

# OAKMONT NEWS

Oakmont's Semimonthly Newspaper

[www.oakmontvillage.com/news](http://www.oakmontvillage.com/news)

August 26, 2023 • Volume 61, Number 16

## Oakmont's Sunday Symposium Celebrates 30th Season

■Jim Brewer

Oakmont residents are gearing up for the 30th season of the Sunday Symposium, a weekly gathering that has been hailed as one of the best-kept secrets in the community.

Despite its longstanding history, the Symposium remains relatively unknown to many newer Oakmont residents, said Linne McAleer, a member of the Symposium board. "The Sunday Symposium is the best deal in town," McAleer said. "I just wish more people would attend and take advantage of the wide variety of stimulating topics and speakers that we bring to Oakmont each season."

The Symposium traces its origins back to 1994 when a group of residents started a lecture series and decided to host a different speaker each week to attract a larger audience. The group formed a board of directors, established bylaws, and applied for recognition as an approved Oakmont Village Association (OVA) organization. This marked the beginning of the Sunday Symposium in its current format.

Over the past 30 years, the Symposium has hosted more than 800 speakers, including experts from various profession and Bay Area universities and colleges. Speakers are distinguished experts in their respective fields, covering a wide range of topics including history, contemporary political issues, regional geography, nature, health, travel, literature, art and music.

The Symposium meets on Sunday mornings from 10:30 a.m. until noon in the Berger Center. Each presentation lasts approximately 45 minutes, followed by an opportunity for the audience to ask questions. As a non-profit organization, the Symposium offers its speakers a modest honorarium and asks audience members to make a \$3 donation.

"The upcoming 30th season promises to be a spectacular one, thanks to the hard work of the Symposium's team" said Judie Coleman, board vice president. The season kicks off on Sept. 10 with U. S. Representative Mike Thompson. Details of the first three season programs appear on page 11.

"I'd especially encourage those who moved to Oakmont in the last few years to give the Symposium a try," McAleer said. "It's an incredible opportunity to expand one's knowledge and engage in meaningful discussions. With its affordable admission fee and impressive lineup of speakers, the Sunday Symposium is undoubtedly the best deal in town."

## Oakmonsters Tour USS Hornet



Michael and Sandy Hudson (middle) with daughter and grandchildren (middle) visit and tour the USS Hornet Aug. 11 in an event organized by the Oakmont Vets Club. Michael Hudson organized the tour of 24 Vets Club members and Sharon Adams and Ray Darwin on the left. The ship is docked at Alameda Naval Air Station. During the Pacific War, she was assigned to the US Navy Fast Carrier Task Force and participated in attacks on Japanese installations in New Guinea, Palau and Truk, among others.

## Sweeping Review of CAC Approved by Board

■Al Haggerty

A sweeping review of Oakmont's Central Activities Complex—including the possible remodeling and repurposing of existing facilities—was approved by the Board of Directors at its Aug. 15 meeting.

The Central Activities Complex includes Berger Center, the Central Activities Center building and the Central Pool.

A resolution entitled "Oakmont Space Evaluation for Community Activities and OVA Staff Offices" received unanimous approval after Director Mark Randol withdrew his resolution on the same topic. Randol's amendments to the approved measure, known as Option 2, also passed unanimously.

See **BOARD** on page 4

## Flu Shot and Vaccine Clinic Coming to Oakmont

■News Staff Report

The first of four fall vaccination clinics in Oakmont will be held on Friday, Sept. 11, with online sign-ups now being taken. Hours are 9 a.m. to 3 p.m.

Vaccines offered will be the Quadrivalent Flu Vaccine (adult and senior doses), Shingles, Pneumonia, XBB Variant COVID Vaccine (if available), and RSV (if available).

The clinics are cosponsored by Safeway Pharmacy and the OVA.

Subsequent clinics will be on Monday, Sept. 11, Friday, Sept. 29, Friday, Oct. 20, and Thursday, Oct. 26.

Participants should bring their Medicare and other insurance and drug cards to the clinic and a consent form, which is available online when making an appointment. Kaiser members are asked to visit their provider to schedule a vaccine.

Appointments for the Oakmont clinics can be made through this link:

[www.safeway.com/vaccinations/group-clinic/OakmontvillageSR](http://www.safeway.com/vaccinations/group-clinic/OakmontvillageSR)

## Maui Fires Are a Reminder

■Matt Zwerling and Katy Carrel, MYN Co-Leaders

The devastating fires in Lahaina, Hawaii, are a graphic reminder of Sonoma County experience with the 2017 Tubbs/Nunn and 2020 Glass fires. Like the Sonoma fires, Maui's fires also exemplify the rapidity with which a wind-driven wildfire can move. Perfect storm conditions existed in Hawaii: drought with high winds—like the conditions in Santa Rosa in 2017. The photos of Lahaina vividly remind us of the devastation and loss of lives, homes and businesses here. Power in West Maui went out, so communication systems were absent. Their extensive alert sirens did not go off. Sonoma County is far better prepared today, yet we are still vulnerable and must remain vigilant.

The OVA Board, Meet Your Neighbors (MYN) program and Oakmont Emergency Preparedness Committee (OEPC) urge all residents and neighborhoods to organize and prepare for both evacuating for wildfires and sheltering in place for earthquakes. Neighbors knowing and helping neighbors is the foundation of Meet Your Neighbors. A MYN neighborhood typically consists of 10-15 homes. Neighbors know each other's specific situations and who needs assistance.

Everyone needs a personal plan for emergencies—a go-bag, a stay bag, enough food and water to last a week, and a plan for pets. How to notify each other is another part of the planning. Choose someone to serve as a neighborhood leader/captain and work together to create a neighborhood plan.

MYN leaders are available to help your neighborhood group get set up and started with the first meeting. MYN also has resources that can be used as guidelines and handouts.

Contact MYN ([mynoakmont@gmail.com](mailto:mynoakmont@gmail.com)) and visit the MYN website ([OakmontVillage.com/MYN](http://OakmontVillage.com/MYN)) if you need assistance with setting up your MYN neighborhood. Most importantly, talk with your neighbors about preparing as a neighborhood, and as a community.

Planning improves resiliency and safety. Meet your neighbors!






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## President's Message

■Marianne Neufeld, OVA President



During the past year, we have heard community input from the 2030 committee sessions, and the committee has given us dozens of short and long-term ideas the Oakmont community wants to explore. We are now moving forward using OVA's five-phase Project Oversight Process. We are now in the second phase, which starts with selecting and exploring the ideas presented.

Many ideas were presented and workgroups have been studying everything from how to age in place in our homes to improved emergency preparedness and much more. The community's ideas about our facility needs and wants, not surprisingly, focused on the Central Activities Center. Participants mentioned options that

include, but are not limited to, remodeling or repurposing spaces of the Central Activities Center for improved utilization to accommodate a coffee shop, expansion of gym, library and art room, and adding meeting rooms necessary to meet current and future needs.

Looking at even a few of the many facility ideas will be a major project, and we should explore what is feasible within the CAC's footprint and surrounding area as well. As we begin exploring these ideas, it is important to have continual input from the community which will keep our members engaged and informed.

As we move through Phase II, the Berger will necessarily be brought into the conversation because it is a part of our central complex. How can we enhance and utilize the Berger to include some of the ideas we will be considering? Where

do we have opportunities to re-design, enhance or create usable space in the central complex? How do we plan for current and future needs by balancing timing and cost?

To get reasonable answers to all of these questions and more, it will be necessary to engage professional assistance to evaluate how to handle our space needs and options.

One thing is for sure, and I've heard it over and over from so many members: Keep the flavor of Oakmont as we know it today. It's important that the central area blend with the beautiful area we live in, a relaxed country feeling surrounded by vineyards and mountains we enjoy.

We've seen the utility and effectiveness of 2030 discussions. Now it's time to move forward. By going through our internal processes, any project evolving out of inclusive discussions will be effectively handled by the board and general manager to ensure we follow our governing documents and internal policies.

## At-a-Glance Summary of Aug. 15 OVA Board Meeting

■Harriet Palk

### CONSENT CALENDAR

Volunteer Resource Committee: Appointed Ann Couloures.

### COMMITTEE REPORTS

**Architectural:** There were 54 violations for no-application project work, structural maintenance, and landscaping infractions not related to the AC Firewise home visits; and 229 properties received an AC Firewise home visit "cleared" letter. Many more hundreds of properties have been visited and met the policy requirements; some have violations. Many properties need to be revisited to determine compliance with the remaining requirements.

In the last three months, 9,314 applications were approved relating to solar, patios, decks, gates, roofs, fences, exterior modifications, sheds, painting and landscaping. The AC is looking for a few more auditors to help with inspections. Contact burt.schrage@oakmontvillage.com.

**Golf Advisory:** The committee reviews and reports on Valley of the Moon's financial performance. Financial data is private and confidential and is not shared beyond the Board and required staff. This report covers six months through June.

Management reported the second quarter was much improved over first quarter when there was considerable rain. Golf play remains strong, reflecting, in part, the overall good conditions of the courses. Play on Sugarloaf has exceeded expectations. Food and beverage revenue continues to grow. Hiring, training and retaining staff, particularly in F&B, remains difficult, though there have recently been a number of staff additions.

Management will proceed with replacing the roof on the kitchen, banquet and restaurant area in early Fall. Considerable tree pruning and removal has continued. Golfer and walker interactions have not changed significantly and, at best, are characterized as tolerable. Special events are well attended and receive positive feedback.

CourseCo "wants to please" and is aware of comments and criticisms, including potential petition(s). Specific comments are always welcome. Committee expressed its regrets and apologies for the abusive behavior and personal threats from some Oakmont residents concerning the short-lived, but effective, signage on Highway 12.

All residents are encouraged to take advantage of the services afforded at VOM, Sugarloaf and Oak. We all want CourseCo to be successful both as a fully self-sustaining facility without resident financial support and also a valued Oakmont amenity.

**Long Range Planning:** Over a year of community conversations facilitated by Project 2030 have led to almost 200 short- and long-term ideas to support and improve our community. Thirty of these ideas, spread fairly evenly among each category, were chosen by Community Conversations to be the first to get closer attention. The LRPC has functioned as a sounding board and a support system for individuals in the community who have taken on bringing these ideas to fruition.

An example of a short-term idea with very positive immediate effect is the growth of the Meet Your Neighbor project. Built on the strengths of the COPE and Map Your Neighborhood programs, MYN hopes to build resilience and community in all neighborhoods in Oakmont. Currently 40% of Oakmont is engaged in the MYN project, with more neighborhoods to be added.

Another short-term idea is strengthening the community focus on aging in place. A deeply committed group of volunteers has taken on the task of finding ways to help community members locate the needed services as we spend our later years in Oakmont. This is short-term work with long-range impact.

A consistent long-term interest emerged from the Community Conversations regarding the uses of our shared public spaces now and in the future. The concurrent study of club space usage gave additional data for the potential club needs. From the LRPC perspective this community interest and the developing data provides the underpinning for our current recommendation to the Board. This recommendation requests the board hire a professional Community Planner to work closely with the board and the general manager as well as volunteers to develop the data necessary to structure effective ongoing maintenance plans, and study different and doable facilities options for future consideration.

### KEY CARD READERS

OVA uses access points for many of its facility doors and gates that are currently monitored by Rincor Technology Solutions. The software used to control this software is antiquated and is listed in the 2023 reserve study for replacement this. Board approved not-to-exceed project funding of \$39,000 for this work.

### INVESTMENT FUNDS TRANSFER

OVA will invest \$1 million into 6-month Treasuries through Merrill Lynch as soon as practicable.

## Meeting for New Oakmont Residents

■Katy Carrel, Welcome Committee Chair

If you're new to Oakmont, having moved here within the past three years, the Welcome Committee would love to meet and greet you. The committee has gathered information on all aspects of living in Oakmont and put a binder together, with is now available online as a downloadable PDF at oakmontvillage.com/WelcomePacket. This binder is filled with helpful information that will help you navigate your new community that sometimes seems like it has a lot of rules and a lot of streets named Oak something.

If any new resident would like an in-person meeting, it can be arranged to be in your home, the OVA office, or on a Zoom call. All your questions will be answered by one of our committee volunteers.

To set up a meeting, contact the Welcome Committee at oakmontwelcomecommittee@gmail.com.

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## Wii Bowling Oakmont Lanes



■Terry Leuthner

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

Anyone interested in joining our club, either as a team bowler or substitute, please call me at (707) 291-3023 or stop by the East Recreation Center on Tuesdays from 1:30-4:30 p.m. to see us in action. We charge \$25 for a ten-week tournament that includes the play-offs.

We bowl every Tuesday of the month except for the fourth Tuesday. Both 1:30 p.m. and 3:15 p.m. Leagues have 6 teams, 4 bowlers per team. Each bowler bowls three games and has his/her own handicap (80%) and average. Bowler and team results are recorded each week.

See [www.oakmontlanes.com](http://www.oakmontlanes.com) for club information, bowling dates, week results, schedules to bring cookies and to setup/tear down equipment.

Last bowling date for August: Aug. 29 (week #3).

### SUMMER TEAM CHAMPIONSHIP RESULTS

Aug. 8 at 1:30 p.m., top 3 teams from the 1:30 League (4 Tops, Pocket Hits and Alley Oops) bowled the top 3 teams from the 3:15 League (Pin Pushers, King Pins and Strike Outs) to determine the Summer Team Champion. Team Pin Pushers won and have their name engraved on our Team Champion Trophy.

## Oakmont Pétanque Club

■Don McPherson

### CELEBRATING A GREAT YEAR

With just the October 21 Oktoberfest Tournament and Potluck Picnic Lunch event remaining in the season, the Oakmont Pétanque Club is celebrating a very successful year. Opening the 2023 season by adding Monday as a third weekly Club Playday, the club also held its first-ever home and home match tournament against another club, Santa Rosa's new Pétanque La Rose. A full slate of players participated in the Springtime and Bastille Day tournaments, and members enjoyed continuing the tradition of two Evening Pétanque social/play nights in June and August.



Pétanque Club Chair Steven Payette (right) and Past Chair Richard Goodwin (left) discussed the rules and order of play with grandchildren during Grandparents' Week.



Past Pétanque Club Chairs Nancy LaPorte and Max Hinchman were honored for their service and presented with club hats at the 2023 Bastille Day luncheon. Also honored: Immediate Past Chair Richard Goodwin (missing from photo).

67 members and the effects of Covid shutdowns and restrictions receding into history, the club looks

### LABOR DAY CHALLENGE

Sept. 5 (week #4), a bowler must bowl a strike in both lanes 5 and 9 (Labor Day 9/5) to win a \$5 gift certificate to Safeway.

### RESULTS AS OF AUG. 8 (WEEK #1 FALL LEAGUE)

**1:30 p.m. League:** first place, Wii Four; second place, Strikers; third place tie, Alley Oops and Pocket Hits; fifth place, 4 Tops; sixth place, Phantom Strikers.

**Men's High Games:** Don Shelhart, 280; Charlie Ensley, 238; Glen Hewitt, 235; Terry Leuthner, 202.

**Women's High Games:** Joanne Abrams, 300; Sandy Osheroff, 258; Karen Palmiotti, 245; Diane Price, 223; Lynda Rebsamen, 210; Pat Scott, 206; Peggy Ensley, 205.

**3:15 p.m. League:** first place, King Pins; second place, Pin Pushers; third place, Strike Outs; fourth place, High Rollers.

**Men's High Games:** Larry Souza, 247; Ray Haverson, 211.

**Women's High Games:** Marie Haverson, 259; Joanne Abrams, 258; Sandy Osheroff, 256; Felicia Laden, 234; Vickie Jackanich, 233; Valerie Hulsey, 232; Carolita Carr, 226; Nicole Reed, 216; Rhonda D'Agostini, 210.

Most of us have all bowled on a bowling league some time in our lives and here's your chance to do it again without the weight of a heavy bowling ball. Come by to see us in action and join in on the fun and camaraderie we all share together.

forward to a strong finish to the 2023 season and enthusiastic planning for 2024.

### PÉTANQUE WORLD CUP IN MARSEILLE

This year's 62nd Mondial La Marseillaise à Pétanque, the Pétanque World Cup, was truly one for the record book. An open competition drawing players worldwide from amateurs to national and international champions, the Mondial La Marseillaise includes preliminary women's and youth competitions in addition to the world men's championship.

While the competition is centered on Marseille's Parc Borély racecourse and surroundings, the early matches of the annual four-day July tournament are played all over the city in parks, streets, alleys, and empty lots. A record 15,500 players comprising over 5,000 entering teams participated in the matches, playing before an astonishing 170,000 spectators, another record. The opening day alone drew over 90,000 spectators, and the championship match three days later was played before 3,000 spectators in stands lining the central square.

In the exciting final, the French Provençal team of Mickaël Bonetto, age 29; David Riviera, age 47, and Mayron Baudino, age 21, marking their first World Cup victory, came back from being down 1-7 to win 13-9 over the 2023 French Triplette champions Jean Feltain and Moïse Helfrick, playing La Mondial with Armand Sanvers.

### PÉTANQUE IN OAKMONT

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

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 final tournament of the season, Oktoberfest, is on Saturday, October 21.

## Medians Refreshed

■News staff Report

The planted medians on Oakmont Drive are getting a new look to enhance the appearance of Oakmont's main entrance.

Dead and dying plants were pulled out as the OVA landscape contractor prepared to give the four median strips a fresher look "to keep them looking nice," OVA General Manager Christel Antone said.

The OVA's Landscape Committee is providing expertise in landscape design and maintenance, Antone said.

Plants that are part of the project include Crepe Myrtle trees whose attractive blooms already were part of the median closest to Highway 12. Their ability to thrive in various climates and soil types makes them suitable for the medians, Antone said.

New plants were chosen for being drought-tolerant, deer-resistant, low-growing and low-maintenance.

The medians are owned by the city, but maintained by OVA.

## Oakmont Progressives



■Osha Hayden

### A DEEP DIVE INTO SUSTAINABLE INVESTING

On September 11, Oakmont Progressives presents "A Deep Dive into Sustainable Investing" with Dale Wannan, founder of SustainVest Asset Management.

What is your investment money funding? Is it working for a sustainable future on a livable planet? Or is it funding fossil fuels, weapons, or other polluting industries? If you'd like to align your money with your values without sacrificing returns, you'll want to attend our September meeting.

Dale Wannan, is an entertaining speaker who will show you how to use your money to influence positive change and help steer our world toward a more sustainable future with Socially Responsible Investing.

Join Oakmont Progressives on Monday, September 11 at the East Rec. Center at 6:30 p.m. for social time, 7 p.m. meeting. Feel free to bring light appetizers or drinks to share.

All Oakmonters are welcome! Attendees may also participate via Zoom. Go to [www.oakmontprogressives.org](http://www.oakmontprogressives.org) for the Zoom link and for more information about our club.

### BOARD

Continued from page 1

The resolution cites issues raised by Oakmont 2030, including decaying infrastructure, overdue asset management and ADA non-compliance and other code compliance problems.

"In response to community input," the resolution continues, "the OVABOD will identify the feasibility of addressing space needs while preserving and enhancing Oakmont's active community." It cites the need for space for informal gatherings and notes that OVA staff offices, now leased, might be housed in an OVA-owned building to save money.

The board approved spending up to \$39,000 from the Asset Replacement Fund to replace the software which controls access to many Oakmont facilities. The resolution notes that the current software is antiquated and needs updating. Rincor Technology Solutions will install the new equipment.

General Manager Christel Antone said residents' access cards will continue to work with the new software. In addition, a smart phone app will be available to provide access.

The board also approved investing unencumbered funds totaling \$1 million in six-month U.S. treasuries paying 5.05% interest. The funds come from the Asset Replacement Fund, which totaled \$1,925,554 as of July 31.



**OAK at the VOM Golf Club**

■ Hilary Gruendle

**STANDUP COMEDY**

**WITH ANDY HENDRICKSON AT OAK**

Join Valley of the Moon Club's OAK Restaurant for a night of laughs with Andy Hendrickson on September 2 at 7 p.m. Tickets are for the comedy show only and \$35 each. Dinner and drinks can be ordered off the OAK menu beginning at 6 p.m. The show starts at 7 p.m.

Andy Hendrickson is a comedian, writer and actor that built his career in New York City and now resides in Los Angeles. He has a clever, conversational style and has been engaging audiences for well over a decade. Since 2013, he's had multiple TV appearances including: "The Late Show with David Letterman," "The Late Late Show with Craig Ferguson," and "Gotham Comedy Live." In LA you can catch Andy at The Comedy and Magic Club and in New York City, Andy appears regularly at the most popular venues including the world-famous Comedy Cellar.



Internationally, Andy has performed at clubs and festivals throughout the world, including Canada, England, Holland and Ireland.

To purchase tickets, use this link: [bit.ly/46ZqoRu](https://bit.ly/46ZqoRu).

**SEPTEMBER EVENTS AT OAK**

Stop by OAK's lobby to pick up a monthly calendar listing all of the events happening throughout the month. All events require a reservation by calling (707) 539-0415 x 5.

- Sept. 12: Trivia Night
- Sept. 16, 4-5:30 p.m.: Tequila Tasting
- Sept. 18, 5-7 p.m.: Live Music with the Magic Band
- Sept. 25, 5-7 p.m.: Live Music with O and the Riots
- Sept. 30, 3 p.m.: Superintendents' Revenge Golf Tournament. Email [Kschmuhl@playvom.com](mailto:Kschmuhl@playvom.com) to reserve a team.

**VALLEY OF THE MOON CLUB IS HIRING**

Valley of the Moon Club is hiring an administrative assistant to work part time. Experience with AP/AR and accounting a plus. Work days and hours flexible. Email [hgruendle@playvom.com](mailto:hgruendle@playvom.com) to apply with resume.

**Request a Firewise Assessment**

■ Dave Watts, Chair, Firewise Resources Committee

Many Oakmont residents are confused about the difference between a Firewise Resource Committee (FWRC) firewise home assessment and an Architectural Committee (AC) firewise home inspection.

Some residents are not requesting a FWRC firewise home assessment because they believe that any infractions of OVA's Firewise Landscape Policy will be sent to the AC for enforcement purposes. I want to stress FWRC firewise home assessments are not sent to or seen by AC inspectors. The FWRC has no enforcement responsibilities. Its job is to educate and encourage residents to take firewise actions that reduce wildfire risks for their home and as a result, all of Oakmont.

Residents are encouraged to request a voluntary firewise home assessment from the FWRC before they are notified that they will be having a mandatory firewise inspection from the AC. This will help a resident to pass an AC mandatory inspection.

FWRC assessments are comprehensive as they cover both home hardening and defensible space landscape actions on a resident's property.

AC inspections are primarily to check for compliance with OVA's Firewise Landscape Policy.

FWRC assessors engage in a conversation with residents to enhance a resident's understanding of how wildfires endanger homes. Special importance is placed on making a home and the area within five feet of a home as firewise as possible because most homes in a wildfire are lost from embers that ignite combustibles in this area.

Schedule an appointment with a volunteer assessor from the Oakmont Firewise Resource Committee by filling out the form: <https://oakmontvillage.com/article/firewise-assessment-request>.

Or, you may send an email with your name, address and phone number to [firewise@oakmontvillage.com](mailto:firewise@oakmontvillage.com) or call the OVA Office at (707) 539-0701.

**Letter to the Editor**

Dear Editor:

Have you noticed that many so-called "scientific" publications often contradict each other and sometimes themselves, as do "experts" hired to advise us and articles on the internet as well? I do not believe the current knowledge of the flammability of well-established plants is mature enough for us to rigidly follow any particular current advice as to what we should or should not plant. Contrary to what we have heard so far from your committee, green, non-woody plants may actually protect a house.

For a living, non-woody plant to flame, the temperature must be extremely high. Many, in fact most plants simply sizzle and burn in place. The surrounding debris is more dangerous than living vines and bushes. Furthermore, most house fires so far have started from embers blown by the wind, not from vegetation.

You are ruining our lovely Oakmont by insisting that residents remove so many of our beautiful trees and flowers. Apparently, what is "safe" in your opinion are rocks, mulch and dirt. I beg you to open your minds to a more flexible interpretation of current guidelines.

Martha Sjogreen

**Red Flags Say Be Alert**

■ News Staff Report

During fire season, red flag watches and warnings are one of the tools city and county safety officials use to monitor and respond to conditions in the field. The weather notices are issued by the National Weather Service (NWS) and each is focused on the a specific time period.

A Fire Weather Watch is issued when weather conditions could exist in the next 12-72 hours. One level below a warning means fire danger is still high. Critical fire weather conditions are possible but not imminent or occurring.

Red Flag Warnings are issued for ongoing or imminent weather events, which may result in extreme fire behavior that will occur within 24 hours. It is the highest level of alert issued by the NWS. During these times extreme caution is urged for all residents, because a simple spark can cause a major wildfire.

The Santa Rosa Fire Department, along with fire agencies across Sonoma County, use a fire weather flag system to help increase community awareness during times of critical fire weather. If the National Weather Service issues a Red Flag Warning for the city's Wildland Urban Interface (WUI) area and/or any other impacted portion of the city, all Santa Rosa fire stations fly a red flag throughout the duration of the weather event to signify to the community that the area is forecasted to experience critical wildfire weather conditions.

During a Red Flag Warning, all Sonoma County fire agencies work in partnership to up-staff firefighters and fire-fighting equipment to actively patrol areas specified as high-fire risk areas during a declared weather event. This action allows for quicker and more immediate onsite resources in the event of a fire threat.

Source: [www.srcity.org](http://www.srcity.org).

**Warming Trends**

**Oakmont Special**

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## Lifelong Learning

■Marlena Tremont

### CLASSES START NEXT MONTH. REGISTER NOW!

Classes available in person, on Zoom or as recorded sessions.

New this Fall: Purchase multiple classes for the same person at the same time and save 25% off the total!

#### ARTIFICIAL INTELLIGENCE IN SCIENCE FICTION

Instructor: Warren Wiscombe

Mondays, Sept. 18–Oct. 16, 3–5 p.m., Berger Center  
5-week session. Cost: \$80

Science fiction is light-years ahead of the reality in Artificial Intelligence (AI) and has posited all kinds of scenarios to ask the question “is AI a threat or a benefit?” Using literature and movie clips, students will explore the deep social and philosophical questions surrounding AI, examine the actual science behind it, and try to sort fact from fantasy in the giant international debate raging around AI.



Dr. Warren Wiscombe helped found the climate science field in the 1970s, doing research in the newly-formed Climate Section at the National Center for Atmospheric Research in Boulder, Colorado.

#### RUSSIAN HISTORY: FROM TSARS TO THE PRESENT

Instructor: Bertram Gordon (Will be on Zoom)

Wednesdays, Sept. 20–Oct. 25, 3–5 p.m., Berger Center  
6-week session. Cost: \$95



An incredibly timely class that explores the similarities and differences in the relations between Russia and the West throughout the history of Russia. This course is a journey from the Tsars of the Russian Empire through the 1917 revolution, Lenin, Stalin, WWII, the

Cold War, the 1990s dissolution of the Soviet Union and finally to the rise of Vladimir Putin who some believe is trying to restore the Tsarist Empire.

Bert Gordon is Professor Emeritus of History, Mills College. He has taught courses on Russian history, Medieval to the present, and the history of Marxism.

#### THE GENIUS OF BETTE DAVIS

Instructor: Terry Ebinger

Thursdays, Sept. 14–October 5, 2–5 p.m., East Rec  
(Note: Early start time)  
4-week session. Cost: \$95

Dive deeply into four masterworks featuring intense, audacious, indelible Bette Davis performances. Investigate the woman, actress and studio system challenger via psychology, myth, culture and the symbolic language of cinema. *Dark Victory; The Letter; The Little Foxes; Now, Voyager.*

Terry Ebinger, MS is a passionate film scholar with over three decades' experience as a depth psychological practitioner, educator, dream consultant, and multidisciplinary group leader.

#### EXPERIENCING NATURE THROUGH ART

Instructor: Bruce Elliott

Thursdays, Oct. 19–November 9, 3–5 p.m., East Rec  
4-week session. Cost: \$65

Explore the aesthetic relationship between fine art and nature, as viewed through the lens of perception. Trace the evolution of artistic depictions of natural settings from the Renaissance to Impressionism to modern artists that invite active participation by the viewer in the artistic process. The course culminates by touching upon innovative visual practices that enable students to generate a luminous aesthetic experience.

Bruce Elliott is a beloved returning instructor who received his Ph.D. in history from UC Berkeley with doctoral studies in British history.

To register go to OakmontLL.org, fill out a form in the OLL folder or pay at the door.

## Oakmont Singles

■Bailey Penzotti, Priscilla Roslyn and Diane Soshnik

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 “SBSC” 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 “SBSC” in the name badge folder.

### SEPTEMBER MIXER—PICKLEBALL IS BACK!

WHAT: Pickleball Instruction, Demo and Play

WHEN: Friday, September 22 (note: the fourth Friday of the month) at 6 p.m.

WHERE: East. Rec. Center

PLEASE RSVP: To Diane, dianesoshnik@comcast.net by Monday, September 18

Paddle up and have a blast. Comfortable court shoes encouraged, no open toes/sandals on the courts. Let's continue to make this the best club in Oakmont!

We will once again join our Oakmont Pickleball

experts who will offer instructions, demo and play for this popular game. As always... don't focus just on the activity. See the opportunity to mix and mingle, play and/or spectate.

Rather than bringing an appetizer to this monthly mixer, we ask that you eat a late lunch or early dinner at home and arrive at the pickleball courts about 5:50 p.m. to play/spectate between 6–7 p.m. All play and spectating will be followed by a club-sponsored Ice Cream Social with all the toppings. If you have your own pickleball paddles, bring them along, (loaner paddles will be provided) with your beverage of choice, your key card for entry, and your Proof of Covid vaccination, if first time to an OSC activity.

Paddle up and have a blast. Comfortable court shoes encouraged, no open toes/sandals on the courts. Let's continue to make this the best club in Oakmont!

### SEPTEMBER BON APPETIT (SINGLES ONLY)

DATE: September 7 TIME: 6 p.m.

PLACE Sonoma Grille and Bar, 165 W. Napa St., Sonoma. Parking next to restaurant.

This event is limited to 20 people. Bring cash, one check per table. Visit the website: www.sonomagrilleandbar.com.

This casual restaurant has a great patio for outdoor dining. Pasta, seafood, oysters and steak are all popular here. Restaurant has a full bar and makes their own beer. Located just off of the Sonoma Plaza. Reservations to Marilyn, marilyn\_mckeever@hotmail.com no later than September 1.



## Oakmont Futures

■George McKinney

### HOW A FUTURIST LOOKS AT THE FUTURE

The next meeting of the Futures Club will be September 13 at 4 p.m. in East and on Zoom (see below for Zoom link). Bruce Hartsough, who is very active in the Institute for the Future and President of the Bay Nature Institute, will have a presentation on how a Futurist Looks at the Future and lead



an open discussion. Bruce tells us he is a “cautious optimist” about the future.

The Oakmont Futures Club is chartered to keep Oakmont residents up to date with technical advances that will impact us now and during the next 2-10 years. This year we plan to continue our look at energy efficiency and electric vehicles (even electric planes!); advances in medical treatment and monitoring (personal alerts); advances in the Smart Home (home alarms); what you can do with your cell phones, tablets and wearables; and AI (what do you think of Chat Bots?).

Meeting ID: 860 6299 0770. Passcode: 809582.

Our website is OakmontFuture.com. Our email is futureoakmont@gmail.com. Email us if you'd like to be on our mailing list.



## Let's Dance—Together!

■Terry Whitten

### LET'S SWING INTO FALL

WHAT: Beginning Jitterbug Swing partner dance classes

WHEN: Wednesdays Sept 6, 13 and 20, 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

Come learn some basic, fun and easy moves for Jitterbug Swing that will get you dancing together and twirling with a smile on your face. Jitterbug Swing (also called Single Time Swing) is an upbeat, fun and versatile dance that can be danced to many types of music ranging from Big Band music to Rock 'n Roll Oldies as well as many contemporary and Country tunes. Many of the basic steps can even be modified to be danced to slow ballad type music.

No partners or experience are required. As always, it is best to come to the first class since each week after that will build on the material taught in the first week. 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. 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.



## Ladies Bunco Night

■Barbara Wooley

### JOIN A CLUB NIGHT

Jill Butler and Kathleen Smith represented the Ladies Bunco Night Club at Join a Club Night at the Berger Center in early August. The club members were there to explain the game, answer questions, and invite experienced players and newbies alike to come and join the fun.



Bunco is a fun, easy, no skill required dice game. Not only is Bunco loads of fun, players have the opportunity to meet new people and win cash prizes! Beginners are



Linda Suttich holding the Bunco Baby. Great Job, Linda! (Photos by Barbara Wooley)

always welcome. No partner is necessary as partners change with each round.

Usual nights are the second and fourth Monday of each month, however, there are exceptions, so always check the Oakmont events calendar.

**WHERE:** Card Room, Central Activity Center

**WHEN:** Second and fourth Monday of each month (check Oakmont Events Calendar)

**TIME:** 6:45 p.m. check-in, games run from 7-9 p.m.  
**FEE:** \$5 /night is required for each participant

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



■Greg Fauss

### YOU'RE AN ORIGINAL

"Each of us is an original from God's hand. There are no self-made men or women. No one ever became talented, gifted or bright all be himself or herself. God made each of us all by himself. God made each of us and formed us out of his unspeakable love. God made your body, mind and soul. And he isn't done with you. His single-minded purpose is our maturity. He who began a good work in you will carry it on to completion until the day of Jesus Christ (we read in the Bible). God is making you braver, stronger, purer, more peaceful, more loving, less selfish—the kind of person you've perhaps always wanted to be."—Allan Linton

That's just the beginning. There's a lot more to learn about God, ourselves and the world.

We invite you to get to know us at our next potluck on Sunday, August 27 at noon.

We also invite you to ALPHA—a weekly exploration of the Christian faith over a meal together in a safe atmosphere where all questions are welcomed. Alpha meets on Thursdays at 6pm beginning on September 14 at a location TBA. More information can be found on our website.

Our Sunday services are at 10:30 a.m. in the East Rec. Center at 7902 Oakmont Dr.

For more information about our Wednesday morning Bible study, Saturday Prayer, and special events please visit our website at [www.occsantarosa.org](http://www.occsantarosa.org), write us at [occsantarosa@gmail.com](mailto:occsantarosa@gmail.com) or call at (707) 595-0166.

## Grandparents' Week



It was a fun time as young people tumble in the Central Pool during Grandparents' Week in Oakmont. (Photo by Ray Darwin)

### Help Needed at Kenwood School

Our small school of 115 wonderful students strives for ways to continue in their amazing development. If you have time and want to work in a fun and exciting school atmosphere, please review this position available for the 2023-24 school year.

**After School Day Care Program Assistant**  
Up to 3 hours a day (2-5 pm) @ \$17/hr-\$21.24/hr DOE. Assist the After School Day Care Program (Cougar Club) in serving 15-30 K-6 grade students. Activities include homework support, games, crafts, and other activities.

Call for more details or to request an application **707-833-2500**

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■Carolita Carr

**OUR SEPTEMBER EVENT  
TRIVIA NIGHT**

**WHERE:** Berger Center **WHEN:** Thursday, Sept. 21  
**TIME:** Doors open at 6 p.m. Games begin at 6:30.

Bring the beverage of your choice and snacks. There is no charge for this event; only one non-member guest per member.

How well are you versed in Boomer culture? Come and test your knowledge in these categories: Music, TV, Movies, and Pop Culture. The questions will come from the 50s through the 80s. Prizes will be given to those teams who get the most correct.

Get a group together—no more than eight and no less than two people on a team, and sign up at oakmontboomers.org. Seating is limited, so register early. You can do this online or drop off your completed form (available on website) at the OVA office in the Boomers file.

For more information ask info@oakmontboomers.org.

**NEXT DANCE EVENT**

On October 28 we'll have our Halloween Party with music by Briefcase Blues Brothers.

**MEMBERSHIP**

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

**Volunteer Opportunities:  
Keeping Our Community Safe**

■Bev Leve, Volunteer Resource Committee



The Firewise Inspection Ad Hoc Committee is asking for a few more volunteers to complete a community-wide inspection routine.

When the temperature outside is high and the wind starts blowing, a lot of us feel nervously ill at ease because it signifies heightened fire danger. Our community leaders have stepped up and energized us to make Firewise safety a huge priority. In a true spirit of neighbors helping neighbors, the Firewise compliance ad hoc committee was formed.

Several hours a month will be required between now and early spring next year when it is anticipated the project will be successfully completed. Each section of home visits includes notifying homeowners between two to seven days prior to a visit. The home visit will take between 10-15 minutes and the team member offers each homeowner an opportunity to accompany the inspection visit.

Team members will have several hours of self-paced training and be able to shadow experienced team members prior to being on their own. The monthly home visit assignments for each section of homes in Oakmont should normally be completed in about 4-8 hours and reports to the Architectural office another 3-4 hours.

Most of the current Firewise Inspection Team had little or no prior experience, so the real background requirement is the desire to help neighbors make our community safer. Physical requirements involve several hours of walkability. The trainer, Ken Smith, is a very experienced inspector and an excellent instructor. Training for an additional crew will begin in a couple of weeks to supplement active teams already committed to Firewise inspections.

If you are interested, please send a two or three sentence bio to the head of the Architectural Committee, Burt Schraga. His email address is burt.schraga@oakmontvillage.com. Questions? Contact Ken Smith at ken.smith@oakmontvillage.com.

**Oakmont Squares**



■Barbara Wooley

**OAKMONT SQUARES ON THE MOVE**

Oakmont Squares Club members could be found out-and-about this August. Members Jenny and Dave Watts, Connie Herbert, Pam and Keith Wilson, and Karen Martin were welcomed by the Circles 'N Squares dance club at Monroe Hall in Santa Rosa for a fun and energetic Square Dancing Hoedown on Saturday, August 12.



Join a Club Night. (Photo by Barbara Wooley)

Earlier in the month, Barnee Alexander, Jenny Watts, and Neal Wooley represented the club at Join a Club Night in the Berger Center where they answered questions and welcomed experienced dancers and newbies alike to come and check out the club.

While new classes will not begin until the fall, experienced dancers at Mainstream Level or above are welcome to come visit or join the Oakmont Squares at any time.

The Oakmont Squares meet Tuesday evenings from 7-9 p.m. at the East Rec. Center. Come dance in a



At the Hoedown. (Photo by Cheryl Malseed)

square and make a circle of friends.

Fee: \$8 per night or \$25 per month. For more information call Jenny at (707) 367-2102.

**Men's Bible Study**

■Lou Lacson

**SEVEN**

Did you know that the number 7 is very prominent in the Bible? Learn why the number 7 appears so prominently in God's Holy Word.

Come and join us every Thursday at 10:30 a.m., East Rec.

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## Oakmont Art Association

■Patty McHugh and Phil Wilkinson



### MEMBERS GENERAL MEETING

**WHEN:** Friday, September 8

**PLACE:** Berger Center

**TIME:** 10 a.m. social, 10:30 a.m. speaker

We are returning from our summer hiatus with an Art Talk entitled "The Tudors: Art and Majesty in Renaissance England," masterworks currently showcased at the San Francisco Legion of Honor through September 24. Maureen Murray Fox from the DeYoung Museum will be our speaker. Featuring paintings, sculpture, tapestries, and stained glass by some of the finest European craftspeople of the 16th century, this talk will take you back to the lavish court

of the Tudors and show how the arts flourished under their patronage. Don't miss the opportunity to learn how the Tudors reshaped the royal image in England during a turning point in world history.

### OPEN STUDIOS HAS RETURNED!

The Oakmont Art Association is proud to bring the Oakmont Open Studios once again to the community. The event is set for Saturday and Sunday, September 9 and 10, 10 a.m. to 4 p.m., and is free to all. Street signs will show the way to the studios.

This event features 16 outstanding Oakmont artists and artisans, and will showcase works in oil, acrylic and watercolor painting, pastels, mixed media, photography, ceramics, sculpture, and needlecraft. This is a great way for locals and out of town visitors to meet the artists, learn about their artistic processes, their sources of artistic inspiration and to purchase original works of art.

A display of selected works of the participating artists and the artists' statement are currently on display through September 9 in Room G at the Berger Center. Brochures, maps, and postcards may be picked up there as well. Brochures and maps are also available on our website, oakmontart@gmail.com.

Make a day of it!

## A Watering Tree



The 17th tee on the Valley of the Moon Golf Course. (Photo by Ron Kaufman)



## Oakmont Vets Club

■John De Groot

### USS HORNET TOUR AND SPECIAL VA PRESENTATION

During the second week of August the Vets Club toured the *USS Hornet*, a WW2 Aircraft Carrier moored at the old Alameda Air Station. Twenty-four members and guests, including two grandchildren, participated in the docent-led tour. Tour leader Cindy was more than just a font of knowledge. Her personality, sharpness, and great humor made our visit to this historical ship and museum more than worthwhile.

One of the distinctive and interesting facts we learned was that on the return to Earth, both Apollo 11 and 12 were recovered in the South Pacific by *USS Hornet*. The museum holds the Apollo aircraft.



Photo by Julie Kiil.

Vet Club's next regular meeting will take place in the Berger Center on September 28, at 4 p.m. Dr. David Joseph is a clinical Psychologist and Director of Mental Health at the VA here in Santa Rosa. He will focus on common mental health challenges in veterans, especially PTSD and depression. He will also examine how to know when issues are interfering in everyday and family life. Dr. Joseph's will conclude with a discussion about opening ourselves to moments of joy, instead of trying to be happy all the time.

Last, as Vets Club continues to grow, we'd love to add you to our roster. Look for information on the membership campaign, or contact me at jddegroot@sonic.net, (707) 974-8898.



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## Star of the Valley Bingo

■Peter Hardy

### BINGO IS BACK!

Star of the Valley will present Bingo on Tuesday, September 12 at 4 p.m. Because bingo begins promptly at 4 p.m. and is well attended, it is important that you arrive at about 3:30 p.m. in order to purchase your dinner ticket and/or bingo cards prior to the start of bingo. This month we will have four different gourmet sandwiches, coleslaw, and dessert.

If you don't play bingo, come for dinner at approx. 5:30 p.m. All are welcome.



## 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.



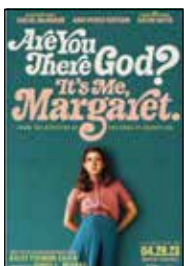
### AUGUST 27 AT 2 AND 7 PM SHE SAID

NY Times reporters Megan Twohey and Jodi Kantor break one of the most important stories in a generation—a story that helped ignite a movement and shattered decades of silence around the subject of sexual assault in Hollywood. 2022, R, 2:09.



### SEPTEMBER 3 AT 2 AND 7 PM TRANSCENDENCE

A scientist's drive for artificial intelligence takes on dangerous implications when his own consciousness is uploaded into one such program. 2014, PG-13, 1:59.



### SEPTEMBER 10 AT 2 AND 7 PM ARE YOU THERE GOD? IT'S ME, MARGARET

When her family moves from the city to the suburbs, 11-year-old Margaret navigates new friends, feelings, and the beginning of adolescence. 2023, PG-13, 1:46.

## AV Tech Team

■Jane Gyorgy

### INTERESTED IN LEARNING HOW TO UTILIZE AV EQUIPMENT?

We've progressed from cabled presentations via VGA to HDMI. Then upgraded to Zoom and updated to Zoom Rooms. The presentations are simpler.



Are you finding utilizing the equipment still a bit of a mystery? Do you need a refresher on the equipment, which pieces you need/want to use, how to power it/them on and get presentations running?

If so, please get in touch with me at [janegyorgy@gmail.com](mailto:janegyorgy@gmail.com) with a range of days and times you would be available. I'll find dates and times most people and the venues are available. I'll use our SignUpGenius account to create the sign-up with RSVP for whatever events I can secure.

## Toxic Waste Collection



■Crissi Langwell

### SEPTEMBER 26, 2-7 PM AT WEST REC.

LIMITS: 15 gallons of liquid (with a maximum of five gallons per container) or 125 pounds of solid material. Never mix chemicals. Place in sealed containers in the trunk, packed to prevent spills. Syringes/needles in sealed, approved Sharps containers.

NOT ACCEPTED: Explosives or ammunition,

radioactive materials, biological waste (except syringes), TVs, computer monitors and other electronics, business waste.

Online appointments now available. To sign up, visit: <https://zerowastesonomahhwevent.as.me/Oakmont>

You can also call (707) 364-6927 to schedule an appointment. Only 100 appointments available—first-come, first-served.

## Quilting Bee

■Elizabeth McDonnell

### QUILTERS SEW WITH GRANDCHILDREN

Quilters had a fun afternoon teaching two sessions of hand stitching projects to very enthusiastic and seriously focused sewing grandchildren.



Teagan. (Photo by Elizabeth McDonnell)

Many thanks to Paula Scull for all her work putting together sewing kits. Children each had a choice of making a penguin, Christmas tree, gingerbread person or a mitten. Paula had cut the fabrics for each kit, and the packets included sewing notions. A primary life skill the children learned was how to sew a button onto fabric.

Thanks to our volunteers who came to help: Sandi

Connell, Joann Fuller, Sue Gaffney, Kar Hofmann, Pam McVey, Mary Ann Allen, Tomi Speed, Helen Anderson, Joan Moore, Nancy Murray and of course, Paula. The quilters enjoyed the time spent, I think, as much as the children.



Evan is very focused. (Photo by Elizabeth McDonnell)

Very pleasant weather arrived just in time for the quilters' annual picnic on the CAC patio on August 9. Twenty quilters enjoyed lunch, visiting and displaying recently made quilts.

Bonnie Butler-Sibbald showed a "string" quilt top made with her collection of leftover strips of fabric. She just finished the top and is ready to put a border

on it and have it machine quilted. Barbara Cortelyou showed a lovely quilt made from leftover 2.5" strips of fabric in pretty batik fabrics. She can't remember when she started the quilt but has decided to note the date on future patterns when she starts them.

Kar Hofmann spent the morning in a card making class with Paula Scull and had several cards to show us. She stirred up an interest in a few members to consider joining the class.

Sue Gaffney showed a small round quilt she recently made. She belonged to a breakfast group that met one Saturday a month in a Visalia quilt shop in the Central Valley. At each meeting, the owner would hand out a complete kit to the members. Unfortunately, as has happened to many quilt shops, it has now closed and the owner moved to Bakersfield. He has now added a large online shop and continues with his breakfast club membership, sending out monthly kits to paid members. The quilt Sue showed was from just such a kit. Sue also showed a Christmas wall hanging of candy canes made for her daughter's mother-in-law as a Christmas gift.

Cherie Cooler told us of a fabric art piece she has been commissioned to make for her former employer. She had a small prototype of the piece with her to show. She also displayed her penguin quilt which has been on display for a few months at the Occidental Center for the Arts. Cherie made the penguin primarily from pieces of lace and she embroidered snowflakes in the background. It is a beautiful work of art!

The Quilting Bee meets on the second and fourth Wednesday of each month in the Arts and Crafts room from 1-4 p.m. and the third Saturday of each month from 9 a.m.-4 p.m. to sew. For further information please call me at (707) 538-2523.



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**6390 Meadow Creek Court**  
Immaculate Triplex C Unit with a parklike setting in the Meadow Creek Homeowner's Association. Some of the many updates include a new roof in 2022, updated kitchen and baths, dual-pane windows, smooth ceilings, easy-care laminate flooring, added glass slider in primary bedroom, recessed lighting, and much more. One-car garage with storage and private laundry room. \$300 per month dues cover exterior paint, landscape maintenance, irrigation and interior water. \$549,000



## Valley of the Moon Rotary Club



■John Brodey

### HERE'S THE THING

Trauma impacts everyone on some level. It is part of the human condition. It comes in many forms as circumstances dictate, loss, violence, abuse, occupation. I have mine. My father died suddenly when I was 10. Everything became a blur. We moved to the east coast to live with my maternal grandmother whom I barely knew while my mother went to nursing school. Nothing was the same and I remember feeling withdrawn... almost invisible.

Childhood trauma is particularly damaging. It then came as no surprise that listening to Margaret Coyne talk about her work as a foster child advocate at a recent Rotary meeting struck me on a very personal level. We've had wonderful speakers, but when you have one so passionate, articulate and intimately familiar with her subject, it is a revelation.

Margaret is a founder and Director of Advokids which was established in 1993. Her lifelong mission has been devoted to protecting the right of every foster child in California to be safe, secure and to find a permanent home. She is an accomplished attorney who's well versed in how the courts have also failed the foster children for whom they are ultimately responsible.

In truth, the foster care system itself is broken. The statistics are alarming. Sonoma County currently has 406 children in foster care. Forty percent of them are under the age of five and comprise the most vulnerable group of children. Fifty percent of children 0-3 years old experience multiple foster care placements and remain in foster care for 2+ years. The original concept

was children would spend no more than 16 months in foster care before being permanently placed.

The problem with the very youngest is that their trauma is particularly damaging developmentally (being removed from their mother/parent, never knowing when/where they are going). They grieve at the loss of a bonding relationship and shut down emotionally. They are alone. Foster kids are assigned a lawyer to advocate for them but in truth, little time is spent on the work and half of them have never even met the child.

Advokids has a mission statement on their site which reads "Enforcing the ethical obligations of minors' attorneys in juvenile dependency proceedings." That's a key component, as is identifying the gaps in that process. Children are often placed with a distant relative they don't know, there is no transitional planning when they are moved, no shared personal information, e.g., what do they like to eat, what are their specific needs?

Seeking accountability by the various agencies and courts is a primary objective for Advokids. These children get lost in the cracks and are tragically treated as nothing more than lost luggage. It's a complex problem and pressure is needed in Sacramento to take action to strengthen the program, not weaken it. These kids are going to have lots of problems as adults and need professional mental health care now. Time to act. Learn more about Advokids at [www.advokids.org](http://www.advokids.org).

Rotary meets every Thursday in the East Rec. Center, room G, at 8 a.m.

## Valley of the Moon Fellowship

■Robert Larry Hallett

### JOIN THE FELLOWSHIP!

Valley of the Moon Fellowship (VOMF) is a twice-a-month 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! 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!

## Jazz Club



■Dolora Hurst

I hope that you were at the last jazz program played by Dr. Shelly Berg. It was truly fantastic! Ask anyone who was there. The man is called a genius and I think everyone in that audience can understand why.

When you are admitted to college when you are seven years of age it is a sure sign of undoubted genius. It is one of those "give away" signs of great intelligence. When you compose for choir and orchestra at the age of nine you are in the realm of the most famous musicians of all time (the Bach, Mozart, Beethoven, Chopin, etc., club). It will be interesting to see where someone waiting now for his sixth Grammy Award will go next, and certainly in the future.

How extremely fortunate we were to be able to experience this incredible musician in a live performance. It is almost impossible to believe that someone can play with so much ability.

Please come to the next Jazz Club meeting on

September 6. I will introduce some new ideas for programs and will also propose that we should have dues with the reasons why. I would appreciate ideas and comments, plus suggestions for programs, including the annual Christmas Party. I have one wonderful group now that has agreed to entertain us.

We have become a well-known Jazz Club and I have been told by some of the sound engineers that we have the best jazz shows in the entire Bay Area. I don't doubt that. We certainly have had the most outstanding musicians!

Please come and join us, especially if you would like to be a club member. I would like to do some interesting things in the future now that we have no Covid restrictions. Club members, mark the date now and join us! Interested, or even curious guys, come check us out!  
**WHAT:** Jazz Club meeting **WHEN:** Sept. 6 at 2 p.m.  
**WHERE:** East Recreation Center

## 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, Palooza, 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](mailto:tinalewis31@comcast.net) or call (707) 758-9739. Judie Coleman, host of the meetings, will add your name to the list.

## Pickleball Corner



■Peter Copen

**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. Call Jim Howard at (209) 761-8517 for demo loaner paddles.



Cartoon by Peter Copen.

## Oakmont Sunday Symposium



Berger Center, 7902 Oakmont Dr.  
Sunday, 10:30 a.m.-12 noon  
\$3 donation

[www.oakmontsundaysymposium.org](http://www.oakmontsundaysymposium.org)

■Harriet Palk

Oakmont Sunday Symposium is back with a season of exciting speakers.

Coffee and tea, along with individually wrapped snacks, will be available throughout the season for sale in Berger from 9:45-10:15 a.m. A good time to chat up neighbors you may not have seen all summer.

### SEPTEMBER 10: MIKE THOMPSON, U.S. REPRESENTATIVE FOR CALIFORNIA'S 4TH CONGRESSIONAL DISTRICT



Mike Thompson serves on the powerful Committee on Ways and Means and is Chairman of the House Gun Violence Protection Task Force. He describes himself as a centrist, capitalist Democrat who looks for a fiscally responsible, pragmatic approach to governance. Thompson is recognized in Congress and throughout his district as a strong leader for Democratic principles who has built a solid reputation for bipartisanship problem solving.

### SEPTEMBER 17: STEVEN PIFER, FORMER AMBASSADOR TO UKRAINE

As the horrific war continues, Steve Pifer will shine a light on the largest war in Europe since WWII. He will explain Russian expectations, Ukrainian choices, US options, NATO's role and what Europe's future might look like. Pifer served US embassies in Warsaw, London and Moscow and was ambassador to Ukraine from 1998 to 2000.



### SEPTEMBER 24: MELANIE DEMORE USING MUSIC TO FIND YOUR POWER



If you remember a time in your life when you were powerfully moved by music, you will want to hear Melanie DeMore, who uses music as an emissary of tolerance and kindness to encourage the best in all of us. It has been said "her energy will charge the very air you breathe like a meteor shower."

Don't miss this unusual, riveting and inspiring presentation.





## Playreaders



■D. Hall

### SOPHISTICATED COMEDIES ON TAP FOR LATE SUMMER

Crowds keep a-comin to Oakmont Playreaders presentations. August 7 saw the wacky comedy *Virtual Reality*, by Alan Arkin. Performers were Blanche Kaiser, Ron White and D. Hall in a show where nothing makes sense except nonsense.

The second August presentation was *The Way of All Fish*, by Elaine May. It featured Ginny Smith and Marcel Coder in a love-hate professional relationship where glasses of wine tease out the truth.

Rehearsals are scheduled for August 21 and 28 for September's production of *The Cocktail Hour*, written by A.R. Gurney and staged by Jane Borr. This will be a two-week presentation (September 4 and 11) revolving around an unflattering family with a maid who doesn't know how to cook. It features John Dolan, Jane Borr, Sandy White, and D. Hall.

Join us for Playreaders the first two Mondays of every month at 2 p.m. in Room B of the Central Activities Center.



Playreaders recently produced *Virtual Reality* by Alan Arkin, the strange tale of two men opening virtual boxes with mysterious contents, eventually leading them into dark realms and a surprise ending. Readers were D. Hall, Blanche Kaiser and Ron White. (Photo by John Dolan)

## Parliamo Italiano

■Jane Rinaldi

### ITALIAN MOVIE SERIES RESUMES IN SEPTEMBER

We will be showing a very dramatic movie (1979) for our first movie event of the fall. *The Tree of Wooden Clogs* (L'Albero degli Zoccoli) won the Palm D'Or at Cannes Film Festival. The film was also placed on the Italian Ministry of Cultural Heritage's "100 Italian films to be Saved," a list of 100 films that have "changed the collective memory of Italy between 1942—1978."

The Parliamo Italiano group is looking forward to beginning our movie series on the first Tuesday of every month from 2-3:30. The movies are in Italian with English sub-titles. Come and join us on September 5, and enjoy an afternoon of Italian cultural moments in the CAC Building (where the library is) in Room B.

## OakMUG



### Oakmont Macintosh Users Group

■Peggy Clark

### TIPS AND TRICKS FOR IPAD AND IPHONES

Be sure to mark your calendars for the upcoming OakMUG meeting on September 16 at 2 p.m. at the East Rec. Center. This will be a one-hour presentation.

Leslie Brockman, one of our OTLC (Oakmont Technology Learning Center) instructors, will be sharing some fun and helpful tips and tricks for your iPad and/or iPhone. Be sure to update your devices to iOS 16 to get the latest upgrades.

If you want more tips and tricks you may sign up for Leslie's 2-hour OTLC class coming in November.

If you have any questions, please email us at oakmontmacusersgroup@gmail.com.

## Cafe Mortel



■Linda Suhr

### NATURAL ORGANIC REDUCTION— A CLEANER WAY TO GO

Many of us who live in Sonoma County take steps to leave the world a better, cleaner place for future generations. We remove our lawns to plant native plants that require less water and encourage pollinators; we drive hybrid or electric vehicles to reduce CO2 emissions; we use organic compost to improve the soil in our gardens. What, then, can we do to avoid polluting practices after we die?

Current funerary practices are environmentally problematic. Each year, 2.7 million people die in the U.S., and most are buried in a conventional cemetery or cremated. Cremation burns fossil fuels and emits carbon dioxide and particulates into the atmosphere. Conventional burial consumes valuable urban land, pollutes the soil, and contributes to climate change through resource-intensive manufacture and transport of caskets, headstones and grave liners. The overall impact of conventional burial and cremation is about the same.

One innovative organization, Recompose, has devised a solution known as natural organic reduction or human composting. While in architecture school in 2011, Recompose founder Katrina Spade began thinking about updating contemporary death care practices with a sustainable alternative, one that would nourish the land rather than take away from it. After years of extensive research with green death care experts, ecologists, biologists, legislators and more, human composting emerged. It's been legal in Washington State since 2019 and is now legal in six other states, including California, where it will be available in 2027.

Café Mortel is pleased to present Recompose Outreach Advisor Laura Sullivan Cassidy to share the Recompose journey so far, describe how human composting works and why this end-of-life option is such a benefit to the earth and to humanity. She will also discuss the current status here in California.

Join us in the Berger Center on Wednesday, September 6, at 3 p.m. until 4:15 p.m. to learn about the Recompose story and human composting. Laura will join us from Seattle via Zoom. All Oakmonters are welcome to attend in person or via Zoom.

Zoom Meeting ID: 891 6345 2574; Passcode: 986956.

Contact linda@autumnoflifeplanning.com for more information.

## Oakmont Technology Learning Center

■Linda Canar

### FALL CLASSES STARTING IN SEPTEMBER

Fall is almost here, and that means that Oakmont Technology Learning Center (OTLC) classes will begin again in September.

Fall 2023 class registration will open on Monday, August 28 at oakmont-learning.org. All registration must be done online. Classes start the week of September 10 and continue into mid-November. Many of our classes are popular and will fill up fast. The class schedule and detailed course descriptions will be posted online early morning August 28 and will also be posted outside the CAC classroom (across the hall from the library).

Some of classes being offered this Fall include: Mac OS Ventura, Windows 11, Web Design, Spreadsheets, Microsoft Word, Android phones, iPhones, iPhone Photos, and iPad classes. This is your opportunity to improve your technology skills in a small classroom environment!

As always, classes may be subject to cancellation due to PSPS power outages or changing facility restrictions for Covid-19.

## Lawn Bowling



■Mary Blake

### LAWN BOWLING OPEN HOUSE ON SEPTEMBER 18

Interested in learning more about lawn bowling? Drop in on Monday, September 18, any time between 10 a.m. and noon. This is a hands-on event. We'll have a demonstration game so you can watch. We'll also provide equipment so you can see what it's like to bowl on a beautiful lawn with views of Mt. Hood and Sugarloaf. The best bowler wins a bottle of wine and there will be free food, too!

### COMING EVENTS

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

Monday, September 4: Labor Day Tournament

Tuesday, September 12: Open Singles

Thursday, September 14: After 5 BBQ (please RSVP)

Monday, September 18, 10 a.m. to noon: Open House

Tuesday, September 26: Novice Singles

### TOURNAMENT RESULTS

Open Triples: Winning team was Tom Ternullo with Mary Blake, Diane Ethier.



Gathering for Open Triples Semi-finals match. Steve, John and Richard went on to face Tom, Mary and Diane.

Men's Singles: Tom Ternullo took the trophy.

Women's Pairs: Due to illness and travel, the final match was postponed to August 21, when Mary Blake and Janet Johnson face Pam Dempsey and Michelle Macintosh. (Any way to get Tom to play on our team here, too?)

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

### ODDS AND ENDS

When you set up the bowling green, please remember to put out the pull-me-up poles along with rakes, mats and scoreboards.

And thanks for putting things away at the end of your game. But please don't forget to lock the equipment and bowls room doors before leaving.

As it gets warmer, short games look more attractive. And we're just plain busy and sometimes don't have time for a full 14 ends. If you'd like to play a short game, speak up. Either you'll find enough bowlers to make up a short game or you may find a group that's willing to let you leave early.

The Wrong-Bias Kitty is used to buy wine for our spider-winners and for the Open House winner. But either people aren't bowling wrong bias any more or they're forgetting to put in their quarter(s). If you've been in the club at least six months and bowl a wrong bias, please put a quarter in the kitty.

### TIP OF THE DAY NUMBER 10 TELL YOUR BOWLER WHICH BOWLS ARE WHICH

Skips and Seconds: Sometimes your bowler will ask you which bowls belong to which team. To do this, they might point to the ground in front of the Mat. Usually, they want to know the 3 or 4 bowls in front of the Jack, or which bowl has the point.

Don't try to show more than they need. Point to each bowl, then touch your chest if it's your team's bowl and flick your hand away if it belongs to the other team. Skips can do this without being asked if they think it's important. Seconds should only do this if asked by their Skip.

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



## Oakmont Garden Club



■Patty McHugh

“Gardening is learning, learning, learning. That’s the fun of them. You’re always learning.”  
—Helen Mirren, British Actress

### SEPTEMBER MEETING EVERYTHING I WANTED TO KNOW ABOUT GARDENING BUT HAD NO ONE TO ASK!

**WHEN:** Wednesday, September 13, 9:30 a.m. Social, 10 a.m. Speaker

**SPEAKER:** Garth Hokanson, Horticulturist

We are so pleased to open our first return meeting after summer hiatus with this program. The presentation will be conducted by Garth Hokanson. Garth holds a BS and MS in Horticulture, has taught at the college level for 25 years and has extensive nursery and landscape experience as well. Garth is an honorary member of our club and has presented

to our club numerous times on a variety of garden-related topics. He is our resident expert, and we always look forward to his talks.

This is an interactive presentation. Garth invites you to bring your specific garden problems or plans to discuss. There will be a whiteboard where he can clarify questions and help resolve any problems. So that Garth can take as many questions as possible, we ask that you come to the meeting with your questions written down (preferably on index cards, or something of a similar size) and turn them in at the welcome desk.

Please come with all the questions and garden problems that have been plaguing you. It promises to be a lively and informative meeting. Many thanks to our club member, Shirley Phillips, for suggesting this idea for a program.

Note: Please bear in mind that questions regarding the OVA Architectural and Firewise Committee plant rules are not in our dominion. Plants discussed may or may not be acceptable under those organization’s rules; it is up to the listener to do their own research in that regard.

We welcome all our members back! If you’re not a member, please come as our guest. We hope you will consider joining our membership.



# CLASSIFIEDS

### 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](http://www.BodenPlumbing.com).

### HANDYMAN SERVICES

Carpentry, drywall, electrical, plumbing, installation and assembly. Other imaginative jobs welcome! Fair hourly rate. [www.thehandylance.com](http://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.

### 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](http://www.onewayplumb.net) or call us at 537-1308 for all your plumbing needs.

### ARTISAN THERAPEUTIC SESSIONS

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.

### 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.

### 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.

### GARDENING

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

### 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](mailto:marthal1041@att.net).

### CARPET, UPHOLSTERY AND TILE CLEANING

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

### OAKMONT COMPUTERS

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

### 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.

### TREE TRIMMING

Pruning, trimming, hedges. Over 20 years of experience. Free estimates. Call Alex, (707) 322-1646. Lic. #06530716.

### YOUR PERSONAL CAREGIVER AND ADVOCATE

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

### 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.

### SENIOR CARE MANAGER AVAILABLE

I can help seniors remain in their homes and take care of their caregiving needs, home and yard, meals, medical appointments, and provide relief for family members. I can live in, supervise others, and maintain a safe environment for the senior. \$25 per hour. Call Carol at (707) 860-3393, day or night, 7 days a week.

### 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.

### 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.

### 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.

### 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](http://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.

### FELIX’S TREE SERVICE

Trimming, pruning, topping, removal, stump grinding. Fire protection. Licensed and fully insured. CA Lic. #955271. Free estimates. Call Felix at (707) 753-3032.

### GUTTER GUARD INSTALLATION GUTTER CLEANING

Window cleaning, power washing and solar panel cleaning. Over 20 years in Oakmont. Call Alex, (707) 291-0429.

### 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

Need help around the house, errands, shopping, meals, house sitting with or without animals, a dog walk (under 25lbs)? You name it and we can discuss it. Retired Speech and Language Specialist. Call Mary, (650) 291-6307.

### CAREGIVER LIVE-IN OR LIVE OUT

25 years of experience, good references. Please call for details. Justine, (707) 280-4786.

### DOG TRAINING

Private 1-hr. lessons at home, using positive reinforcement and customized for your needs. [www.good-dawg.com](http://www.good-dawg.com). Call Colette, (707) 892-3210.

### DEPENDABLE, COMPASSIONATE, TRUSTWORTHY CAREGIVER

Accepting new clients. We offer weekly showers, baths or sponge baths. Flexible rates and hours. Call to discuss your needs! No job too small. (707) 790-7063.





■Ray Haverson

Are you ready to eat, drink and be merry? You will not want to miss Sha-Boom's Midsummer Night's Dream party!

**WHAT:** Midsummer Night's Dinner Dance with music by the great J Silver Heels Band

**WHEN:** Saturday, September 23

**WHERE:** Berger Center

**TIME:** Doors open at 5 p.m.; dinner from 5:30-6:30 p.m.; dance after that.

**MENU:** BBQ chicken, BBQ ribs, garlic bread, vegan chili, salads and dessert. BBQ by Keith's BBQ Beast (same as 4th of July).

**COST:** \$40 per person. We will supply lemon water, ice, cups, cookies and coffee. You may bring your favorite drinks, no problem.

This will be Sha-Boom's last barbecue of the year, so do not miss out.

Please get your reservations to me so I can give the caterer a headcount. Reservations can include a whole table, with names supplied now or later.

Please make your checks payable to Sha-Boom and place in folder at the OVA office or mail to 7111 Oak Leaf Dr, Santa Rosa, Ca. 95409. You may also drop them in the mail slot right side of the garage door at this address.

Sha-Boom just added a great show for November 4. Stay tuned for more information.

## Pinochle



■Rod Clark

### COME JOIN US FOR PINOCHLE

Have a fun time playing or learning to play Pinochle. We will be back on Thursday, Sept. 7 after a short break, and we will be ready to teach you Pinochle, or you can join us immediately if you know how to play the game.

We are located in the CAC card room, near the back kitchen. We play from 9:30 a.m. to 12:30 p.m. on Thursdays. You can contact me at: pegnrod@sbcglobal.net if you have any questions. It will be a fun time.

### NEED A RIDE? GIVE A RIDE! OAKMONT VOLUNTEER HELPERS

#### COORDINATOR

##### Rides to Medical Appointments

**August 16-31:** Karen Budinger 970-361-0574

**September 1-15:** Jen Rebalais 808-938-4479

We provide the following services to Oakmont Residents:

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

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

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

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

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

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

### HOW TO CONTACT LOCAL OFFICIALS

#### County Supervisor Susan Gorin, District 1

Phone (707) 565-2241

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

## Hikers



■Scott Finn

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

Please keep checking our website for updates.

### AUGUST 31: INTERMEDIATE HIKE CHINA CAMP (NOTE EARLY START TIME)

Starting at Bullhead Flat, we will hike the Shoreline, Oak Ridge Drive, and Bayview Loop Trail. Lovely views of Richmond Bridge, San Francisco, and Bay. About 7 miles, 780 ft. elevation gain. Bring water, lunch, poles, sunscreen, sunhat. Bring a windbreaker because it can be breezy. One hour driving time to trailhead.

Leave Berger at 8:30 a.m. Hike leader is Florentia Scott, (707) 591-1929, hikingscott@yahoo.com.



Golden Gate Bridge with SF skyline.

### AUGUST 31: LONG HIKE ANNADEL LOOP AROUND LEDSON MARSH

Hike starts at East Recreation Center and connects to the Lawndale trail up to Ledson Marsh going towards and connecting to the Ridge Trail. We will then follow the Ridge Trail to the Marsh Trail and loop back to Lawndale finishing at East Rec. Total distance 9 miles and 1100 feet of elevation. A wonderful scramble in Trione-Annadel State Park to see the beauty of the forest, flower power and wildlife along the way.

Leave the Berger Center parking lot at 8:30 a.m. Bring lunch, water and a hat. Hike leader is Frank Galli, (763) 360-9756.



Annadel Meadow with wild flowers.

### SEPTEMBER 7: SHORT HIKE BARTHOLOMEW PARK, SONOMA

We'll walk the vineyard paths of the birthplace of California's wine industry, discovering along the way that more than vinicultural history took place on the estate. About 3 miles of easy vineyard walking with some ups and downs. Bring water and sun protection.

Leave Berger for Sonoma at 9 a.m. Hike leader is Yvonne Horn, (707) 322-9248, yhorn@sonic.net.

### SEPTEMBER 7: LONG HIKE TENNESSEE VALLEY TO MUIR BEACH LOOP

We'll begin at the Tennessee Valley parking lot with a stroll through the valley, then take a right turn before the beach heading up to the ridge and North toward Muir Beach on the Coastal Trail. Great views from high above the ocean on this leg. We will return on the Fox Trail, where we'll be treated to some amazing Downtown San Francisco views (think: Wizard of Oz). The trails are up and down and mostly in the open, so cover yourself in sunscreen and bring plenty of water and poles if you like.

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

## Strength and Balance Class

■Mary Hastings, Instructor

I will resume teaching the Strength and Balance class on Friday, September 8, 9:30 a.m. at the East Rec. Center.

This class will no longer be sponsored by the Santa Rosa Junior College so there will be a \$5 drop-in fee for each class. Come early to get a chair! We will be limiting the capacity to 72 people. Bring a Theraband for strengthening or you can purchase one at the class for \$5.

Come and have some fun and improve your balance at the same time.

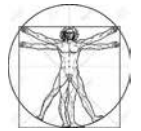
## Water Fitness



■Valerie Hulsey

Mary's Water Aerobics Classes are as follows: Mondays and Wednesdays at 9 and 10 a.m.; Tuesdays and Thursdays one class at 9:30 a.m.

## Fitness Club



■John Phillips

Those of you who frequent the Fitness Center have probably seen the flyer regarding our only pair of 6-pound hand weights that walked away. I'm glad to report that they have reappeared, and I would like to thank whoever found them. In some cases, if someone would come to me and ask if they could borrow a pair of weights, I usually will let them as long as we have spares. Of course, since this was our only pair, I wouldn't have let them go.

The other day, I was discussing the many aspects of how to work out, by that I mean the number of reps, sets, and tempo. As I explained to this person, it can be an individual's call on how you mix it up. There are some people who swear by slow and controlled workouts, and there have been studies that support this. But for some people, it just isn't enjoyable or even tolerable to work out in this manner.

The basic workout to build or maintain strength would be 2-3 sets of 10-15 reps, maybe even go up 20 reps, or 4 to 5 sets, with a controlled speed of a 2-second contraction and a 2-second eccentric (relaxation). These numbers can vary, and you should continue to mix them up to keep the muscles confused and continually adapting to the workout. No matter what mix you use, make sure the muscle is tired out by the end of the last rep and set, and not your brain telling the muscle that is done.

Another point is to make sure you are working out all muscle groups. Some people seem to avoid certain machines because they are a little difficult to set up. It's important to get the seats in the proper position so that you are working the right muscles. Also, make sure to engage your core. This helps place the body in the correct position to work the proper muscles.

A good example would be the chest press machine #9. If you your shoulders are rolled forward, you won't be working your chest and will probably be working more of the delts and rotator cuff muscles. So straighten up and sit tall.

Short of sounding like a broken record, please continue using the wipes provided to wipe down the equipment after use.

I hope this helps. Remember, I have Seminars every Tuesday and Thursday, and Orientations every other Monday or Friday. Please come to the center to check out the schedule on the board at the entrance. I look forward to seeing everyone at the center.

If you have a question, you can reach me by text or phone at (707) 494-9086 or email at [wkquot2@aol.com](mailto:wkquot2@aol.com). You can also become a member of the Fitness Club. More information is available at the center.



## Oakmont Health Initiative Free Fitness Classes

■Charlene Bunas

### FOUR TIPS FOR SELF-CARE

Stress is universal: international war, domestic unrest, family strife, aging body, economy, weather. Reaction to stress is individual, and is learned.

We know the benefits of exercise during times like these. Additionally, there are other tools. A recently published article listed several tips to decrease feeling anxious and depressed:

**Daily routines.** On a regular basis, make bedtimes the same times each night and morning. Eat healthy meals, drink water. OHI life-improving classes are part of any health enhancing routine.

**Stay informed.** A cliché, but true: “80% of life is just ‘showing up’.” Take advantages of Oakmont. By dropping into a class, activity, concert or lecture, your mind opens, your interests awaken and you can meet an interesting friend. Show up to any OHI class and discover how the instructors, music and group energy will “just take care of you.” Karen, an “always in class” gal can agree.



Karen enjoys the variety, fun, companionship.  
(Photo by Charlene Bunas)

**Connect with others.** Smile. Greet others with a “good morning,” or “hi.” Send a note to someone you admire or who could use a word of encouragement. Invite a neighbor over for a cup of tea or a glass of wine. Get an “exercise buddy” by inviting that neighbor to OHI classes.

**Be grateful.** OHI instructors JoRene and Nicole put so much time in preparing for each class: exercises are geared to students of a “certain age” and music is chosen to lift spirits. These teachers care. Come, hear the beat, feel the pulse. Sing along, laugh... let yourself be glad. Gratitude is contagious.

Meeting ID: 849 7221 1947. Passcode: 558819.

## Grief Support Group

■Robert Larry Hallett

### HELP FOR THE JOURNEY

Grieving the loss of a loved one is difficult, but you don’t have to do it alone. 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, contact me at (310) 415-6133 or email larry.hallett@gmail.com.

## Bocce Club



■Gale Schlee



Margaryta, Maureen and Jon at the Let the Good Times Roll Bocce Tournament on August 5. (Photo by Larry Schlee)

Let the Good Times Roll Bocce Tournament on August 5 was a fun event. Players had three courts and the winners were Maureen McGettigan, Margaryta Sarram and Jon on Court 2; Gale Schlee, Bruce Aiken and Jean Marie on Court 1; and Don Paulson, Bob



Photo by Larry Schlee.

Baciocco, and Bob and Eileen on Court 3.

Thank you to all who attended and hope to see you at the Harvest Moon Tournament on Saturday, September 2 at 9:30 a.m.

## Canine Club



■Randi Hulce

### GET OUT YOUR CALENDAR AND SAVE THESE SEPTEMBER DOGGY DATES

Are you missing out on five major benefits of canine club membership?

- 1) Weekly Newsletter—Includes upcoming dog functions inside Oakmont, Outside Oakmont activities, functions, fundraisers, and dog related articles, etc.
- 2) Opportunity to meet other Oakmont dog loving folks!
- 3) Annual Dog Show offers free prize tickets to members.
- 4) Spring Picnic with free food and prizes for all members attending.
- 5) Fall Member Appreciation Party, which includes food, wine, and prizes for all active members.

Speaking of #5 above, Member Appreciation Party is in the works for October. Details coming soon.

Canine Club Dog Walk Yappy Hour meets at 9 a.m.: Monday, September 11—meet up at corner of Oak Leaf Dr/Valley Oak. Friday, September 29—meet up is Berger Lawn in front of Bulletin Board. For October dates visit the club website: [www.oakmontcanineclub.org](http://www.oakmontcanineclub.org).

Walks are 1–2 miles (Round Trip). These are casual, self-paced walks; a chance for your pup to smell every bush and each other. Bring water for yourself and pup. Wear comfortable walking shoes. Open to all Oakmont residents, all dog sizes, and breeds. Rain cancels!

### WHAT’S HAPPENING AT THE DOG PARK?



Have you been to the dog park lately? New shade sails are now installed over the entry deck, creating a perfect spot to sit and chat with other “Dog People” while keeping an eye out for Fido!

Is your pup under 25lbs? Small Dog Hours are 3–4 p.m. every Sunday and every Wednesday. Thank you, Big Dogs, for respecting safety concerns by observing the weekly 2-hour window per week for little ones.

### PAWS FOR HEALING

Not too late to register for training starting September 9. Sponsored by Oakmont Canine Club, Paws for Healing will conduct new training sessions. If you would like to share your dog’s love, join the next training series. It runs three consecutive Saturday mornings Sept. 9, 16 and 23.

Some teams visit hospitals and assisted living communities, other volunteers go to schools and libraries where children read to the dogs. Requirements include your dog be 1yr+ in age, healthy, and has basic obedience skills. Training and mentoring provided. You schedule to volunteer when it’s convenient for you and choose where you want to go from the facilities list.



Please consider this opportunity to become a Canine Assisted Therapy Team. For more information, [www.pawsforhealing.org](http://www.pawsforhealing.org) or call Donna Forst, (707) 775-9241.

### LOCAL COMMUNITY EVENTS

Join the fun on September 9 at DogFest Wine Country. One of the best summer dog-friendly events. 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. Tickets now on sale for September 9–10, 17, 23, 24–Oct. 1.





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