

# OAKMONT NEWS

Oakmont's Semimonthly Newspaper

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

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## Christmas in Oakmont

Light displays can be seen throughout Oakmont. Be sure to detour off the main drive and into the many culs-de-sac to see it all.



From the Grinch to Frosty and Mickey (and of course Santa), a spectacular holiday in lights on White Oak Way heralds the season, drawing crowds of Oakmonters. Photographer Julie Kiil said a passerby stopped to take it all in and said, "This display puts a smile on my face every time I drive by."



Kiil also talked with Dwight Myllenbeck who designed a special light display on Rockgreen Place to illuminate the lush plantings of fern at the triplex



A more tropical take on the season lights up flamingos and palm trees on Oakmont Drive.

## Board OK'S Hiring Planner For CAC Study

*Editor's note: this is Al Haggerty's final report for the Oakmont News. See accompanying story.*

■Al Haggerty

The OVA Board of Directors approved hiring a planner to develop a comprehensive approach addressing the future needs of the Central Area Complex for up to \$85,000 at its Dec. 19 meeting. A parking study with a price tag of \$15,000 also was approved.

"History has been made," said Marianne Neufeld, board president, following the unanimous approval of the plan to prepare a minimum of three conceptual site plans to address the future needs and parking impact of the central complex, which includes Berger Center, the Central Activities Center and the Central pool.

See **BOARD** on page 3

## Vaccination Clinic on January 18

■News Staff Report

If you weren't able to get all your vaccines at the last Oakmont clinic days, you're in luck. OVA is once again hosting a Vaccine Clinic Day on Thursday, January 18 at the Berger Center, 9 a.m. to 3 p.m.

This vaccine clinic is offering the Quadrivalent Flu Vaccine, XBB COVID Vaccine, RSV (ages 60+), Shingles (Shingrix), Pneumonia (Pneumovax 20), and Tetanus (Tdap).

You can make an appointment at [www.safeway.com/vaccinations/group-clinic/OakmontVillageSantaRosa](http://www.safeway.com/vaccinations/group-clinic/OakmontVillageSantaRosa).

See **CLINIC** on page 5

## Deadline Approaching for Board Nominations

■News Staff Report

Nominations are open for three positions on the OVA Board to be filled in elections in early 2024. The deadline for nominations is Friday, Jan. 4.

The three directors whose seats are up are Iris Harrell, Marianne Neufeld and Jeff Neuman.

See **ELECTION** on page 5

## Key Dates in OVA Election

January 4—Nominations deadline  
March 1—Candidates' Night, 6 p.m. Berger Center  
Early March—Ballots mailed to members  
March 20—Meet & Greet, 6 p.m. East Rec. Center  
April 1—Results announced at annual meeting



## Celebrate the Early Years of Rock & Roll

■OVA Staff

Great Balls of Fire, get ready to dance the night away! The OVA is excited to welcome Jared Freiburg & The Vagabonds on Friday, February 2 when they perform hits by some of the 1950s and 1960s music pioneers. In this time capsule of a night, expect to hear songs from Elvis to Sinatra to Jerry Lee Lewis as the multi-genre trio brings down the house.

Having played the piano since age five, Jared Freiburg is no stranger to honky tonk and jazz. He grew up loving the golden oldies, but it wasn't until

See **CELEBRATE** on page 5

## Oakmont News Reporter Opens New Chapter

■News Staff Report

Al Haggerty has been front and center at OVA board meetings reporting for the *Oakmont News* with dedicated commitment to getting the story out on time and accurately.

On Dec. 19, Haggerty closed his Oakmont reporting chapter and, with his wife Carol, set his sights on Rohnert Park, where the couple will be relocating to be closer to family. The Board of Directors awarded him with a plaque and recognized Haggerty's role that has spanned more than a decade to keep Oakmonters informed.

See **HAGGERTY** on page 3



## 2023 Holiday Facility Hours and Closures

■OVA Staff

The OVA Staff is thankful to be able to work with such wonderful people in a great community and would like to wish you all a very happy holiday season. Please refer to the list below for holiday hours for the OVA office and facilities:

### Office Holiday Closures:

Monday and Tuesday, Dec. 25 and 26—closed.

Monday, Jan. 1: New Year's Day—closed.

### Facility Holiday Hours and Closures:

Sunday, Dec. 24—Open regular times, closing at 5 p.m. including all pools and spas.

Monday, Dec. 25—Christmas—all facilities closed.

Monday, Jan. 1—New Year's Day—all facilities closed.





Contact  
**Craig Lawson**  
[craig@calcbs.com](mailto:craig@calcbs.com)  
for details or an  
application.

Membership applications are now  
being accepted for the 2024  
Valley of the Moon Saturday Club.  
Come and join us every Saturday,  
when we play individual games,  
2-person games and 4-person games.  
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## At-a-Glance Summary of Dec. 19 OVA Board Meeting

■Harriet Palk

### COMMITTEE REPORTS

**Community Education and Transparency:** Made proposed changes/additions to charter and submitted them to the OVA Board for presentation early in 2024 and tabled discussion of future committee activities until revised charter is approved and a new Board liaison is assigned.

**Long Range Planning:** Unanimous support for hiring Archilogix and to play a key role in the next step in the 2030 process that will require the assistance of professional planners. Expects creating working groups to address various aspects of the LRPC charter.

**Landscape:** Chair met with Director Spillman to express committee concerns: True North replaced bark with unrequested pea gravel in planter areas around the Berger, is responsible for removing it and submitting a sample of a new rock before installing it. Primroses to be planted at both entrances.

**Medians on Oakmont Drive:** Approved design, trees to be installed soon.

### VOLUNTEER OF THE YEAR

Awarded to Al Haggerty for his years of service on the Movies at Oakmont team and for covering the OVA board meetings for the *Oakmont News*.

### ARCHILOGIX

Voted to hire Mitch Conner of Archilogix as a community planning consultant and architect to prepare a minimum of three conceptual site plans for future needs and a parking impact study of the Central Complex, as well as design sketches and support materials for 2030 projects. The full resolution, which included 11 steps or requirements, is available on the OVA website in the member portal.

Cost not to exceed \$85,000.

### CENTRAL COMPLEX PARKING STUDY

Hire W-Trans Parking Study Engineers for the Central Complex Area master plan, working with Mitch Connor to meet city regulations.

The resolution calls for W-Trans contracted work to include in its study the current Central Complex Area conditions and proposed parking mitigation measures, including proposed City General Plan requirements and guidelines. W-Trans will provide a documented field survey in the area along with a parking occupancy study that will be conducted one weekday and one Saturday.

A formal report with the analysis of the parking data, parking requirements and parking management recommendations will be prepared for Archilogix in its consultations with the city planners. Cost not to exceed \$15,000 on a time and materials basis.

Full resolution available on the OVA website.

### OPEN FORUM RESOLUTION

Resolution "Open Forum Prior to Voting on Each Business Item" dated June 18, 2019 was rescinded. Public comment at board meetings permitted only during the Open Forum portion of those meetings. Tabled until January. Mark Randol opposed; Steve Spillman absent.

### 2024 INSURANCE POLICY APPROVALS

Approved the Cline Insurance Agency insurance proposals in the amount not to exceed \$645,260.

### ACCESS CARDS/GUEST CARD RATE INCREASE

Approved an increase from \$25 to \$30 per card effective January 1, 2024.

## BOARD Continued from page 1

The study will be conducted by Mitch Conner of Archilogix, a community planning consultant and architect. The plan was rejected by the board last October because it preceded an Oct. 27 deadline for community input.

Reflecting on "many meetings and discussions about what can effectively be added to the Central area," Neufeld said, "we have advanced to the next step in the process to hire a planner to lay out some options based on the suggestions the board and community can all review and consider."

"I realize," she added, "we will not agree on everything during the exploratory phase of the project. I believe communication is the key to keeping the community accurately informed so there will be less speculation and worry among the residents."

The resolution calls for "a final work product that will include a summary of all building and site improvements, and a summary of existing conditions for possible future building improvements."

The result will be used by future OVA boards and general managers as a facilities planning tool for improvements in the Central Area Complex.

## Open Forum Structure Tabled

■News Staff Report

A resolution to limit open forum at OVA board meetings was tabled to allow directors to draft standards of behavior when Oakmont members address agenda issues.

The resolution, which was introduced by Director Mark Randol, would have restructured open forum to pre-2018 procedures, where members were allowed to comment on agenda items at one designated time during meeting, and before the item is brought up by the board.

Since 2018, members have been able to speak to agenda items following board discussion and prior to the board vote. Several audience members, including former board members Tom Kendrick, Heide Klyn and Herm Hermann, urged the board to leave open forum as it is currently structured. Director Iris Harrel said she had supported the resolution initially because of recent behaviors at board meetings, but later called to table the motion until the board could discuss standards around member comments.

The board voted 5-1 to table with Randol dissenting.

## HAGGERTY Continued from page 1

Haggerty is a veteran journalist and writer, who worked for the *Staten Island Advance* newspaper and several other magazines and trade journals. He has also been at the helm of Movies at Oakmont for 12 years. Jeff Neuman, on the Movies board and an

OVA director, said Haggerty has been a force on managing the process to run the Sunday film events. "We're scrambling right now to fill those shoes," he said.

The Haggertys have lived in Oakmont for 20 years.

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AMERICA'S LUXURY FIREPLACE

## Letter to the Editor

Dear Editor:

We wish to thank everyone who has donated non-perishable food to the Food Barrels. As David Goodman who heads the Food Bank says, "We're at a crossroads where the need has never been greater, and unfortunately, our support is not keeping up with the need. The math is stark—a million dollars means three million dollars in food for those in need. We're on the verge of making unacceptable choices—providing less to everyone or leaving some with nothing."

Your donations make a difference. For example, there are 537 children served by these donations.

Do make use of the food barrels I keep at the Berger and the CAC. If it is supposed to rain the food barrels will be found under the overhang at the Berger or just inside the door at the CAC.

Thank you and may your Holiday be above your expectations.

Bern Lefson, SIR 92

■Bern Lefson

### THE NEXT STAGE

The year 2024 begins the next stage of the evolution of SIR 92. Below is a short summary of this evolution.

Over three years ago the Board of SIR 92 and its members decided it was time for women to join as full members. We gained approval to start a pilot

program in March, 2020. We started out with three women joining and kept admitting other women until 2023 when the State SIR Board agreed our pilot was a success.

Then a problem arose as the majority of existing SIR branches voted to remain as men only. In negotiations

with the State Board, which was always in our corner, we agreed to become a newly-chartered member and in the final quarter of 2023 it became a formal reality. This new status paves the way for other SIR branches to become as we are now.

We are proud to pave the way for our today's women members and our future women members. Women of Oakmont, come join our social club! Contact: [mariantques@gmail.com](mailto:mariantques@gmail.com).

We begin 2024 with Big SIR (President) Marianne Neufeld leading our branch and our Board. Joining Marianne are: Art Fichtenberg, Secretary and Treasurer; Directors John Blevens, Doug Griffin, Steven Groubert, Jim Knapp, Bern Lefson and Fred Merrill.

As one can note from the makeup of our Board that there is plenty of room for new women to take leadership roles.

We meet on the second Tuesday of the month at the Berger Center with social time at 11:30 a.m. Our catered lunch by the Oakmont Village Market is always a good deal and very tasty. We feature a speaker on topics of interest and enable one to meet some marvelous people.

To learn more, we invite all to check out our website and us: <https://www.sir92oakmont.org/>

## SIR Branch #92

## OAK at the VOM Golf Club

■Hilary Gruendle

### CHRISTMAS DINNER AT OAK ALMOST SOLD OUT!

OAK will be offering a 3-course menu for Christmas Dinner on December 25.

**WHEN:** Monday, December 25

**COST:** \$40 per person

**MENU:** Starter—Choice of Roasted Beet Salad (arugula, red and gold beets, candied pistachios, goat cheese and lemon herb vinaigrette) or Roasted Butternut Squash Soup (curried pumpkin seeds and crème fraîche); Main Course—Choice of Pan Seared 6 oz Filet of Beef (garlic potato puree, butter carrots and red wine demi-glace) or Pan Seared Halibut (garlic potato puree, butter carrots, her butter sauce) or Butternut Squash Ravioli (brown butter, sage, Parmesan, pomegranate seeds); Dessert—Choice of Flourless Chocolate Cake or Whipped Cream with Berries.

Reservations required, 5:30 p.m. and 6 p.m. reservations still available. Call today to reserve, (707) 539-0415 x 5.

### KNIFE SHARPENING AT OAK

Every month, on the last Wednesday of the month, stop by the parking lot of OAK for knife and garden tool sharpening. This month, knife sharpening is on Wednesday, Dec. 27. Hours are from 9 a.m. to 2 p.m.

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

### DEATH OF A GANGSTER, A 1920s MURDER MYSTERY DINNER

Lucky you! You've been invited to the Dunn Speakeasy for the wedding of the year, taking place on Saturday, Feb. 17 at Valley of the Moon Club. In this "married to the mob" event, you'll never know who to trust. With the two families merging together, someone is bound to lose power, which means someone else will lose their life! Get on the trolley and solve this case with your fellow detectives.

Dress like the cat's meow for this mafia wedding! Flapper dresses, zoot suits, feather boas and headbands, pinstriped suits and fedoras are all appropriate. Traditional wedding attire is nifty too!

5:30 p.m.: Arrival complimentary sparkling wine and learn about the rules of the game

6 p.m.: Buffet dinner is served

6:30 p.m.: Act 1 begins

7 p.m.: The investigation begins

Admission is \$70/person. Ticket price includes buffet dinner, murder mystery and complimentary glass of sparkling wine. Cash bar available during event.

Menu includes: Prime Rib, Au Jus and Horseradish; Salmon with Citrus Beurre Blanc, Grilled Asparagus and Lemon, Butternut Squash Ravioli and Brown Butter Sauce, Mashed Potatoes, Mixed Green Salad with a Balsamic Vinaigrette, bread rolls and butter, Flourless Chocolate Cake.

To register, call (707) 539-0415, or visit [www.playvom.com](http://www.playvom.com).

## Pickleball Corner

■Peter Copen

### KEEPING THE BALL LOW IN PICKLEBALL

*This article is adapted from Pickleballunion.com Jan. 11, 2023.*

Why you should keep the ball low in pickleball? The simple answer to this question is that low shots are generally harder to return—or, at least, harder to return with control and power.

How to keep the ball low in pickleball?

1) Keep Your Paddle Angle Low: This is the most basic concept any pickleball player needs to get their head around when attempting to manipulate the height of the pickleball ball. As a rule of thumb, your paddle angle determines the angle with which the ball will begin its trajectory.

2) Use Topspin: Another way to keep the ball low in a pickleball game is to use topspin. Start your backswing low and hit over the top of the ball, adding spin.

3) Hit The Ball Early Before it Drops Too Much—means hitting the ball higher in its arc. From a higher vantage point, it's easier to hit the ball at a downward angle. If the ball is lower than the net, you have to hit it upward, so it doesn't hit the net. This makes it harder to keep the ball low.

4) Keep Your Grip Loose: A common mistake among pickleball players is to have the paddle locked in a sort of death grip. Grip pressure this strong can sometimes feel more secure; in reality, however, it makes the paddle much harder to control.

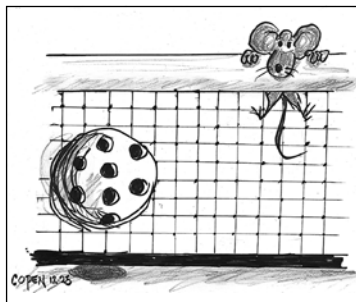
5) Use Your Body Position: Body position is a crucial part of directing the pickleball. Too many players use the same body shape for every shot, causing them to struggle to manipulate the shot angle. One of the best

ways to keep the ball low is to get your body "on top" of the ball.

6) Use Cross-Court Dinks: A great way to keep the ball low is to use dink shots. These gentle shots drop the ball over the net without much power. This means the ball stays low and doesn't bounce very high, making it hard to return. When dinking it is useful to hit the ball cross-court rather than down the line. This is simply due to angles—the distance between you and your cross-court doubles opponent is longer than the distance between you and your direct opponent down the line.

7) Keep Your Swing Short: A common mistake in pickleball is taking too long of a backswing and follow-through. This makes it hard to keep the ball low for two reasons: First, a longer swing generates more power, and more powerful shots tend to go higher in the air. Second, the longer the swing, the harder it is to maintain control of your paddle angle. Keeping your swing short and compact allows you to remain aware of where your paddle face is pointing, allowing far greater control.

**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.



Cartoon by Peter Copen.

## Jazz Club



■Michael James

### A NEW FACE FOR THE JAZZ CLUB

Welcome to the new Jazz Club! The mission for the Jazz Club includes new opportunities to learn about jazz music, participate in hands-on activities, interact with guest musicians, attend new performances and Oakmont jazz concerts. I am the new Jazz Club meeting director and am excited about new monthly meetings and activities! There is no cost to join the club.

There are some misconceptions about jazz music, and at our monthly meetings we will learn more about this broad type of music genre that includes a variety of styles such as swing, bebop, jazz fusion, cool jazz, modern jazz, free jazz, and smooth jazz, to name a few. Nearly every instrument can be part of a jazz band and can include guitar, saxophone, piano or keyboard, trumpet, clarinet, drums and vocals. Many jazz musicians and vocalists are well known and include Billie Holiday, Louis Armstrong, Ella Fitzgerald, Frank Sinatra, George Benson, Pat Metheny, and Sarah Vaughan.

We will be gaining a deeper understanding of jazz music by learning the foundations, music theory and ear training in free group classes. Members can participate to learn basic rhythm, melody, harmony, and vocal exercises for beginning to advanced levels, or just listen and learn. One of Jazz Club's goals is to create our very own Oakmont Jazz Band!

Monthly meetings will include local and other Bay Area musicians for performances and interaction. Dolora Hurst will continue to schedule great jazz concerts for Oakmont residents to enjoy.

### JANUARY MEETING

**WHEN:** Wednesday, January 3, 2024

**WHERE:** East Recreation Center **TIME:** 2-4 p.m.

**WHAT TO BRING:** Any instrument if you have one (or borrow one at the meeting)

**PARTICIPATION IN ACTIVITY:** Participate at your comfort level

I am an Oakmont resident and have taught music for over 30 years in public schools and privately to students ranging from elementary to adult. I was director of a jazz band in the Central San Joaquin Valley for 10 years. I have performed with the Mello Tones at Oakmont Dog Shows and am currently playing with the Oakmont Ukesters and Oakie Folkies on a weekly basis. I teach all wind instruments, guitar, ukulele, piano and voice.



**ELECTION** Continued from page 1

Oakmont members who are in good standing can declare their candidacy by letter, which must be postmarked or delivered by Friday, Jan. 4. Letters may also be dropped off by the same date at the OVA office, 6637 Oakmont Drive, Suite A, or emailed to Dawn McFarland (Dawn@oakmontvillage.com).

Candidates should also send a statement of up to 300 words, and a photo, by Thursday, Feb. 1. The profiles and photos will be published in the *Oakmont News*.

Those seeking seats on the board will take part in a candidates' night on Thursday, Feb. 22, starting at 6 p.m. in the Berger Center. Members will have an opportunity to submit questions.

If there are the same number or fewer qualified candidates than the three open positions, the board of directors may vote to seat the qualified candidates by acclamation without member balloting.

Ballots for the election will be mailed to members by early March. Results of the election will be announced at the 2024 Annual Meeting on April 1. Voting is by mail. Ballots may also be turned in at the Annual Meeting at the Berger Center prior to the start of ballot counting at 10 a.m.

**CELEBRATE** Continued from page 1

he discovered Jerry Lee Lewis in his teens that his musical career took a serious turn. Freiburg studied Lewis's music and style, drawing inspiration from the piano-pounding singer, eventually portraying his musical hero in a musical tour aboard a cruise ship.

Jared Freiburg & The Vagabonds are now bringing this tour on land, with the Berger Center as the next stop on February 2. Doors open at 5:30 p.m. and the event starts at 6. This is a BYOB & snacks event, and there is no reserved table seating. Tickets are \$30 per person and are available now at the OVA office.

**CLINIC** Continued from page 1

Please bring your medical and prescription card to the clinic at the time of your appointment, your CDC vaccination card or digital record of vaccines, plus the printed version of the consent form you receive at the time of booking your appointment. There will also be consent forms at the clinic.

If you are not insured, please prepay with the Safeway pharmacy by calling (707) 766-9477. Safeway is unable to bill for Kaiser members.

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**Men's Bible Study**

■Lou Lacson

**MERRY CHRISTMAS!**

It's a greeting that simply means Love is extended to all! Be good to one another, ..especially during these troubled times.

**Reserve Your Spot  
for the Civil Rights Tour**

■September Holstad

The Travel and Adventure Club is looking to form a group of Oakmont travelers for a Civil Rights Tour with Road Scholar, taking place in November 2024. If we are able to gather at least 18 people, we will be able to make this happen. To reserve your spot, please contact Susan Bisbee at susan.bisbee@icloud.com or Doris Pummill at joepummill@mac.com. Deadline to respond is Wednesday, January 3, 2024.

Please read on to learn more about this trip.

**THE CIVIL RIGHTS MOVEMENT:  
ATLANTA, MONTGOMERY, SELMA,  
BIRMINGHAM  
SUNDAY, NOV. 17 TO SUNDAY,  
NOV. 24, 2024**

**Program Overview:**

Journey south into the heart of the civil rights movement to gain a deeper understanding of the historic and continued struggle for racial equality in the United States. Follow in the footsteps of the venerable Dr. Martin Luther King Jr. and his legendary marches, and hear the moving story of Rosa Parks and the Montgomery bus boycott.

Walk across the Selma Bridge with an activist who took part in the peaceful protest that devolved into unforgivable violence known as "Bloody Sunday." Pay homage at the Sixteenth Street Baptist Church as you learn the story of the victims of the 1963 KKK bombing. Study how these catalysts ignited a movement that would define this pivotal moment in American history, and discuss how they echo through the racial climate in America today.

**Program Highlights:**

- Commemorate the central figures of civil rights on field trips to the Rosa Parks Museum, Georgia State Capitol and the Martin Luther King Jr. National Historic Site.

- Follow the path of heroic marches through Atlanta and Birmingham and from Selma to Montgomery, now a National Historic Trail.

- Learn from an activist who was a witness and participant in some of America's most significant civil rights battles.

**Program Prices:** (small group—minimum 18/ maximum 24): Double Occupancy \$3,049; Single Occupancy: \$3,769.

**Program Prices Include:** 7 nights of accommodations, 17 meals (7 B, 5 L, 5 D), 5 expert-led lectures, 15 expert-led field trip, 2 performances, Group travel and transfers throughout the program, a Group Leader to accompany you throughout the program to handle all logistics; customary gratuities, taxes and destination fees; The Road Scholar Assurance Plan, including 24-hour assistance for medical and other emergencies.

**Activity Level:** On Your Feet—this program involves walking up to two miles daily over uneven terrain. Standing for lectures in museums up to an hour. Some historical structures have stairs/no elevator.

**Accommodations:** Hyatt Place Buckhead Atlanta, Atlanta, 3 nights; Renaissance Montgomery Hotel & Spa, Montgomery, 2 nights; Hampton Inn & Suites Birmingham-Downtown-Tutwiler, Birmingham, 2 nights.

**Meet Your Neighbors**

■Matt Zwerling, Katy Carrel

**NO DECEMBER MEETING FOR MYN**

Ho, Ho, Ho—Santa has decided that he would rather relax after the rush of delivering presents than attend a meeting of MYN. Based on that decision, we have chosen to cancel the regular meeting scheduled for Thursday, Dec. 28.

While we're sure that many of you will be disappointed not seeing us and others who are concerned with safety and emergency preparedness in Oakmont, we will resume our monthly informational meetings on the fourth Thursday of the month, January 25, at 3 p.m. in Room B of the Central Activity Center. Watch for the announcement.

Have a safe, peaceful and joyous holiday season, and update your Go-Bag!

**Opportunity to Serve  
Your Community**

■Bev Leve, Volunteer Resource Committee Chair

There are big decisions in volunteerism less than a week away! January 4 is the deadline for nominating yourself or another for a two-year position on the Oakmont Board of Directors.



This is a hard job requiring thoughtful problem-solving, persistence, creativity and leadership to figure out and then achieve what is best for Oakmont. If you love Oakmont, serving as a board member is truly a labor of love.

Qualifications include the ability and commitment to work hard, listen well, consider completely, and act in a thoughtful manner.

**Job description:**

**Fiduciary Duties.** Directors are held to a higher standard and must fulfill their duties of loyalty and due diligence.

**Confidentiality.** Directors have a duty of confidentiality, i.e., there are matters that directors must keep in confidence.

**Board Meetings.** Attend and participate in meetings so they can be informed about the association's business.

**Maintenance.** Maintain the common areas on behalf of the membership (delegated to our well qualified staff)

**Rules Enforcement.** Enforce the governing documents via warnings, hearings, fines, etc.

**Financial Management.** Boards are obligated to collect assessments necessary to properly maintain the property and enforce the governing documents. To that end, they must prepare budgets, levy and collect assessments, pay bills, review financial records, and prepare year-end financial statements.

**Operational Management.** Manage the day-to-day operations of the association. Because these duties are delegated to our staff, the importance of the Board's choice in hiring a competent General Manager is incredibly important.

And one more, to do your very best for your community, even in the face of criticism.

A powerhouse list of responsibilities for sure. The gift of time and energy to our community from our board is immeasurable and so important. The rewards of being an integral part of the continuation of our success are equally immeasurable.



## Strength and Balance Class

■Valerie Hulsey

### CLASS DATES

Mary's last Strength and Balance class was on Friday, December 22. Classes will resume on Friday, January 12 at 9:30 a.m., East Rec. This is not an SRJC Class so there is a \$5 drop-in charge.

## Meditating Together

■Joanne Davey

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

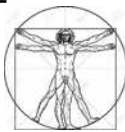
**Saturdays** at 10:30 a.m. in the CAC Building, Room B. This is a 35 min. meditation. This session frequently begins with a short 15-20-minute talk about various aspects of meditation.

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

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

## Fitness Club

■John Phillips



### NEW YEAR

OK Oakmont, here we go starting a New Year! Of course, one of the biggest issues that everyone will probably be thinking about is how to lose that holiday weight. That is not an easy task. It takes a deficit of 500 calories per day or 3500 calories per week to burn one pound of body fat. The easiest way to do this is by doing a combination of things: burning extra calories and cutting back on calories.

In order to burn extra calories, you need to move more. Getting out and walking or hiking as well as working out with weights will help by building lean muscles and helps burn more calories. It takes more energy to move a lean, healthy body than it does to move a fat, unhealthy body.

The second part, cutting calories seems to be the harder of the two. Let's face it, we live in a foodie area. All that good food and, of course, the wine. I bet you can guess where I'm going with this. The first thing you should cut out, or at least cut back on, is alcohol. Alcohol is nothing but sugar. It takes a lot of energy to turn alcohol into a useable source of energy (the body is designed to conserve as much energy as it can). It is much easier for the body to simply put it into storage as fat until it is needed.

There is another type of sugar that is in everything and is basically just like alcohol, that is high-fructose corn syrup. If you take a look at when the syrup entered into the food chain back in the 1970s, you will notice the obesity epidemic began a few years later. Today it is in everything, and trying to stay away from it is almost impossible.

So, all I can say is to try eating as many whole, unprocessed foods as you can, and do your best to stay away for the high-fructose corn syrup. With that, make sure that you are eating a good balanced diet, and don't skip your fruits, vegetables and good lean proteins.

If you have any questions, please stop by the Fitness Center, call/text me at (707) 494-9086, or e-mail me at wkuout2@aol.com. Remember to check the board at the entrance of the center for upcoming seminars that are held every Tuesday at 1 p.m. and Thursdays at 3 p.m., and Orientations every other Monday at 4:30 p.m. and Fridays at 10 a.m.

As always, I hope to see everyone at the Fitness Center.

## Oakmont Health Initiative Free Fitness Classes

■Charlene Bunas

### "OUTTA MY WAY, THIS CAN'T STAY"

By the end of December, holiday partying is on its cool-down. The last week of the last month is the last opportunity for shedding 2023.



Ellen, Tudy and John march toward 2024. (Photo by Charlene Bunas)

By the end of December, holiday partying may have become added weight. Literally. The last week of the last month is a golden opportunity to kick out party food, dump personal temptations. Expunge them, along with candle stubs, wilted poinsettias and crumpled gift paper.

Start with the obvious: tell a friend in OHI class what you will throw out, recycle

or use up during the last week of this last month. Make yourself accountable.

Next, create a list of what falls off shelves, prevents drawer closings, clogs positive attitudes, drains our arteries.

Set timer for ten minutes and tackle one geography at a time: pantry, dresser, garage.

As you eliminate excess, you'll notice an energy, a sense of self-satisfaction. You are in control. You are the conqueror. You chant: "Outta my way, this can't stay!"

Lastly, at the end of ten minutes, take stock. Take credit. Take a bow.

When you report to your OHI buddy, you'll glow with enviable success. You'll also exercise with a newfound enthusiasm.

Congratulations. Move to front rows of OHI classes. In 2024, you are indeed the role model to follow.

Meeting ID: 849 7221 1947. Passcode: 558819.



Vickie and others kick away 2023. (Photo by Charlene Bunas)

## Bocce Club



■Maureen McGettigan

### ELVIS ROCKS AT THE BOCCE BALL CHRISTMAS PARTY

On Saturday, December 9, Elvis was in the building—the East Rec building, that is.

An Elvis impersonator (Johnny Sanchez) rocked the annual bocce ball Christmas party by shaking his stuff. The crowd danced, sang, and shook their booty as Elvis charmed us with his music and high energy theatrics. The crowd of 62 bocce ballers have been big fans of Elvis for the past 3 years. Let's hope Elvis never dies.

Bocce ball is every day at 1 p.m. at the West Rec. bocce courts (Monday to Saturday).



## Oakmont Singles Social Club



■Bailey Penzotti and Priscilla Roslyn

### HAPPY NEW YEAR!

### JANUARY MIXER: GETTING TO KNOW YOU

### FRIDAY, JAN. 19, 6 PM, EAST REC. CENTER

Let's start the 2024 New Year by gathering together for the purpose of getting to know each other better. We'll play a game that will help all of us learn something new about our fellow members.

Bring an appetizer or dessert to share, and always... your beverage of choice. First time attending a Singles mixer? Bring your Proof of Covid Vaccination.

Please wear your name badges. If you don't have one, we will have forms for you to complete for the cost of \$10. RSVP to Priscilla, proslyn49@aol.com by Monday, January 15.

### JANUARY BON APPETIT (SINGLES ONLY)

Due to the continued holidays, there will be no plans for a Bon Appetit outing this month. We will resume exploring our local eateries in February. Everyone, have a safe and Happy New Year!

### MORE ABOUT THE OAKMONT SINGLES SOCIAL CLUB

Do you live in Oakmont? Are you Single? If so, join our club to mix and mingle with other Singles. Oakmont Singles Social 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 Social 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 "OSSC" 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 "OSSC" in the name badge folder.

## OakMUG



### Oakmont Macintosh Users Group

■Peg Clark

### ALL ABOUT APPLE MAPS

Apple Maps is one of the most convenient and frequently used app on the iPhone and the iPad. It can be used in the car, on a bike, when walking and even for public transportation. Not only can you use Apple Maps to plan your route and get around locally, but you can also explore far away destinations. Apple Maps is so convenient that you can search places to visit, eat, shop and get needed services almost anywhere in the world.

In our next OakMUG presentation, you will learn how to do all of the above. In addition, you will be able to find the best routes, travel times, download your maps to use when there is no internet service and much more. If time permits, we will also cover setting leave and arrival time, marking parking locations, seeing the weather, making calls, location open and close times, talking to Maps and having Maps talk to you and more.

Please join us for our next OakMUG meeting on Saturday, January 20, 2024 at 2 p.m. at the East Rec. Richard Lazovick will be presenting everything you need to know about Apple Maps. If you have any questions, please email us at oakmontmacusersgroup@gmail.com.





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## Oakmont Squares



■Barbara Wooley

### HAPPY HOLIDAYS FROM THE OAKMONT SQUARES!

In the spirit of the season, the members of the Oakmont Squares were happy to collect over 130 pounds of canned and dried foods. Club member Cheryl Malseed delivered the donations to the F.I.S.H. of Santa Rosa Food Pantry which proudly serves those in need in Sonoma County. For more information about F.I.S.H, please contact them at (707) 527-5151 or [contact@fish-of-santa-rosa.org](mailto:contact@fish-of-santa-rosa.org).



Oakmont Square members Cheryl Malseed, Karen Martin and Jenny Watts. (Photo by Cheryl Malseed)

From everyone at Oakmont Squares: Happy Holidays and a Joyous New Year!

Experienced dancers who wish to join the group, or to just drop in, are welcome to come dance at any time. No partner is necessary since it is customary to switch partners often to get more dancers on the floor.

The Oakmont Squares meet Tuesday evenings from 7-9 p.m. at the East Rec. Center. Donation is \$8 per person/night or \$25 for the month. Come dance in a square and make a circle of friends.

For more information call Jenny at (707) 367-2102.



■Carolita Carr

Happy Holidays to all of Oakmont from the Board of Boomers! May the New Year bring you peace and joy.



Speaking of the new year, here is our calendar for 2024.

February 10: Celebrate Mardi Gras with the Magic Band.

March 7: Have a little fun with karaoke.

April 20: Choppin Broccoli will take us back to the 80's.

June 6: An evening with the Illegals.

August 17: We bring Wonderbread 5 to the Berger.

September 5: Time to get your trivia groove on.

October 26: Halloween with Decades.

December 13: Our member appreciation celebration.

Put these on your calendars now. We notify all members about each event when we are ready to take reservations. If you want to attend an event, you need to register on our website, [oakmontboomers.org](http://oakmontboomers.org) as soon as you get an email notice from us.

Not yet a member? Joining is easy, just visit our website. Dues are \$15 per person, per year.



## E-Waste Collection

■OVA Staff

### SATURDAY AND SUNDAY, JANUARY 20 AND 21, 9-5 PM

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

Accepted e-waste items are computer equipment (computers, monitors, laptops, keyboards, printers,

mice, hard drives), consumer electronics (DVD players, VCRs, gaming devices, stereo components, radios, PDAs, cell phones, cables), televisions (CRTs and LCDs), and office equipment (telephones, fax machines, copiers). The only kitchen appliances accepted are microwaves.



## Kiwanis Club of Oakmont



■Beverly Singer

### KIWANIS WISHES YOU HAPPY HOLIDAYS

Happy Holidays Oakmonters, and the merriest of times in 2024! Your Kiwanis Club is already planning services and events for the new year.

Many people have asked, "When is the next Shred-A-Thon?" You will be the first to know that it will be on Thursday, February 22. Save all those important papers, and Kiwanis members will shred them for you—or I should say, the big shredding truck will do the shredding. Remember to use care and not include metal clips and folders with metal sides. These items jam the shredding machine and give it indigestion.

Besides collecting canned goods for the Oakmont and Kenwood School food drives, the Oakmont Kiwanis members have filled holiday stockings for cancer patients. Club President Ann Isaacs writes, "the members of the Kiwanis Club of Oakmont have been busy collecting supplies for a very heartwarming service project. We have been collecting all sorts of items to be included in Christmas stockings for chemo patients."

Kiwanis held two Stuffing Parties to fill the Christmas stockings, including items like warm fuzzy socks, lip balm, playing cards, word search puzzle books, hard candies, hand creams and many more items. These

stockings will be delivered to the infusion center at Kaiser Permanente Hospital in Santa Rosa during the month of December.

Patients receiving treatments will be given these gifts from our Oakmont Kiwanis Club as a Christmas cheer and sign of hope. The stockings will provide patients some warmth, comforting items and activities to help occupy their time as they receive treatments. We hope to bring warm holiday cheer this year and for many years to come.

We hope you saw Kiwanis members and Montgomery and Maria Carrillo High School students at the Calistoga Safeway for the Salvation Army bell ringing on Saturday, December 9. As always, Kiwanis members invite you to join them.

Kiwanis is in need of members to help with service projects for the community and for children. Contact Ann Isaacs, (707) 261-7270 or [annisaacs1@att.net](mailto:annisaacs1@att.net).



Kiwanis members with stockings for cancer patients.

## Retirement isn't about working less. It's about living more.

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## Re-Oaking Oakmont

■Crissi Langwell, OVA Communications Director

As part of OVA's commitment to environment and fire safety, the association is looking towards the trees—particularly those that pose a risk to the community.

This was the impetus behind the removal of one of the pine trees near the Central Activity Center. With its declining state, the towering evergreen not only posed a risk of falling, but also violated Firewise safety standards. So, on a crisp December morning, True North made quick work of felling the tree safely.

But every ending is a new beginning, and this is true for the trees in Oakmont. Over the past year, a group

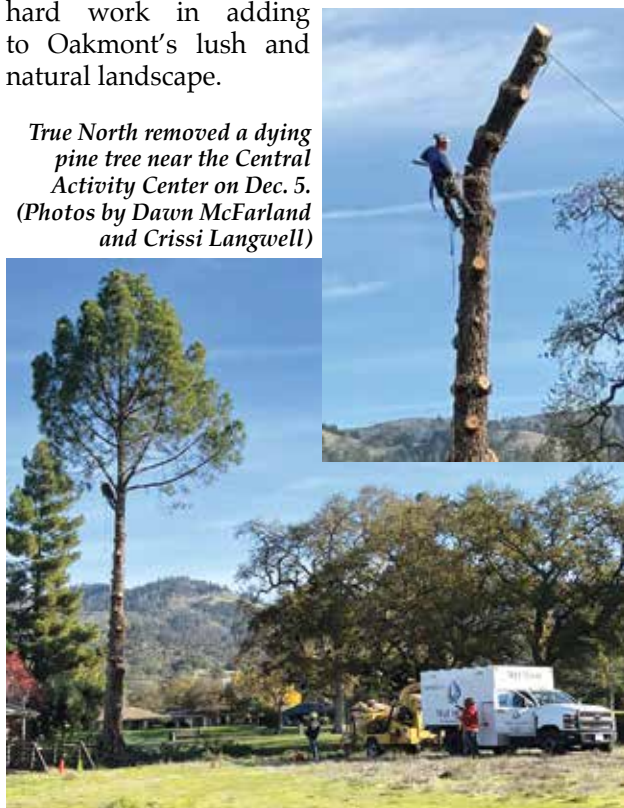
of volunteers with an affinity for trees staked out 15 spots for new oak trees near the West Rec. Center. In collaboration with the Landscape and Environmental Stewardship committees, plus guidance from Sonoma Ecology Center, California Native Plant Society, and Pepperwood Preserve, the re-oaking project included weeding and chipping before testing and placing acorns, and was completed in late November.

The OVA wishes to thank Carol Pence, Carolyn Greene, Bobbie Blair, Kate Himell, Marie Kay Hansen, Karen Cotter, Giselle Montiez, Anne Howatt, Kathy Crafton, Kathy Shultz and Nancy Schmit for their hard work in adding to Oakmont's lush and natural landscape.

True North removed a dying pine tree near the Central Activity Center on Dec. 5. (Photos by Dawn McFarland and Crissi Langwell)



Oakmont resident volunteers planted 15 new oak trees near the West Rec Center as part of a re-oaking project. (Photos by Carol Pence)



## Oakmont Futures



■George McKinney

### WEDNESDAY, JANUARY 10: STREAMING ENTERTAINMENT AND CASTING FROM YOUR DEVICE TO YOUR TV

This meeting will cover the same topics we wanted to cover in December. It will be January 10 at 4 p.m. in East and on Zoom. See below for the Zoom meeting information.

Part of the meeting will be a discussion of various streaming options—Netflix, Amazon, PBS, and all the other sites that offer entertainment; sites from foreign countries or in languages other than English; and other specialty sites (the big ones are all about sports). Bring your favorites and your questions.

The rest of the meeting will explain how to bring up content on your tablet or cellphone and then play that content on your TV. This is an excellent way to watch webinars, lectures, and specialty websites. It can be



used to watch any Oakmont meeting that's on Zoom. You can run anything you've saved—like your own photographs or home movies.

For those who attend in person, there will be a demonstration of casting using the TV in the conference room in East.

To watch on Zoom: Meeting ID: 860 6299 0770. Passcode: 809582.

## Playreaders



■D. Hall

### HOLIDAY SPREE GIVES WAY TO COMEDIES

With a December of holiday cheer behind them, Oakmont Playreaders are raring to go with a hilarious comedy and two social commentary plays set for January.

On January 8, I will present a zany comedy with 15 roles and four actors, the latter changing hats for each new role. It's called *Complaint Department and Lemonade*, by Kamron Klitgaard. Jeff Sheff, Marcel Coder and Star Power are featured.

It's followed by two one-acts on January 15, *Shallow End* by Wendy McLeod, and *Post Its* by Paul Dooley and Winnie Holzman. Both are social commentary comedies presented by Marcel Coder.

Please join us the first two Mondays of every month (except January 1) in Room B of the CAC at 2 p.m. You must be in your seat by 2 p.m. when the door closes.



Nikki Harmon's *An Implausible Claus* featured Sandy White, Ron White and Marcel Coder. (Photo by Esther Dolan)



O'Henry's *Gift of the Magi* featured John Dolan, Blanche Kaiser, Steven Levin and Linda Emblen. (Photo by Esther Dolan)



## Movies At Oakmont

WHERE: Berger Center

SCREENING DAY AND TIME: Sundays

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

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

DECEMBER 24—NO MOVIE

DECEMBER 31—SHA BOOM EVENT

JANUARY 7 AT 2 PM

POKER FACE

A tech billionaire hosts a high-stakes poker game between friends, but the evening takes a turn when long-held secrets are revealed, an elaborate revenge plot unfolds, and thieves break in. .2022, NR, 1:34.



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# Oakmont Progressives



■Ed Biglin

## WHAT HAPPENED IN GAZA AND ISRAEL

On Jan. 8, 2024, the Oakmont Progressives will sponsor a talk on the background of the current war in Gaza by Prof. Beverly Voloshin, Professor Emerita at San Francisco State University and Visiting Professor at Al Quds University in the West Bank. The talk will take place at the East Rec. Center, with a social gathering at 6:30 and the talk/discussion at 7 p.m.

On Oct. 7, Hamas fighters attacked Israeli towns, peaceful gatherings and kibbutzim near Gaza. Over a thousand Israelis and 18,000 Palestinians have died so far, along with 49,500 wounded (Reuters, Dec. 10, 2023); over a hundred hostages remain in captivity; 1.8 million residents of Gaza are now refugees in the south, and the lack of food, medicine, water and fuel is creating a massive humanitarian crisis. Gaza is almost exactly the same land area as Las Vegas, but one of the most densely populated areas on earth. Thus far, over 15,000 bombs have dropped on Gaza and about 60% of the housing is now rubble (PBS Newsroom, Dec. 8, 2023).

But history did not start on Oct. 7. Palestine and Israel have been a site of struggle for 100 years, with periodic outbreaks of violence and brutality on all sides. Prof. Voloshin will explore the background of the current struggle from the special perspective of her students and the people on the ground in Israel and Occupied Palestine.

She was in Abu Dis in the Occupied Palestinian territory in October working with her students, and was invited to return to work with students at Bethlehem University in the near future, though she noted, "I have no idea when that will again be possible." She is herself Jewish and describes herself as "keenly aware of the importance of the State of Israel to Jewish people around the world." Her work with Palestinian students has given her the perspective to understand the background to the struggle from various perspectives. And her experience with her students has deepened her commitment to the movement to end the Occupation, believing that "Palestinians should live without the burdens and the continuing violence of the Occupation. Ending the Occupation will also call Israel back to the founding principles articulated in its Declaration of Independence of freedom, justice, and peace."



Prof. Beverly Voloshin.

The Progressives recognize that this can be a difficult issue and personally painful to people on all sides. We will allow plenty of time for discussion and conversation, and we remain committed to civil discourse as a way of searching for common ground on even the most controversial issues.



# Lawn Bowling



■Mary C Blake

## CURIOUS ABOUT LAWN BOWLING?

If you're interested in learning to bowl, email us at oakmontlawnbowling@gmail.com. Lessons are free. Usually, we have 2 to 3 lessons, one hour each, followed by a practice game.

## DAILY DRAW

October through April, our daily draw (open to all OLBC members) is Monday through Saturday. Show up at 12:15 p.m. to bowl at 12:30.

Feeling a bit rusty or still not sure of some of the rules? No problem! Just ask if you're not sure of something. Or let the training coordinator (see below) know if you'd like a refresher course.

## NEW TRAINING COORDINATOR

Most of you already know Topher Gayle. Many of you have had the joy of being trained by him. I'm so excited to announce that he's the new Training Coordinator! He brings knowledge, skill, patience, kindness, and a creative imagination to our sport.

And he's already making some changes. Contact him if you have any questions or if you'd like to be part of our training program.



Meet our new Training Coordinator, Topher Gayle.

## GIFTS FOR KIDS

### AND OUR HOLIDAY GALA

Please give a huge thank-you to Pam Dempsey, Linda Pickell and Marilyn McKeever. They coordinated the Gifts for Kids program and made our Gala a special event. It's hard to describe how important their efforts have been throughout the year. Many of us take for granted that there's food at our socials and that someone cleans up after us. It's hard, often thankless work—so say "thank you!"

The Gala began with wrapping the presents for foster children. Yet again, we had a tree full of gifts. You're

a very generous group of people.

The event ended with the awards ceremony. Jim Krause was the MC, Steve Pickell assisted. Winners who still had space in their trophy rooms, accepted a trophy. Others accepted the cash equivalent (and some gave that cash back to the club). Check out the Wall of Honor at the back of the bowls room to see the 2023 award winners.



A tree full of gifts for children in need.

## VOLUNTEER(S) OF THE YEAR

The 2023 Volunteer of the Year went to Steve Pickell and Pam Dempsey for the amazing job they've done all year coordinating tournaments and fun games. We still don't have as many active members as we did before covid and they've often had to scramble to get enough bowlers. For each tournament they've made numerous phone calls to find enough bowlers – or to remind those who forgot about their commitment. They've also researched alternate approaches to the game to add some variety to our fun games as well as tracking all follow-up matches. Rather than looking exhausted and frustrated, they remain cheerful and helpful.

## HELP!

A small number of people are doing a lot of the work. We could use help. If there's a committee you feel you could help with, please contact the committee chair.

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



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## Oakmont Pétanque Club

■Don McPherson

### RISE OF ASIAN AND AFRICAN PÉTANQUE CHAMPIONS

Asian and African countries, prominently including former French colonial countries, are increasingly successful in international pétanque competitions. In the recently completed Women's World Championships in Bangkok last month, Vietnam took Gold and Thailand took Silver in the Senior Women's Triples with the traditional winner, France, taking Bronze. In the September Senior Men's Triples World Championships in Benin, Thailand took Gold and Spain won Silver while France and Burkina Faso tied for Bronze. In Senior Men's Singles, Thailand won Gold and Tunisia took Silver while Cambodia and France tied for Bronze.

A recent feature report by France 24 highlights the rise of Thailand in world championship competitions. Thailand is home to La Franc, the only major officially approved boules manufacturing company outside of France, and boasts nearly 40,000 registered club players. The best are recruited by the military and police forces, providing talented players with income and employment security. The Thai Royal Family has supported Pétanque as a national sport since 1975.

Ratchata Khamdee, a double Men's world champion, studies in Bangkok on a pétanque full scholarship and will have an air force career. His daily routine begins with an hour of jogging followed by pétanque practice for seven hours. The Thai military has helped the country become a powerhouse in Women's international competitions. Multiple world champion Thongsri Thanakord is an officer in the Thai Royal Navy while multiple world champion Nantawan Fuangsanit has a civilian job with the Thai Royal Air Force, both recruited because of their pétanque skills.

Although France continues its historic domination of overall medals and especially Men's World Championships, Thailand is second to France in overall Junior's medals and now has eclipsed France to lead in overall Women's World Championship medals. Former French colonies placing in the top 10 Men's and Women's medals include Morocco, Tunisia, Senegal, Benin, Ivory Coast, Cambodia,

and Laos.

The International Pétanque Federation sponsors world championships in Men's and Women's Triples, Doubles, Singles, and Precision Shooting; Mixed Doubles; and Juniors. In 2023, Benin hosted the 50th Men's World Triples and Bangkok hosted the 19th Women's World Triples. Pétanque also is an official sport in international multisport competitions including World, Mediterranean, Southeast Asia, Asian, Pacific, Indian Ocean, and African Games.

### PÉTANQUE IN OAKMONT MONDAY, WEDNESDAY, SATURDAY

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.



In a recent Monday game, Barbara Newton points as teammates Gordon Blumenfeld and Margi Nielsen look on.

No dues are required—just sign up to be on the club roster. Club play days are casual friendly games with teams randomly assigned. 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.



■Ray Haverson

### NEW YEAR'S EVE PARTY

**WHEN:** Sunday, December 31

**WHERE:** Berger Center

**TIME:** Doors open at 4 p.m.; appetizers from 4:30–5:30 p.m.; buffet dinner from 6–7 p.m. (approx.); music from 7:30–11 p.m. (approx.)

**COST:** \$ 128 per person (sorry the costs have gotten so expensive)

**MUSIC:** The fabulous Poyntlyss Sisters (back by popular demand). They will perform for 3 hours, playing some of the best music in or out of the entire Bay Area. They are fantastic.

**MENU:** Prime Rib, Chicken Chardonnay, Green Salad, roasted vegetables, Potatoes Au Gratin, Pesto pasta, rolls and butter, Chocolate Tuxedo Cake and a Citrus Cake as well; coffee and lemon water.

We have lots of room to dance, if you desire. Do not miss it. Yes, you can bring your friends and neighbors—come one, come all, let's have a ball!

This is our best party of the year and you will not want to miss it! Make your reservations early as this party sells out very fast. Last year we had 195 attend and a wait list of 49 people, so do not get left out.

Please make your checks out to Sha-Boom Events Club, include a note with the names at your table, and place in our folder in the OVA office (if you do not have all the names you may pay for the seats and give me the names later). Please remember, no refunds. You may also mail them to Ray and Marie Haverson at 7111 Oakleaf Drive, Santa Rosa, CA 95409, or drop them in the mail slot (right side of garage door).

Any questions, feel free to call me at (707) 539-6666 or e-mail haversonr@comcast.net.

See you all there!

## Let's Dance—Together!

■Terry Whitten, Instructor

### LEARN COUNTRY 2-STEP IN THE NEW YEAR

**WHAT:** Beginning Country 2-Step partner dance classes

**WHEN:** Wednesdays, Jan. 3, 10, 17 and 24 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. Please pay at the door with cash or check.



Country 2-Step is one of the favorite partner dances in Sonoma County. It is an upbeat and fun partner dance that can be danced to lots of great Country Western music as well as to some Swing, Rock 'n Roll and Foxtrot music. The basic steps will be taught over the course of the four classes and each class will build on the material taught in the previous session.

If there is an interest, classes may even extend into February so more step variations and practice can be done. After February, a different partner dance will be taught each month. Some of those dances include Swing, Nightclub 2-Step, Foxtrot, Country Waltz and Rumba.

No partners or experience are required. We will rotate partners during the classes. However, couples that prefer to stay together may do so. Also, any ladies that want to lead and any men that want to follow are very welcome.

Aside from being fun and a great way to get exercise, a number of studies have shown that dancing on a regular basis may reduce the possibility of cognitive decline and may actually increase mental acuity. It is definitely good for our brains, muscles and spirit!

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

## Valley of the Moon Rotary Club



■John Brodey

### YOU'VE GOT MAIL

**WHAT:** Valley of the Moon Rotary Crab Feed

**WHEN:** Feb. 24, 5 p.m. at the Berger **COST:** \$25

**RSVP:** Reservation required, please contact a Rotary member

In the early days of digital media, those words were met with excitement, now they elicit a groan. I don't know how many emails you delete/unsubscribe to every day but for me it's about 85% of them. Like mucking out a horse stall, it's unpleasant. I actually got an email from a guy running for Mayor of Pittsburgh asking for a donation! I also got one from an organization called Rodent Rescue. It's overdone and the good news is that the VOM Rotary Club will never do emails.

That's not to say we don't need money. When you are a 5-star nonprofit actively working in five different avenues of service, fundraising is essential in supporting our charitable partners and the work they do. The good news is that we call our efforts FUNdraising.

Our legendary annual CrabFeed will take place on February 24 at the Berger Center as usual. We will continue to offer the best fresh crab of the season. By all accounts, it appears that harvesting will begin after the first of the year. And you won't be disappointed.

The crowd will have plenty of ways to enjoy

supporting the club. We will have raffles, a silent auction, live auction, "fund a need" donations and the popular Wall of Wine. Your \$25 ticket will buy you a slot containing a bottle of wine (minimum value \$25). Last year a handful of "wallers" walked away with bottles valued at \$100–\$200.

The bar will be rolling with wine and beer. It's not easy to get everything we need to make it successful. So far, people have been very responsive in offering items for the silent auction and raffles. We thank our friends in the community for their generosity but need to add that we still have ways to go. We also appreciate cash donations, especially for those who can't attend or missed out on tickets. This year we will also make online bidding possible in the lead up to the big day. Please watch this column for additional details as we get closer.

You have no idea how important both financial donations and items for our auctions are to our budgetary needs. It remains our sole source of funding for the next fiscal year.

Our Crab Feed chairperson this year is Daymon Doss. If you would like to make a donation of any kind you can email him at: drsados@comcast.net You can also find more information on our website; www.vomrotary.org.

Smell the crab and thanks for your participation!





■Allan Linton



Traditional mid-20th-Century European Creche.

### MERRY CHRISTMAS AND A HAPPY NEW YEAR!

As you savor a candy cane this Christmas say “Danke Schoen” to the Germans, for that confectionary treat was first created in Cologne. As you admire your poinsettia, say “gracias” to Mexico, where the plant originated. Say “merci beaucoup” to the French for the term “noel,” and give “cheers” to the English for your mistletoe.

But as we enjoy our traditions and festivities of the Christmas season—customs that have been collected from around the world—let’s save our most sincere and heartfelt “thank you” for our good, merciful and loving God. From this God came the reason for our Christmas celebration, the baby born in the Judean manger more than 2,000 years ago. An angel announced the arrival of this gift to humanity by saying, “I bring you good news that will cause great joy—a Savior has been born to you.” This event transcends traditions.

### CHRISTMAS “EVE” IN THE MORNING

Please join us for a very special celebration of the birth of Jesus on this Sunday, December 24 at 10:30 a.m. in the East Rec Center at 7902 Oakmont Dr.

### OTHER ACTIVITIES

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

Our Wednesday Bible study that includes plenty of open discussion resumes on January 3 at 10:30 a.m. in the OVA Outer Office, Suite B.

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.

## 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.

There’s a lot to talk about, from Oakmont to Santa Rosa to California to national to international. Look for special reports and in-depth 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. The OAK right here in Oakmont has become a popular place to meet.

If you are not on the Zoom mailing list and wish to be, or if you have questions, email [tinalewis31@comcast.net](mailto:tinalewis31@comcast.net) or call (707) 758-9739.

## Lifelong Learning



■Marlena Tremont

### CLASSES START SOON!

#### ART AND HISTORY

INSTRUCTOR: CHRISTIAN QUINTIN

Wednesdays, Jan. 10–Feb. 14, 3–5 p.m., Berger Center  
6-week session. Cost: \$95

Explore the art and history of different time periods in different countries including a look at rarely seen artwork and almost-unknown artists.

Learn about the Middle Ages, the Renaissance, Classical Art and Impressionism in France; Dutch and Flemish works and the art of Bosh and Brueghel the Elder.

Christian Quintin was born in France and studied of the Beaux Arts Academy in Paris. His works have been exhibited at galleries across the country.



#### THE FAMILY IN GLOBAL PERSPECTIVE: A GENDERED JOURNEY

INSTRUCTOR: DR. ELAINE LEEDER

Thursdays, Jan. 11–Feb. 15, 3–5 p.m., East Rec.  
6-week session. Cost: \$95



The family is a complex topic that needs to be understood historically, culturally, economically, and sociologically. This course examines the changing nature of the family as societies and economies change,

comparing the American family with those in other parts of the globe.

Elaine Leeder (MSW, MPH, PhD) is Dean Emerita/Professor Emerita from Sonoma State University has traveled to 65 countries and written a university textbook on global family life.

## Oakmont Garden Club



■Patty McHugh

### PLANT PROPAGATING, TYPES AND METHODS BY GARTH HOKANSON

WHEN: Wednesday, January 10, 2024, 9:30 a.m. social, 10–11:15 a.m. meeting

WHERE: East Rec. Center, 7902 Oakmont Drive

We are proud to start our new season with another program given by local horticulturalist, retired SRJC professor, and Oakmont resident, Garth Hokanson. He has shared with us his vast knowledge on a number of plant topics, and we always look forward to his presentations. His lectures are always instructive and fun, his easy manner an absolute delight, and no one leaves without having learned something of value.

Propagation is the action taken to increase the number of plants, creating new plants that are identical to their parent plant. It is the cheapest and best way to expand your plant collection. Somehow it is more fun than purchasing them!

There are several types of propagation which indicate how plants reproduce and pass on their genetic information. Garth will detail propagative methods by seed, cuttings, division, separation and layering, demonstrating each one.

January is a good month to begin germinating seeds for transplanting outdoors once the cold weather has passed. It is a very good time to plant bulbs, tubers and to divide rhizomes like Iris.

Mark your calendars—come and learn all you can to be able to get an early start for a beautiful garden in 2024.

Guests are welcome and we hope you will consider joining our membership for 2024. Dues are just \$15 per year, per household. Members—time to renew!

### US MAP WORKSHOP— STITCHING MEMORIES

INSTRUCTOR: ROBERT MAHAR

Mondays, February 5–19

3-week session. Cost: \$70 plus \$20 supplies

This class embraces a community storytelling spirit while stitching memories on a vintage US map. What are the places you’ve called home? Places you’ve traveled? Share your memories. All supplies provided. Course includes basic stitches for beginners. Seasoned stitchers apply longstanding skills to this uniquely personal creation.

Robert Mahar, artist and past associate producer of NBC’s *Making It* currently teaches historical craft traditions across the US. He spent 13 years as a contemporary art appraiser.



### ENVIRONMENTAL ETHICS AND GLOBAL CLIMATE CHANGE

INSTRUCTOR: ANGELA NARDO-MORGAN

Thursdays, Feb. 22–Mar. 14, 3–5 p.m., East Rec.

4-week session. Cost: \$65

Explore the urgency of climate change and the moral imperative it poses to humanity through discussions of our responsibility to wild species and ecosystems and to present and future generations of humans dependent on critical ecological systems. What are the biggest environmental challenges and can we make a difference?

Angela Nardo-Morgan is a Councilmember of the North Sonoma Valley Municipal Advisory Council and Director of Philanthropy and Development for Marine Conservation Institute.

Classes available in person, on Zoom or as a recorded session to watch at your leisure.

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

To register go to [OakmontLL.org](http://OakmontLL.org), fill out a form in the OLL folder in the OVA office or register at the door.



## Café Mortel



■Linda Suhr

### FINAL EXIT NETWORK

On Wednesday, January 3, at 3 p.m. in the Berger Center, Jim Van Buskirk, an advocate from Final Exit Network, will speak to Oakmont and the greater community about the right to die.

In August of 2004, ten activists motivated by their compassion and personal experience met to provide a way for people, suffering from intolerable circumstances, to have a dignified death. The seed for Final Exit Network was planted. It has grown into the respected advocacy and educational organization that it is today.

Many are aware of the California End of Life Option Act that allows mentally competent people with a life-threatening illness and only six months to live to request a prescription from a doctor that would end their life. This is called Medical Aid in Dying (MAiD). There are many, though, who have intolerable suffering but do not meet these or other criteria for MAiD. Meet Final Exit Network, the only national organization that supports the right of any competent adult with intractable illness or pain to die on their own terms.

Find out more by attending the Cafe Mortel meeting at the Berger Center or attend by Zoom.

Zoom Meeting ID: 879 5486 4460. Passcode: 565493. All are welcome.



## Oakmont Constitution Club



■Jane Gyorgy

### TO SECURE THESE RIGHTS

At our last gathering, we saw Mr. Pestritto's Lecture 4 from the Hillsdale College 12 lecture DVD series *Constitution 101*, titled, "Consent of the Governed and the Separation of Powers." In it, he addressed "The Great Problem of Democratic Government." Ideas put forth included: government must be based on the consent of the governed and must secure the natural rights of citizens; lessons from histories of classical Greece and Rome and the tyranny possible in democratic government; the difference between direct Democracy and Republicanism with explanations covered in Federalist 10 ("... a pure democracy... can admit of no cure for the mischiefs of faction..."); as well as the separation of powers and human nature with a dive into Federalist 51 (Madison stated government is

the greatest of all reflections on human nature, prone to the same failings, and must be enabled to control itself—separation of powers: executive, judicial and legislative as checks and balances; and Federalist 55's argument that a republican form of government presupposes the existence of virtue in the people. In other words, "the people cannot be totally vicious or depraved," and "The Constitution only works with people who exhibit the virtues necessary for self-government").

On December 26, we shall view Lecture 5, "To Secure These Rights: Property, Morality, and Religion." Suggested readings include the Virginia Declaration of Rights, 1776, and both George Washington's Farewell Address, 1796, and his "To the Annual Meeting of Quakers," 1789.

Topics Mr. Pestritto will address will be "Duties of Government" ("... to secure the natural rights of citizens and the protection of the right to possess and acquire property, the promotion of morality, and the support of religious freedom").

If you are not already a member of the Constitution Club and would like to receive the study guide, please email [TheNewOakmontCC@gmail.com](mailto:TheNewOakmontCC@gmail.com). The Study Guide will be available through the follow-up invitation to attend the meeting. All members who wish to attend or send their regrets, please reply to the invitation or the reminder RSVP invitation you will receive soon.

**WHEN:** Dec. 26, 4–5:30 p.m.

**PLACE:** Berger Center, 6633 Oakmont Dr.  
Food and drink permitted.

## CLASSIFIEDS

### BODEN PLUMBING, HEATING AND AIR

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

### 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.

### MASSAGE THERAPY

Massage studio now open in Oakmont. One-hour custom massage, \$100. Book your session now. Brittany Koop, CMT, #91724. Call (707) 849-3915. By appointment only.

### SEMI-RETIRED RN

Seeking clients in Oakmont. Providing professional caregiving services in your home. Companion care, meal prep, shopping, light housekeeping, dementia care, assist with bathing, personal advocate, transportation to medical appointments, looking in on loved ones in Assisted Living or SNF facilities. Three-hour minimum, excellent local references, not an agency. Kai, (707) 833-5078.

### OAKMONT COMPUTERS

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

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

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

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

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

### REPAIRS PILING UP? CALL RAY

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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).

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

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Pruning, trimming, hedges. Fruit trees, stump grinding. Fall clean-ups. Over 20 years of experience. Free estimates. Call Alex, (707) 322-1646. Lic. #06530716.

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### 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.

### 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.

### VALLEY OF THE MOON PLUMBING

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

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

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Santa Rosa, CA 95401  
(707) 206-1957  
[cjprod567@gmail.com](mailto:cjprod567@gmail.com)



## Cal Alumni Club of Oakmont

■Linda Williams

### JANUARY 18: FIRST CAL ALUMNI CLUB DINNER OF 2024

The Cal Alumni Club of Oakmont will be hosting their January dinner at the Wild Oak Saddle Club on January 18. We are pleased to announce that our speaker will be Cal graduate and award-winning winemaker, Matt Duffy.

Matt came to Cal as a transfer student from Modesto Junior College, and soon became a staff member of the Daily Californian newspaper. He worked as a beat reporter for men's golf and women's basketball before becoming Sports Editor. After 2 years in that position, he decided that being a sports writer was not his destiny. He drove to Napa Valley to go wine tasting and found his passion.

Matt then worked in many aspects of the wine industry, including tasting rooms, helping with the crush, and as a harvest intern. While he was participating in a custom crush, he became enamored with Pinot Noir. In 2009 he bought his first ton of grapes and founded Vaughn Duffy Wines. His 2021 Pinot Noir won Double Gold and Best of Class at the

2023 North Coast Wine Challenge. Currently, Vaughn Duffy Wines produces Pinot Noir, Cuvée, Zinfandel, Carignane, and Old River Red blend.

The cost of the dinner is \$55 for members of the Cal Alumni Club and their guests, and \$65 for non-members. Even if you are not a graduate of Cal, you are welcome to join the club for \$20 per year as a "Friend of Cal." Donations to our scholarship program, which benefits SRJC students who transfer to Cal, and which also support the Cal Alumni Association scholarship programs, are also welcome.

Cocktails, which are included in the price, will begin at 5 p.m. and dinner will be served at 5:45. Dinner will be Italian Sausage Lasagna, garden salad, and roasted vegetables. Dessert will be Bread Pudding with Whipped Cream.

Reservations and payment must be received by Friday, January 12. Call Linda Williams at (707) 322-6272 for reservations and payment information. We have a capacity of 60 people for our dinners, and our dinners continually reach capacity. We have had to turn away people, so early reservations are advised.

## Star of the Valley

■Pete Hardy

### BINGO IS BACK

Bingo begins again at Star of the Valley on Tuesday, January 9 beginning at 4 p.m. Ten games will be played followed by dinner at approximately 5:30 p.m. It is important to arrive between 3:30 and 3:45 in order to get your bingo cards and meal tickets prior to the first game being called.

Dinner this month will be Senate Bean Soup, corn bread, garlic bread and dessert. Cost of the meal is \$10. Bingo cards are \$2 each.

All are welcome for both bingo and dinner or if you don't play bingo come for dinner.

## Tennis Club



■Jack Breibart

### STRIKE UP THE MUSIC

Swing and Sway with Sammy Kaye? Guy Lombardo and His Royal Canadians? The Lawrence Welk Show? Kay Kyser and his Kollege of Musical Knowledge?

Well, you probably will get none of that at the Tennis Club's Winter Social on January 10, 5 p.m. at the Oak Saddle Club. But you will get the very popular Second Street Band, a foursome composed of Jack Wright (keyboard, guitar, vocals); Jimmy "Chardonnay" Milone (lead vocals, lead guitar, harmonica); Nigel Bates (vocals, drums); and John Ray (bass guitar). Milone is well familiar with the territory. He is a resident of Oakmont.

## 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

Coffee, tea and snacks are available for sale in Berger from 9:45–10:15 a.m. before the presentation begins.



### JANUARY 7: DR. BRIANNA STUBBS, BUCK INSTITUTE LIVE BETTER LONGER

Dr. Brianna Stubbs is a lead research scientist at the Buck Institute, specializing in understanding the effects of "exogenous ketone ester supplementation." Got that? It's a key ingredient to healthy, happy aging and she'll tell us all about it.

Easier to understand: Brianna is also an elite British rower, winning two gold medals for Britain.

### JANUARY 14: MARK RANDOL HOW HOMELAND SECURITY WORKS FROM AN INSIDER

During 35 years of military and federal government service in the intelligence and security fields, Mark Randol has worked behind the scenes to help keep America safe. In this engaging presentation, Mark will describe some of the most interesting but least well-known aspects of the national and homeland security enterprise.



Left to right: Jack Wright, Jimmy "Chardonnay" Milone, Nigel Bates and John Ray.

The band says they "feature strong vocal harmonies, cool grooves and rockin'" solos from the 50s through the 80s. Perfect music for dancing or listening." Or as the band says, "We make the music, you make the party!"

Second Street is no stranger to Oakmont, having played on several occasions at the Valley of the Moon Club. Some of the band's recent engagements have been at Brewster Beer Garden in Petaluma, MacRosie Winery in Healdsburg, and Hopmonk Tavern in Sonoma. The week following the tennis club event, (January 19) the band will be at The California Club in Santa Rosa.

So, remember to get your RSVPs in before January 3. You can sign up at the OVA office by placing your checks (made out to the Oakmont Tennis Club) in the OTC folder.

It's \$60 per person, food for the evening includes salmon or steak or both, \$5 bar drinks and no corkage fee on your own wines.

And the band may just slip in one of the oldies from those mentioned above.

You can read more about the band at its website: [www.secondstreetband.net](http://www.secondstreetband.net).

## 2023–2024 OVA BOARD OF DIRECTORS

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[christel@oakmontvillage.com](mailto:christel@oakmontvillage.com)

## POOLS & JACUZZIS

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

WEST: 7 AM–9 PM

(Closes 7 PM Wednesdays for cleaning)

EAST: 6:30 AM–9 PM

(Closes 7 PM Mondays for cleaning)

CENTRAL: 5:45 AM–9 PM

(Closes 7 PM Tuesdays for cleaning)

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

CENTRAL POOL HOURS FOR PEOPLE UNDER 18:

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

Memorial Day–Labor Day: 12–4 PM daily

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

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

### COORDINATOR

#### Rides to Medical Appointments

December 16–31

Maggie Schmidt 707-890-1347

January 1–15

Marianne Neufeld 707-953-5302

We provide the following services to Oakmont Residents:

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

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

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

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

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

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

## HOW TO CONTACT YOUR LOCAL OFFICIALS

### County Supervisor Susan Gorin, District 1

Phone (707) 565-2241

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

Email: [Susan.Gorin@sonoma-county.org](mailto:Susan.Gorin@sonoma-county.org)

### City Councilwoman Dianna MacDonald, District 3

Email: [dmacdonald@srcity.org](mailto:dmacdonald@srcity.org)

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



## VOM Women Niners

■Debra Kiddoo

### HOLIDAY GREETINGS

The VOM Women Niners finished off the 2023 season with a fun holiday party at Salt and Stone organized by Colleen Casey, Event Coordinator. We celebrated with great food, gifts, games and raffles. Birdie pins were awarded and Linda Yates, Handicap Chair, presented a trophy to our captain, Kathy Camp, for most improved golfer of 2023. Congratulations to all of the winners!

As we wind up the year, we are accepting applications for 2024 membership. We play weekly on Thursday

*Holiday Party.*



mornings with tee times from 9–10 a.m. The cost is \$69 which includes NCGA dues. You do not need to be a VOM/Sugarloaf Golf Club member to join.

Membership Renewal and New Member forms can be found at the Sugarloaf Golf Clubhouse. Contact JoAnn Banayat at jbanayat@sbcglobal.net or (415) 279-2954 with questions.

We hope you will join us for nine holes of golf recreation and fellowship. The VOM Women Niners wish you all peace and love this holiday season and in the New Year!

*Linda presents Most Improved to Kathy Camp.*



## Canine Club

■Jean Nattkemper

### A GOOD START TO THE NEW YEAR

Look ahead to the new year by joining the 170-plus members of the club and paying your dues. If you pay now, you pay less. For those who act by December 31 of this year, the fee is \$10 for individuals and \$16 for households. Beginning in January 2024, the fee is \$12 for individuals and \$20 for households.



Please make a check payable to the Oakmont Canine Club, and place it in the Canine Club folder in the OVA Office.

### AN OUNCE OF PREVENTION

Reports of the new canine respiratory disease indicate that it has now spread into California, with symptoms that include coughing, nasal discharge, sneezing, and lethargy. The disease may progress rapidly, inflaming the trachea, causing pneumonia, and leading to hospitalization within 24 to 36 hours. While labs are still working on a vaccine, dog owners can take preventive steps to address the threat.

- Keep your dog current on the common vaccines that protect against respiratory illnesses: Bordetella (kennel cough), canine influenza (CIV), and DHPP (distemper, hepatitis, parainfluenza, and parvovirus).
- Make sure caretakers (dog walkers, boarding facilities, daycare) have precautionary protocols in place.
- Don't allow your dog to share toys or water bowls.
- If your dog exhibits severe symptoms, access veterinary care immediately.

### YAPPY HOUR DOG WALKS

Open to all Oakmont residents and all dog breeds and sizes, these dog walks are self-paced walks of about 1 to 2 miles. Bring water for yourself and your pup, and wear comfortable walking shoes. Rain cancels all walks.

Linda's Yappy Hour Dog Walk: Monday, January 8, 10 a.m. Meet at West Rec. Picnic Area.

PJ's Yappy Hour Dog Walk: Friday, January 26, 10 a.m. Meet at Catholic Church Parking Lot.



### DOG PARK DOINGS

Emptying and scrubbing water bowls on arriving at the park and picking up dog waste quickly may reduce the risk of your dog contracting not only the canine respiratory disease but giardia as well. But that's not all. You can act in more ways to keep the Dog Park safe and healthful by spending one hour each week cleaning up and reporting, if necessary, maintenance and human or dog behavioral issues to Peri Olinger. To learn more, contact Peri at periolinger@yahoo.com or (707) 479-6961.

### RESOURCES FOR YOU AND YOUR DOG

The club website (<http://www.oakmontcanineclub.org/>) lists upcoming events in and out of Oakmont and resources such as pet sitters, dog walkers, groomers, dog-friendly restaurants, etc.

Listings of all 2024 Yappy Hour Dog Walks and 2024 Dog Park play dates also appear on the site.

Your dog will appear in the Gallery if you send a photo to Steve Huntley at shuntley@huntleyenvironmental.com.



## Hikers



■Scott Finn

### UPCOMING HIKES

We welcome you to join us on a hike whether you are a member yet or not and the annual membership is only \$15. 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.

Save the Date: Spring Tri-Nighter, April 15–18, Chico/Oroville/Sutter Buttes.

Please keep checking our website for updates.

### LONG HIKE: DECEMBER 28

#### HOOD MOUNTAIN TO GUNSIGHT ROCK

From Hood Mountain's Pythian Road trailhead we take Lower Johnson Ridge, then bear left up Panoramic Ranch. Later we leave the Hood Mountain Trail, and take the more agreeable Summit Trail. Wonderful views at our lunch spot, Gunsight Rock. Return on Upper Johnson Ridge and Pond Trail. About 7 miles with 2,200 feet of elevation gain.



*View from Gunsight Rock.*

Meet at Berger Center parking lot for an 8:30 a.m. departure. Bring layers, water and lunch. Hiking poles recommended. Hike leader is Chris Jones, (707) 291-5461.

### SHORT HIKE: JANUARY 4

#### SHOLLENBERGER MARSH/ELLIS CREEK, PETALUMA



*Shollenberger Marsh Vista.*

Shollenberger is one of the "birdiest" places in Sonoma County, especially in winter, with many species of colorful waterbirds—ducks, geese, herons—and plenty of other avian species as well. A 45-minute drive, then three level miles on flat paved paths along settling ponds and the Petaluma River. Bring water, lunch, optional poles and binoculars; suggest downloading free Merlin bird app prior. Rain cancels.

Check website day before for changes. Depart Berger 9 a.m. Hike leader is Carolyn Greene, (805) 443-7289.

### LONG HIKE: JANUARY 4

#### "THE BUBBLY"—A RAMBLE IN ANNADEL

The route to be determined by the prevailing conditions underfoot and the whim of the leader. We may just possibly indulge in some minor libations to see in the New Year satisfactorily. Targeted stats: 8 miles and 1000 ft.

Bring lunch, water, poles etc. and meet at the Berger parking lot at 8:30 a.m. Hike leader is Randy Vincent, (707) 538-3530.

### 2024 CLUB POTLUCK AT THE BERGER SATURDAY, JANUARY 6, 5:30 PM

Join fellow Oakmont Hikers for our annual potluck. We will celebrate the many hikes that our members took during 2023, including tri-nighters in Arcata and Truckee.

Our featured speaker will be Melissa Kelley, Executive Director, Sonoma County Parks Foundation. Melissa has been at the forefront of enhancing Sonoma County Regional Parks for over a dozen years. She will discuss exciting updates related to Sonoma County Regional Parks as well as current and upcoming priorities for the parks' foundation.

Our get-together will acknowledge 2023 hike leaders and hikers from short, intermediate and long hiking categories. We will preview plans for 2024 tri-nighters.

Details and RSVP sign-up are on the club website [Oakmonthikingclub.org](http://www.oakmonthikingclub.org). Our \$15 annual club dues provide for our summer picnic and Winter potluck. We look forward to seeing you at the event with your signature dish, and on the trails in 2024. Questions: call Frank Galli at (763) 360-9756.





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