark Randol—4; Iris Harrell—3.

Vice President: Heidi Klyn—4; Jeff Neumann—3. Randol and Klyn elected.

Map Your Neighborhood

■Matt Zwerling

MONTHLY MEETING

Map Your Neighborhood's monthly informational meeting is normally held the fourth Thursday of each month in Room C of the OVA building. Due to a featured speaker, this month's meeting will be upstairs in the West Rec. Center at 11 a.m. on Jan. 26.

Nancy Brown, the Sonoma County Emergency Preparedness Coordinator will be speaking about earthquakes, a topic which gets less press than fires but might be even more devastating in Oakmont. Is there a difference between being prepared for an earthquake vs. a wildfire? How do you protect yourself, your valuables, and your home when, not if, there is a major earthquake?

Plan to join us for an informative meeting.

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Soroptimist Oakmont Wine Country



■Denise Bickert

INCREASING COMMUNITY AWARENESS

On Wednesday, February 8 at 3 p.m., the Soroptimist Oakmont Wine Country's monthly meeting is open to the public at the West Rec. Center. The meeting features guest speakers Elizabeth Quiroz and Lisa Diaz-McQuaid, co-founders of Redemption House of the Bay Area, the first group in Sonoma County devoted to helping women escape human trafficking.

Redemption House is a multifaceted program established to assist survivors of human trafficking in getting back to a functional, productive and healthy lifestyle. Activities include street outreach programs, a 24/7 staffed phone line, and bi-monthly support meetings for women in need. The group is working toward establishment of a safe house in Sonoma County, where women can find shelter and services in their quest to leave a life of trafficking.

Elizabeth and Lisa will share their stories and talk about their work.

Oakmont Soroptimist has been supporting Redemption House the past two years, hosting a holiday dinner and making donations to the outreach work. This reflects the vision of Soroptimist to help women and girls have the resources and opportunities to reach their full potential and live their dreams.

American Mah Jongg



■Marie Haverson

Hope you had a great holiday season!

We are excited to announce Mah Jongg will be held upstairs at the West Rec. Center.

WHAT: American Mah Jongg

WHERE: West Rec. Center

WHEN: First Wednesdays of the month, starting February 1

TIME: 1-4 p.m. (or until you are tired)

If you have a Mah Jongg set, please bring it. If you have a team, by all means, bring them.

RSVP is required. Call me at (707) 539-6666 or email haversonm@comcast.net.

There are no membership dues. It is one of the things in life that is free!



■Ray and Marie Haverson

AFTER NEW YEAR'S PARTY

WHAT: Party Time with J Silver Heels Band

WHEN: Friday, February 3

WHERE: Berger Center

TIME: 6-10 p.m. Doors open 5:30 p.m.; music from 6:30-9:30 p.m.

COST: \$25 per person

Bring your own food, drinks and whatever else your heart desires. We will have as follows: Lemon water, ice, coffee, cookies and cups.

The music is by the great J Silver Heels Band ('60s to the '70s). Time to get out and unwind and relax after all the holiday stress.

Please make your reservations early as the band is great and tickets will sell out fast. You may invite friends for the same cost.

Any questions, call us at 539-6666.



Hikers



■Gary Andersen

UPCOMING HIKES

We welcome you to join us on a hike whether you are a member yet or not and the annual membership is only \$15. Go to our website at www.oakmonthikingclub.org to join the club, get more hike details, club information, photos and lots more.

Please keep checking our website for updates or cancellations.

FEBRUARY 2 SHORT HIKE

SANTA ROSA ST. ROSE NEIGHBORHOOD

Stroll through the old St. Rose downtown neighborhood, the earliest housing in Santa Rosa, viewing historic houses and commercial buildings and to Railroad Square. There are numerous aged buildings and interesting places to see. About 2+/- miles, all flat on sidewalks. Bring water, shade protection, snack and good walking shoes; poles optional. Heavy rain cancels.

Depart Berger at 9:30 a.m. sharp (note later start time). Hike leader is Donna McCulloch, dmcculloch2986@gmail.com, (707) 539-5730.

FEBRUARY 2 LONG HIKE

JACK LONDON STATE PARK TO NORTH SONOMA MOUNTAIN THROUGH HIKES

This popular and beautiful hike offers a choice to begin at Jack London State Park or North Sonoma Mountain Regional Park for an 8-mile through hike.

We will meet at Berger Center at 8:30 a.m., exchange keys and drive to your preferred starting point. We will all rendezvous at Bill and Dave's mound for a group lunch. Bring plenty of water, a nourishing lunch, hiking poles. Hike leader is Chris Sork, (707) 495-3196.

FEBRUARY 9 INTERMEDIATE HIKE KORTUM TRAIL, SHELL BEACH TO PEAKED HILL

Check website for details.

FEBRUARY 9 LONG HIKE BOLINAS RIDGE LOOP

From the Leo T Cronin Fish Viewing Area, we climb 1,000 ft on Shafter Grade to the Bolinas Ridge Trail. While hiking along the ridge the views are spectacular to the ocean and Tomales Pt. We'll return along Lagunitas Creek where last year we saw mammals frolicking in the water. 10.5 miles with 1,450 ft elevation gain.

Meet Berger Center 8:30 a.m. for a one-hour drive to the trail head. Bring poles, water, snack/lunch, layers. Hike leader is John Ferreira, (650) 766-0497.



See the site of the first west coast paper mill on the Feb. 9 Bolinas Ridge Hike.



Beautiful coastal views on upcoming Feb. 9 Kortum Trail Hike.

Playreaders



■D. Hall

SMILEY MASK DOMINATES PLAYREADERS' OFFERINGS

From the bizarre to the comedic to the romantic, Oakmont Playreaders parade the "smiley mask" this month, while the "frowny mask" waits in the wings.

Edward Albee's *The Goat*, concluded the tale of a man in love with a goat. Following that, Marcel Coder staged *Two Across*, by Jerry Mayer about a couple who meet on a BART train. It featured Coder, John Dolan, and Sandy White.

January concludes with *Black Tie*, by Playreaders' favorite A.R. Gurney on Jan. 30 and Feb. 6. In it, father of the groom, Curtis simply wants to make a memorable toast. But before he is able to raise his glass, he must defend the time-honored ways of his past, including his attire. Cultures clash when a surprise guest is announced, threatening to throw convention out the window. Curtis finds that balancing the standards of his late father and the needs of his future family may prove too much for a black-tie affair. This comedy features Ginny Smith (producer,) D. Hall, Jeff Sheff, Marcel Coder and John Dolan.

February will see Playreaders producing *The Love List* by N. Fester on Feb. 13 and 23, and *Butterflies are Free* by Leonard Gershe on Feb. 28 and March 6.

Join Playreaders every Monday at 2 p.m. in Room B of the Central Activities Center.



Readers of *The Goat* by Edward Albee: (seated) Sandy and Ron White; (standing) Star Power, John Dolan and Jeff Sheff.

Ladies Friendship Bible Study



■Nancy Crosby

NEW STUDY: EPHESIANS

It's a great time to start something new! The Bible is filled with answers that bring peace, joy, and purpose to life. As described in the study guide, studying the book of Ephesians can help us "discover the strength of God's Spirit to help you live and believe in harmony with God and others." Major themes and purposes of Paul's letter to the Ephesians were to unify, strengthen and encourage the early church; goals still desired and applicable today.

The class will be using a Navpress published book as our guide this time. The content, length of lessons and amount of time required to prepare are similar to the previous studies from Stonecroft.

Our small and friendly group would love to welcome you! This class meets on Fridays, from January through April. Please call me for more information. Hope to see you there!

DATE: Fridays

TIME: 10:15-11:50 a.m.

PLACE: East Rec. Center, conference room

LEADER/CONTACT: Nancy Crosby, (707) 480-0566

Star of the Valley

■Peter Hardy

SUPER BOWL PARTY

Star of the Valley Men's Club will host its 10th annual Super Bowl Party at the Parish Center at 495 White Oak Dr. on Sunday, February 12, with doors opening at 2 p.m. The Super Bowl will be live streamed on an 8 x 8 ft stadium screen. Seating will be both stadium and limited tables.

Chips, dip and nachos will be available to all attendees before and during the game. At halftime, we will serve Miller hot dogs, chili, and potato salad. Beer and wine will be served at a nominal cost.

There will be a \$2 and \$5 pool available with cash prizes awarded to the winners at each quarter.

Cost: \$10 per person, includes chips and dip, hot dogs, chili, and potato salad.

For food planning purposes, we ask that you send a check for \$10 per person to: Star of the Valley Men's

Club, 495 White Oak Dr., Santa Rosa, CA 95409.

You may also contact me at pdh527@att.net for questions.

VALENTINE'S DAY BINGO

Star of the Valley will host its monthly bingo event with a Valentine's Day theme. All are welcome. If you don't play bingo, feel free to join us for dinner that will be served at approximately 5:30 p.m. Dinner will be Italian wedding soup, garlic bread, cornbread and fudge brownies for dessert.

WHEN: Tuesday, February 14, bingo starts at 4 p.m.

WHERE: Monsignor Fahey Parish Center at 495 White Oak Dr.

COST: Dinner \$8, bingo cards \$2 each

QUESTIONS: (707) 539-6262 or pdh527@att.net

Special prizes awarded to winners of each game, plus cash payout.

OTLC

Oakmont Technology Learning Center

■Rich Osborne

As we get ready for Spring 2023 tech class registration starting the morning of January 31, we want you to think about why technology is so hard for many of us. Seniors have historically been slower adopters of technology compared to their younger counterparts. No one recognizes this more so than our families, who we often call upon for help with our computers, phones, and apps. We face several hurdles unique to our age group when adopting modern technologies.

Physical challenges. Many of us are starting to face physical challenges that make it challenging for us to adopt new things.

Skeptical attitudes. We have accumulated most of what we need to enjoy life and are reluctant to take the time or make the effort to see if this is still true. We have golf, pickleball and over 150 clubs. Why do we need apps such as Facebook, Nextdoor, Instagram, or Twitter?

Mental challenges. While we have plenty of time, it is harder to find time and not much fun to concentrate while perusing a technical manual. Most of us have smartphones but how many can use its capabilities?

Technology keeps changing. This is the main, justifiable reason technology can seem hard. So, we

were sharp in our careers and were quite adept at using office computers. Have you looked in the office lately? Those computers are no longer there. They have been replaced by new, more robust technology that embraces Artificial Intelligence and mega databases. What we learned is no longer of much use in our current lives. Along comes a pandemic and suddenly we must use Zoom, a technology that did not even exist just a few years ago. Change is hard and technology changes at a fast pace, which makes it hard.

The Oakmont Technology Learning Center (OTLC) wants to help you get better at technology. We promote tech literacy and improved electronic communications by Oakmont residents. You can keep up, but you may want to devote a few hours attending our classes.

Please visit our website on January 31 for posting of class descriptions and to register: oakmont-learning.org. All registration is done online via the website and classes will begin mid-February. Classes being offered and taught by volunteer instructors this Spring are Mac, Windows 11, Zoom, Spreadsheets, Quicken, Google Apps, Android phones, iPhones, iPhone Photos, iPad, and Cutting the Cord.

Club Council

■George McKinney

CLUB COUNCIL MEETING—FEBRUARY 8

The Oakmont Club Council will meet February 8 at 4 p.m. in East Rec. The meeting will also be on Zoom: Meeting ID: 860 6299 0770; Passcode: 809582.

The meeting will focus on communications (*Oakmont News, Inside Oakmont* and the website). Jackie Ryan will give an overview with some suggestions for how to make your articles in the *Oakmont News* more effective. It will be a chance for Crissi Langwell, the new OVA staff member who is focused on newspaper and digital communications, to introduce herself.

Christel, Anita and Colin will also be there, so bring any questions you have!

This meeting is intended for all club leaders and those who are considering forming an Oakmont club. It is also open to any residents who are interested.

If there are other topics you'd like to have Christel or the staff address, please email them ahead of time to oakmontclubcouncil@gmail.com.



■Greg Fauss



RAIN, RAIN...

What might you add to those words? How might you finish that sentence? "Rain, rain, go away, please come back some other day." Or are you glad for the rain, despite some of the accompanying destruction it's caused? As I write the floods are still receding with a stint of sun in the forecast.

Our Wednesday morning Bible study on January 18 engaged with the story of Noah and the great flood in the book of Genesis, which we will study for the next few weeks. God was deeply saddened by how wicked the human race had become. A flood to cleanse the earth led to a fresh start. It's a difficult story to digest. The forces of nature, our struggle to live rightly and faith in God often intersect in messy ways.

On some level I think we're all grateful for the rain... and the sunshine that eventually comes. Gratitude is a good place in which to remain. Empathy and assistance for those in hardship is a next good step. The rain has brought relief along with some pain and destruction. I hope that my and our response can be a mix of gratitude, faith, coming alongside others, and helping in some way.

Our response to shared struggles, be it injustice, war, disease, the weather or anything else is determinative. It shapes us and affects others.

We welcome you to join us as we pursue living by faith in community through all the ups and downs of life.

For more information on our Sunday services at 10:30 a.m. in the East Rec. Center and on our other gatherings visit our website at www.occsantarosa.org, write us at occsantarosa@gmail.com or call at (707) 595-0166.

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Oakmont Music Lovers

■John Burchard

HUMOR IN CLASSICAL MUSIC

Artur Rubinstein once described classical music as “an art of emotion, of nobility, of dignity, of greatness, of love, of tenderness.” A grand—and touching—list of attributes indeed, but many of the great composers also loved to display their devil-may-care ingenuity as well.

Mozart, in his *Ein Musikalisches Spass*, K. 522, parodied the rhythmic and harmonic gaffes of incompetent composers. Debussy’s *Doctor Gradus ad Parnassum* is a charming satire on the Czerny exercises that so many beginning piano students were forced to practice. Beethoven often beguiles us with the ingenious rhythmic and tonal surprises in his scherzos, and the pianist Stephen Hough memorably describes the opening of the final movement of the “Emperor” Concerto as a moment when “the composer seems to fling a hat into the air in sheer exuberance.”

All of the above examples demonstrate forms of humor that emanate from the music itself. But another form of humor is created by commentators—outside agitators, if you will—who lampoon serious classical compositions. Victor Borge’s high jinks as a performer and collaborator included physical comedy, musical stunts, and verbal wit. Anna Russell was especially famous for her parody of Wagner’s “Ring” cycle. And Peter Schickele is famous for creating the preposterous recordings by the fictional P.D.Q. Bach.

In his presentation I will demonstrate a wide range of classical-music humor. It is my hope that many of my filmed excerpts will inspire you to smile, to chuckle, or even to laugh out loud!

WHEN: February 7 at 10:30 a.m.

WHERE: East Recreation Center

COST: Free

Please note: Wearing of masks is highly recommended. Please also bring your vaccination certificates.

Jazz Club

■Dolora Hurst

NEXT JAZZ PROGRAM TO FEATURE PIANIST MIKE GREENSHILL

The Jazz Club is very happy to report that the fabulous pianist Mike Greensill will return for another wonderful Jazz Program on Saturday, March 4 in the Berger Auditorium.

Doors will open at 6:30 p.m., and the concert starts at 7 p.m. Tables will be provided for both the Singles Club and Jazz Club, and drinks and snacks are permitted. Tickets are \$35.

Please use the coupon in the Jazz Club file at the OVA office and deposit it, with your payment, into the provided envelope, and then back into the Jazz Club folder. Please also include the information if you wish to sit at one of the reserved tables. If you wish to reserve an entire table for eight people, please include the names of all the persons, and submit it with full payment. You may also reserve a premier table (with close relation to the stage).

We are all probably ready to experience some great music and have some very enjoyable times again. If you are not on our mailing list, and wish to receive our Jazz Club mailings, please write down your name, telephone number and email address and deposit them into the Jazz Club Folder at OVA. The same also applies if you wish to become a member, but please clearly state that you wish to become a member.

All persons who are jazz music lovers are welcome. We meet once a month at the East Recreation Center and have varied programs about the many facets of jazz music and its amazing world of incredible musicians.

OAK at the VOM Golf Club

■Hilary Gruendle

Oak winter hours started on January 9: Monday–Saturday from 11:30 a.m.–6 p.m., Sunday from 10 a.m.–6 p.m.

Happy Hour: Monday–Thursday from 3–4:30 p.m. Closing at 6 p.m. means we will take tables up until 6 p.m.

Mark your calendar and call to reserve a table, (707) 539-0415 x 5.

LIVE MUSIC MONDAYS 5–7 PM, \$8 COVER CHARGE RESERVATIONS REQUIRED

January 30: Unauthorized Rolling Stones

February 6: Magic Band Music

February 13: Jami Jamison

February 20: Ukulenny and Dos Pogi Boys

February 27: St Pigeon

SPECIALS

January 27: Chicken Parmesan

February 3: Cioppino Style Fish Stew Special, \$28

February 7: Enchilada Special Night, \$18

February 9: Thursday 1/2 off corkage and \$1 off beer

February 10: Braised Short Rib Special, \$29

February 12: Valentine’s Couples Tournament

All Wednesdays are Wine Wednesdays in January at OAK—Free Corkage and 10% off all wine!

VALENTINE’S DINNER—FEBRUARY 14

Three-course dinner menu at \$65 per person, includes a glass of sparkling wine.

First Course (choose one): Lump Crab Cake with Rémoûlade Sauce on a bed of Frisee or Roasted Beets salad on arugula with citrus, fennel and crispy goat cheese in a citrus vinaigrette.

Second Course (choose one): 1. Seared Scallops with asparagus, parmesan risotto in a lemon butter sauce; 2. Grilled Petite Filet (6oz) with asparagus, garlic smashed potatoes and herb garlic butter; 3. Butternut squash ravioli, pomegranate, brown butter and sage with parmesan cheese and balsamic reduction.

Dessert: Flourless Chocolate Cake with bourbon caramel and flake salt.

PAINT NIGHT AT OAK WITH PAINTED CELLARS

Join us for a special paint-and-sip evening hosted in the Valley of the Moon Club’s elegant Banquet Room. Create your own work of art on canvas with the guidance of a friendly instructor. “Reflections of a Dragonfly” is a sweet and bright original painting by Samantha Taylor, and we can’t wait to share it with you!

Delicious dinner, and appetizers, are available throughout the evening for purchase. Wine is available for purchase by the glass or bottle. Doors open at 4:30 p.m. to check in, get comfortable, and get ready with your beverage and bites.

Please Note: All art supplies are included. No painting experience needed. No complimentary food or wine is included with your ticket to this event.

WHEN: Tuesday, February 28, 5–7 p.m.

WHERE: Valley of the Moon Golf Club, 7025 Oakmont Drive

TICKETS: \$40 per person

To reserve your tickets, go to:
www.paintedcellarsoco.com/events/reflections-of-a-dragonfly-2-28-23



Oakmont Visual Aids Workshop

■Marcia Murray

CORRECTION

The article in the January 14 edition of the *Oakmont News* incorrectly stated the donor of our Braille machine. The Lions Club bought this for the workshop. We deeply appreciate this gift and we apologize for the earlier error.

Sleep Apnea

■Bob Flandermeyer

GUEST SPEAKER ON CPAP AND BIPAP EQUIPMENT

The Sleep Apnea Club will meet on February 7, 1 p.m. at the Berger Center, Room G, where we will discuss use and care of CPAP and BIPAP equipment.

We are fortunate to have Dr. Greg Ackroyd, MD, Sleep Specialist, to lend us his expertise at that meeting. Any questions, please call or text me, (707) 694-8018 (mobile).

Sleep Apnea meets at 1 p.m. on the first Tuesday of even months at the Berger Center, Room G.



Oakmont Futures

■George McKinney

ACT NOW IF YOU WANT SOLAR

The CPUC has approved a new rate base called NBT for customers with solar panels. This rate base is not as favorable as the old rate called NEM 2.0 (if you’ve been following this topic, NBT is the new term they’ve adopted for what was called NEM 3.0).

It is possible to qualify for the old rate if you act quickly. You need to file an interconnection application by April 14, 2023 (but it’s recommended to target March 15 so any minor problems with the application can still be fixed).

What do you need for an interconnection application?

- A contract with a qualified installer;
- A completed application filed with PG&E (which the installer will help you complete);
- Documents completed by installer, which include a signed Authorization to Act on a Customer’s Behalf, the selection of a single-line diagram, and an oversizing attestation (if applicable);
- Possibly a nonrefundable down payment (usually \$1,000) for installation.

There is no need to complete the installation now, so you do not need a city permit or an OVA application yet. You actually have three years to complete the installation. And anytime you complete the installation, you will be eligible for the Federal Tax Credit of 30%.

VERY IMPORTANT IF YOU ALREADY HAVE A SOLAR PANEL SYSTEM

If you expand your existing solar panel system more than 10% after the new rate is effective, your whole system would then be changed to the new, less favorable NBT rate base. Therefore, if you ever want to expand your existing system, now is the time you need to do that. There is no need to act quickly, however, if you just want to add a battery.

YOU DON’T NEED TO DO ANYTHING IF YOU JUST WANT A BATTERY

Battery value will be higher now, and government tax credits will continue at 30%. What will change beginning in 2023 is that you can install a battery without solar panels and receive the 30% tax credit. There’s no need to do anything now if you’re just thinking about a battery.

If you have any questions, please email them to futureoakmont@gmail.com.

Capt. Bob Cortelyou

■New Staff Report



A memorial was held January 14 for retired Navy Capt. Bob Cortelyou whose Navy career was followed by service overseeing Oakmont's Veterans Day Appreciation. The celebration of life included an honor guard, flag presentation, bugler, piper and three-volley rifle salute.

Capt. Cortelyou was commissioned in 1962 and spent three years of active duty aboard the destroyer *USS Rowan*. He then joined the active Naval Reserves and spent many years in support of Mare Island Naval Shipyard and later with the Naval Sea Systems Command in Washington, D.C. to complete 30 years of service.

In Oakmont, he headed the Veterans Day Appreciation Event Committee for four years.

He is survived by his wife, Barbara Watson Cortelyou, and two sons, Robert and John.

Men's Bible Study

■Lou Lacson

ANOTHER YEAR, ANOTHER CHAPTER IN OUR LIVES UNFOLDS

The quote has many iterations, but the theme is the same. However, one is not always assured that tomorrow's outcomes were the results from your actions today. But having faith in our Lord does.

Come and join us every Thursday at 10:30 a.m. at the East Rec. for fellowship.

Jewish Interest Group



■Howard Sidorsky

WHAT IS A JEW?

Everyone is invited to attend this very interesting presentation on "What is a Jew?" by Rabbi George Gittleman, from Congregation Shomrei Torah. He will be guest speaker at the Jewish Interest Group on Sunday, February 18 at 2 p.m. in the East Rec. Center. All residents of Oakmont are welcome.



Rabbi George Gittleman.

This will be an especially interesting presentation, given current events. Israel's newly formed government, along with the Ultra-Orthodox Parties, will chart Israel's future. Will they determine what is a Jew?

The presentation will focus on:

What is a Jew? We are a religion but with a sense of

Peoplehood (Am Yisrael/the Jewish people). We are not a race and yet there is a sense of ethnicity(s) to Jewish life. And in Israel there is also a national Jewish identity which is often challenging for diaspora Jews to comprehend.

Mordechai Kaplan, the founder of the Reconstructionist movement called Judaism an evolving civilization. Others compare Judaism and the Jewish people to indigenous peoples like the Pomo or Miwok of Northern California. On a more personal level, questions of Jewish identity in our diverse and assimilated families today, brings up an array of interesting and sometimes challenging issues.

Join Rabbi George Gittleman for an exploration of the complex mosaic that makes up Jewish life and Jewish identity in our time.



It's 25mph here!

Oakmont resident Fred Merrill wants to remind people to slow their speed to 25 mph when driving on Oakmont streets. He had "25" embroidered on his backpack, so motorists can plainly see that we should all adhere to the 25 mph speed limit here. (Photo by Maureen McGettigan)

Grief Support Group

■Larry Hallett

BEGINNING ANEW

Coping with the loss of a loved one is probably the most difficult challenge we face. If you are struggling with grief and loss, now is a good time to make a resolution to get some help and find support.

Please join the weekly Grief Support Group which meets Tuesday mornings from 9-10:15 a.m. at 6637 Oakmont Drive, Suite B. This is an open-ended, drop-in group, led by a local hospice bereavement counselor. Come and share with others who are going through similar loss. Find strength in community. You are not alone in this journey!

For more information, please call (707) 540-9838 or email LarryHallett@ContinuumHospice.com.

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■Carolita Carr

MARDI GRAS WITH THE BOOMERS

WHAT: Mardi Gras with Decades band
WHERE: Berger Center
WHEN: February 18
TIME: Doors open at 5:30, music at 6:30 p.m.
COST: \$25 per person. Each member may bring one non-member guest. Bring snacks for your table and BYOB
 It's back! Oakmonters love Mardi Gras, so we are having a great Mardi Gras party. You get out your feathered (or not) masks and your green, gold, and purple beads and "laissez le bon temps rouler!"



Decades.

We will dance the night away with music provided by Decades, one of our most popular bands. Their repertoire extends from Chuck Berry to Katy Perry. So there will be something for everyone.

This has always been an extremely popular event in the past, so get your reservations in soon. We expect it to 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. You can even pay at the site. Check it out today.



Movies At Oakmont

WHERE: Berger Center

SCREENING DAY AND TIME: Sundays

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

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



**JANUARY 29 AT 2 PM
 BRIAN BANKS**

A football player's dreams to play in the NFL are halted when he is wrongly convicted and sent to prison. Years later, he fights to clear his name within an unjust system. 2018, PG-13, 1:39.



**FEBRUARY 5 AT 2 PM
 A TICKET TO PARADISE**

A divorced couple teams up and travels to Bali to stop their daughter from making the same mistake they think they made 25 years ago. 2022, PG-13, 1:44.



**FEBRUARY 12 2 AND 7 PM
 THE GREATEST BEER RUN EVER**

A man's story of leaving New York in 1967 to bring beer to his childhood buddies in the Army while they are fighting in Vietnam. 2022, R, 2:06.

Oakmont Garden Club



■Patty McHugh

**FEBRUARY MEETING
 NORTH BAY NATIVE TREES AND LARGE SHRUBS FOR HOME GARDENS**

"Be kind to the trees, they're saving the world."
 Unknown
WHEN: Wednesday, February 8, 9:30 a.m. social, 10-11:15 a.m. meeting
WHERE: East Rec. Center, 7902 Oakmont Drive
TOPIC/SPEAKER: Native Trees of the North Bay by Bill Klausing, USMGSC

Master Gardener Bill Klausing will give us a PowerPoint presentation and commentary on native trees for suburban gardens. In his words, "The reasons for selecting native trees for your home garden are many. Trees, because of their larger size, have increased leaf area for harnessing the energy of the sun, grow above other garden plantings, and act as multipliers when it comes to creating biodiversity in your home garden. Think of a tree as an insect hotel of sorts.

"Most native trees create habitat space for dozens of insect species, birds, and small mammals. Trees provide food, shelter, and nesting materials for all these creatures. And because many trees are too large for a typical suburban lot, there are only a small number of native trees that fit this description.

"Larger shrubs can be utilized as small trees and will be included here; most large shrubs, even if tending to be multi-trunked in their natural form, can be pruned to take the more traditional shape of a single trunked tree in your garden space. The species included here are all naturally found here in Sonoma County, and all are commercially available in the nursery trade."



Please take the time to review "Why Plant Natives" found on the Sonoma County Master Gardener website: https://sonomamg.ucanr.edu/Why_Plant_Natives/

Bill Klausing has been a UC Master Gardener Sonoma County since 2011. Although his professional career was in healthcare (now retired), he has been an avid gardener for many decades. His 2008 move to Sonoma County from the Midwest resulted in a gardener's re-education of sorts. Bill now is an enthusiastic supporter of the use of native plantings in the home garden and their role in supporting habitat.

CLUB NEWS

It is time to renew your membership in the Oakmont Garden Club. Annual dues are \$15 per household, unchanged from the prior year. Many of you have already renewed; for those who haven't yet, you may pay at the meeting, mail your check to the club c/o the OVA, or place your check (not cash) in our envelope at the OVA office. We need your support!



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Oakmont Sunday Symposium



10:30 a.m. Now live in Berger (no zoom)

\$3 donation requested, for Oakmont residents and their guests

Go to www.oakmontsundaysymposium.org for more info and updates

■Harriet Palk

Coffee and tea, along with pastries and fruit, will be available for sale in Berger from 9:45–10:15 a.m. before the presentation begins.

JANUARY 29: PEG MELNIK, WINE EDITOR, PRESS DEMOCRAT *HERE'S TO A HAPPY LIFE!*

Peg Melnik puts it charmingly: "Sonoma County is rustic chick—part BMW, part Chevy pickup." And about herself: "As a wine writer, I have a reporter's notebook in one hand and a glass of wine in the other. Like vines finding their way, I, too, have roamed a bit to find myself in this wine-growing culture."



Ms. Melnik, who used to write the "Gratitude Report" for the *Huffington Post*, will tell us her heartfelt story of finding her way in the wine country. She is the lead author for the *Explorer's Guide to Napa & Sonoma*, now in its 11th edition. Her most daring story, published in *The Los Angeles Times*, chronicled her adventure of sneaking onto company-owned property with activists to see Headwaters Forest, the most political woods in California.

FEBRUARY 5: CARYL HART, VICE CHAIR CALIFORNIA COASTAL COMMISSION



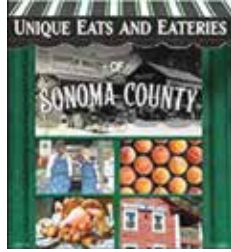
California is known for its magnificent and beautiful 840 miles of Pacific Ocean coastline. Were you aware that the reason California's coastline doesn't look like

Miami or the Jersey Shore is because of the California Coastal Commission? Any coastal development, wind farms or desalination plants all need Coastal Commission approval. Ms. Hart will tell us the inside story of this powerful and effective Commission.

Caryl Hart is the Vice Chair of the California Coastal Commission. She is the recently retired Director of Sonoma County Parks, a former member and Chair of the California State Parks Commission and a founding member of LandPaths, a non-profit dedicated to maximizing resource conservation while allowing managed public access.

FEBRUARY 12: YVONNE HORN, OAKMONT RESIDENT UNIQUE EATS AND EATERIES OF SONOMA COUNTY

Sonoma County is home to wonderful restaurants. If you want to know great places to eat from steak houses to tea houses to Michelin-starred restaurants, Yvonne Horn, one of Symposium's most popular speakers, will be your best guide. Best of all, Ms. Horn will give us the personal and back stories of all these great eateries. Foodies, this one's for you!



Ms. Horn delights in finding unique and interesting places to eat in the North Bay. She will take us on a food-centered journey into the nooks and crannies of the entire county, stopping in along the way to become acquainted with chefs, restaurants and great things to eat, all with a compelling story to tell.

Standing for Justice

■Robin Jur

CAN WE AFFORD TO BE RACIALLY COLORBLIND IN TODAY'S WORLD?

On February 23, Standing for Justice will be presenting at the Oakmont Democratic Club regular monthly meeting at the East Rec. Center, 6:30 p.m. socializing, 7–8:15 p.m. program.

Curious about how our local community, including the City of Santa Rosa, is addressing the roots and fruits of racism? Join Standing for Justice in going under the surface to see where race is an issue in our city and county, and what our local government and organizations are doing to combat racism.

Can we afford to be racially colorblind? Can we live in a bubble where we see everyone as the same? Is equality the same as equity? How can we support those in our community who still experience racial



oppression on a daily basis? We can only do something about these strands of racial injustice in our local history and today in

our own community if we know where it exists and how we can stand up for racial justice.

A panel of speakers will share with us a historical perspective on race in Santa Rosa/Sonoma County and show us the good anti-racist work that is being done in our midst and how we might join them. Ask questions. Share your thoughts. Let's dialogue.

Join us for an evening that will open your eyes as well as your heart. Come join the conversation. Our democracy demands our attention.

Canine Club



■Randi Hulce



2023 CLUB EVENTS ARE OFF TO A GREAT START

Upcoming Woofers Yappy Hour Dog Walks—10 a.m.: Monday, February 6—Corner Oakmont Dr./Singing Brook; Friday, February 24—West Rec. Picnic Area. Walk is 1–2 miles (round trip). This is a casual walk—go at your own pace. Remember to bring water for yourself and your pup and wear comfortable walking shoes. All Oakmont residents. All sizes and breeds of dog's welcome. Rain cancels.



Membership Dues for 2023 now due: \$12 Individual and \$20 per household. Make checks payable to Oakmont Canine Club. Mail checks to club Treasurer: Dick Ayres, 6429 Meadow Creek Lane, Santa Rosa, CA 95409. Or drop off your check in Dick's secure garage mailbox if you prefer to drop it off. You may also leave checks in Canine Club folder in OVA office.

NOTE: New members joining for 2023—please include a completed club membership application with your check. The contact information on that form is needed so you can receive future club communications. Obtain the form from the Canine Club folder in the OVA office or download it from the club website oakmontcanineclub.org.

WHAT'S HAPPENING AT THE DOG PARK?

Happy Tails Dog Park, located at 6302 Stone Bridge Rd (behind Community Garden) is available to all Oakmont residents, Daily, Sunrise to Sunset.

Dog Park Volunteers ("Doggy Docents") Still Needed: Perhaps you think the job of a Dog Park Volunteer is to spend an hour picking up poop? Well think again. Dog Park Volunteers do a variety of jobs. You answer questions for newcomers who are not familiar with the park; you keep an eye out and report any repairs or safety issues; sometimes tennis balls and toys need to be picked up and returned to their baskets; waste bag dispensers need refilling with fresh supply of bags; and occasionally residents need to be reminded about posted dog park rules.

You do not have to be a club member to volunteer at the park. All you need is a spare hour per week; and, of course, it would be good if you like dogs! For more information, please contact Periolinger@yahoo.com.

"Doodle Dog" Play Date: Saturday, February 18 from 10 a.m.–Noon. Is your dog any kind of a "doodle"? Goldendoodle, Labradoodle, or any kind of "oodle"... then this play date is for you. Any size, any breed dog welcome, as long as they have some "oodle"! Rain cancels.

Small Dog Hours continue for pups 25lbs. or less: 3–4 p.m. every Sunday and every Wednesday. Response has been great to the club request that dog owners with breeds larger than 25lbs. observe the 2-hour window per week for small dogs. Club members thank you for respecting their safety concerns.

Specific dates, times, and locations, for all club events can be found on the club website under Events Tab www.OakmontCanineClub.org.

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Oakmont Pétanque Club

■Don McPherson

ELEMENTS OF PÉTANQUE: THE JACK

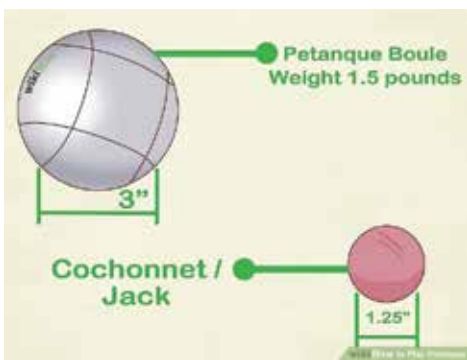
The goal in pétanque is to throw boules closer than the opponent's boules to a small target ball, or "jack." At the conclusion of an end, every boule closer to the jack than the nearest opponent's boule scores one point, and 13 points wins the game. The target ball is therefore a primary element of the game.

Provisions concerning the jack can be found in 18 of the 41 articles in the official Rules. Its moniker is a veritable "rose by any other name." The Rules in English call the target ball the "jack," and informally it is called "piggie," "piglet" or, especially in England, "coche." The Rules in French call the target ball "le but" (target, goal) and in France informally it is called "cochonnet," especially in Paris and the north, and "bouchon" (little ball), "petit" (little one), and "gari" (rat) in the Midi.

By rule, a jack must be made of wood or a synthetic material bearing the manufacturer's mark. It must be 29–31 millimeters (just under an inch and a quarter) in diameter, and 10-18 grams (about 1/3–2/3 oz) in weight. Traditionally, jacks have been made from French boxwood with a



Colored boxwood cochonnets made by the French company Obut. (Photo courtesy of WordPress, "All About Pétanque")



The tiny wooden cochonnet is much smaller and lighter than a steel boule. (Illustration courtesy of WikiHow, "How to Play Pétanque")

natural finish but they may also be painted in any color. Because of a boxwood blight in France, jacks made of other woods or synthetic materials are increasingly common. Jacks made of magnetic material also can be seen in casual games where players might be using magnetic drop line or rod boule-lifters, but magnetic jacks are prohibited in sanctioned competitions.

Article 9(1) of the Rules is particularly applicable in the current Rainy Season: "A puddle, on which a jack floats freely, is considered to be an out of bounds area." Conversely, if a jack comes to rest in a puddle, but is not floating, it's validly in play.

PÉTANQUE IN OAKMONT

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 pétanque to come to the court 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.

Anyone, regardless of experience, is welcome to enjoy the challenge and camaraderie of a simple game that is inexpensive, fun to play, learned quickly, and endlessly fascinating in its deeper levels of execution and strategy. No dues are required—just sign up to be on the Club roster.

Club Play days are casual friendly games with teams randomly assigned. The annual club events calendar includes three tournaments—Springtime, Bastille Day, and Oktoberfest, as well as evening socials during the summer months.



Yang Style Tai Chi

■Vicki Chase

LIVING BETTER THROUGH TAI CHI

Oakmont residents, Kenn and Vicki Chase will be offering Yang Style Tai Chi for Oakmonters. There will be a free introductory lecture/demonstration on Saturday, February 4 from 10–11:30 a.m. at the Berger Center.

Weekly classes are on Wednesdays, starting February 1 at the West Recreation Center (upper level). Two classes will be offered: one from 9–10 a.m., and the other from 10–11 a.m. Pre-registration is highly encouraged as space is limited. The first class on February 1 will be free for anyone interested. Starting February 8, the fee is \$60/4-week session, payable at the first class of the month.

Tai Chi, the ancient art of moving meditation, is based on the principles of yin and yang, bringing balance and harmony to both body and mind. It was developed hundreds of years ago in China. Through the centuries, the Chinese have utilized Tai Chi as a healing art. We now have current medical research to confirm the power of Tai Chi as an optimal preventive as well as restorative healing technique. Tai Chi improves balance, flexibility, strength and self-confidence. The research further shows that Tai Chi can lower blood pressure, improve cognitive function, decrease anxiety, depression and stress, as well as decrease falls and much more.

The Chases teaching style emphasizes the meditative and health qualities available through regular practice. Tai Chi brings improved ability to conduct daily activities and an increased ability to cope with the changing times. Anyone can do Tai Chi, as it is slow moving and no impact.

The Chases bring their diverse backgrounds, experiences and expertise, combining the best of Eastern philosophy, Western mind-body techniques and medical research to enhance learning and human potential. Together they create a synchronistic teaching style. Kenn has taught Tai Chi for over 50 years and currently has classes in Kenwood and Marin County. Vicki is a retired RN and has practiced and taught Tai Chi with Kenn for over 40 years. The Chases met in Sonoma 42 years ago teaching heart patients how to decrease their risk factors for heart disease. Tai Chi was part of their program.

Traditional Yang Style Tai Chi has been taught for over six generations and was the first Tai Chi style to come to the US from China. It is a series of synchronized forms, one form(movement) flowing and blending into the next without stopping. It is often referred to as "Exercise for Longevity". Come join the Chases and see what Tai Chi can do for you!

For further information and/or to register: taichikenn@yahoo.com or call (415) 269-7802. Website: www.integralwaytaichi.com.

Domino Club



■Brian Huckins

WE'RE LOOKING FOR NEW MEMBERS

We meet every Thursday morning at 9:30 a.m. in the Central Activity Center Card Room. Looking for players of all abilities—beginners to experts. We play the Five-up version. Lessons are available.

Contact me at (415) 602-9083 or bvhuckins@gmail.com.

Oakmont Health Initiative Free Fitness Classes

■Charlene Bunas

INSPIRATIONAL LIZ

Elizabeth Renold (Liz) has lived in Oakmont for four years and joined the OHI classes just before the pandemic and lockdown. She says, "these classes offer so many benefits—cardio, strength, flexibility, balance, laughter and community, all the pillars of healthy aging." She should know! A certified teacher for Yoga for Healthy Aging, Accessible Yoga and Mat Pilates, Liz's love of exercise goes beyond aerobics.

She tells of her youth: "As a young girl I loved ballet, but I had neither the body type nor flexibility for it. In my adult years I enjoy aerobics, running and bicycling, but yoga has been my anchor."



Liz Renold.

When asked about motivation, she is very direct: "It's simple for me to stay motivated to exercise—if I don't exercise, I don't feel good. Regular exercise improves my sense of well-being and health. Classes motivate me as well because I enjoy feeling connected to community."

Liz believes "we are lucky to have these amazing aerobics classes here in Oakmont, they really are a gem."

Free group exercise classes meet Monday, Wednesday, and Friday (except second Friday of each month) from 9–10 a.m. in the Berger Center or on Zoom.

Zoom meeting ID: 851 1757 1937; Passcode: 961362.

Cal Alumni Club of Oakmont



■Linda Williams

DINNER TO FEATURE FILM EXPERT

The Cal Alumni Club dinner for February will be on Thursday, February 16, at the Wild Oak Saddle Club.

Our featured speaker will be film expert Matthew Kennedy, host and curator of the CinemaLit Film Series at the Mechanics' Institute in San Francisco. He will speak on the topic of "Oscar Best Picture Winners Through the Years, Deserved...or Not?"

Matthew has written three books of classic Hollywood and has also contributed to several anthologies and other publications. Previous to his work at the Mechanics' Institute, Matthew has been a teacher, arts administrator, concert producer, and contracted writer for George Lucas Books.

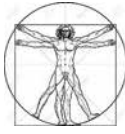
The cost of the dinner is \$55 for members of the Cal Alumni Club and their guests and \$65 for non-alumni who are considered "Friends of Cal." Donations to our scholarship program, which benefits SRJC students who transfer to Cal, and which also support the Cal Alumni Association scholarship programs, are also welcome!

New with this dinner will be four separate raffles to win three bottles of premium wines for each raffle. Tickets will be 3 for \$5 each, check or cash only, and all proceeds will go to our scholarship fund.

Cocktails will begin at 5 p.m. and are included in the price. The dinner will be chicken cordon bleu, saffron rice pilaf, roasted vegetables, and garden salad. Dessert will be vanilla cake with chocolate fudge frosting. There will also be wine on the tables.

Reservations and payment must be received by Friday, February 10. Please call (707) 322-6272 for payment and reservation information.

Fitness Club



■John Phillips

HOW TO EXERCISE USING THE CORRECT TEMPO

I know how busy everyone is and that exercise is probably one of the less desirable activities. All you can think about is getting it over with. Exercise should be tolerable if not enjoyable. I try to stress that if you don't like the type of exercise you are doing, then try something else. There are so many different ways to work out.

Getting it done and over with indicates you're rushing through the workout. In most cases when you rush the movement, momentum takes control and you are more apt to pull a muscle or cause unnecessary strain on the joints. Slower is always better. If you can't control the movement, you are going too fast. In fact, there are routines that require you to perform repetitions at certain tempos. They range anywhere from 10 seconds out, 10 seconds back, up to 30 seconds out, 30 seconds back. These have been shown to be very effective for building strength, endurance and even weight loss. I recommend a tempo of two seconds out and two seconds back.

Smoothness of motion is equally important. If you are jerking the weight to keep it going, then you probably should slow down or decrease the weight. This type of movement is not good for the joints. Keep it nice and smooth, but please do push yourself a little bit. It still needs to be challenging.

Remember, every other Monday at 4:30 p.m. and Friday at 10 a.m., I offer an orientation where I show how to set up and operate six of the machines. I limit the number to six people, there are sign-up sheets at the Fitness Center.

On Tuesdays at 1 p.m. and Thursdays at 3 p.m., I offer a seminar with a different subject each week. Please check the schedule board in the Fitness Center near the front door. You can also receive 20 minutes one-on-one with me when you join the Fitness Club for \$30 per year.

Don't forget to renew your OFC membership! There are renewal forms and envelopes in the fitness center. Renewals may be dropped off at the OVA office or put into John's mailbox at the fitness center.

If you have any questions regarding this article or fitness in general, you can reach me at (707) 494-9086 text or call, or email me at wkuout2@aol.com. I look forward to seeing everyone at the Fitness Center.

InvestOAK



■Len Grosso

BASICS OF ESTATE PLANNING: PROTECT YOUR ASSETS AND AVOID PROBATE

There are many ways to protect your hard-earned assets from the expensive and time-consuming process of court intervention (probate), making sure your legacy passes easily, and privately to your beneficiaries.

Our next speaker, Kerry Spence, is founder of FLPP of California (FreeLance and Public Paralegals of California), an organization for self-employed paralegals and CELA of California (Cost Effective Legal Access), an advocacy group whose focus is legal access for the self-represented consumer.

Interested Oakmont residents and their guests are invited to attend this presentation on Friday, February 17 from 10-11:30 a.m. in room B, Central Activities Center.

Invest OAK meetings are held the third Friday of the month. Members can expect an email notice in the days preceding the meeting. For further information or to join the distribution list for meeting notices contact LenGrosso@outlook.com.

Current Events Discussion Group



■Tina Lewis

JOIN US ON ZOOM

For the month of January, for safety reasons Current Events will meet on Zoom only. Keep up with what's happening at home and in the world and join us every Friday from 1-2:30 p.m. Where we meet in February will be determined at the end of January.

We are working to make Current Events more educational and inclusive. Look for in-depth reports and issues discussed from opposing points of view. Another innovation is our social gatherings following the meetings. We meet at a place determined at the end of each meeting; happy-hour places such as Salt & Stone, Oak and Cielito Lindo.

If you are not on the Zoom mailing list and wish to be, email tinalewis31@comcast.net or call (707) 758-9739. Your name will be added to the list. Please join us on Zoom!

Does Your Neighborhood Have a COPE Team Leader?

■Sue Hattendorf, COPE Director

As can be expected, due to normal attrition, we periodically have to solicit new COPE (Citizens Organized to Prepare for Emergencies) team leaders. Once again, due to the pandemic, we have lost more leaders than usual. Currently, new COPE leaders are needed in the following areas. Check to see if your neighborhood is one of them:

Replacement COPE Leaders needed:

Aspen Meadows Circle 2-18; Autumn Leaf Place 1-8; Autumn Leaf Drive 24, 32, 40-91; Belhaven Court 221-256; Deerfield Circle 401-425, 428-445; Fairfield Drive 6855-6928, 6932-7107, 7200-7236; Falling Star Court 457-477 odd; Ferrogio Way 7513-7563; Greenfield Circle 304-334 even, 340-370 even; Golf Court 333-355 odd; Hood Mountain Court 8823-8837 odd; Meadowbreeze Court 6275-6289 odd; Meadowridge Drive 6308-6339, 6340-6360, 6363-6390, 6567-6597 odd, 6568-6596 even; Meadowstone Drive 6266-6273; Mesa Oaks Circle 6439-6447 odd; Mesa Oaks Court 6445-6456; Miramonte Court 345-369 odd; Mountain Vista Circle 152-180 even.

Oakgreen 1-15; Oak Brook Lane 420-456; Oak Brook Place 400-416; Oak Crest Place 2-9; Oak Forest Lane 2-17; Oak Forest Place 18-25, 26-45; Oak Island Circle 62-82; Oak Leaf Circle 310-321; Oak Leaf Drive 7044-7052, 7130-7215, 7223-7347, 7544-7561, 7601-7624, 7627-7645; Oak Mesa Drive 451-493 odd; Oakmont Drive 6654-6698 even, 6850-6956 even, 7344-7355, 7849-8050, 8840-8861, 8879-8894, 8927-8963; Oak Shadow Drive 129-153, 201-223, 220-275; Oak Trail Circle 9111-9151, 9212-9241, 9303-9327, 9330-9357, 9408-9435; Oak Trail Drive 8811-8838.

Pine Oak Place 3-11; Pine Valley Drive 6479-6503 odd, 6441-6471 odd, 6555-6600; Pythian Court 7706-7718; Pythian Road 320-360 even, 327-349 odd, 357-365 odd, 400-412 even, 435-455 odd, 461-473; Rockgreen Place 300-345, 316-346 even, 350-374 even; Shooting Star Place 480-498 even; Singing Brook Circle 349-362; Starry Knoll Court 454-470 even; Stone Bridge Road 6312-6325, 6349-6377, 6426-6458 even, 6427-6459 odd, 6501-6549 odd, 6619-6647; Twin Lakes Circle 429-447; Valleygreen 1-4 plus 16-24, 5-15; Valley Lakes Drive 122-146; Valley Oaks Place 1-18; Walnut Orchard Way 7512-7547; White Oak Drive 170-198 even, 183-205 odd, 400-422 even; Woodgreen Street 11-18, 19-22; Woodley Place 407-444.

Please call me at 539-2543 if you would like to be a leader or if you have any questions about the COPE program. Thanks for your willingness to help!

Valley of the Moon Fellowship

■Larry Hallett

NEW TIME, NEW PLACE!

VOMF is a bi-monthly gathering for fellowship, open discussions on items of interest, opportunities for community service, and spiritual reflection and renewal. The group is non-sectarian and is welcoming and inclusive to all.

Please join us on the second and fourth Sunday of the month, from 4-5:30 p.m. We meet at 6637 Oakmont Drive, Suite B, just around the corner from the OVA office. Bring along a snack to share, if you wish, and engage in fellowship, make new friends, discover new horizons, and depart feeling renewed.

Hope to see you!

Valley of the Moon Rotary Club



■John Brodey

LAST CALL FOR THE VOM CRAB FEED

The days are slowly growing longer, but time is growing short. We are just a few weeks away from our first annual VOM Crab Feed in three years! VOM Rotarians have been working feverishly on preparing for the Crab Feed and bringing back yet one more Oakmont tradition that has been on hiatus. The event takes place February 25, 5 p.m. at the Berger Center.

As most of you know, the Crab Feed is our one and only fund-raising project of the year. Those donations make it possible to continue supporting a long list of local and international non-profits as well as major projects like our Polio Eradication campaign. That effort has been sustained by our parent organization Rotary International as well as the Bill and Melinda Gates Foundation and a host of countries and businesses.

In addition to live and silent auctions, we will continue with our regular raffle. The Fund a Need campaign is also back this year. This time the focus will be on two worldwide efforts; Polio+, Ukraine relief and additionally an important local program that provides diapers to needy mothers in Sonoma County. We will also have our amazing Wall of Wine. A ticket buys you a mystery bottle of wine from the rack. All wines will have a value of \$25-\$100. This includes bottles you can't find in stores and some you can, but they can't be had for less than \$25 no matter where you buy.

The star of the show will be our fresh crab from right here in Sonoma County, which will be served by the kids from CHOPS. The supporting cast will include several side dishes and our wonderful wine bar.

As of this writing, the Feed is only a table or two away from being sold out. If you want to see if any tickets are available, please contact our ticket chair Valerie Hulsey at valerie.hulsey@yahoo.com.

Even if you are not able to attend, we greatly appreciate contributions to our effort. If you have a timeshare somewhere that is not Buffalo and you'd like to donate a week, fantastic. Donating raffle items is also a great way to help. The easiest way to help is through cash donations. Contributions of any amount can be made through our Feed chairperson Kevin Johnson. His email is kevinrj7002@gmail.com.

We will be hosting a smaller crowd this time around for all the right reasons. The Crab is back and thanks for your support.



Bocce Club



■Gale Schlee

BOCCI VALENTINE'S DAY TOURNAMENT

The Bocce Club is ready for play now that the rains are maybe behind us. We meet six times a week, Monday through Saturday at 1 p.m. at the Bocce Courts next to the West Recreation Center.

Our first tournament is Valentine's Day Tournament on Saturday, February 11 at 1 p.m. At all tournaments, only 24 players can participate. Please be prompt, or it is best to be early.

We look forward to seeing old friends and hopefully some new members this year.



Parliamo Italiano

■Jane Rinaldi

JOIN US FOR ITALIAN MOVIES (SUBTITLED IN ENGLISH)

Come and join our Parliamo Italiano group for some great Italian movies the first Tuesday of each month from 2-3:30 p.m. in the Central Activities Center, Room 6.

This Feb. 7, we will be showing *The Truffle Hunters* (or continuing to show another in the series of "Ispettore Vivaldi," both wonderful movies!). All the films that we show will have English subtitles.

We hope to see you on Feb. 7. Benvenuti a tutti!

Just for Fun Games

■Phillip Herzog

GAMES GOING GREAT INTO THE NEW YEAR

Our NYE party was a great success with 34 gamers playing at seven tables: Hand and Foot, Chinese Mah Jongg, Ticket to Ride, Rummikub and Pan. It was a great night for lots of fun and friendship.

2023 is off to a great start. Our first two Saturday game times have been really well attended too—five or six tables of gamers having a great time! We want you to join us too.

ABOUT THE JUST FOR FUN GAMES CLUB:

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. However, sometimes we also play online. To do so, we use Zoom for communication and the website Board Game Arena for the games.

Please call or email ahead to confirm the schedule. 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!

The club has a large collection of games on hand and players often bring new and different games as well. Everyone is welcome to come and have a good time at the Just for Fun Games Club. For more information contact us at Just4FunGamesClub@earthlink.net or call me at (707) 843-3053.

Up to date Covid vaccination is required and masks are optional, but strongly suggested.

PAN (PANGUINGUE)

Come play Pan with us! Pan is a gambling card game with lots of players, cards & chips (but we do not play for money, we play Just for Fun). If you think you might be interested in learning this very sociable, "anything can happen" kind of card game, please come check it out.

Our next Pan games will be on Saturday, January 28 and February 4 and 18 at 1 p.m. Oakmont resident, Jeri Phillips, will be happy to teach interested newcomers how to play Pan at other days and times that are convenient. Please contact her if you would like to learn how to play Pan.

For more information, to RSVP, or to register for lessons, contact Jeri Phillips at Just4FunGamesClub@earthlink.net Call or text (714) 883-3126.

At the Pan games, up to date Covid vaccinations are required, and masks are optional.

HAND AND FOOT

We play Hand and Foot in person each week. Please come and join us. The more players, the better the experience! If you would like to learn to play Hand and Foot, send us an email so we can schedule lessons: Just4FunGamesClub@earthlink.net.

Up to date Covid vaccination and masks are required.

Oakmont Singles



■Debra Ponts

Are you single? New to Oakmont? Join our club to mix and mingle with other singles. Our club offers the opportunity to network with other singles that may have your same interests. Develop new friendships, enjoy meals out with Bon Appetit or reserve a seat at a singles table for Oakmont events.

BON APPETIT

WHEN: Thursday, February 2, 6 p.m.

WHERE: Yeti Restaurant, 190 Farmers Lane, Santa Rosa

Yeti is an Indian fusion restaurant using fresh ingredients and seasoned meats and seafood. Try their curries, various tandoori, specials and vegetarian dishes. Bring cash, one check per table. Reservation is limited to 20. RSVP by January 27 to Marilyn, marilyn_mckeever@hotmail.com.

FEBRUARY MIXER CELEBRATE CHINESE NEW YEAR

WHEN: Friday, February 17, 6 p.m.

WHERE: East Rec. Center

Let's celebrate the Lunar New Year, the year of the rabbit, by gathering together in celebratory fashion, and enjoying cultural performances by the Redwood Empire Chinese Association. Bring an Asian-inspired appetizer or dessert to share in addition to the beverage of your choice, entry card, and for new members your proof of Covid vaccination. Please RSVP to Priscilla, proslyn49@aol.com by Monday, February 13.

MEMBERSHIP

Renewing and new membership, please complete a membership form in the Singles folder at the OVA office. Place the form along with your check payable to OSC for \$12 in the Singles folder. You must be a member to participate in our mixers and Bon Appetit.

NAME BADGES

We encourage members to wear a name badge, if you have a name badge from another club you are welcome to wear it.

Order a name badge by completing a name badge form located in the Singles folder, include your check for \$10 payable to OSC and place them in the name badge folder.

Lifelong Learning



■Marlena Tremont

VALENTINE'S DAY CONCERT: FREDERICK HODGES

WHEN: Tuesday, February 14, 7 p.m.

WHERE: Berger Center

TICKETS: \$25

There will be table seating. BYOB to go with Valentine sweets provided.

Spend Valentine's Day with your sweetheart and internationally acclaimed concert pianist Frederick Hodges. Hailed as "Extraordinary!" by critics, Hodges brilliantly captures the sounds of great pop, salon, ragtime, blues and jazz pianists of the 1920s. A California native who began music studies at age eight, he is an Oxford graduate and a member of the Royal Society Jazz Orchestra.

For more information and to register, go to OakmontLL.org. Tables of 8 available.



Water Fitness

■Valerie Hulsey

Mary is teaching water aerobics Monday through Thursday at 9:30 a.m. The class is not sponsored by the Santa Rosa Junior College so there is an \$8 drop-in fee each day.

The pool is toasty warm and we have class rain or shine, so join the Polar Bears for a great workout.

Julie's Friday, 10:10 a.m. water exercise classes will continue through the winter and ongoing. All levels of experience and abilities are welcome! \$8 drop-in fee.



Photo by Mary Hastings.

SRJC Older Adults Program

■Valerie Hulsey

BALANCE AND STRENGTH CLASS

WHAT: SRJC Balance and Strength Class

WHERE: East Rec. Center

WHEN: Fridays at 9:30 a.m.

COST: No fee

Mary Hastings classes resumed Friday, January 20. Registration and enrollment can be done at the first class you attend during the semester. There will be volunteers to assist with this process. If you attended during the fall semester and are on the rollover roster, you will only have to provide a signature and birthdate.

Please come early (9-9:25 a.m.) to get all of the paperwork done before class.



CLASSIFIEDS

BAY GRAB BAR

Certified Aging in Place Specialist. Safety and independence w/grab bars, handrails, ramps. Call Bill, 509-8222. Lic. #1062187. www.BayGrabBar.com.

FIREPLACE CLEANING AND SERVICE

Warming Trends has been cleaning, servicing and installing fireplaces, stoves and inserts for 30 years. Call 578-9276 for any fireplace needs.

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.

COMPUTER OOPS??

Oakmont Onsite Personal Computer Services. Call Chuck for all things computer. VOM Rotary member, computer instructor. References available, many satisfied Oakmont customers. One hour minimum. \$50/hr. 293-8011.

HANDYMAN SERVICES

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

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.

CARPET, UPHOLSTERY AND TILE CLEANING

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

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Remodeling specialists. Kitchens, baths, roofing, plumbing and electrical. Fire and water damage repair. Quality service, reasonable rates. Proudly serving locally for over 25 years. Free estimates. Lic. #669482. Visit our website: www.specialtyimprovementsunlimited.com. Call today, (707) 328-3555.

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.

GOLF CARTS

Huge selection of value-priced, new, used and re-conditioned golf carts for sale. Professional repairs, service. Many years servicing our friends in Oakmont. 584-5488.

FOR ALL YOUR PAINTING NEEDS

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

PAINTER/HANDYMAN

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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Reasonable rates, free estimates, Oakmont references. Lic. #573530. Gary Luurs, 528-8489.

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

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Finish carpentry and general construction. Licensed, bonded and insured. CA Lic. #1044479. Call Rodrigo at (707) 975-6576, (707) 393-9748, or 843-9469.

GARAGE DOOR SERVICES

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

REPAIRS PILING UP? CALL RAY

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

MARTHA L PROFESSIONAL HOUSE CLEANING

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

CAREHELPER/COMPANION

Oakmont resident available for hire to assist Oakmont residents in their home. \$25 per hour. Very reliable, references, vaxed/all boosters. Please call to discuss your needs. Benita Jeppson, (707) 291-0032.

THE VINE LANDSCAPING

Professional fruit tree pruning. Ornamentals. All aspects of general landscaping. Monthly service. Call (707) 935-0519.

NOTARY PUBLIC

Oakmont Resident available to come to your home or office. Carol Palombino, (707) 953-8324, carolpal3@yahoo.com.

OAKMONT COMPUTERS

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

BUYING VINYL RECORDS

LPs and 45s, jazz, blues, rock soul; old jazz and blues 78s and reel tapes. Call/text (530) 859-3387. Email clearbluesky@sbbmail.com.

TONY'S GARDENING SERVICES

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

RESIDENTIAL WINDOW AND PRESSURE CLEANING SERVICES SERVICIO WINDOW CLEANING CO.

Decks, stucco, pavements, gutters. Free estimates. Call Dennis at (707) 249-3343.

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I come to your home and do light housekeeping, run errands and transport you to your doctor appointments or shopping. Over 20-year experience. Please feel free to contact Maria Barrera at (707) 393-9748 (cell).

BATHROOMS AND KITCHENS TO PERFECTION

General Contractor, John Coyle. 36 years in the home remodeling business. Specializing in Oakmont since 1986. Bathrooms, kitchens, additions. Free estimates. (415) 879-1634. Bayside Remodeling and Construction.

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Helping seniors and those on disability choose a Medicare health plan. Local independent Agent. Free consult. Call or text Rosanne Malta, (707) 775-7520. License #4167037.

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.

REAL ESTATE SPECIALISTS

32 years sales experience. I understand the CA probate and Living Trust laws when it comes to selling a property. Free market analysis. Call today Martha at Casa Keys, (707) 477-7168. DRE #01055567.

MASSAGE THERAPY

Massage studio now open in Oakmont. One-hour custom massage, \$80. Book your session now. Brittany Koop, CMT, #91724. Call (707) 849-3915. By appointment only.

HANDYMAN RESIDENT

Ask for Ricky, a personable "Jack of all Trades" with great attention to detail. I meet your quality goals and prioritize Oakmont residents. Let's discuss the work and its cost. (408) 838-5618.

SCOOTER RENTAL NEEDED

I will be in Oakmont for the month of February and would like to rent a scooter. If you know of one for rent, call Bill Mann, (360) 774-3275.

GUTTER CLEANING

Gutter Guard installation, window cleaning, pressure washing. 20 years in Oakmont. Call Alex, (707) 291-0429.

Oakmont News Classified Rates

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

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

DEADLINE: 10 days prior to publication.

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

Classified Order Form

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 BODY TEXT _____

Oakmont News

... is owned by the **Oakmont Village Association** which, through its board, sets editorial policy.

The **OVA** has contracted with **CJM Productions** to handle typesetting, layout, printing and free distribution of the *Oakmont News*, the latter by U.S. mail, to each home via 3rd class mail.

CJM Productions also handles advertising for the *Oakmont News*.

CJM Productions and the **Oakmont Village Association** assume no responsibility for the content of any ads that appear in the *Oakmont News* nor do we endorse or recommend any product or service advertised herein.

CA law requires all CA licensed contractors to list their license number in their service advertisements. CA law also requires contractors performing work totaling \$500+ (incl. materials & labor) must be licensed by the Contractor State License Board (CSLB) to work in California. For information contact the Contractor's State License Board at www.cslb.ca.gov.

Oakmont Village Association

OAKMONT VILLAGE ASSOCIATION

Hours: M–F 9 AM–5 PM—Open during lunch
Tel 707-539-1611
6637 Oakmont Dr., Ste. A
OVA E-mail: askova@oakmontvillage.com
Website: www.oakmontvillage.com
Book appointments with staff at: oakmontvillage.com/staff

MAINTENANCE OFFICE

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

CONDOMINIUM FINANCIAL MANAGEMENT (CFM)

OVA Accounting
Tel 800-585-4297

OAKMONT NEWS

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

PAS MANAGEMENT COMPANY

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

ARCHITECTURAL OFFICE

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

AVAILABLE IN OVA OFFICE

GAS SHUT-OFF WRENCH.....\$12
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VIALS FOR LIFE.....FREE
RESIDENT ACCESS CARD.....\$25 EA
REPLACEMENTS.....\$25 EA
GUEST ACCESS CARD.....\$25 EA

BULLETIN BOARDS

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

LOCKER RENTALS

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

GUEST PASSES

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

STREET CLEANING

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

NEED A RIDE? GIVE A RIDE! OAKMONT VOLUNTEER HELPERS

We provide the following services to Oakmont Residents:

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

COORDINATOR Rides to Medical Appointments

January 16–31
Karen Budinger 970-361-0574
February 1–15
Patresa Zwerling 707-539-8996

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

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

LETTERS TO THE EDITOR WRITER GUIDELINES

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

POOLS & JACUZZIS

Access to OVA pools is by magnetic card. Call OVA Office, 707-539-1611 if you need a permanent new member pool access card or to register for a temporary guest pool access card.
WEST: 7 AM–9 PM
(Closes 7 PM Wednesdays for cleaning)
EAST: 6:30 AM–9 PM
(Closes 7 PM Mondays for cleaning)
CENTRAL: 5:45 AM–9 PM
(Closes 7 PM Tuesdays for cleaning)
JACUZZI HOURS: Same as facility. No one under 18 years in West and East pools and Jacuzzis.
CENTRAL POOL HOURS FOR PEOPLE UNDER 18:
Labor Day–Memorial Day: 11 AM–2 PM daily
Memorial Day–Labor Day: 12–4 PM daily
Children must be accompanied by an OVA member/resident or adult with a valid guest pool access card.
NO LIFEGUARD ON DUTY AT ANY OVA POOL.
ALL FACILITIES CLOSED CHRISTMAS DAY.

STORAGE UNITS AND PARKING

SP176, www.storagepro.com
707-538-3230

LIBRARY

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

OAKMONT COMMUNITY GARDEN ON STONEBRIDGE

For more info on signing up, email Oakmontcommunitygarden@gmail.com. Spaces are available.

HAPPY TAILS DOG PARK

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

FITNESS CENTER

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

BE ON OVA E-MAIL LIST

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

2022–2023 OVA BOARD OF DIRECTORS

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christel@oakmontvillage.com

OVA BOARD MEETINGS

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

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

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

HOW TO CONTACT YOUR LOCAL OFFICIALS

County Supervisor Susan Gorin District 1

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

City Councilwoman Dianna MacDonald District 3

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

PUBLIC TRANSPORTATION AVAILABLE IN OAKMONT

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

Lawn Bowling



■Mary Blake

2023 CALENDAR OF EVENTS

The Lawn Bowling calendar is almost complete! Here are the dates for tournaments and socials. These dates are also on our website.

Holiday Tournaments:

- Monday, February 20: Presidents' Day (pm)
- Friday, March 17: St Patrick's Day (pm)
- Saturday, April 1: April Fools' Day (pm)
- Monday, May 29: Memorial Day (pm)
- Tuesday, July 4: Independence Day (am)
- Monday, September 4: Labor Day (am)
- Monday, October 30: Halloween (pm)
- Tuesday, November 21: Thanksgiving (pm)

Intra-Club Tournaments:

- Tuesday, April 18: Men's Pairs (pm)
- Tuesday, May 2: Women's Pairs (am)
- Tuesday, May 16: Open Pairs (am)
- Tuesday, June 6: Vet/Novice (am)
- Tuesday, June 20: Men's Triples (am)
- Tuesday, July 11: Women's Triples (am)
- Tuesday, July 25: Open Triples (am)
- Tuesday, August 8: Men's Singles (am)
- Tuesday, August 22: Women's Singles (am)
- Tuesday, September 12: Open Singles (am)
- Tuesday, September 26: Novice Singles (am)

Sonoma Wine Country Games: Friday and Saturday, June 2 and 3.

Social Calendar:

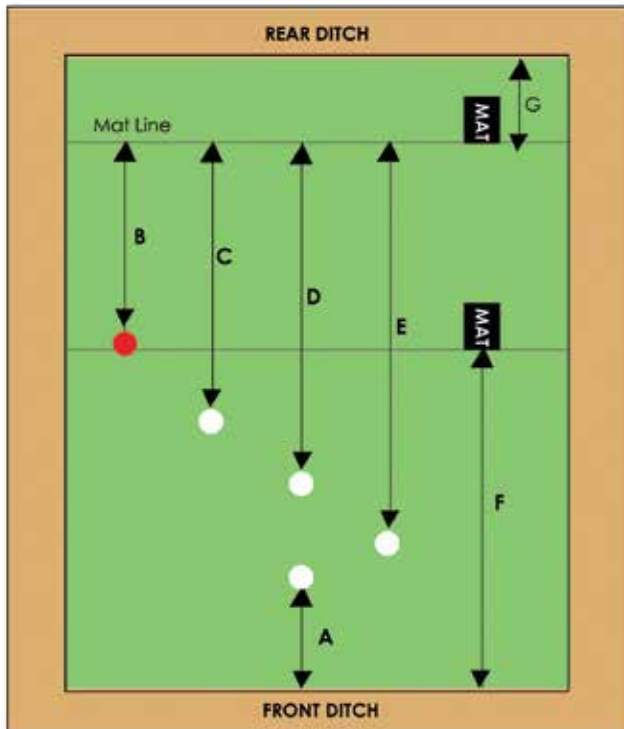
- Thursday, May 11: BBQ
- Thursday, June 8: Potluck
- Thursday, July 13: Potluck
- Thursday, August 10: Potluck
- Thursday, September 14: BBQ?
- Monday, October 30: Pizza Dinner
- Monday, November 13: Annual Member Meeting, noon
- Friday, December 8: Holiday Gala, 5 p.m.

GETTING A GAME UNDERWAY (CONTINUED)

Who sets the mat and jack? In the first end, skips roll a bowl and call big/little logo to decide who goes first. Each end after that, the winner sets the next mat and jack.

Setting the mat is easier to do than to describe. Center it lengthwise. The front edge of the mat must be at least 2 meters from the ditch. If you're kind of average size, that's two BIG steps from the ditch. Most of us set the mat about there, moving it around a bit just so we don't wear out the grass in one spot. But if you want to add some variety, it can be up to 13 meters from the ditch (23 meters from the farther

Distances in the Direction of Play



- A 6'7" (2 meters) -- Min distance of delivered JACK from front ditch
- B 45' 11" (14 m) -- Min distance of BOWL from mat line
- C 59' 1" (18m) -- Min distance of rebounding JACK from mat line
- D 68' 11" (21m) -- Min distance of delivered JACK from mat line
- E 88' 7" (27m) -- Distance of JACK from mat line when pacing out
- F 75' 6" (23m) -- Min distance of MAT LINE from front ditch
- G 6' 7" (2m) -- Min distance of MAT LINE from rear ditch

From Bowls USA Laws of the Sport of Bowls

Distances on the rink.

ditch). That really changes the feel of the game!

If you think your opponent set the mat too short or too long, let them know before the first bowl is bowled.

Can you adjust the mat once it's set for an end? We can't change the distance but we can (and should) realign it. In other words, if the mat is 3 meters from the ditch but gets twisted, you can straighten it out but it should still be 3 meters from the ditch, and you can flip the mat over if it's slippery.

For a little extra fun, you need to be alert to bowls coming from other rinks. Sometimes, a bowl's bias may take it into a neighboring rink and then back into its own. If that happens, you must pick up and then put back down any of your bowls/jack/mat that might be in its path. I haven't seen this happen yet, but it should be fun to watch.

Website: OakmontLawnBowling.com.
Email: OakmontLawnBowling@gmail.com.

Let's Dance Together

■Terry Whitten, Instructor

LEARN TO FOXTROT IN FEBRUARY

WHAT: Beginning Foxtrot partner dance classes
WHEN: Wednesdays, Feb. 1, 8 and 15 from 4-5:15 p.m.
WHERE: Lower West Rec. Center
COST: \$10 pp for single class. \$8 pp if two or more classes are purchased at the same time.

February is a good time to get those toes tapping and learn some basic Foxtrot dance moves! Foxtrot is a classic dance done to a variety of music ranging from Frank Sinatra and Ella Fitzgerald standards to songs by Michael Bublé, Natalie Cole and even the Beatles. It can be done compactly if the dance floor is crowded or with bigger gliding steps if there is a lot of room.

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

At this time, full vaccination plus at least one

booster will be required. Face masks may also be required depending on the local community Covid status at the time the classes start.

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

To register or for any questions, please contact me at twhitten@pacbell.net or call (415) 265-7590. If you can't make the first class on Feb. 1 but want to come to the other two classes, please call me to check if that can work. Please also bring your vaccination card or photo of it to your first class, as well as a face mask in the event a mask is required.



Oakmont Birders

■Barbara Kendrick

MEET THE MERGANSERS: DUCKS WITH STYLE

Ducks are a satisfying group for a beginning bird enthusiast to learn. There are not too many species in our area, and they're all relatively distinctive looking (at least the males are), and thus easy to tell apart. But best of all, they sit quietly for long periods on the water, enabling you to study them to your heart's content. Compared to warblers, which are in constant motion at neck-breaking angles in the treetops, ducks are a dream to observe.

This column focuses on a duck that is both great-looking and convenient to see right now. A pair of Hooded Mergansers has returned to the lagoon that surrounds the swimming pool located on Timber Springs Drive in Wild Oak. These ducks normally shy away from humanized habitats, but for some reason in the past several years there have been one or two couples in this lagoon. Perhaps they find it restful—they usually have the water to themselves, without other ducks around. Perhaps they are intrigued by the strange bright-blue water (caused by anti-algae additives).

Male Hoodies are a stunning sight, a study in black, white, and chestnut brown.



Male Hooded Merganser. (Photo courtesy of Tom Grey)

In the duck world, they are unique in having a crest that they can raise and fan out to form a circle, which is black with a large white "ear" patch. Their eyes are bright gold.



Female Hooded Merganser. (Photo courtesy of Tom Grey)

Female Hoodies are grayish-brown, without markings. They also have crests, which are cinnamon-colored, but these are swept back from their heads, giving them the appearance of having just come from a particularly vigorous Brazilian blowout.

Hoodies are one of three types of Mergansers in the United States. All the Mergansers have very thin, serrated beaks, which they use to catch fish, crayfish, and aquatic insects while diving. They are expert divers and hunt by sight, their eyes specially adapted to seeing underwater. They sometimes swim with just their heads below the surface, sizing up the food possibilities before making a dive.

Like most diving ducks (as opposed to those who tip upside down in the water to eat, called "dabbling" ducks), Mergansers' feet are far back on their bodies, making it hard for them to walk, so they spend most of their time in the water. They prepare to fly by running across the water, and they land on the water at full speed, feet in front of them to put on the brakes.

On the West Coast, Hooded Mergansers breed in the summer in British Columbia, and some venture down the California coast to spend the winter. We're lucky to have this pair in our neighborhood. Watch for them in the next month or so as you walk to and from Channel Drive. For full appreciation, bring binoculars.

Have bird questions? Do you have a bird photo you want to share or ID? Want a "Birds Seen in Oakmont" checklist? Send an e-mail to bkendrick@jps.net.



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MOVING UP & Sizing Down

Join us and learn how you can right size your retirement lifestyle, including innovative strategies and tips for managing the stress of downsizing, packing and moving.

Tuesday, February 7
3:00 p.m. – 5:00 p.m. • Valley of the Moon Club
 7025 Oakmont Drive • Santa Rosa, CA 95409

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GUEST SPEAKERS
 Donna "Declutter" Roses: Downsizing
 Barbara Lynch, McBride Realty: Housing Trends
 Jeanne St. Jean, R&J Estate Sales: Auctions & Estate sales



Wine and hors d'oeuvres will be served.
RSVP by February 2 to 707-360-6530 or email LIFE@oakmontgardens.com



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