

OAKMONT NEWS

Oakmont's Semimonthly Newspaper

www.oakmontvillage.com/news

July 8, 2023 • Volume 61, Number 13



Soroptimists International Oakmont Wine Country

■ Marilyn Noah

**LOCAL AUTHORS BOOK FAIRE
SATURDAY, JULY 15, 11 AM-2 PM, BERGER
FREE ADMISSION**

Meet 19 local published authors selling their books. The event is organized by Soroptimists International of Oakmont Wine Country.

All participating authors live in Sonoma County: Oakmont, Wild Oak, Kenwood, Glen Ellen, Healdsburg, Sebastopol, Sonoma and Santa Rosa. Topics represented at the book faire include historical fiction, mysteries set in San Rafael and Petaluma, travel books, romance novels, environmental science, poetry and inspirational writing, cookbooks, short stories and memoirs.

A few of the authors who will be present at the book faire include:

Oakmont resident Dr. Art Sussman, PhD., who will include science demonstrations at his table.

Kenwood author Rebecca Rosenberg, known for her novels about historic women including Charmian London and Barbe-Nicole Clicquot, founder of Veuve Clicquot champagne.

Linda Dodwell of Glen Ellen wrote about her experience competing in the 1997 Peking to Paris Motor Challenge in *The Road Taken: Men, Motorcycles and Me*. Dodwell has also written about the history of her homesite in Glen Ellen, where a native village stood, Spanish missionaries worked, and the pioneering Thompson family ranched and farmed.

Nationally known travel writer Yvonne Horn, author of *Unique Eats and Eateries of Sonoma County* and *100 Things to do in Sonoma County Before You Die*.

Horses of the Wine Country, *Remarkable Women of Sonoma Valley*, and a cookbook *Lovin' Lavender* are among several titles offered by former Silicon Valley engineer Wanda Smith.

A Good Day to Start by Carter Schwonke is a collection of short stories about struggle and second chances, inspired by the author's experiences with people at Hanna Boys School, San Quentin Prison, and the

See **SOROPTIMISTS** on page 3



Town Hall To Recommend Professional Planner To Augment 2030 Work

■ Marlena Tremont and Tom Kendrick,
Oakmont 2030 Co-Chairs

An Oakmont 2030 Town Hall June 29 drew over 100 people to the Berger Center (with dozens more online) to hear about ways to tackle future facility plans and challenges, including a recommendation to engage a professional planner to map out options.

"We are starting to consider possibilities based on ideas proposed during the Community Conversations," said Jim Munger, Oakmont 2030 Steering Committee member and newly elected chair of the Long-Range Planning Committee. "They will provide a sense of what Oakmont might look like a decade or so from now."

Munger said the LRPC will recommend to the board to use a professional planner to begin getting ideas on paper for the community to discuss. He said the expertise of a professional planner can help guide next steps efficiently and also gather additional community input to create realistic plans. "This will support our continued community discussions and future decisions," he said.

Marlena Tremont added, "Today's meeting is a little different from previous ones because we are beginning to build on the visions that came out of our Community Conversations last summer and working to understand the possible paths for moving forward. Doing so will depend on community input, outreach to other homeowner associations, and judicious consultation with experienced community planning professionals."

Some work on this has been completed, including analysis of a survey of OVA club space needs. The survey had an 87% response rate from the 131 clubs contacted. Rex Fuller, Oakmont 2030 Steering Committee member, summarized the survey results. Fuller reported that OVA clubs face peak-load space shortage issues and stiff competition. About 20% of clubs—primarily the larger clubs that represent the most members—reported problems securing their preferred space. He also said the study pointed to a mismatch of club needs and capacity. Clubs having 30 or more regular attendees must be bumped into the few spaces available (like the Berger or East Rec.), which are much larger than they need. Fuller also noted reported issues with AV, remote attendees and climate control.

OVA's General Manager Christel Antoine addressed facilities management an important aspect of long-range planning. "Maintaining buildings is a dynamic

See **2030 TOWN HALL** on page 3

Grandparents' Week Signup Now

Registrations are open for one of Oakmont's big annual events: Grandparents' Week! A carnival on July 23 will kick off a wide range of activities for grandchildren and grandparents.

Signup details are inside this edition of the *Oakmont News*. See page 11 for details.



A full plate of games and events for grandchildren during Grandparents' Week. Shown here is shuffleboard from an earlier year. (Photo by Julie Kiil)

Dancing the Afternoon Away



Oakmonters Betty Tietsort and Xavier Labrios dance the afternoon away to the music of Buck Short and the Fenceposts at the Sugarloaf Sunday Social Club. The event is conveniently located at the crush facility on Highway 12 across from Oakmont Drive. It features on-site food vendors, wine, art displays and bocce courts. The Sunday afternoon concerts start at 3 p.m. through Sept. 24 with a variety of performers and bands. Cover charge is \$10. No outside food or drink. (Photo by Jackie Ryan)



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Season's Colors



Trees show off the bright colors of their new tree leaves on the 17th hole of Valley of the Moon course. (Photo by Ron Kaufman)

2030 TOWN HALL Continued from page 1

process. Understanding the physical conditions and functions of each building and its infrastructure and knowing and understanding the challenges are key to proper planning and preparing for the future," said Antoine. "For many years we have played catch-up. Proper planning is not just for routine general management and maintenance. It's for preventative and predictive maintenance and future needs as well. So how do we plan for our must do's, the can do's and want to do's in the future?"

Tom Kendrick briefly reviewed OVA Reserve Funds and projected costs for maintaining OVA infrastructure. The current reserve study forecasts over \$8 million to be invested on our current assets between now and 2030. Kendrick said, "OVA can take a short-term view and replace things as they wear out (whether those assets best serve our needs or not), or we can take the time to understand what is possible and work with outside professionals to make better informed decisions."

Guest Policy in Oakmont

■OVA Staff

As summer approaches and schools take a break, many Oakmont residents are anticipating visits from family and friends. One of the benefits of living in a community with abundant amenities is the joy of sharing with loved ones. While the OVA is happy to welcome guests of our residents, the association wants to remind everyone of the guidelines and limitations of guests in our community and at our facilities.

Each Oakmont household is entitled to bring up to four guests to any facility or event, some limitations may apply. If the guest does not have a guest pass, they must be accompanied by a resident.

Guest passes for each adult guest can be purchased at the OVA office for a \$25 fee. Oakmont residents must obtain the guest pass in person.

Types of guests and duration of cards are designated as:

- Adult guest residing in Sonoma County—2 days
- Adult guest residing outside of Sonoma County—length of visit up to 90 days in a calendar year

All three facilities and pools are open to residents and adult guests. Guests under the age of 18 are limited to the Central pool during kid hours, which are between 12–4 p.m. during the summer until Labor Day.

The Fitness Center is open to guests over the age of 18 who have signed a Release Form. Forms are available at the Fitness Center and at the OVA office. Guests who do not have a guest pass must be with a resident.

For more information about policies regarding guests, log onto our website at oakmontvillage.com/docs.

SOROPTIMISTS Continued from page 1

financial and scientific sectors of Silicon Valley.

OVA's Crissi Langwell will have a table at the faire for her romance novels, including her just-published novel, *Masquerade Mistake*.

Freshly baked cookies and raffle tickets for a Guy Fieri "Knuckle Sandwich" lunch experience will be available for purchase at the book faire. Raffle winners will be drawn shortly after 2 p.m. on book faire day.



Elemental: Reimagine Wildfire A Firewise Special Showing

■Jeff Neuman

On Sunday, August 6, Movies at Oakmont, Oakmont Emergency Preparedness Committee (OEPC), and Firewise Resource Committee team up for a special showing of the documentary *Elemental: Reimagine Wildfire* at the Berger Center. *Elemental* starts with footage from the Paradise and Santa Rosa fires, continues with fire ecology and how Native Americans have used and are using fire, and finishes with home hardening and protection.

Elemental will be showing two times on August 6 at 2 p.m. and 7 p.m. Following the 2 p.m. showing, there will be a panel discussion with local fire experts and Oakmont volunteers from Firewise and OEPC.

Thank you to the Oakmont Community Foundation for making these showings possible.

Playreaders



■D. Hall

PLAYREADERS TRAVEL BACK IN TIME

Travel back in time with Oakmont Playreaders as July becomes Neanderthal month with four one-act comedies on tap.

On July 3, Sandy White presented *The Beginning of Music* and *The Beginning of Business*, both by Jules Tasca. These are fanciful looks at the origins of those topics, as are D. Hall's staging of Tasca's *The Beginning of Gambling* and *The Beginning of Wedding Planning* on July 10.

Sandy White's cast included Jeff Sheff, Bernard Palk and Ron White; D. Hall's cast is made up of Ginny Smith, Jackie Kokemor and Ginna Zoellner. Even though set in prehistoric times, these plays have a familiar ring to today's audiences. The last two Mondays in July are rehearsal times for the August 7 and 15 presentations. We'll see plays by Alan Arkin, Elaine May, and T.S. Eliot as August becomes September.

Join us for lively Mondays on the first and second Mondays of each month. We're in Room B of the CAC, always at 2 p.m.



Oakmont Futures

■George McKinney

WHAT DO YOU WANT TO KNOW ABOUT THE FUTURE—PART 2

Our next meeting, July 12 at 4 p.m. in East and on Zoom (Zoom link below), will be designed to flesh out the ideas for the 2023–24 meetings.

Here are the topics that came up in our June meeting: Future of healthcare (more about delivery than about technology); Future of AI (impact on the internet, 2024 election, and healthcare); Energy (solar, heat pumps, EVs); Impact of demographics of Sonoma County (the county's getting older); Things we should know about our devices and apps; Update on the Smart Home.

Please pick one or two of these that are of specific interest to you. We have three ways we can proceed—we can invite a speaker; we can have a panel (might be Oakmont residents or might be specialists); or we can have an open discussion (perhaps with some advance reading). We need your suggestions and help to make this work for Oakmont.

The club is built around Oakmont volunteers—please volunteer to help set up a meeting, find speakers, find reading materials, for any topic of interest. Email us now or just come to the meeting on July 12 at 4 p.m.

Here are more topic ideas: AI, chatbots, robots; Impact on internet and commerce, 2024 election impacts, Virtual reality; Future of healthcare, particularly for seniors; Telemedicine and messaging, Trackers and sensors—including links to providers, Virtual assistants and chat bots, Dementia—identifying and living with, Pharmacogenomics, Energy related, What's happening in solar, Personal, Community, Rebates for new equipment, Heat pumps, Electric vehicles, EVs vs Plug-in Hybrids, Electrification of airplanes, Carbon removal.

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

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

Pickleball Corner



■Doc Savarese

PLAYER INTERVIEW: DICK HIRSCH

Meet the incomparable Dick Hirsch (a.k.a. Hammer) born on Jan. 9, 1939. He has always been involved in sports, which includes tennis, racquetball, squash and golf. When Dick becomes engaged in a sport, he becomes addicted to it. Let's look at how his addictions apply to pickleball:

1. Lack of control to stay away from playing.
2. Abandoning commitments in order to play.
3. Ignoring risk factors by playing on an injured knee, back and other body parts.
4. Withdrawal symptoms if he doesn't play enough.
5. Purchasing over 50 paddles.

Dick was introduced to pickleball shortly after moving here in 2016. He became what he calls "immediately addicted." Pickleball is his "stress management drug of choice." Dick's passion for pickleball supersedes all his afflicting ailments. He has learned to compensate and deal with pain. He says that he addresses his ailments by prioritizing them.



His current number one priority in pain management is his back stenosis (he wears a back brace), which has resulted in a collapsed spine and a pinched nerve (ouch!). His second priority is to recover from his recent lens replacement and glaucoma surgery where he is still experiencing blurred vision. Third, is his "bone on bone" knee (he wears a knee brace). Replacement surgery is imminent. Fourth, is his chronic arthritis throughout his body.

It's a sight to behold observing Dick's pre-game prep which requires prescribed exercises and placing support devices on his body. This takes over an hour and has to be reversed post-game.

Dick is on a quest for the "perfect paddle" and has literally purchased and tried over 50 paddles (which he admits to). His concept of the perfect paddle, yet to be discovered, is that it must meet the Hammer criteria by having maximum high power and spin with decent control and a good swing weight. It is rumored that Dick has even slept with some of his favorite paddles. I have observed him on more than one occasion dressing and undressing his favorite paddles in the form of removing and replacing the handle grip, adding lead tape and even edge protection. Whatever floats your boat, baby!

The best description of Dick's personality is resilience. With all of his physical and social setbacks he has always found a way to "pick himself up, brush himself off and start all over again." He says that one of his favorite mottos is "use it or lose it" and said that he leaves it up to me to interpret the meaning.

Dick enjoys life in his love of rock and roll music, food and women, not necessarily in that order. He is quick to point out that he is single and selectively available. I find that Dick makes an excellent friend in his humor, non-judgmental and understanding demeanor. "I mostly see the bright side of life," he concludes.

New Player Orientation: 9 a.m. on Tuesday mornings. Arrangements can be made by contacting Nancy Lande at (707) 978-2998 to schedule a session. Demo loaner paddles are available.



Cartoons by Peter Copen.



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Valley of the Moon Fellowship

■Larry Hallett

USHER IN THE SUMMER WITH FELLOWSHIP

Valley of the Moon Fellowship (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. A theme or topic is shared each gathering which stimulates lively discussion. New folks are always welcome and we are growing in numbers! Join us for some summertime fun, food, and fellowship.

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, make new friends, enjoy caring fellowship, and depart feeling renewed.

Hope to see you!

Grief Support Group

■Larry Hallett

SUPPORT FOR THE JOURNEY

Grieving the loss of a loved one is never easy, but you don't have to do it alone. There is help for you along the journey. Consider joining the weekly Grief Support Group which meets Tuesday mornings from 9–10:30 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, hear how others are coping, find strength in community and hope for the journey!

For more information on the group or if you feel you would like individual grief counseling, please call (310) 415-6133 or email larry.hallett@gmail.com.

Jazz Club Presents Pianist Dr. Shelly Berg



■Dolora Hurst

The Oakmont Jazz Club is presenting one of the most outstanding jazz musicians of our time.

On July 30, 7 p.m., the Oakmont Jazz Club is featuring world famous Professor Shelly Berg, pianist and dean of the Frost School of Music at the University of Miami, having taught at the University of Southern California Thornton School of Music.

Dr. Berg began playing the piano as a child, and at the age of six was accepted into the Cleveland Institute of Music where he studied classical piano with Maxine Priest. He began writing music at the age of nine and composed a piece for children's choir and orchestra. As well as classical music, he developed a strong love of jazz and by the age of 15, he was playing professionally and earned a Bachelor of Music in Piano Performance in 1979.

After graduation he embarked on his teaching career, first as Chair of Instrumental Music at San Jacinto College North in Northshore, Texas, then as Chair of instrumental and Commercial Music at San Jacinto College in Pasadena, Texas, from 1981 to 1991. During this period, he also found freelance work as well as composing and arranging jobs for television, and included composing the official theme for the 1986 U.S. Olympics.

Dr. Berg in 2005 topped the jazz charts with the album "Blackbird." It is now up for his sixth Grammy Award. He also received a Dean's Award for Scholarship and Research, from the USC Thornton School of Music. He was music director and pianist on PBS Great Performances television show "We Love Ella," a tribute to the First Lady of Song.

Along with his work as Dean, he also holds the title of the Patricia L. Frost Professor of Music, in which capacity he teaches improvisation classes and private piano lessons. Since moving to Miami, he has worked with a bevy of luminaries. He returned to his own work in 2009 and was awarded his first Grammy nomination. He has now been awarded a total of five. You can understand why the Oakmont Jazz Club is beyond excited to present this genius of jazz musicians.

Tickets are available by sending, or bringing cash or check, to the OVA office and depositing it into the Jazz Club Folder. Please fill out the coupon in the folder and place it again back into the envelope in the Jazz Club Folder. We then have a double record of your ticket purchase. Names are held at the door, the night of the performance. The concert begins at 7 p.m., and doors open at 6:30 p.m. at the Berger Center.

The OVA Office address is 6637 Oakmont Drive, Suite A, Santa Rosa, Ca. 95409. Tickets are \$35. Make checks out to the Oakmont Jazz Club. For information call (707) 537-7720.



Kiwanis Club of Oakmont



■Beverly Singer

CARNITAS AND MARGARITAS EVENT

Saturday, August 19, 5 p.m., at the Berger Center is the date to save for a fun-filled night of Carnitas and Margaritas. Tables will be available inside and out in the Berger nice front patio, and you can reserve a whole table for eight of your friends, family or neighbors. Think of this as a family/friend picnic without having to do the preparation.

Kiwanis members work hard to plan good food for everyone. This event is held while schools are still on vacation, so teenagers participating in the culinary arts program at CHOPS Teen Club, one of the programs Kiwanis supports, will help Kiwanians serve.

Among other organizations Oakmont Kiwanis Club supports are the Valley of the Moon Children's Home, Santa Rosa Boys and Girls Club, YWCA Sonoma County Safe House, the Living Room, Luther Burbank and Kenwood Elementary Schools, Montgomery and Maria Carrillo High School Key Clubs, and the Kiwanis Children's Fund. We also support Oakmont's Visual Aides Workshop, the Grandparents' Club, and the Veteran's Day program.

The Oakmont Kiwanis Club hopes the Carnitas and Margaritas event will be a good fundraiser to help the Kiwanis Club continue to support children here and around the world. Tickets for the event are available at \$30. Contact treasurer, Bob Isaacs, now to reserve your tickets: (916) 202-3799 or kiwanisbob1@att.net.

Valley of the Moon Rotary Club



■Star Power

UNCLE DAVE WANTS YOU!

Remember "Uncle Sam?" He wanted you to help defend America's freedom. Well, "Uncle Dave" wants you to be a Rotarian and help make the world a better place. "Dave" is David Beach, the newly elected President of Valley of the Moon Rotary.

Most service clubs like Rotary lost a considerable number of their members during COVID, not necessarily due to the virus, but some due to not being able to join the meetings via Zoom. Now we're all bouncing back to continue to do great things. VOM Rotary has recently added two new members in June, and hopefully there are several more waiting in the wings. This is a very good sign.

Rotary International is one of the largest service organizations in the world. Its stated mission is to "provide service to others, promote integrity, and advance world understanding, goodwill, and peace..."

Valley of the Moon Rotary not only participates in the overall picture painted above, but also serves our very own community to make things better for those who live here. We welcome new members who think along those lines and perhaps have great suggestions of their own. President Beach has already jumped right into his reign and truly wants us all to work together. He listens, acts and has a great sense of humor. VOM Rotary has already started their New Year with President Beach and they welcome you to drop in and see what Rotary is all about.

We meet on Thursday mornings at the East Rec. The meetings start at 8 a.m., but we encourage you to come around 7:30 or so to have some coffee, breakfast and camaraderie.

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Family on 17th Green



A family of geese enjoy life on the 17th green of Oakmont's golf course. (Photo by Kaufman)

Current Events Discussion Group



■Tina Lewis

Every Friday from 1–2:30 p.m. Current Events meets at the East Rec. There is Zoom available for those who can't attend in person.

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 for Happy Hour, places such as Salt & Stone, Oak, Cielito Lindo, The Saloon at Jack London Lodge, and Tips Roadside.

If you are not on the Zoom mailing list and wish to be, email tinalewis31@comcast.net or call (707) 758-9739. Judie Coleman, host of the meetings, will add your name to the list.

OAK at the VOM Golf Club



■Hilary Gruendle

MUSIC ON THE GREEN WITH THE MAGIC BAND SUNDAY, JULY 9

Another free concert at the Valley of the Moon Club! Bring lawn chairs or a blanket and dance with friends.

Chair drop-off is after 12 p.m.; 3–5:30 p.m. food and beverage available; 4–6 p.m. music with the Magic Band.

Pre-purchase food and beverage tickets through July 8 in the VOM golf shop.

PAINT AND SIP AT OAK AUGUST 15, 5–7 PM

VOM GOLF CLUB 7025 OAKMONT DRIVE

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. "The Loveliest Thing" is a bright, floral painting by Jackie Patton, 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.

Use this link to reserve space as limited to only 30 painters:

www.paintedcellarssoco.com/events/the-loveliest-thing-8-15-23

Sony Holland to Perform Linda Ronstadt Tribute at Berger

■OVA Staff

The OVA is pleased to welcome Sony Holland to the Berger stage on Thursday, August 24, 6 p.m., for a tribute show to Linda Ronstadt. Tickets for this concert are \$25 and available in advance at the OVA office. No reserved table seating. Doors open at 5:30 p.m.

Backed by a full band, this concert will include soulful Ronstadt favorites, including songs "You're No Good," "Blue Bayou," "Desperado," and many more. Enjoy an evening of rock, jazz, country, and mariachi music as Sony Holland brings the spirit of Linda Ronstadt to Oakmont.

With Sony Holland's remarkable vocals and a talented live band, this concert is sure to be an extraordinary tribute to one of the greatest voices in music history.



Men's Bible Study

■Lou Lacson

REVELATION

With so much chaos and confusion in the world today, does it mean we are living in the End Times? In John 16:33, Jesus says, "In the world you will have tribulation. But take heart; I have overcome the World."

Learn and study the Word. Come and join us every Thursdays at 10:30 a.m. at the East Rec. Center.



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Oakmont Progressives

■Thomas Amato

UNITE HERE— JUSTICE FOR LOCAL HOTEL WORKERS

At 7 p.m. on Monday, July 10 at the East Rec. and by Zoom, the Oakmont Progressives will follow up the strong turnout of Oakmonters at the February Hotel Workers' Union Rally seeking better conditions for workers at the luxury Fairmont Sonoma Mission Inn.

Last fall, Fairmont Sonoma Mission Inn workers initiated a union organizing campaign. Workers want to affiliate with UNITE HERE Local 2, a union representing 15,000 hotel, airport, and food service workers in the greater Bay Area.



Marty Bennett.

At the Oakmont Progressives meeting, UNITE HERE staff members Sonya Karabel and Marty Bennett and a Fairmont worker leader will provide an overview of the campaign, the challenges workers

confront, and how Oakmont residents can support the organizing campaign. Q and A will follow the presentations.

The Progressives welcomes all Oakmonters to join us for the 6:30 p.m. Social followed by the 7 p.m. Presentation. A Zoom link is also available on our website: www.oakmontprogressives.com.



Canine Club



■Randi Hulce

SO MANY SUMMER ACTIVITIES FOR YOU AND YOUR PUP!

Walk Your Dog! Woofers Yappy Hour Group Walks: Thursday, July 13 at 9:30 a.m.—off-site, at Spring Lake, in front of Boat Rentals; Monday, July 17 at 9 a.m.—meet at Catholic Church Parking Lot.

Walks are 1–2 miles (round trip). These are casual, self-paced walks, a chance to “smell the roses,” or in the dogs’ case, smell every bush and weed. Bring water for



yourself and your pup. Wear comfortable walking shoes. Yappy Hour dog walks are open to all Oakmont Residents, all dog sizes and breeds. Rain cancels!

For August dates visit the Canine Club website: www.oakmontcanineclub.org.

WHAT'S HAPPENING AT THE DOG PARK?

Happy Tails Dog Park, is located behind Community Garden, 6300 block—Stone Bridge Rd. Available Daily, Sunrise to Sunset, for all Oakmont residents.

Small Dog Hours continue for pups 25lbs. or less, 3–4 p.m. every Sunday and every Wednesday. Club members thank you for respecting safety concerns by observing the 2-hour window per week for small dogs.

Calling All Wonderful Dog Loving Volunteers. Oakmont Happy Tails Dog Park needs more of you! You play with your pup, why not do it at the dog park and volunteer at the same time? Please contact periolinger@yahoo.com or call (707) 479-6961 if interested. Commitment—one hour per week.

Duties include: removing trash, refilling waste bag dispenser, picking up “doggie deposits” missed by owners, reporting any behavioral issues (by humans or doggies) and reporting any maintenance needs. Terrific way to meet Oakmont dog people and help the community!

LOCAL COMMUNITY SUMMER EVENTS

Dogwood Sidewalk Sale Hosted by Pawsarotti's: Saturday, July 22, 10 a.m.–1 p.m., St Francis Shopping Center (by the Safeway Calistoga Rd.)

Humane Society of Sonoma County—Wags, Whiskers & Wine: Friday, August 4 at Kendall-Jackson Wine Estate and Gardens! Wine and local brews, fabulous Silent Auction, World-Famous Cake Frenzy, HSSC's Tail Waggin', Online Auction and Raffles... and much more!

Dogwood Animal Rescue—Summer Swing! Saturday, August 26, 11 a.m.–4 p.m. Pee Wee Golf! 16155 Drake Rd, Guerneville. \$25 donation (includes golf game), grandkids under 5 free, 6–17 yrs. \$10. Raffle and Silent Auction, Dogwood Logo Gear and Handcrafted Items, wine, beer, local food. Meet Dogwood resident celebrity dogs! Live music. Tickets at the door: \$30. Sorry, leave pets at home for this one.

Join the Fun at DogFest Wine Country: September 9. One of the best dog-friendly events of the year! Grab a beverage or delicious meal from the amazing hosts at Russian River Brewery, see a service dog demo, all while supporting the mission of Canine Companions, who since 1975, has placed more than 7,400 expertly trained service dogs with children, adults, and veterans with disabilities, at no charge.

Water Bark Spring Lake Lagoon: Save the September dates—September 9-10, 17, 23-24 and September 30-October 1! Ticket Sales in August.

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Oakmont Health Initiative Free Fitness Classes

■Charlene Bunas

One of the biggest obstacles to exercising is motivation. Exercise means “working your body” and not just once in a while, but consistently. Commitment needs to be renewed constantly.

So, how does the exerciser self-motivate, over and over again. Three times a week is asking a lot of self-talk. Naidra, a regular member of Oakmont Health Initiative claims she no longer needs to work at motivating herself. She admits getting herself to class was tough at first. She says, “It took me three years of different mantras, ‘atta-girls’ and reasons to exercise. Now, I’m happy to say, getting up and getting going Monday, Wednesday and Friday is not negotiable. I just do it.”

One of the hints Naidra gives: “Hang out with people who inspire. Ask them their motivating reasons for coming to class. Watch their energy output during exercise. Slacker? Sustainer?”

She also advises to be influenced by the attitudes of cheerful people. Notice how these cheery people get that way and see if that works for you.



Regulars Gary and Charlene Bunas with instructor JoRene.


No one exemplifies joy more than instructor JoRene. Humor, priorities, and perspectives seem to be her tools when confronting the negatives of life. For Nicole, discovering the best exercise for each individual is her joy. She respects differences and makes sure to remind the classes to “do what’s right for you.” Both women demonstrate in their own lives how exercise enhances positive emotion.

Their secret isn’t so hush-hush. Top on both instructors’ priority list is physical exercise, even in the heat of summer. With moderation.

Respecting the education and experience of each OHI instructor is the first step for exercise success. Show up to class each Monday, Wednesday and Friday from 9 a.m. to 10 a.m. in the Berger Center or on Zoom, and give in to their guidance for just one hour. You will be glad you did.

New zoom link: Meeting ID 849 7221 1947; Passcode 558819.





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Hikers



■Scott Finn

UPCOMING HIKES

We welcome you to join us on a hike whether you are a member yet or not and the annual membership is only \$15.00. 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.

JULY 13: SHORT HIKE HUNTERS CAMP—CREEKSIDE CONNECTOR

Hikers will join Intermediate group in Occidental for lunch.

This is a relatively new hike in Occidental and we enter the Sonoma Coast State Park from the backside on Coleman Valley Road. The short hikers will hike about 1½ miles and stop to wait. Short hikers will be taking a folding chair to sit, chat and enjoy a snack before joining intermediate hikers for lunch (group lunch description below).

Short hike distance about 3 miles and 350 feet elevation. Leave Berger Center at 8:30 a.m. Hike leader is Carolyn Greene, (805) 443-7289.

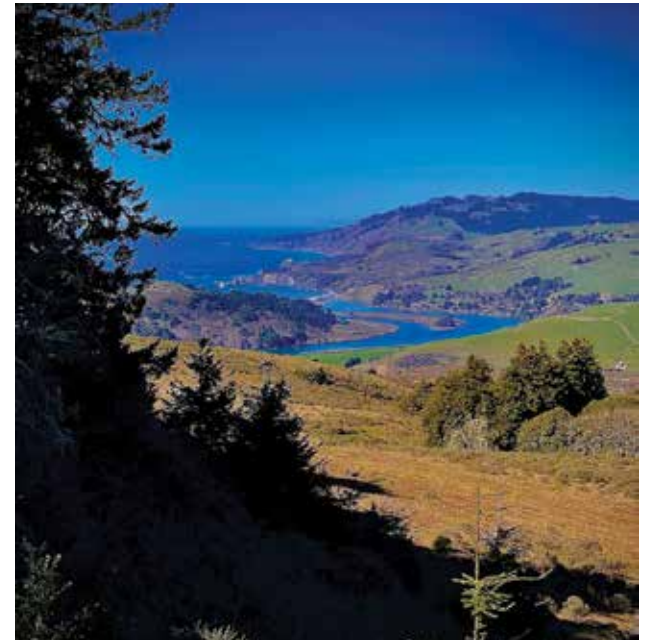
JULY 13: INTERMEDIATE HIKE HUNTERS CAMP—CREEKSIDE CONNECTOR

This is beautiful new hike in the woods near Occidental where we will be joined by the short hikers. First, we enter the backside of the Sonoma Coast State Park from Coleman Valley Road and hike down a logging road about 1½ miles. Total intermediate distance of about 5.8 miles and 800 feet of elevation gain.

Leave Berger Center at 8:30 a.m. We will have a group lunch following the hike at the Altamont General Store. Hike leader is Gary Andersen, (360) 778-9604. Link to the Altamont General Store: www.altamontgeneralstore.com.

JULY 13: LONG HIKE BALTIMORE CANYON/BLITHEDALE SUMMIT LOOP

We will begin just off downtown Larkspur in Baltimore Canyon and climb through redwood forests to Blithedale Ridge, where we will enjoy stunning vistas of Mt. Tam, Downtown San Francisco and the bay. Trail listed at 8 miles with 1600 feet of climbing, but closer to 10 miles. Ascents can be steep but short. The final descent is steep and rocky. Hiking poles recommended.



View of Russian river from Pomo Canyon Trail.

Leave Berger Center at 8:30 a.m. Hike leader is Jeff Zalles, jeffzalles@gmail.com, (415) 999-5333.

JULY 20: INTERMEDIATE HIKE COASTAL TRAIL: GOLDEN GATE BRIDGE TO LAND’S END

Leisurely stroll from the Golden Gate Bridge to the Land’s End Visitor Center, where we will have lunch overlooking the ruins of the Sutro Baths. Fabulous views of the Pacific, Marin Headlands, and Golden Gate Bridge with many historical points of interest. Expect some staircases and a short beach walk. About 7 miles, 900 ft elevation gain.

Leave Berger Center at 8:30 a.m. (please note earlier start time. Bring water, lunch, hiking poles, and windbreaker. Hike leader is Linne McAleer, (415) 847-4420, email linnemca@comcast.net.

JULY 20: LONG HIKE ISLANDS IN THE SKY TO SHELL BEACH

This is a spectacular through hike. We will leave a car or two at Shell Beach, and go back to Duncan’s Mills to hike the “Islands in the Sky” portion of Willow Creek Preserve, then to Pomo Campground in the Sonoma State Coastal Park, and back to Shell beach over Red hill. 8 miles and 1900 ft elevation.

Leave Berger at 8.30 a.m. Bring lunch, water, poles, and dress in layers. Hike leader is Martin Johns, (330) 815-5167.

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Oakmont Pétanque Club

■ Don McPherson

BASTILLE DAY FÊTE—TODAY, JULY 8

The Oakmont Pétanque Club celebrates its annual Bastille Day Fête today, July 8.

The festivities will kick off at 9:30 a.m. at the Pétanque Courts with registration for the Bastille Day Tournament. The tournament will be played in mèle format with randomly assigned teams. Play begins as soon as teams are drawn at 9:45 a.m. Spectators are welcome!

Following play at approximately 11:45 a.m., Jean-Michel Poulnot will lead in the traditional singing of “La Marseillaise,” the French national anthem. A potluck pique-nique lunch follows at approximately 12 noon. All club members, whether or not they played in the tournament, and their significant others, are invited. Please bring a lunch dish to share and your own beverage, cup, and table service.

EVENING PETANQUE

Members and significant others enjoyed the first summer “Sweet Time Pétanque: In the Cool of the Evening” on June 22. Following an informal soirée of socializing over drinks and shared desserts and snacks, participants enjoyed casual, open games on a cloudy, breezy evening until dusk. A second Evening Pétanque is scheduled for Thursday, August 10.



Gordon Blumenfeld, left, and Steve Edwards enjoying a June Evening Pétanque game.

GRANDPARENTS’ WEEK

The Pétanque Club will again participate in the annual Grandparents’ Week program with an Introduction to Pétanque for grandchildren age 8 and above on Tuesday morning, July 25 from 9–10 a.m. Richard Goodwin will direct the session together with club volunteers who will work directly with

the grandchildren to practice technique and learn the rules, along with scoring and strategy. Placing the jack, pointing, and shooting will be demonstrated, and the grandchildren will team up to play a game.



Grandchildren in the Pétanque session during the 2022 Grandparent’s Week.

PÉTANQUE IN OAKMONT: MONDAY, WEDNESDAY, SATURDAY

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

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

The next club events are Evening Pétanque on Thursday, August 10 and the annual Oktoberfest Tournament and Potluck Lunch on Saturday, October 21.



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Oakmont Vets Club

■Richard Osborne

VETERANS AND GUESTS INVITED TO SECOND ANNUAL PICNIC

The Oakmont Vets Club invites all veterans and their guests to join us at our Second Annual Picnic on July 29 at 1 p.m. in the West picnic grounds, complete with hot dogs, drinks, raffle prizes, and games. RSVP to oakmontvetsclub@gmail.com. Please bring a salad or dessert.

We welcome all veterans, whether your service involved combat or not, since all took the oath and went wherever Uncle Sam needed us. It may have been a war zone or peaceful stateside duty, we were ready to serve. This is a wonderful opportunity to meet friends and relive past experiences.



The Oakmont Vets Club meets in the Berger Center every other month to enjoy interesting speakers and takes tours in the intervening months. By the time this is published, we will have taken a tour of Travis AFB, and are looking forward to our tour of the *USS Hornet* in Alameda. Another upcoming activity is the annual Veterans Day Parade around Oakmont in November.



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.

JULY 9 AT 2 AND 7 PM JERRY AND MARGE GO LARGE

Based on the true story about long-married couple Jerry and Marge Selbee, who win the lottery and use the money to revive their small town. 2022, PG-13, 1:36.

JULY 16 AT 2 PM THE BIRDCAGE

A gay cabaret owner and his drag queen companion agree to put up a false straight front so that their son can introduce them to his fiancée's right-wing moralistic parents. 1996, R, 1:57.

JULY 23—NO MOVIE GRANDPARENTS' WEEK

Are You There, God? It's Me, Margaret will be rescheduled.



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Oakmont Singles



■Bailey Penzotti, Priscilla Roslyn and Diane Soshnik

UPCOMING GET-TOGETHERS AND INFORMATION

Do you live in Oakmont? Are you single? If so, join our club to mix and mingle with other singles.

Oakmont Singles Club offers the opportunity to network with other singles who may have your same interests. By joining us, you develop new friendships, enjoy meals out with Bon Appetit or reserve a seat at a singles table for Oakmont events.

To join or renew your membership to the Singles Club, complete a membership form in the Singles folder located at the OVA office. Place the form along with your check for \$12 payable to OSC in the membership folder.

In addition, we encourage our members to wear a name badge. You're welcome to wear a name badge from any club you may belong to; it could be a conversation starter. To order your very own generic name badge, complete the name badge form located in the Singles folder located at the OVA office. Then, place the form and your check for \$10 payable to OSC in the name badge folder.

JULY MIXER: LET'S TALK PARKS!

WHEN: Friday, July 21, 6 p.m.

WHERE: East Rec. Center

For this month's mixer, we will have a guest speaker from the California State Parks. Dave Duplantier is an Interpretive Specialist with the Community Outreach division of Sonoma County. Feel free to bring your questions for him during his presentation. Bring an appetizer or dessert to share that represents the theme of our mixer. As always, BYOB.

Remember to wear your name badge, bring your key card for entry, and proof of Covid vaccination (if you're new to OSC). RSVP to Priscilla at proslyn49@aol.com no later than July 17.

SAVE THE DATE:

KARAOKE NIGHT RETURNS!

Back by popular demand, talented Danny D will return for our 2nd annual karaoke night on August 18. Let's think outside the box to make this a fantastically



Oakmont Singles enjoying the food at our Annual Picnic.
(Photo by Bailey Penzotti)

fun night! Submit your song selection, skit, routine to proslyn49@aol.com.

AUGUST BON APPETIT (SINGLES ONLY)

DATE: August 3

TIME: 4:30 p.m. for wine tasting and 6 p.m. for dinner

PLACE: Kivelstadt Cellars/Bloom Carneros, 22900 Broadway, Sonoma

RESERVATIONS: Limit is 24; reservation cut-off is July 1. Please bring cash as there is one check per table. Outdoor dining in a casual garden setting. Reservations to Marilyn, marilyn_mckeever@hotmail.com.

This is a double header, starting with a wine tasting followed by dinner next to the tasting room in their garden setting. The wine tasting includes five of their wines with special pricing of \$33 which includes the tasting fee, tax and tip. Starts at 4:30.

Dinner is in their new restaurant with a menu rooted in seasonal ingredients. Selections include seafood, pasta, great burgers and nightly specials. Dinner starts at 6 p.m. You can choose to come just to the dinner if you are not interested in the wine tasting. Dinner starts at 6 p.m.

Check the website: kivelstadtcellars.com.

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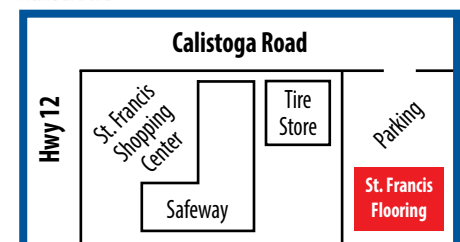
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Grandparents' Club

■Leslie Brockman, Chair

REGISTER FOR GRANDPARENTS' WEEK EVENTS

The ever-exciting Grandparents' Week is around the corner. It begins with a Barbecue at Oakmont Gardens, followed by a Welcome Carnival for the whole family on July 23 and ends with a Coin Toss for all children on Friday, July 28 at Central Pool. In between are days filled with sports, art projects, exercise, and other fun events, including a Family Picnic on Tuesday evening.

Registration for classes opened July 1, and will run through July 16. You may obtain a registration form in the Grandparents' Club folder at the OVA office, or on the OVA website at oakmontvillage.com/article/grandparents-week-2023-registration-form.

Interested in playing in a band during Grandparents' Week? Dust off your old instrument or borrow one and join music instructor Michael James at the West Rec. Picnic Area on Monday through Friday during Grandparents' Week (July 24–28). This includes grandchildren over 5 years of age and grandparents. Michael has a lot of instruments he can lend, too. Practice times are at 1 p.m. each day for beginners, and 2 p.m. each day for those with experience. Contact Michael James for more information: (559) 707-2750 or mjamesblue71147@gmail.com.

Donations: If you have gently used children's books



Ping pong is among the range of Grandparents Week activities. (Photo by Julie Kiil)

you would like to donate, please call Nancy Holman, (760) 880-0054 for pickup. For the coin toss on Friday, July 28, we are seeking coin donations. Add your loose change to the jar in the OVA office.

Questions? Contact me at lesliebrockman45@gmail.com.

Oakmont Art Association

■Phil Wilkinson

MARK YOUR CALENDARS FOR THESE ART ASSOCIATION EVENTS REGISTER FOR OAKMONT ART STUDIOS SEPT. 9 AND 10

On Saturday and Sunday, September 9 and 10 we welcome the return of our Oakmont Open Studios, where local artists, artisans and photographers display their arts and crafts in their home studios and garages. This is an opportunity to learn about their artistic process, their sources of artistic inspiration, and to get to know the artists. This event is free to all visitors.

Street signs will show the way to the studios, which will open from 10 a.m. to 4 p.m. each day. For two weeks preceding the event (August 25–September 9), Room G at the Berger Center will have a display of selected works of the participating artists and the artist statement. Brochures, maps, and postcards may be picked up there as well.

To be a participating artist, you must be an Oakmont resident and a member of the Oakmont Art Association. The registration fee is \$35, payable by check. You can download the application packet from oakmontart@gmail.com or pick up a packet from the OAA file at the OVA main office. Directions for returning the completed application and fee are included in the application packet. Registration deadline is Friday, July 21.

If you would like to take part but are not an OAA member, membership forms are included in the application packet. The membership fee is \$20 and includes membership in OAA for 2023 and 2024.

Help us make this an event to remember!

■Dan Fishman

REGISTER FOR WATERCOLOR WORKSHOP WITH LIAN ZHEN

The renowned watercolor artist and teacher, Lian Zhen will teach a two-day workshop on August 5 and 6. Lian teaches basic techniques for composition and coloring, as well as his unique painting methods that include "Color Pouring and Blending" and "Paint Around." Only three primary colors will be used for painting. There will be 4-6 short demos each day with student practice in between, so students can absorb and assimilate the lessons.



Photo of a painting by Lian Zhen

By using critiques Lian helps students touch up their paintings. By the end of the workshop students may be able to finish a painting or learn enough techniques to complete it later.

The subject for this workshop will include an eagle in the context of a landscape, as can be seen in the example.

The workshop will be held in the Art Room in the CAC from 10 a.m.–4 p.m. each day. The fee for the workshop is \$195.

Contact me at dfishman@pacbell.net to sign up for the workshop.



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Misinformation: How to Slow the Spread

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

■ Alan Parsons

Misinformation remains a pandemic for which no known cure exists. Nor is a remedy on the horizon. Of course, the contagion of falsehoods has always been with us. Hoaxes, hearsay, tall tales, and simple errors are as old as human societies. However, social media and the internet have super-charged everyone's capabilities to mislead others, whether unintentionally or with malice. The rapidly evolving powers of artificial intelligence (AI) and video "deep fakes" are adding fuel to the fire. The resulting adverse consequences in an interconnected world grow more troubling every day.

For now, and possibly forever, practicing good online hygiene is the best defense against the affliction of misinformation. The more careful we are about not succumbing to and not spreading falsehoods, the less of it will continue to go around.

How to do this? First, take a breath. Always question what you've heard or read before passing it along. Only share what you can verify. Be especially dubious of

information that neatly accords with your worldview. Material that fits in with our beliefs and biases seldom undergoes the scrutiny we give to news less to our liking. No foolproof method will keep the wolf from the door every time. Anyone can fall for the right line. Which of us didn't used to believe in Santa Claus?

Consider conducting a simple 3-part test that experts recommend whenever a bombshell claim drops into your lap:

1. First, ask who is behind the information. Don't trust blindly. Is the information from troll farms that make money through clickbait, concocting or inflating stories to attract eyeballs? Did it originate with partisans trying to sow dissent or gain adherents? Was it parody or satire intended to be understood as such? Find out.

2. Where is the evidence for the claim? What proof is cited? Find links to whomever supplied that supposed evidence. Check it for yourself. Are they legit and did they really say what they are supposed

to have said?

3. What do other sources say? Have additional information outlets reported similar accounts? Is there more to the story? Has your source put a spin on it? A cursory internet search generally leads quickly to multiple sources for most happenings.

Ironically, the internet, which does so much to accelerate misinformation's spread, can be a fine tool for slowing it down too. Search engines are quite adept at helping you carry out the 3-part test to determine whether information smells right. It's also a breeze to search online fact-checking sites, many of which have already investigated and archived dubious claims: just type "fact-checking" into your browser search engine. Free online courses also are plentiful. Search for "misinformation classes" on YouTube, for example, so continuing education is at your fingertips.

An electronic copy of this article and previous articles may be found online at oakmont-learning.org under "Tech Articles."

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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.

COMPUTER OOPS?

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

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.

RESIDENTIAL POWER WASHING AND WINDOW CLEANING

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

BAY GRAB BAR

Certified Aging in Place Specialist. Safety and independence with grab bars, handrails, ramps. Call Bill, 509-82222. Lic. #1062187. www.BayGrabBar.com.

THE VINE LANDSCAPING

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

A&J YARD SERVICE

Complete care. Spring and Fall clean-ups. Over 20-year experience. Lic. #06530716. Call (707) 322-1646.

MALTA SENIOR INSURANCE SERVICES

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

CUSTOM WORKS CONTRACTING

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

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.

PERSONAL ASSISTANT AVAILABLE

Excellent at all administrative tasks, organizing, computer/smartphone help, writing, shopping, making appts, pet care, companionship, light housekeeping. Highly efficient, quality focused. \$40/hour, 2-hour min. Call (415) 505-0064.

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Wellness for Mind, Body and Spirit. Soothing Sound Bath Healing with harps, singing bowls, voice. Wholistic creative arts activities, mentoring, in your home or my home studio in Oakmont. Free discovery conversation. Over 45 years of experience. Jewel, (503) 487-7338.

To place an ad, contact:

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

Oakmont Village Association

OAKMONT VILLAGE ASSOCIATION

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

MAINTENANCE OFFICE

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

CONDOMINIUM FINANCIAL MANAGEMENT (CFM)

OVA Accounting
Tel 800-585-4297

OAKMONT NEWS

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

PAS MANAGEMENT COMPANY

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

ARCHITECTURAL OFFICE

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

AVAILABLE IN OVA OFFICE

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

BULLETIN BOARDS

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

LOCKER RENTALS

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

GUEST PASSES

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

STREET CLEANING

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

NEED A RIDE? GIVE A RIDE! OAKMONT VOLUNTEER HELPERS

We provide the following services to Oakmont Residents:

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

COORDINATOR Rides to Medical Appointments

July 1–15
Maggie Schmidt 707-890-1347

July 16–31
Ron Kaufman 707-541-6713

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

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

LETTERS TO THE EDITOR WRITER GUIDELINES

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

POOLS & JACUZZIS

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

STORAGE UNITS AND PARKING

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

LIBRARY

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

OAKMONT COMMUNITY GARDEN ON STONEBRIDGE

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

HAPPY TAILS DOG PARK

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

FITNESS CENTER

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

2023–2024 OVA BOARD OF DIRECTORS

E-mail: askova@oakmontvillage.com

Marianne Neufeld, President
marianne.neufeld@oakmontvillage.com

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

Iris Harrell, Secretary
iris.harrell@oakmontvillage.com

Jeff Neuman, Director
jeff.neuman@oakmontvillage.com

Mark Randol, Director
mark.randol@oakmontvillage.com

Steve Spillman, Director
steve.spillman@oakmontvillage.com

David Dearden, Director
david.dearden@oakmontvillage.com

Elke Strunka, Treasurer
(Non-voting officer)
elke@oakmontvillage.com

GENERAL MANAGER
Christel Antone
christel@oakmontvillage.com

OVA BOARD MEETINGS

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

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

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

HOW TO CONTACT YOUR LOCAL OFFICIALS

County Supervisor Susan Gorin District 1

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

City Councilwoman Dianna MacDonald District 3

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

PUBLIC TRANSPORTATION AVAILABLE IN OAKMONT

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

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.

Let's Dance Together!



■ Terry Whitten, Instructor

NIGHTCLUB 2-STEP DANCE CLASSES IN AUGUST

WHAT: Beginning Nightclub 2-Step partner dance classes

WHEN: Wednesdays, August 2, 9 and 16 from 4-5:15 p.m.

WHERE: Lower West Rec.

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

Nightclub 2-Step (NC2S) is one of the most requested dances I'm asked to teach. It is very popular in Sonoma County and is danced to a large variety of slower ballad type music. Examples of songs that NC2S can be danced to are: "I will Always Love You" by Whitney Houston, "Because You Loved Me" by Celine Dion, "All of Me" by John Legend, "Let It Be" and "Hey Jude" by The Beatles. Add in songs by Adele, Lady Gaga, Michael Buble and even the Rolling Stones and there seems to be an endless number of songs that NC2S can be danced to.

The basic steps of Nightclub 2-Step will be taught over the course of the three classes and each class will build on the material taught in the previous session. No partners or experience are required. We will rotate partners during the classes. Also, any ladies that want to lead and any men that want to follow are very welcome.

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

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

OakMUG



Oakmont Macintosh Users Group

■ Peggy Clark

EVERYTHING YOU WANT TO KNOW FROM M1 CHIP TO VPN

Please join us for our next OakMUG event coming up on Saturday, July 15 at 2 p.m. at the East Rec. Center.

You won't want to miss this one. Tim from Oakmont Computer will be speaking. The topic will include moving from the Intel Chip to the M1 chip on the new MACS. His talk will also include how and when to use a VPN (virtual private network). In addition, he will speak about computers and general digital security. There will be plenty of time to ask Tim questions.

If you are not a member of OakMUG, you may sign up at the door. If you have any questions, please send us an email at oakmontmacusersgroup@gmail.com.

We hope to see you at the meeting.



Oakmont Dancing Divas

■ Anne Marie Siu Yuan

GRANT AVENUE FOLLIES IN OAKMONT

DATE: Saturday, August 5

TIME: 3 p.m., doors open at 2:30 p.m.

PLACE: Berger Center **COST:** Free

The Grant Avenue Follies brings to life the legacy of San Francisco Chinatown's golden nightclub era of the '40s, '50s and '60s at clubs such as the Forbidden City, the Sky Room and Shanghai Low.

Cynthia Yee, founder of the Grant Avenue Follies, received the Jefferson Award for providing service to various communities in the San Francisco Bay Area. The Grant Avenue Follies has played a major role in entertaining and raising funds for senior citizens groups, including On Lok Senior Center of San Francisco. The Follies has been featured on KPIX 5 News, KGO 7 News, as well as in the *San Francisco Chronicle*, and *Positive Thinking Magazine*. In February, they appeared on "Access Daily" with Mario Lopez performing their viral hit "Gai Mou Sou Rap" that they did in



response to violence against the Asian American community.

The current members of the Grant Avenue Follies range in age from 61 to 87 and are great role models for other seniors for staying active and healthy through dance.

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





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*Wes, Carol and Will Daniels
with Patricia Daniels,
Oakmont Resident*

Lawn Bowling



■Mary Blake

OPEN HOUSE—MONDAY, JULY 17 DONUTS AND A TASTE OF LAWN BOWLING

Complete with donuts and coffee and assorted snacks, the Oakmont Lawn Bowling Club will be hosting an Open House on Monday, July 17, from 10 a.m. to noon. The event is open to all Oakmont residents.

We provide the equipment. Just bring yourself and, if possible, wear smooth-soled shoes.

You've probably noticed the large green square north of the CAC. Now is your chance to find out what we're doing out there. Lawn Bowling is an old sport, part social and part athletic and a chance to be outdoors and surrounded by the beauty we all share here in Oakmont.

Note: I was told that "Donuts" might get more attention than "Demo Day." Did it work? And the "smooth-soled shoes" request is to reduce bringing seeds from other grasses onto our Bowling Green.

MEN'S TRIPLES TOURNAMENT

We had four teams of three men each. Teams were formed by a random draw to determine both team and rink. Teams were: John Jay (lead), Mark Johnston (second), Steve Pickell (skip); Richard Goodwin (lead), Topher Gayle (second), Jim Krause (skip); Rob Lenahan (lead), Kevin Johnson (second), Tom Ternullo (skip); Gerry Macintosh (lead), Jim Brewer (second), Jerry Garland (skip).

In the first round, Jim Krause's team bested Steve Pickell's and Tom's team bested Jerry's. In the final



John Jay, Topher Gayle, Mark Johnson, Jim Krause, Steve Pickell and Richard Goodwin prepare to face each other in the Men's Triples Tournament. (Photo by Mary Blake)



Rob Lenahan, Tom Ternullo, Jerry Garland, Jim Brewer and Kevin Johnson prepare to bowl in the Men's Triples Tournament. (Photo by Mary Blake)

round, Jim's team defeated Tom's to be the best men's triples team of 2023.

View the photos (as well as from other tournaments) posted on our website.

COMING EVENTS

For tournaments, show up at 9:15 to bowl at 9:30 a.m., wear your whites, and bring \$3.

Tuesday, July 11: Women's Triples Tournament

Thursday, July 13: After 5 Potluck

Monday, July 17, 10 a.m. to noon: Demo Day (Open House)

Thursday, July 27, 9 a.m.: Grandparents' Day

Tuesday, July 25: Open Triples Tournament

TIP OF THE DAY # 8

DIRECTING FROM THE BENCH

Skips and Seconds: we're all older and sometimes like a rest. But, remember that it's harder to judge things the farther you are from the Head. So, try to only sit when you really need to take a break.

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

Boomers



■Carolita Carr



BOOMERS BRING MOTOWN TO OAKMONT

WHAT: Nathan Owens and Motown Legends

WHEN: August 12

WHERE: Berger Center

TIME: Doors open at 5 p.m., music begins at 6:30

COST: \$25 per person; each member may bring one non-member guest

BRING: Beverage of your choice. Tacos Los Iniguez will be the food truck available for food purchases.

Nathan Owens and the Motown Legends is one of Oakmont's favorite groups. It is a high energy, soulful song and dance revue, playing all the favorites from the Four Tops, The Temptations, Smokey Robinson and much more. There will be special appearances by tribute artists, playing Stevie Wonder, Tina Turner, Michael Jackson, Aretha Franklin and more. Even if you don't dance, you will want to come and see this show. But we doubt you can stay in your chair with this group playing!

We know there are plenty of opportunities for listening and dancing to live music this time of year, but most of them are outdoors. We provide you with comfortable, indoor table seating, all within Oakmont. So check our website, oakmontboomers.org, to sign up at the earliest opportunity.

MEMBERSHIP

Membership is open to any Oakmont resident. Membership is \$15 per year and payable on our website, oakmontboomers.org.



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Randy Ruark
707-322-2482
CalDRE# 00337150



Carol Castetter
858-442-0200
CalDRE# 00974403



Shireen Ramsier
707-494-8984
CalDRE# 02145716



Denise Martin
707-481-2794
CalDRE# 02132458



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