

OAKMONT NEWS

Oakmont's Semimonthly Newspaper

www.oakmontvillage.com/news

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Maintenance Crew Working on VOM Hole #17



The maintenance crew fills in potholes at Valley of the Moon golf club's hole 17. The team has been busy filling all weather-created potholes on the cart paths at both Valley of the Moon and Sugarloaf golf clubs. (Photo courtesy of Valley of the Moon Club Facebook page)

2025 OVA Board Election Timeline

■News Staff

Candidates' Night will be held Feb. 19 at 6 p.m. in the Berger. Oakmont members seeking seats on the Board of Directors will be running to fill four positions. Members can submit questions to askova@oakmontvillage.com by Feb. 12. Questions must be addressed to all candidates and not to specific individuals. Due to time constraints, not all submitted questions may be selected.

Candidate Meet and Greets are scheduled by the candidates and will be shared in *Oakmont News* and *Inside Oakmont* as they come available.

Ballots for the election will be mailed to members by March 1. Completed ballots can be mailed, or they can be delivered in person to the Annual Meeting at the Berger Center prior to the start of ballot counting at 10 a.m. Ballots will not be accepted at the OVA office.

Results of the election will be announced at the 2025 Annual Meeting on April 7.

Key dates for the 2025 election follow:

Feb. 10: Campaign signs may be displayed

Feb. 18: Candidates announced at Board Meeting

Feb. 19: Candidates' Night at 6 p.m. in Berger

March 1: Member voting begins

April 7: Annual Meeting

April 7: Ballot counting begins at 10:00 a.m.

Board Approves Updated Election Rules

■Jackie Ryan

The OVA Board of Directors unanimously approved updated election rules to reflect current state laws and regulations for California homeowner associations. The revisions were posted last month to the membership for the required 28-day review period. The most significant change for Oakmont's election rules is the inclusion of electronic or written secret balloting.

General Manager Christel Antone said electronic balloting, which requires a 90-day notice, will not be used in the 2025 board elections in April, but will most likely be available to members in 2026. For members who choose to do so, voting electronically will require them to opt-in to the provision. Specific guidelines for using the electronic process are detailed in the Davis-Stirling Act.

The Board also appointed five members to the Governing Documents Committee (GDC) and three to the Long Range Planning Committee (LRPC). GDC members are Josh Axelrod, Monica Health, Neill Ray, David Simpson and Dorothy Stuebner. Bern Lefson was appointed at a previous meeting. New LRPC members are Judy Passaglia, Peg Stone and Darlene Miller.

In a brief President's Report, Heidi Klyn gave an update of the Central Complex Master Planning process. She said next steps will include cost modeling as well as a "deeper dive into the components within the concepts and options" to ensure members have a

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Marianne Neufeld's Memorial

The family of Marianne Neufeld, former OVA Board President and dedicated volunteer, invites the community to a memorial service in her honor on Saturday, Jan. 25, from 11 a.m. to 1 p.m. at the Berger Center.

Board Candidates Announced

■News Staff

These seven candidates have qualified for the 2025 OVA board elections:

- John DeGroot
- Neill Ray
- Jess Marzak
- Karl Turner
- Tim Nelson
- Robert Williams
- Jeff Neuman

At-a-Glance Summary— January 21 OVA Board Meeting

■Harriet Palk

EAST REC. CENTER PATIO FURNITURE PURCHASE

Approval of the expenditure of \$26,000 for the purchase of new patio furniture for the East Recreation Center and authorizing the General Manager to execute the necessary agreements to facilitate the purchase has been tabled until February meeting. Manager Christel Antone said she will gather historical data on the furniture purchases and draft bracketed cost options. She said she will include questions and suggestions from members she has received on the issue.

COMMITTEE AND TASK FORCE REPORTS

Firewise: The group is finding ways to augment firewise education and activities within other task forces. They are reaching out to OVA Garden Club to do further firewise awareness in plants and location of plants.

Four OVA firewise assessors attended a two-day certification program and received an additional firewise home hardening defensible space assessment certification sponsored by Cal Fire (all current assessors have firesafe Sonoma Wildfire Assessment Certification).

There has been an increase in educational firewise assessment requests for individual OVA homeowners by having Firewise speakers at Oakmont clubs and events.

Environmental Stewardship: Continuing efforts to improve stewardship of Oakmont's land, plants, waste, energy and water. The Adopt-A-Creek project involves removing invasive species and overgrown vegetation from nine Oakmont creeks for the purpose of reducing opportunities for erosion, flooding and fire damage.

They are urging all to help Oakmont reduce its landfill, improve recycling, reduce greenhouse gas emissions by composting and help OVA comply regulations for mandatory composting.

An article in the *Oakmont News* gave specific ideas and reminders of zero-low waste principles for a sustainable holiday season. In collaboration with Recology, the Waste Management Team continues to refine a "Best Practices/Recommendations for Waste Management" document to be used for informed waste reduction actions Oakmont-wide.

Six buckeye trees were planted near the oak saplings below the former parcourse area. The committee has submitted a proposal to the Community Garden Board seeking approval to add a scaled-down Native Grasses Demo Garden around the native plant garden.

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BOARD Continued from page 1

detailed comparison of alternatives to determine the best alignment with community goals and aspirations. Klyn said significant work remains to refine options and evaluate alternatives. "Going forward, the board will identify volunteers (to work with the project) who have relevant expertise who can contribute to the process," she said. "We want to serve the best interests of the entire community."



Oakmont Volunteer Helpers

■Matt Zwerling

SUPPORTING OUR NEIGHBORS

Welcome to 2025, though for our community it has started on a sad note with the passing of our long-term Oakmont Volunteer Helpers (OVH) and OVA Board member Marianne Neufeld on December 27. Marianne's calm demeanor, dedication to and compassion for the work of OVH and in our community will be difficult to replace.

Volunteering in Oakmont is an opportunity to support and maintain its vibrancy. The committees, task forces and service organizations would not run without resident participation. OVH is a key player in this volunteer effort with its work driving residents to medical appointments.

OVH is always looking for drivers. The only commitment is your possible availability to respond to a request to drive. Most of the rides require a couple of hours of time, though drivers almost always have a chance to run errands before the return drive. The bonus is the opportunity to learn about your neighbors and their lives, in or before Oakmont.

And we are always needing Coordinators, people who connect riders with drivers. Coordinators are critical to the success of OVH. This task takes about 15-30 minutes max. a day for a 2-week shift: responding to phone calls, and sending an email or two.

If you are interested in volunteering, either as a driver or Coordinator, contact me at zwermd3@gmail.com.

A New Year Note on Parking Rules

■Jeff Neuman, Architectural Committee Chair

We welcome a bright new year following holidays filled with festivities and visitors. The holidays also brought us RVs parked on driveways and in streets.

With the holidays behind us, the Architectural Committee would like to remind community members of OVA's guidelines regarding the parking of camper vans, trailers, boats, and other recreational or commercial vehicles. Per the Architectural Guidelines, Standards, and Use Restrictions (Page 13, Section 23: Parking and Storage), these vehicles cannot be parked on a homeowner's property, except temporarily for loading, unloading, or during a contractor's visit.

While public streets may be used for parking, remember that vehicles must be moved every 72 hours per the City of Santa Rosa's parking ordinance. For private streets, please check the specific parking regulations for your area.

We appreciate everyone's efforts to maintain the beauty and harmony of our community. Wishing you and your loved ones a Happy New Year!

A Firewise Start to the New Year!

■Danielle Hannigan, Firewise Committee/OVA Staff

As we welcome 2025, we are excited to share some fantastic news: Oakmont has received a renewed Certificate of Recognition from the National Firewise USA Program. This renewal confirms that OVA has met the 2024 program requirements and is in good standing for the 2025 calendar year.

You can access the updated certificate by visiting the website or scanning the QR code with your phone. This is a great opportunity to download the certificate and share it with your insurance provider.

Some companies require it for their records, while others offer discounts to communities like ours that prioritize wildfire safety. It's just one more way to start the new year on a positive note!

As part of your resolutions for 2025, consider enhancing your property's wildfire preparedness. The Firewise Resource Task Force are trained volunteers who perform free, educational assessments for individual properties and sub-HOAs upon request. These assessments include a walkthrough of your property aimed at helping homeowners understand the latest wildfire risks, home hardening techniques, and defensible space practices tailored to each home.

Homeowners and sub-HOA boards can request an assessment in three ways:

1. By completing the online Firewise Assessment Request form (oakmontvillage.com/docs under "Forms: Architectural Only")
2. By contacting Dani at the Architectural Office at (707) 539-1611 ext. 5.
3. By visiting the Architectural Office in person.

For even more insights into wildfire safety, don't miss Dave Shew's presentation, "Embers are the Enemy," at the Oakmont Sunday Symposium on Jan. 26 at 10:30 a.m. in the Berger Center. He'll share the latest fire science and practical steps we can take to protect our homes and community from the threat of embers.

Thank you for helping Oakmont stay Firewise. Let's make 2025 another safe and successful year for our community.

Oakmont Neighbors Together

■Susan Chauncy

Oakmont Neighbors Together has been providing residents of our community with emergency grants, since 2019. Through its partnership with Council on Aging, grants are issued directly by CoA, which ensures that the privacy of recipients will be respected.

If you, or someone you may know could use a bit of a financial lift in order to address HOA dues, a medical or dental bill, a utility bill or other emergency need, please stop by the OVA office and pick up a simple application, or contact Jaime Escoubas at Council on Aging, at (707) 525-0143.

If you have a general question, please feel free to email Susan Chauncy at susandchauncy@icloud.com.

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Oakmont Vets Club

■Paul Gowins

WHEN THANK YOU IS NOT ENOUGH

This is one of those times when “thank you” is just not enough. Oakmont Vets Club owes a big debt of gratitude to our guest band, our dance class teacher, our presenters, the people in the OVA office, and most of all to our wonderful community for gifting our efforts with an incredible success of an event and fundraiser.

You should all know that we raised enough money to send a guardian on the Honor Flight, and we look forward to a repeat performance on April 18 that will send yet another of our Oakmont deserving members on the flight as well. We are all humbled and proud at the same time to be simultaneously serving our club and our neighbors with such a special opportunity.

Having said that, we want you all to know that our group is right now in the midst of some significant growth and evolution. We are on the threshold of redefining our organization while also rescripting our vision and scope of engagement with our mission. To those on our roster who have not yet declared their full involvement or sent in their dues, which is a mere \$25 this year, to become full-fledged members, we want you to know that if ever there was a time to commit to that action, surely it is now! Our Club needs you, and your ideas and contributions to a worthy cause in service to veterans and our entire community. We urge you to take this opportunity to Carpe Diem, lets seize this day together!

We have some exciting and motivating news to share with you in the days and weeks ahead, so please follow us here, and on the website (oakmontvetsclub.org), and in the newsletter so you don't miss any of the big things to come.

Tennis Club

■Jack Breibart

AND THE BAND PLAYED ON

It was a perfect Sonoma Valley night, a little chill in the air after an unusually warm January day. This was the setting for the Tennis Club's annual Winter Social at the Saddle Club on Jan. 9. Seating was on the veranda where heaters and cocktails provided a comforting warmth and the Second St. Band provided comforting background music for the 48 guests, seated at six tables of eight, who spent the first part of the evening chattering around the bar, no doubt sympathizing with the people of Southern California struck by those devastating fires.

The food—beef, fish, mac and cheese, salad, veggies, sweets—was served buffet style, and those who wanted could make the rounds a second time. Bottles of wine were on every table.

When the plates were cleared, the Second Streeters switched to some dancing music and the dancers started reducing some of the calories accumulated in the dining.

There was also a program. There is always a program. Club president John Hughson said a few words and introduced the board members: Frank Passaglia, Judy Passaglia, Ed Loaiza, Maureen Pennal, Rex Fuller and Arnie Herskovic. Frank and Rex were ailing and not present.

Maureen talked about past events and potential events for the new year. Arnie paid tribute to Gerry Smith, a club member who recently died. “Everybody loved playing tennis with him,” and “loved his sense of humor.” Gerry's wife, Rhea, was a guest of the Tennis Club and shared a table for the evening with Arnie and his wife, Karen.

(Full disclosure. I was not at the event and I thank Judy for providing details.)

Oakmont Writers' League (OWL)



■Neill Ray

CREATIVE WRITERS WANTED

The Oakmont Writers' League (OWL) helps Oakmont writers and aspiring authors.

Each Thursday at 9:30 a.m., we meet in the Birch room of the CAC, where featured members read two or three pages of their work. Fellow members provide coaching focusing on creative writing elements such as scene description, character development, narrative, dialog and theme. We occasionally invite editors, agents, publishers, and others involved in the industry's business side to guide members in publishing their work.

If you would like to become an OWL member, send an email to me at Neill.Ray@sbcglobal.net.

Valley of the Moon Rotary Club



■Star Power

COMING SOON—CRAB!

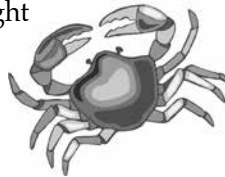
On its way—nice, sweet, juicy crab and lots more! VOM Rotary's Annual Crab Feed is right around the corner on Saturday, February 15. You shouldn't miss this one for great food, drink, friends and fun! The evening offers a Live Auction plus a Silent Online Auction and Raffle, fab food will be served by delightful teens from CHOPS Teen Center right here in Santa Rosa.

If you don't have your ticket yet, you'd better hurry as this function sells out fast. At only \$75 per person, it's a real bargain. To get tickets, find one of our friendly VOM Rotarians and they'll be happy to accommodate you.

Our Rotary Club has already had some inspiring and awesome speakers, plus more coming up. Recently, we had an exciting author, Frederick Weisel, tell us about his Violent Crime Investigation Team series of novels that take place right here in Sonoma County. He kept the names of the streets and locations real, so the reader can visualize where things are happening in his books. His series follow five detectives and investigators he created and follows throughout his series. The first title is *Silenced Women* and the second is *The Day He Left*. His third in the series is already being printed and he's started on the fourth.

Coming up on January 30 is speaker Marianne McBride talking about Oakmont's Meals on Wheels. Then, on February 6 is a talk about Generation Housing.

Drop in and discover what Rotary is about. We'll treat you to a cup of coffee and light meal. Meetings are most Thursday mornings at the East Rec. from 8–9 a.m. Come a bit earlier and be greeted by our members.



Star of the Valley Valentine Bingo

■Pete Hardy

Star of the Valley will have its Valentine Bingo on February 11 at 4 p.m. This month's bingo dinner will feature Italian Wedding Soup, Garlic Bread, Corn Bread, and Brownies for dessert. Please arrive between 3:30 and 3:45 p.m. in order to purchase your bingo cards and dinner before bingo begins at 4 p.m.

There will be special additional prizes included with the cash prize for each game. All are welcome.

Cost: dinner \$10, bingo cards \$2 each.

If you don't play bingo, come for dinner at 5:15 p.m.

OVA Presents Tribute to Dionne Warwick with Jackie Gage

■OVA Staff

The OVA is happy to welcome Jackie Gage to the Berger Center on Thursday, January 30 when the Bay Area singer performs the music of Dionne Warwick. Doors open at 5:30 p.m. for the 6 p.m. show. Tickets are \$30 and available at the OVA office.



Jackie Gage.

Hailing from San Francisco, Jackie Gage cut her musical teeth in the New York music scene, performing with luminary jazz artists like Theo Croker, Marc Cary, Kim Nalley, and many others.

For this performance, Jackie Gage will sing the top hits from Dionne's catalog, including favorites like “Alfie,” “Do You Know the

Way to San Jose?” and “That's What Friends Are For,” as well as some hidden gems you know and love.

Join us as we welcome Jackie Gage and celebrate Dionne Warwick's enduring legacy.

Pickleball Corner



■Peter Copen

HOW TO GET YOUR PICKLEBALL PARTNER TO MOVE UP—NICELY!

You're holding the kitchen line, ready for action, but your partner's stuck at the baseline like their shoes are glued down. So how do you get them to move up without the drama?

Here are 8 effective tips:

1. Ask First: Check if they're open to tips. Some players need a little patience, not pushiness.
2. Encourage Teamwork: “Help me build a wall up here!” reminds them the game is won at the net, not the backcourt.
3. Friendly Nudges: Try “I'm lonely up here!” or “Come keep me company at the kitchen!” Humor often works better than commands.
4. Quick Calls: Shout “GO!” right after their shot to cue movement without overthinking.
5. Pre-Game Plans: Agree on signals like “come up” or “stay back” to stay in sync.
6. Positive Reinforcement: Compliment their net play when they do move up—it builds confidence.
7. Point Out the Pressure: “If you stay back, they'll target you all day!” Sometimes logic does the trick.
8. Use Humor: “The dishes are piling up at the kitchen—come help me out!” keeps things light while driving the point home.
9. The Carrot: “If you come up to the kitchen I will buy you dinner.”
10. The Stick: “If you don't come up to the kitchen you will be facing significant social, physical and spiritual pain.”

Hopefully, one of these tips will do the trick and get them moving up to the kitchen line!

New Player Orientation: 9 a.m. Tuesday mornings. Contact Victoria Dettman at (707) 230-2958. Call Jim Howard at (209) 761-8517 for demo loaner. Mentoring: Barbara Ricossa ricossa@ymail.com. Visit our website: <https://oakmontpickleballclub.com>.



Graphics by Peter Copen.

Jazz Club Classes

■Michael James

FEBRUARY FUN WITH LIVE MUSIC AND LECTURE

We will be enjoying a solo piano performance by Debbie Knapp for the Jazz Club February meeting at the East Recreation Center on Wednesday, February 5 at 2 p.m.

Debbie started her piano journey at age 5 with classical lessons. Her interest in Ragtime was sparked early by her musical dad, born in 1901. As soon as her hands were big enough, she started playing rags. After graduate studies in piano performance, she taught piano to children in San Francisco.

Since moving to Oakmont in 2013, Debbie has performed for musical theater productions, Ragtime festivals, and has given “edutainment” piano talks. Currently, she plays for Jack London Park on Charmian London’s 1901 Steinway, and plays the keyboard for the “More Joy” band.

The second hour of the meeting will include our monthly open jam. You are encouraged to bring your guitar, ukulele, percussion or singing voice and play with us!

WHEN: Wednesday, February 5, 2–4 p.m.

WHERE: East Recreation Center

COST: Suggested donation \$5

Oakmont HEARS Hearing Education, Advocacy, Research, Support

■Richard Osborne

HEARING LOSS SOLUTIONS

Thank you for attending our recent meeting, Friday, January 10. We covered a wide range of subjects related to how to find an audiologist, coping with wearing our hearing aids, and smartphone apps (Live Transcribe, Listen Everywhere, and Caption Call) that help in noisy situations.

Attendees educated one another with their experiences and knowledge. We learned the importance of advocating for ourselves. People, like you, have decided to fight back against this debilitating condition by employing the many coping strategies that were shared today.

HEARS has quarterly meetings but we must continue to Educate, Advocate, and Support ourselves every day because others who do not share our hearing problems are generally intolerant of us who do have hearing loss.

Our next meeting will be in April but we can be reached at oakmonthears@gmail.com.

SIR Branch #92

■Bern Lefson

SPEAKERS LIST THROUGH JUNE

In addition to our excellent menu our luncheons feature outstanding presenter as follows:

Feb. 11: Olivia Kristiansen of Pets Life Line

Mar. 11: Andrew Bradford, President & CEO of the Santa Rosa Symphony, will talk to us about the various programs at the Santa Rosa Symphony.

Apr. 8: City Council Member, Diana McDonald on her objectives for 2025

May 13: Eric Johnson, CEO *Press Democrat*

June 10: VOM Alliance

Non-members of SIR 92 are always welcome. Reservations are mandatory. Contact Sherry Magers for more information and to RSVP at smagers9@gmail.com.

Information on our Social club with a focus to assist the Redwood Empire Food Bank may be found at www.sir92oakmont.org.



■Greg Fauss

RESPONDING TO DESPAIR AND HOPING FOR POSITIVE CHANGE

Much has happened in the past few weeks. Most recently, we have inaugurated a new President, who comes with a new agenda, cabinet, policies, etc.

Scripture exhorts us “... that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives...” (1 Timothy 2:1-2 NIV). Although we are of differing political parties and opinions we seek to find common ground, work and pray for positive change.

Also of great significance are the fires in Southern California. We mourn this horrific event. Many of us are personally acquainted with such an experience within our own county. And many of us have family and friends who were impacted. As we respond with financial gifts and other help, I found some advice helpful in a *Time Magazine* online article from Jan. 13 entitled, “What to Say to Someone Who Lost Everything in the California Fires.”



Above LA in better times. (Photo by G. Fauss)

“There are no perfect words to use when talking to someone who’s been affected, but it’s vital to show you care and offer support,” writes author Angela Haupt.

Of first importance, there are certain things to not say such as “should” which comes across as judgmental, or “at least” which tends to “sugar-coat” things. We also shouldn’t imply that “everything happens for a reason” or that those affected “should just focus on what they still have.” Instead, we should simply say we’re sorry for them, ask how they’re doing, be a listening ear, remind them that we’re there for them, offer practical help and be patient as they process things. Incidentally, the book of Job in the Old Testament admonishes us to act similarly.

On a more positive note, our Annual Meeting and Potluck on January 26 following the morning Sunday service might be especially interesting if you’re seeking a local faith community.

For more information about our regular Sunday Worship Service at 10:30 a.m. in the East Rec. Center, our Wednesday Morning Bible Study, Saturday Prayer meeting, monthly potlucks and other gatherings go to www.occsantarosa.org, write us at occsantarosa@gmail.com or call at (707) 595-0166.



■Khiana Schmuhl,

Valley of the Moon Club General Manager

Here is what you can look forward to at OAK restaurant and Valley of the Moon Golf Club.

VALENTINES DAY DINNER

\$65 per person and reservations can be made between 5–7 p.m. on Friday, February 14.

Menu:

First course: Lobster and Shrimp Bisque; or Pomegranate Salad with sliced red onions, blood oranges, fresh goat cheese with balsamic vinaigrette.

Second course: Pan Seared Sea Bass topped with lump crab, butter and herbs, grilled broccolini, garlic whipped potatoes; or Filet Mignon with grilled asparagus, garlic whipped potatoes, blackberry gastrique.

Third course: House made Chocolate Pecan Cookie with Vanilla Bean Ice Cream; or NY Cheesecake with seasonal berries and raspberry sauce.

Reservations can be made by calling (707) 539-0415 ext. 5.

THURSDAY NIGHT DINNER SPECIALS

Jan. 23: Chicken or Steak Fajitas—Marinated chicken or flank steak, sauteed peppers and onions, Spanish rice, pinto beans, queso fresco, \$23.

Jan. 30: Shrimp and Grits—Sauteed shrimp, corn succotash, Caggiano andouille sausage, cheese grits, \$24.

Happy Hour all day on Sundays.

FAMILY STYLE DINNERS

For \$48 plus tax you receive: choice of 2 pizzas (Pepperoni/Sausage, Chicken BBQ, Cheese, or Margherita), Large Caesar Salad, Large Creamy Alfredo Pasta, Garlic Bread (feeds up to 4 people).

Family Style To-Go Orders will be Fridays–Sundays. Call (707) 539-0415 ext. 5 to place your to-go order.

LIVE MUSIC MONDAYS

Jan. 27: Second St. Band

Jan. 30: Disco and 70’s Dance Party with DJ Dan

COUPLES GOLF MIXER

WHEN: Sunday, February 16, 12:30 p.m. Shotgun

FORMAT: 2-Person Scramble

COST: \$125 per non-member couple; \$70 per Annual Member couple. Price includes: Green Fee, Cart Fee, Range Balls, Drink Ticket and Dinner Buffet

Reserve your spot today! Golf Shop: (707) 539-0415, Ext. 1.

One Day Range Card Sale, Jan. 24: \$100 Range Cards.

Finally, we’d like to extend a friendly reminder to refrain from fishing on any of the golf course ponds due to safety concerns. We’d also like to remind everyone to follow the golf course walking hours located on our website at playvom.com.

Current Events

■Tina Lewis

This is a very important time to discuss current events! Please join us every Friday from 1–2:30 p.m. at the East Rec. to hear all sides of issues from local to international. Come in person if you can, on Zoom if you can’t.

Following the meeting join us at OAK for Happy Hour. This has become very popular, giving everyone a chance to socialize, unwind, and have something to eat and drink.

If you want to be put on the mailing list, including Zoom, email tinalewis31@comcast.net or call (707) 758-9739.





■Marilyn Pahr

LIBRARY MATTERS: NEW SAFETY MEASURES ALIGN SHELVES

The Oakmont Village Library and its over 100 volunteers wish the community a Happy New Year!

Stop by the library for your reading pleasure. With over 20,000 items all donated by the community available for Oakmont residents, you're sure to find something to enjoy. No fees, no due dates, no library cards, no sign outs—just browse and take them home or relax in the comfortable reading area. The library is located in the CAC Central Activity Center, open from 6 a.m.–9 p.m., 7 days a week.

During the next few weeks, you will see changes afoot. In an effort to make the shelves more accessible physically, they are being realigned to make them safer to reach. Top shelves are being lowered and bottom shelves moved higher. Each stack of books will have one shelf removed. A difficult decision was made to reduce the paperback collection to make room for the loss of shelves throughout the collection. A smaller, curated collection of these are now housed on revolving shelving units in the DVD room.

The Oakmont Village Library volunteer team welcomes you to join this active group. Each volunteer spends about 4 hours a month processing, sorting and shelving donations meeting posted guidelines.

To donate items, please send an email first to be sure the items fit our criteria. The recent 1989 accounting textbooks that were donated do not.

To volunteer, donate or inquire, email oakmontvillagelibrary@gmail.com for more information.

Sleep Apnea

■Bob Flandermeyer

SLEEP APNEA MEETING ON FEBRUARY 4

We meet the first Tuesday of even numbered months in Berger Room G at 1 p.m. The next meeting of the Sleep Apnea Group is February 4.

Come early and bring your questions and equipment (masks and machines), especially if you think it would be helpful to illustrate your questions. We discover that we also learn from each other and have time to ask further questions we had not thought of earlier.

This is a remarkable opportunity to improve your health and live longer. Kaiser patients are also welcome. Spread the word, bring a friend.

Questions, call or email me: (707) 694-8018, rrflandy@yahoo.com.

Oakmont Music Lovers

■Judy Walker

AMAZING WOMEN COMPOSERS AND THEIR MUSIC

For our February session we will continue with our small-group format as previously announced. At this meeting I will share some music of women composers from the last three centuries, focusing on those that might not be familiar to you.

In researching this topic, I've discovered a wealth of wonderful music by amazing women. I will talk about their lives and share some selected examples of their works.

Hopefully you can join us for a relaxing hour of listening and discussion with no cost involved!

WHEN: Tuesday, February 4 at 10:30 a.m.

WHERE: East Rec. Center

ADMISSION: No charge

Oakmont Garden Club

■Patty McHugh

STARTING TREES RIGHT: PRUNING FOR POSTERITY

DATE/TIME: Wednesday, February 12, 9:30 a.m. Social, 10–11 a.m. Program, Q&A follows

WHERE: East Rec Center, 7902 Oakmont Drive

SPEAKER: Curtis Short, ISA Certified Arborist

Healthy trees in our urban gardens are essential for our enjoyment of life. Urban trees add beauty and are beneficial to our mental health. Trees are environmentally beneficial in that they reduce energy usage, remove air pollutants, filter stormwater, reduce soil erosion and cool hot city streets by providing shade and releasing water vapor.

Curtis will cover the basics on how trees grow, why we should prune young trees for structural strength and examine the branch structure concepts, presented in his own unique way using yoga positions. Unlike forest trees, urban trees grow exposed to wind and sun without an intermingling tree community supporting their limbs. Curtis will show us that good formative pruning of young trees will build trees strong enough to withstand urban conditions without failing and will show us photos of tragic consequences of tree neglect.

There will be a question-and-answer period after the presentation. Bring your questions!

Curtis holds a Bachelor of Science degree from UC Davis in Plant Science with a Plant Pathology emphasis and has completed several courses in Landscape Architecture at UC Berkeley Cooperative Extension in San Francisco. He has been a licensed Landscape Contractor since 1989 and is a Certified Arborist with the International Society of Arboriculture.

If you have not already done so, it's time to renew your membership for 2025. The club dues are \$15 annually per household, please pay by March 1. You may pay at this club meeting or leave your check payable to Oakmont Garden Club in the club folder at the OVA. One-time guests are always welcome.



■Carolita Carr

MARDI GRAS WITH THE FARGO BROTHERS

WHERE: Berger Center

WHEN: February 22

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

COST: \$15 per person. Each member may bring one non-member guest. Bring snacks for your table and BYOB.

Who doesn't love Mardi Gras? Our party is the next best thing to being in New Orleans. We have The Fargo Brothers, four seasoned professionals who deliver a brand of roots Rock n Roll with the fire and intensity that only four decades together can bring. Known for their vocal harmonies and tight ensemble playing, they always put on a show that is not to be missed. Wear your beads, masks and Mardi Gras colors and you will be prepared for an unforgettable evening.

This will be the first Boomer dance of the new year, so sign up as soon as you get our email message announcing the event. We are selling out, so don't be disappointed. Act fast to be included in this evening of fun.

MEMBERSHIP

If you are new to Oakmont or have simply forgotten to renew your membership, joining is easy. The cost is \$15 per person, and you can sign up by visiting our website, oakmontboomers.org.

Playreaders



■D. Hall

FEBRUARY ARRIVES WITH A ROMANTIC COMEDY AFTER THE BAR CLOSSES

January's production of Oakmont Playreaders showed the costs of the decisions we make, namely, adopting a talking dog.

February continues this thread of examining decision costs with Sean Grennan's *Now and Then*. Mark Rosen produces this romantic comedy about what happens after "last call" in a bar.

Four characters wander in and out, waxing on and on about love and about following your dreams (or not.) It has the feel of an old Hollywood movie, and four of Playreaders' best will deliver on February 3 and 10. Michael and Lisa Erwin are joined by Osha and Jonathan Hayden for this cast.

Join us at 2 p.m. the first two Mondays of every month in Room B (Birch) of the Central Activities Center. Arrive early to get a seat.

Bocce Club



■Mary Piumarta

WELCOME NEW MEMBERS!

The Oakmont Bocce Club welcomes new members to join us at the West Rec. Center Bocce Courts. Winter hours are Mon.–Sat. from 1–3 p.m.

Bocce is a fun and simple game to play. If you would like to learn, New Member Day is the first Tuesday of the month. For more info, contact Pat at (707) 953-6691.

Or, just join us during regular club hours and we will be happy to teach you the game.

In addition, we have picnics, tournaments, evening bocce, and a holiday party. So, get in on the fun and get an application at the OVA office and submit it with a \$20 annual dues fee. Then get ready to play in our Valentine's Tournament on Saturday, Feb. 15 at 1 p.m.

AARP Tax-Aide

■Diane Ethier

AARP TAX-AIDE PROVIDES FREE TAX SERVICE IN OAKMONT

AARP Tax-Aide will be returning to the Berger Center Fireplace Room with free tax preparation service on Mondays and Wednesdays beginning February 3 through April 14 from 9 a.m. to 3:30 p.m.

Tax packets with instructions will be distributed on Thursday, January 23 from 10 a.m. to noon in front of the Berger Center—the same day we start taking appointments. You may also pick up a tax packet during normal tax preparation hours in the Berger Center. Everyone needs to pick up a packet and complete the Intake Booklet prior to your tax appointment.

Appointments are required and there three ways to get one. The best way is to send a text message to (707) 582-0565 and you will get a text with a suggested date and time. You can also call the phone number and someone will return your call. In-person appointments can be made on February 3 or February 5 at the tax site.

AARP Tax-Aide is a 100% free service funded by the AARP Foundation. You do not need to be an AARP member to use this service, and there is no age limit or income limits. The tax counselors and client facilitators are all trained volunteers and past annual skills tests.

Many people wonder if we can do their taxes and the answer is yes for most common situations—we are trained on both standard and itemized deductions, brokerage accounts, stock gains or losses, sale of a house and many other scenarios.

For more information visit taxaide.info/ca-sonoma-county or call (707) 582-0565 with any questions.

Movies At Oakmont



WHERE: Berger Center

SCREENING DAY AND TIME: Sundays at 2 p.m.

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

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



JANUARY 26

THE GREAT LILLIAN HALL

Lillian Hall, a Broadway actress, has never missed a performance throughout her long, illustrious career. Yet in the rehearsals her confidence is challenged. People and events conspire to take away her ability to do what she loves most. 2024, TV-14, 1:50.



FEBRUARY 2

ORDINARY ANGELS

Inspired by the incredible true story of a hairdresser who single-handedly rallies an entire community to help a widowed father save the life of his critically ill young daughter. 2024, PG, 1:58.

FEBRUARY 9

WIDOW CLICQUOT

The story behind the Veuve Clicquot champagne family and business that began in the late 18th century. 2023, R, 1:30.



Movies at Oakmont will host a Super Bowl watch party at the Berger on Sunday Feb. 9 at 3:30 p.m., following the scheduled showing of *Widow Clicquot*.

Kiwanis Club of Oakmont



Richard Osborne

KIWANIANS RECEIVE MANDATORY CHILD PROTECTION TRAINING

Kiwanians work closely with children and must follow strict guidelines to prevent abuse. As you might know, Kiwanis is a national organization that serves children and Oakmont Kiwanians work with Key Clubs at Maria Carrilo and Montgomery High Schools where they have close contact with High School students, thus the training is required.



Bob Isaacs giving the mandatory Youth Protection training to the Oakmont club. (Photo by Richard Osborne)

As we wrote last month, the Shred-A-Thon, coming February 13 at the Berger, is one of the Kiwanis Club of Oakmont, your local club, fund-raisers that go to supporting children in the Sonoma County area. Please remember not to bring things that cannot be shredded like plastics, etc.

Our club is on the web at kiwanisclubofoakmont.org and you can reach us at kiwanisclubofoakmont@gmail.com.



Jazz Club Concerts



Delora Hurst

NICOLAS BEARDE IN CONCERT

On March 8, one of the most revered singers in the country will again grace our stage in the Berger Auditorium. When he last performed in Oakmont, he received an immediate standing ovation, and then minutes of the thrilled audience shouting “Encore, Encore.” He is absolutely mesmerizing when performing. His ability to capture the feeling of the lyrics he is singing is phenomenal.

He has worked in movies, the stage, and was featured in a staged radio play starring Danny Glover. He also became part of Bobby McFerrin’s groundbreaking acappella “Voicestra” and spent 10-plus years on the road. He then became featured vocalist and narrator for Vincent Herring’s “Story of Jazz Orchestra” highlighting the 100-year history of recorded jazz music.



Mr. Bearde will be accompanied by the awarded pianist Larry Vuckovich and his quintet of extraordinary musicians including the beautiful guitar of Kai Lyons. It is seldom that we are hosts to such an incredible group of exceptional musicians. You will not want to miss this concert!

WHEN: March 8, 7 p.m. (doors open at 6:30 p.m.)

WHERE: Berger Center Auditorium, 6683 Oakmont Drive

TICKETS: Admission is \$40. Bring or mail check to the OVA office and leave in the Jazz Club folder.

Cabaret seating. Drinks and snacks permitted. Tables for eight people may be reserved.

For information, call (707) 537-7720.

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Oakmont Singles Social Club



■Bailey Penzotti and Priscilla Roslyn

FEBRUARY MIXER—SINGLES AWARENESS AND FABULOUSNESS

DATE AND TIME: Friday, February 21, 6 p.m.

LOCATION: East Rec. Center

Singles Awareness Day was established on February 15, 2015, but started by a high school student in 2001 when he gathered with fellow students to celebrate their singleness. It was initially thought to be an antithesis to Valentine's Day, but it has evolved into something much greater—an appreciation of being Single. It is a celebration of love in all forms recognizing the love between friends, family and yourself.



Heart chocolate cake to celebrate our Singleness. (Photo By Bailey Penzotti)

We will have a collaboration of two speakers to discuss some of the challenges of being Single and Solo Aging. Please join us for an interesting presentation. Bring an appetizer or dessert to share, your beverage of choice, and wear your name badge.

RSVP via our website, www.oakmontsinglessocialclub.org by February 17. If no computer or ability to register using your smart phone, email Priscilla at proslyn49@aol.com.

FEBRUARY 2025 BON APPETIT (OSSC MEMBERS ONLY)

WHEN: Thursday, February 6, meet at 5:30 p.m. to carpool from the Berger Center

RESTAURANT: Trattoria Cattaneo, 2700 Yulupa, Ste. 10, Santa Rosa

We begin our 2025 Bon Appetit adventures with a trip to a local restaurant serving traditional, homemade Italian food in a cozy family run trattoria. Fresh, local and organic food produce incredible offerings for your meals with friends.

Reservation is for 20. Bring cash because the restaurant will not provide separate checks!

Reservation cutoff is February 3. RSVP at www.oakmontsinglessocialclub.org or email Simone Smith, ssmith8151@aol.com.

REMINDER! 2025 MEMBERSHIP DUES ARE DUE NOW!

To continue receiving emails, flyers, invitations notifications, and remain on our roster and email address list, pay dues by February 1, using the website listed above.

DO YOU LIVE IN OAKMONT? ARE YOU SINGLE?

If so, join our club to mix and mingle with other Singles. Oakmont Singles Club offers the opportunity to network with other singles who may have your same interests as you. For more Oakmont Singles Social Club membership visit our website at www.oakmontsinglessocialclub.org.

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Music at Oakmont

■Judy Walker

BLACK OAK ENSEMBLE MAKE THEIR OAKMONT DEBUT

In recent years, a number of musical artists have branched out from their original format to create other groups and get involved in new ventures. Such is the case of the long-established Lincoln Piano Trio whose members spawned three additional ensembles:

- Desirée Ruhstrat, violin and David Cunliffe, cello joined forces with the viola player Aurélian Fort Pederzoli to create the Black Oak String Trio.

- Marta Aznavoorian, piano, teamed with her sister, the cellist Ani to form Duo Aznavoorian who delighted us at their performance here last season.

- More recently, Desirée, David, Marta and Aurélian combined to launch the Chicago Piano Quartet.

The Black Oak Ensemble, founded in 2011, quickly rose to enormous success in the U.S and internationally. Praised for its "insightful, committed and masterful performances" (*Classics Today*) and "fierce eloquence" (*London Times*), this trio is one of the most innovative and exciting chamber ensembles on the international stage. Their debut album titled "Silenced Voices" is dedicated to Jewish composers, many of whom lost their lives during the Holocaust. Their programming

also includes historical gems of the string trio repertoire.

For their upcoming concert at Oakmont, they will perform an interesting combination of works by familiar names (Bach and Beethoven)

and not so well known but very accessible 20th century composers, including Gideon Klein, a Jewish composer who was deported to the Theresenstadt concentration camp where he was murdered. The program will also feature two French composers, Henri Tomasi and Jean Cras and ends with the lively "Czardas" by Vittorio Monti.

We look forward to seeing you at this first concert of 2025 and the second of our Saturday afternoon concerts.

WHEN: Saturday, February 8 at 1:30 p.m.

WHERE: Berger Center

COST: \$30 at the door (cash or checks only) or with a season pass



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Art Association

■Elizabeth Kern

PHOTOGRAPHER JIM CODINGTON TAKES US ON A WILD ADVENTURE

DATE: Friday, February 14,
TIME: 10:30 a.m., come at 10 a.m. for refreshments
WHERE: Berger Center



Jim Codington.

Photographer Jim Codington will take us on an unforgettable journey through some of the world's most untouched and awe-inspiring landscapes. Through his lens, viewers will be transported to the remote Arctic, where they will witness breathtaking images of polar bears traversing the glacial

plateaus of the extreme north, captured through traditional photography and immersive 360-degree video footage. His expertise in wildlife photography, honed over years of exploration, allows his audience to develop a profound connection with nature that few can experience firsthand.

Jim's presentation will also take attendees soaring above the rugged Alaskan backcountry, where his compelling drone footage will offer a bird's-eye view of the untamed wilderness in search of the majestic bald eagle. But the journey does not stop there—viewers will also be treated to intimate and striking images of lions, polar bears, and bald eagles, alongside breathtaking landscapes of Iceland's glaciers and waterfalls, as well as the lush rolling plateaus of Palouse in eastern Washington.



Photo by Jim Codington.

More than just a visual spectacle, Jim's presentation is infused with riveting stories of adventure, deep respect for wildlife, and a passion for conservation. His most recent book, *Whispers in the Wild*, will also be available for attendees to purchase, with all proceeds generously donated to cheetah conservation projects in Africa.

Those in attendance will have the special opportunity to meet Jim and hear firsthand about his experiences. Having greatly enjoyed speaking at Oakmont last year, Jim is honored to return and share his latest collection of images and stories, offering his audience a rare glimpse into the wonders of the natural world.

Lifelong Learning

■Marlena Tremont

UPCOMING CLASSES

FLEMISH, DUTCH AND BRITISH ART

Instructor: Christian Quintin
Thursdays, Jan. 30, Feb. 6, 13, 20 and 27,
3–4:30 p.m., East Rec

5-week session. Cost: \$60
(Note: Shorter class time)

Enjoy the Flemish and Dutch masters of the Middle Ages, the unique period of Dutch Art of the 17th century and British art from its dawn to the 19th century.



THE FASCINATING WORLD OF MICROORGANISMS

Instructor: Andrew Rogerson
Mondays, Feb. 10, 17, 24 and Mar. 3, 3–5 p.m.,
Berger Center, 4-week session. Cost: \$65



Explore the unseen but amazing diversity of microorganisms and their beneficial or detrimental impact on humans. Learn about new discoveries, new emerging infections, new organisms, and new tools.

To hear the instructors talk about their classes, go to OakmontLL.org and click on the recording of the Winter Class Preview.

UPCOMING CONCERTS

February 14—Pianist Frederick Hodges: 7 p.m., table seating, \$25. Complimentary chocolates provided.

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

March 14—Blues is a Woman with Pamela Rose: 7 p.m., table seating, \$25.

This bodacious all-woman band comes in swinging, performing soulful selections that honor and celebrate the rise of 20th century women doing the Blues. Led by Pamela Rose, San Francisco jazz and blues vocalist, the ensemble guarantees an unforgettable musical evening.

To register for concerts and classes, go to OakmontLL.org, fill out a form in the OLL folder in the OVA office or pay at the door.

Asian Pacific Heritage and Culture Club

■Gary Andersen

DOCUMENTARY FILM AND SPEAKER

HIDDEN LEGACY WITH SHIRLEY MURAMOTO

The Asian Pacific Heritage and Culture Club invites you to the second our documentary film series featuring Shirley Muramoto and her film *Hidden Legacy* on Wednesday, February 19 at 2 p.m. at the East Rec Center. There is no charge and refreshments will be served.

Shirley Muramoto's roots in koto music grew from the dusty desert American concentration camps during WWII. Her mother, Barbara Hori (aka Kazuko Muramoto), was incarcerated at 9 years old with her family, yet still learned to play the ancient instrument from fellow internees at Topaz and Tule Lake prison camps.



In these desolate prisons, Barbara learned to play the koto by rote, with finger picks made of cow bones and tuning bridges carved by her grandfather from scraps of wood and toothbrush handles. It became the music of survival.

It has been 82 years since the Executive Order 9066 during World War II led to the forcible relocation of approximately 120,000 Japanese nationals and Japanese Americans, about two-thirds were American citizens, into American concentration camps.

The *Hidden Legacy* project researched and collected stories from former incarcerated artists who learned from some of these teachers. The questions were: how and why did traditional Japanese arts in the camps continue, how they used creativity to practice them, and how they fashioned equipment, kimonos, instruments and so on to be able to practice them. These arts played a critical role in the lives of those incarcerated to continue to survive and help them be resilient.

After the war as many felt these traditional arts would make them appear "un-American," many shunned these arts. Now, we are learning that traditional cultural arts and music aid in survival and continue to do so today as we learn how the arts help us to understand ourselves.



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Food Truck Coming to the Berger Center

■OVA Staff

TRI TIP TROLLEY AT THE BERGER CENTER

Wednesday, Jan. 29: 11:30 a.m.–5 p.m.

Tuesday, Feb. 4, 11 and 18: 11:30 a.m.–5 p.m.

Wednesday Feb. 26: 11:30 a.m.–5 p.m.

For menu descriptions and photos, please visit www.TriTipTrolley.com.

Oakmont Sunday Symposium



Berger Center, 7902 Oakmont Dr.

Sunday, 10:30 a.m.–12 noon, \$3 donation

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 26: DAVID SHEW, NAPA COUNTY FIRE ADMINISTRATOR *EMBERS ARE THE ENEMY*

No one wants his house to burn down; but, if it does, it starts with an ember. You've junked your juniper, replaced your house vents and are working on your five feet of "defensible space." Are you done? You wish. Fire science is constantly evolving.



You'll want to hear Dave Shew, with a long and varied fire career, tell us about small and big things we can all do to help keep our homes and community safe.

FEBRUARY 2: BARBARA PHELAN, ESQ. *A DAY IN THE LIFE OF A JUDGE*



Thousands of judges across America serve as guardians of our democracy. They ensure the rule of law, enforce the Constitution, protect public safety and oversee the peaceful resolution of disputes. Judge Phelan show us how the

principles of justice are given life by a judge's everyday tasks and decisions. Barbara is a retired lawyer and judge who worked on all levels of the California court system.

FEBRUARY 9: KENT PORTER *PRESS DEMOCRAT PHOTOGRAPHER EXTRAORDINAIRE*

Photojournalists are reporters, but they use images instead of words to tell their stories. They must often make decisions instantly while exposed to significant obstacles—bad weather, physical danger, large crowds and limited access to their subjects. Kent will talk about the challenges he faces in taking his amazing photos.



During his career, he has been named Photographer of the Year by the National Press Photographers Association three times and was part of the 2018 Pulitzer Prize team for coverage that included the Tubbs fire.

Oakmont Health Initiative Free Fitness Classes

■Charlene Bunas

MEET A CONSISTENT OHI MEMBER

Lifelong residents of Connecticut, Karen and husband Steve, moved to Oakmont in 2016; their daughter and family live in Petaluma. The move was a no-brainer, family has always come first for this couple. They've been married 55 years.

Within a month of moving, Karen began classes with Oakmont Health Initiative. No stranger to exercise, Karen did acrobatics, modern dance, tap and ballet as a girl. She played intramural sports and was on the gymnastics club in high school.



Photos of Karen by author.

In Oakmont, she found a fit with OHI. She said she trusts these classes; instructors are experts in working with older groups. They "keep us safe." She claims music makes exercising fun.

Again, no surprise. Besides exercise, music is another lifelong passion. Karen began singing at age five. Church. Today she sings in the choir at First Presbyterian Church and also has added handbell choir to her repertoire. In 2022 she joined the prestigious California Redwood Chorale.

In Oakmont, she is part of Grandparents' Club, takes dance, computer and art classes. She's sampled some Oakmont Lifelong Learning classes and loves to



dance with Boomers. You'll also find her on the golf course.

As an enthusiastic grandma, she passes passion for activity and music to her three teenage grandchildren. She and Steve cheer Sebastian as he works to qualify for 2028 summer Olympic. Ethan's soccer matches take him and his grandparents up and down California. His twin sister Mirabelle makes sure her two favorite dates sit next to her at school concerts.

For the entire family, these grandparents made the right move. For the new friends and exciting involvements, the couple made the right decision, coming to Oakmont.

Monday, Wednesday, Friday, 9 a.m., Berger. Zoom: 832 5893 6515 / 053432.



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Water Fitness



■Valerie Hulsey

Water Aerobic Classes will continue on the Winter Schedule. There will only be one class a day Monday through Thursday at 9:30 a.m. at the West pool. We meet rain or shine, so don't hesitate to come!

The water is still toasty warm at 86 degrees so grab your winter swim robe and join us for fun as we exercise.

There is a drop-in fee of \$8 and we look forward to seeing you soon.



New NIA Movement Class

■Lisa Erwin

NIA MOVEMENT CLASS STARTING ON JANUARY 19

I am very excited to bring the joy of NIA to anyone interested. I have been dancing since childhood and have studied ballet, modern, jazz and Afro-Caribbean dance styles. I am a NIA White Belt practitioner and am certified to teach through Nia Technique, Inc. I am a Licensed Clinical Social Worker, and have taught many classes involving mindfulness practice and emotion regulation. I find that NIA is the ultimate expression of finding joy and healing in movement.

We plan to meet twice per month, eventually on the second and fourth Sundays from 4:30–5:30 p.m. in the West Rec Center, Lower Level, movement studio. It is a beautiful space with a good deal of room and great sound equipment.

Please note that for the first three months of 2025, class dates will be somewhat irregular, due to instructor's prior commitments. Therefore, the schedule through March is as follows: February 9 (second Sunday), February 23 (fourth Sunday), March 2 (first Sunday) and March 9 (second Sunday).

As of April, the schedule will be the second and fourth Sundays through August 10. A new schedule will be set for the fall.

The cost is \$8 per single class or \$12, if you wish to pay for the whole month (two classes—starting in February).

Everyone will have the option to modify any of the moves, to suit your body, or to dance in a seated position. NIA emphasizes healing and moving in your personal body's way. Instruction is modified according to class members' physical abilities.

NIA increases and encourages flexibility, self-expression, joy of movement and music, for all levels of ability and intensity. It is a program for everyone, regardless of age, health or fitness level. Further information can be found at nianow.com.

For further questions, please contact me at lderwin2014@yahoo.com.

Strength and Balance Class

■Valerie Hulsey

MARY'S FITNESS CLASS

Looking forward to seeing you all at the Balance and Fitness classes on Fridays, at 9:30 a.m. at the East Rec.

There is a \$5 drop-in fee for classes and don't forget to bring your TheraBand for strengthening. If you do not have one you can purchase one for \$5 when you arrive.

Bring water and come and have some fun and improve your balance at the same time.

Meditation

■Joanne Davey

MEDITATING TOGETHER

WEEKLY MEDITATION SESSIONS AT CAC

"There's nowhere to go... There's simply being at peace with wherever you are."—Charlotte Joko Beck

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

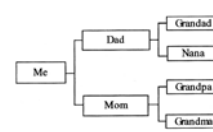
Saturdays at 10:30 a.m. in the CAC Building, Room B: This is a 35-min. meditation. This session frequently begins with a short 15-20-minute talk about various aspects of meditation.

Tuesdays at 4 p.m. in the CAC Building, Art Room: A 30-min. meditation. We approach meditation as a non-denominational practice.

If you have questions, please contact Trisha Mitchell, (650) 255-4026.

Genealogy Club

■George McKinney



UNDERSTANDING EASTERN EUROPEAN JEWISH HISTORY AND GENEALOGY

The next meeting of the Genealogy Club will be January 27 at 1 p.m. in East Rec. and on Zoom (see below for the Zoom link).

Peggy Dombeck and Elihu Smith will combine to review the history of Eastern Europe from 1700-1925 in maps and how to deal with genealogy research there.

Meeting ID: 862 2760 9536. Passcode: 030213.

The Oakmont Genealogy Club is open to all residents interested in genealogy or history research. We meet regularly the fourth Monday of each month at 1 p.m. in East Rec. and on Zoom. Our website is oakmontgenclub.org.

Email us at oakmontancestry@gmail.com if you want to be on our email contact list.

Bunco Ladies Night

■Barbara Wooley

YOUR NEW FAVORITE GAME!

Looking for a fun, low stress activity for the new year? Come on over and try Bunco—the fun, easy, no skill required dice game. Not only is Bunco loads of fun, players have the opportunity to win cash prizes! In what other game can a player literally win for losing?

Beginners are always welcome. Within a few rolls of the dice, you will be an expert Bunco player. Come on over and give it a shot. Bring a friend!

Please arrive by 6:45 p.m. for check-in. Games run from 7–9 p.m.

WHERE: Card Room, Central Activity Center

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

TIME: 6:45 p.m. (play is about 1-1/2 to 2 hrs.)

FEE: \$5 fee/night is required for each participant.

CONTACT INFORMATION: Jill Butler, (760) 468-1743, email: jillivannili@sbcglobal.net

Fire Safety in the Home

■Kempen Robbins, Assistant Fire Marshal/
CUPA Program Manager, SR Fire Department

Editor's Note: Katy Carrel, co-chair of MYN in Oakmont, has been collaborating with SR fire officials to bring periodic columns of interest and safety for Oakmont members.

Fire safety is a top priority, particularly in a community where many residents may face mobility or health challenges. Ensuring that everyone understands, and practices fire safety can greatly reduce the risk of accidents and save lives. Here are some important tips to help keep the members of Oakmont safe from fire hazards.

Smoke alarms are vital in saving lives because they provide early warnings of fire in the home. That early detection allows people ample time to escape before the fire and smoke become too intense. It is important to put smoke alarms in every level of your home, specifically inside bedrooms and outside sleeping areas, and test them monthly using the test button. If you cannot hear the smoke alarm when you sleep, buy an alarm with special aid devices like a bright light or bed shaker.

Cooking fires are the number one cause of home fires. In fact, the crew of Santa Rosa Fire Department Station 7 responded to almost a dozen cooking-related fires in the Oakmont community in 2023. These fires can be prevented by always staying in the kitchen when you are cooking, and turning the pot handles toward the back of the stove so they can't be knocked off the burner. If a fire does start, attempt to put it out with a fire extinguisher if you are comfortable and stay calm and get out. Call 911 and have a meeting place a safe distance where first responders can see you.

Everyone should have a plan in case of a fire or other emergency in their home, including knowing two ways out of the home and clearing all clutter that may block your escape route or create a trip hazard. Practice this escape plan at least twice a year.



Oakmont's Route 16 has New Vehicle

■News Staff Report

Santa Rosa City Bus Route 16, Oakmont's exclusive community shuttle, has a new vehicle making rounds. The 2023 Cutaway Ford E450 mirrors a previous vehicle that served Oakmont, with features that include a zero-stair entry, 20 folding seats, and four wheelchair spaces. There are also eight cameras recording inside and outside movement.

The Oakmont Shuttle runs from 8:15 a.m. to 4:10 p.m., Monday through Friday, with stops at all facilities. The shuttle also offers scheduled shopping trips each day of the week to locations like the Bennett Valley Center on Mondays, Montgomery Village on Tuesdays, St. Francis Center and Montecito Olivers on Wednesdays, Farmers Lane CVS and the 4th Street Safeway on Thursdays, and the St. Francis Center again on Fridays.

The City of Santa Rosa is considering routing changes for Route 16, partially due to a decrease in ridership, and is inviting Oakmont's engagement to identify possible changes. Call (707) 543-3333 for questions and comments, or visit SRCityBus.org.

Wii Bowling Oakmont Lanes



■Terry Leuthner

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

Anyone interested in joining our club, either as a team bowler or substitute, please call me at (707) 291-3023 or stop by the East Recreation Center on Tuesdays from 2–3:30 p.m. (no bowling fourth Tuesdays) to see us in action. We charge \$25 for a 10-week tournament that includes the play-offs. 2 p.m. League: 10 teams, 4 bowlers per team. Each bowler bowls 3 games and has his/her own handicap (80%) and average.

See www.oakmontlanes.com for club information, bowling dates, week results and team schedules to bring cookies and help setup at 1 p.m. and tear down equipment at 3:30 p.m.

Bowling dates for January: No bowling Jan. 28 (fourth Tuesday).

Bowling dates for February: Feb. 4, 11, 18. No bowling Feb. 25 (fourth Tuesday).

Canine Club



■Randi Hulce

New members always welcome. New Member Application form is also available in the Canine Club folder. If you are not a current member, please enclose that form with your \$12 or \$20 check.

AT THE DOG PARK

- The park is reserved 3–4 p.m., every Sunday and Wednesday, for dogs less than 25lbs. Thanks to all for respecting safety concerns of small dog owners by observing these hourly windows each week.

- Reminders: Please do not bring dog treats, food, or drink of any kind (except water) into the Dog Park. Also, watch your dog; be ready to use waste bags and receptacles located throughout the park.

Happy Tails Dog Park, located at 6302 Stonebridge Rd., behind the Community Garden, Open sunrise to sunset and available to all Oakmont residents.

Oakmont Cat Care Coop

■Mary Ellen King

NEED CARE FOR KITTY WHILE YOU ARE AWAY?



Join the Oakmont Cat Care Coop and share the care! For Oakmont residents only. Active participation for over 15 years.

For information and to get on the list contact me at (707) 849-1581.

New to Oakmont?

Meet with a volunteer from the New Resident Welcome Committee to learn about everything Oakmont—from governing rules, important phone numbers, activities, services, facilities and emergency prep.

Contact us at welcome@oakmontvillage.com. The Welcome Packet is available at oakmontvillage.com/article/new-resident-welcome-packet.

Parkinson's Support Group

■Christine Nota

WE CONTINUE TO MEET TWICE A MONTH

The Oakmont Parkinson's Support Group meets the first and third Fridays of every month, 10–11:30 a.m. at West Recreation Upper Meeting Room. The group includes people with Parkinson's and their Care Partners who tend to be spouses or friends. All are welcome.

Group discussions include challenges and solutions for living well with Parkinson's. Many meetings include speakers who help us better understand the disease, learn adaptations and strategies of how to thrive

despite the disease and the normal aging process. We also host a Care Partner Support Group once a month and a weekly in-person exercise class designed for people with Parkinson's or other movement disorders.

The group hosts fun activities which builds friendships and community. Our discussions are lively, real and hopeful.

For more information or to join the email list for announcements of activities, email me at chrisnota@gmail.com.

Great Decisions

■George McKinney

JOIN YOUR NEIGHBORS IN DISCUSSING GREAT DECISIONS IN FOREIGN POLICY

"Great Decisions" is America's largest discussion program on world affairs. It focuses on the most critical global issues facing America today. The program involves reading the Great Decisions Briefing Book and meeting in a discussion group with your Oakmont neighbors. There are 30-minute videos to supplement the Briefing Book.

Early 2025 will be an especially interesting and challenging time to discuss world affairs, in light of the upcoming U.S. election and the global search for resolutions of the wars in Ukraine and the Middle East. These topics are included in the 2025 discussions.

You don't need to be an international affairs expert to participate. Each of us brings a fascinating personal perspective from a lifetime of learning, experiencing, and traveling. Occasionally we have a neighbor with particular knowledge of the part of the world being discussed, and we all benefit from that.

Meetings for 2025 are 10 a.m.–12 noon on Monday mornings every other week from February through mid-May in the East Rec. Center. The eight topics for 2025 are:

- 1: American Foreign Policy at the Crossroads
- 2: U.S Changing Leadership of the World Economy
- 3: U.S. China Relations
- 4: International Cooperation on Climate Change
- 5: The Future of NATO and European Security
- 6: AI and American National Security
- 7: India: Between China, the West, and the Global South
- 8: After Gaza: American Policy in the Middle East

The only cost to participate is \$30 for the Briefing Book. We purchase them in bulk and get a discount.

The videos are free online. We look forward to having you with us discussing Great Decisions.

For more information and to join a Great Decisions discussion group, contact me at oakmontgd@gmail.com for instructions where to send the check if you wish to participate.



Great Decisions 2025
Briefing Book (Foreign
Policy Association).

Be a Part of our Community Directory

■News Staff

Did you know Oakmont has an electronic directory on the OVA website? Located at oakmontvillage.com/directory, this member resource is a way for residents to locate contact information on neighbors and friends. The directory also allows new residents to be added and existing members to update their listings as needed, allowing contact information to be up to date.

To be listed, members need only log onto the OVA website at www.oakmontvillage.com and go to "Members" on the far right of the home page toolbar. Then click on Community Directory and follow the

prompts to add your information. Members also may complete their entries on paper at the OVA office.

Besides being current, the directory is secure because it's only available with a member password.

If you are not in the directory, please visit oakmontvillage.com/directory and follow the steps to add your listing. If there have been changes to your contact information, please update your listing to include the correct information.

Please note, this directory is solely for personal use and is not to be used for solicitation.

Just For Fun Games Club

■Phillip Herzog

ABOUT THE JUST FOR FUN GAMES CLUB

The Just for Fun Games Club is a great place to make friends and play all sorts of old and new games including board games, card games, tile games and dice games. We meet every Saturday at 1 p.m. in the Card and Game Room in the CAC. However, sometimes we also play online, to do so we use Zoom for communication and the website Board Game Arena for the games. Please call or email ahead to confirm the schedule.



There are multiple games being played at the same time, so you will always be able to choose what game you want to play. It's never too serious—because we play games Just for Fun!

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

CLASSIFIEDS

BODEN PLUMBING, HEATING AND AIR

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

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.

SONOMA VALLEY LEGAL SERVICES

Providing legal services for Estate Planning, including preparation or amendment of wills, trust, healthcare directives and powers of attorney, Family Law Mediation and other non-litigation family law services. Call for a free 30-minute consultation. Attorney Bailey Penzotti, (707) 203-2247.

GALUS PAINTING

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

JOSH BEGIN

ELECTRICAL CONTRACTOR

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

GARAGE DOOR SERVICES

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

DOORS AND WINDOWS

Consultative sales and installation. Local suppliers. Father and son team, 30 years of experience. Lic. #527924. www.doorbeautiful.com. Call (707) 539-3196.

TONY'S GARDENING SERVICES

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

REPAIRS PILING UP? CALL RAY

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

MARTHA L PROFESSIONAL HOUSE CLEANING

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

CARPET, UPHOLSTERY AND TILE CLEANING

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

HANDYMAN RESIDENT

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

TREE TRIMMING

Pruning, trimming, hedges, mowing. Fruit trees, stump grinding. Pressure washing. Over 20 yrs. of experience. Free estimates. Now accept credit cards. Visit website: ajyardservice.com. Call Alex, (707) 322-1646. Lic. #06530716.

THE VINE LANDSCAPING

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

PET MAN DAN

I am an established dog walker in Oakmont. I walk one dog at a time, unless you have more. Available for a dog walk in the mornings. Licensed and insured. References available. Call or text Dan Lennox, (707) 889-0205.

YARD WORK

Mowing, hedge trimming, pruning, planting, weeding, raking and dump runs. Reasonable rates. Call Erick, (707) 537-5459.

CAREGIVER

Honest, caring, reliable, with many yrs. of experience in caring for seniors: hospice, memory care, companionship, weekly showers, nights, etc. 24 hrs. of team care. Fingerprinted by the state and excellent ref. Local resident. Martha Lorenzo, (707) 308-8802.

YOUR PERSONAL CAREGIVER AND ADVOCATE

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

HAIRSTYLIST

Personal In-Home Full Service. Exclusive for Oakmont members: travel fee waived. See reviews at Hairbysofia.com. Call or text, (415) 370-3126. I will come to you at your convenience!

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

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

RESIDENTIAL POWER WASHING AND WINDOW CLEANING

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

COMPUTER OOPS?

Oakmont Onsite Personal Computer Services. 11+ years helping Oakmonters. Call Chuck for all things computer and tutoring. Reference available. Over 350 satisfied Oakmont customers. \$60/hr., one hour minimum. (707) 293-8011.

HANDYMAN/CARPENTER

Easy to work with, reliable. Reasonable pricing. Oakmont/Sonoma references. 32 yrs. experience. Remodels, electrical, plumbing. Hardwood floors. Free estimate. Ernesto, (707) 974-0359.

PAINTER/HANDYMAN

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

FOR ALL YOUR PAINTING NEEDS

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

GUITAR LESSONS

Cut to the chase guitar lessons by the 2024 California Music Hall of Fame recipient Al Ferguson. No reading music or theory. Just pick up the guitar and play taught. Oakmont resident. Al Ferguson, (909) 583 1342.

OAKMONT'S PAINTING SERVICES

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

HANDYMAN SERVICES

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

ONE WAY PLUMBING, INC.

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

CHRISTO TRANSPORTATION

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

ERIC WILSON, REMODELING SPECIALISTS

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

AIR CONDITIONING REPAIR

Cooler weather is on its way! Heating, Cooling, service and repair. Serving Sonoma Valley. Call Vince Parish at Ridgeback Mechanical, (707) 666-5056.

PET CARE SERVICES

Senior discounts. Reasonable rates. Kitty nail trim house calls, pet sitting and walks, rides to vets in Sonoma County. Local references. 20+ yrs experience. elainesteele60@yahoo.com, call/text: (510) 967-9660.

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.

HANDYMAN/CONTRACTOR

Call FM Works with all your home improvement needs. Specializing in bathroom remodels, dump runs, home repairs, painting, windows and doors. Call Freddie at (707) 732-0102.

SONOMA COAST CLEANING COMPANY

Specializing in window cleaning and solar panel cleaning using a water purification system. We also do exterior house pressure washing along with walkways, rock walls, and BBQs. Gutter cleaning and gutter guard installation. Family-owned and operated, fully insured, many local references. Call us at (707) 291-9961.

NEW YEAR'S SPECIALS

Our best prices ever on all bathroom and kitchen remodels for Oakmont residents in Jan. and Feb. Have your old bathroom or kitchen look new and beautiful again. We do it all, from additions to roofing. Specializing in Oakmont since 1986. Call John Coyle, Bayside Remodeling and Construction at (415) 879-1634 for your free consultation and estimates.

PEDICURES!

SWEET TREAT FOR YOUR FEET

Give your special guy or gal the gift of pampering foot care. Nail care, foot scrub, moisturizer treatment for \$25! Call Sheri at (707) 481-9044, 4525 Montgomery Dr. Suite 19.

HELPER NEEDED

Oakmont couple seeks help for handicapped partner. Weekdays, permanent, flexible 2-3 hrs. daily. Gender irrelevant. Help with meal prep, errands, dishes, laundry, etc. No personal care needed. Driver's license required. Car provided. Call Bill, (858) 531-3361.

WANTED: 1961 LINCOLN CONTINENTAL

Condition and price to be discussed. Please call (707) 978-0450.

Oakmont Village Association

OAKMONT VILLAGE ASSOCIATION

Hours: M–F 9 AM–5 PM—Closed 12–1 PM
Tel 707-539-1611

6637 Oakmont Dr., Ste. A

OVA E-mail: askova@oakmontvillage.com

Website: www.oakmontvillage.com

Book appointments with staff at: oakmontvillage.com/staff

MAINTENANCE OFFICE

Hours: Daily 7 AM–10 PM

Tel 707-539-6720

Maintenance Building (next to Central Auditorium)

CONDOMINIUM FINANCIAL MANAGEMENT (CFM)

OVA Accounting

Tel 800-585-4297

OAKMONT NEWS

Tel 707-206-1957

E-mail: cjmprod567@gmail.com

PAS MANAGEMENT COMPANY

Hours: M–F 9 AM–Noon, and 1–4 PM

Tel 707-539-5810

6572 Oakmont Dr., Ste. A

(for Association Maintained Homes)

ARCHITECTURAL OFFICE

Hours: M–Th 9 AM–Noon, 1–5 PM

Tel 707-539-1611

6637 Oakmont Dr., Ste. A-1

E-mail: ale@oakmontvillage.com

Violations: dani@oakmontvillage.com

AVAILABLE IN OVA OFFICE

GAS SHUT-OFF WRENCH.....\$12

TENNIS COURT KEY.....\$2

RESIDENT ACCESS CARD.....\$30 EA

REPLACEMENTS.....\$30 EA

GUEST ACCESS CARD.....\$30 EA

BULLETIN BOARDS

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

LOCKER RENTALS

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

GUEST PASSES

The following are OVA Guest Pass types and duration: 1) Guest from outside Sonoma County—up to 90 days; 2) House sitters—up to 90 days (OVA host must present written request to OVA Office for approval prior to visit); 3) Guests living in Sonoma County—2 days per card, and no more than 3 cards per month. Guest cards are available during regular hours in the OVA Office for a \$30 non-refundable fee. Guests accompanied by their Oakmont host are not required to have a Guest Pass.

STREET CLEANING

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

NEED A RIDE? GIVE A RIDE! OAKMONT VOLUNTEER HELPERS

We provide the following services to Oakmont Residents:

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

COORDINATOR Rides to Medical Appointments

January 16–31
Nancy MacDonald 707-591-3110

February 1–15
Nadine Condon 602-503-8288

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

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

LETTERS TO THE EDITOR WRITER GUIDELINES

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

POOLS & JACUZZIS

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

STORAGE UNITS AND PARKING

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

LIBRARY

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

OAKMONT COMMUNITY GARDEN ON STONEBRIDGE

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

HAPPY TAILS DOG PARK

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

FITNESS CENTER

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

BE ON OVA E-MAIL LIST

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

2024–2025 OVA BOARD OF DIRECTORS

E-mail: askova@oakmontvillage.com

Heidi Klyn, President

heidi.klyn@oakmontvillage.com

David Dearden, Vice President

david.dearden@oakmontvillage.com

Steve Spillman, Secretary

steve.spillman@oakmontvillage.com

Jerry Gladstone, Director

jerry.gladstone@oakmontvillage.com

Matt Oliver, Director

matt.oliver@oakmontvillage.com

Mark Randol, Director

mark.randol@oakmontvillage.com

Olga Ydrogo, Director

olga.ydrogo@oakmontvillage.com

Tom Kendrick, Treasurer

(Non-voting officer)
tom.kendrick@oakmontvillage.com

GENERAL MANAGER

Christel Antone

christel@oakmontvillage.com

OVA BOARD MEETINGS

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

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

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

HOW TO CONTACT YOUR LOCAL OFFICIALS

**County Supervisor Rebecca Hermosillo
District 1**

Phone 707-565-2241

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

Email: rebecca.hermosillo@sonoma-county.org

**City Councilwoman Dianna MacDonald
District 3**

Email: dmacdonald@srcity.org

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

PUBLIC TRANSPORTATION AVAILABLE IN OAKMONT

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

Oakmont Birders

■Barbara Kendrick

BIRDS WORTH WATCHING: RED-BREASTED SAPSUCKERS

Few winter birds visiting Oakmont are as eye-catching as the Red-breasted Sapsucker. The dazzling crimson head and breast of this specialized species of Woodpecker stand out dramatically as it moves along the trunks of trees and shrubs. Other conspicuous features include a white spot or line behind the bill, a black and white back, and a large vertical white wing patch. About the size of a Robin, this is the only bird we have in winter that sports a flashy red upper body.



An unmistakable bird.
(Photos by Tom Grey)



A Sapsucker branches out.
(Photo by Tom Grey)

True to their name, Sapsuckers tap out shallow holes, typically in horizontal rows, in trees like birch, maple, and younger pines, and lap up the sap that flows from them using bristly tongues. Insects that get trapped in the sap provide welcome protein. They tend to use the same trees, sometimes for several seasons, and work through their feeding territory regularly to keep the sap wells open and flowing.

Other birds, especially Hummingbirds, follow Sapsuckers to take advantage of the sap and bugs. The Sapsuckers do their best to drive freeloaders off, but Hummers don't deter easily. When not sipping sap, Sapsuckers also eat fruit and seeds and enjoy suet.

Oakmont has plenty of trees with evidence of Sapsucker feeding. Should you worry about these holes damaging your tree? Probably not. Unless the holes completely girdle the tree and prevent the transport of phloem and xylem, no harm is likely. We're not overrun with Sapsuckers, and diligent though they are, it's unlikely one would create enough sap wells on a healthy tree to kill it. If you're concerned about a particular specimen, try wrapping the trunk in landscape cloth to reduce additional tapping.

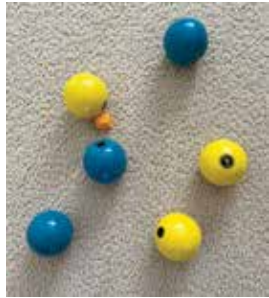
Have questions about birds? Want to share a bird photo or experience? Need a "Birds Seen in Oakmont" checklist? E-mail bkendrick@jps.net.

Oakmont Pétanque Club

■Don McPherson

INDOOR PÉTANQUE BOULES

The holiday season brought a new Pétanque product to the American market: soft, PVC plastic indoor boules that have the weight, size, and feel of regular steel boules but are safe and suitable for playing on any indoor surface without damaging the surface, walls, or furniture.



Indoor boules played on carpet—one point scored

Developed in France by the International Center for Pétanque Training (CIEP), the indoor boules are manufactured by the French company Plastico Rototech. The resilient PVC boules are inflated with air to the same size as steel boules and filled with inert powdered iron filings to give them the same weight and feel of steel boules.

Indoor boules behave similarly to steel boules on an outdoor surface but instead of "rolling away" after landing they just gradually slow down. They are an alternative for practice or play during inclement weather as well as for use in schools, senior centers, and by indoor adult sports leagues. A regular cochonnet or an alternative soft, multi-sided PVC polygon can be used.



Indoor "Sport Boules" set from Pétanque America.

Indoor boules are available from Pétanque America (pétanque-america.com). In addition to smaller sets for young children, for juniors and adults, a set of six "sport boules" (74mm, 400g) is available for \$82. For adults, a set of three boules the same size and weight of a typical steel boule (74mm, 680g) is available for \$62.

PÉTANQUE IN OAKMONT MONDAY, WEDNESDAY, SATURDAY

French in origin, Pétanque (pay-tonk) has been a feature of organized play in Oakmont since the 1980s. The Club encourages Oakmonters who may be interested 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 for casual friendly games with teams randomly chosen. The club has boules to lend while you're learning, and you'll be playing right away.

Hikers



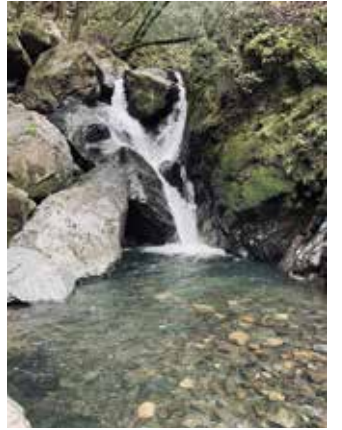
■Scott Finn

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

For a complete description of each hike and to register, please keep checking our website for updates.

JANUARY 30: LONG HIKE SUGARLOAF FALLS VIA PONY GATE TRAIL

Hikers on this day will get to experience one of the nicest waterfalls minutes from home! The experience will be at the end of the hike after we get our miles in trekking through Sugarloaf Ridge State Park. Up and around the Meadow trail followed by steady climbs up to the Vista Trail, Stern Trail and finally the Pony Gate decline down to the Waterfall for lunch. Then back up to our cars parked at the Pony Gate Trailhead.



Sugarloaf Waterfall—
Winter 2025.

Approximately 7 miles and 1,350 feet of elevation gain. State Park Pass needed. We will leave the Berger Center at 8:30 a.m. Hike leader is Scott Finn, (619) 884-0977.

FEBRUARY 6: SHORT HIKE CRANE REGIONAL PARK



Crane Regional Park meadow.

Crane Creek Regional Park features rolling grasslands and beautiful oaks east of Rohnert Park. The 128-acre park has 3.5 miles of trails and an 18-hole disc golf course. Crane Creek flows through the middle of the park. Ridges offer sweeping views of the countryside. Rain cancels.

Meet at Berger Center. Hike leader is Jan Preston, (949) 433-7330, jancooks@paccos.com.

FEBRUARY 6: LONG HIKE CATARACT TRAIL, MARIN

Incredible waterfalls one after the other. A rewarding experience not to be missed. Warning: This hike can be addictive! Hard work up beside the falls with lots of steps. Return through the woods via Alpine Lake. It's an hour and a half road trip, but we can return the "back way" to avoid some 101 traffic.

Hike is 8 miles and 2000ft. elevation gain. Google Maps destination: Cataract Trailhead, Bolinas—Fairfax Rd., Bolinas, CA 94924. Bring poles, lunch, water, dress in layers. Leave the Berger at 8.30 a.m. Hike leader is Martin Johns, (330) 815-5167.



Grandparents' Club

■Leslie Brockman, Chair

THE FUN IS BEGINNING YET AGAIN!

Get ready for another fabulous year with your grandchildren! Grandparents' Club is starting up again this Tuesday, January 28, 4–5 p.m. at the East Rec. Center. To renew your club membership or join for the first time, go to our new website at www.oakmontgrandparentsclub.org. Cost per family is only \$20 per year.

Our 2025 events promise to be at least as fun as last year's, so mark your calendars for the following dates:

Easter Eggstravaganza, for toddlers through teens, is on Saturday, April 19, from 1–2:30 p.m.

Grandparents Week—all 6 days of activities and classes—is from Sunday, July 20 through Friday, July 25.

Club members get discounts on all events and classes, and it's a great group of people, many of whom moved to Oakmont to be closer to their children and grandchildren, including me! You may also sign up by filling out the membership form in our folder at the OVA office or bringing your check or cash to our first meeting.

Questions? Contact me by texting (949) 683-7725 or emailing at oakmont.grandparents@gmail.com.

Looking forward to seeing you soon.



Grandparents' Week
photo by Kathy Sowers.



Easter photo by Julie Kiil.

Experts in the Positive Approach to Care®: A Dementia Program

Interim HealthCare’s compassionate, licensed care professionals are trained in the Positive Approach to Care®, an internationally recognized dementia program specifically for people affected by dementia. We can provide you or your family members with the personalized, qualified care and attention that members of our Oakmont community deserve.

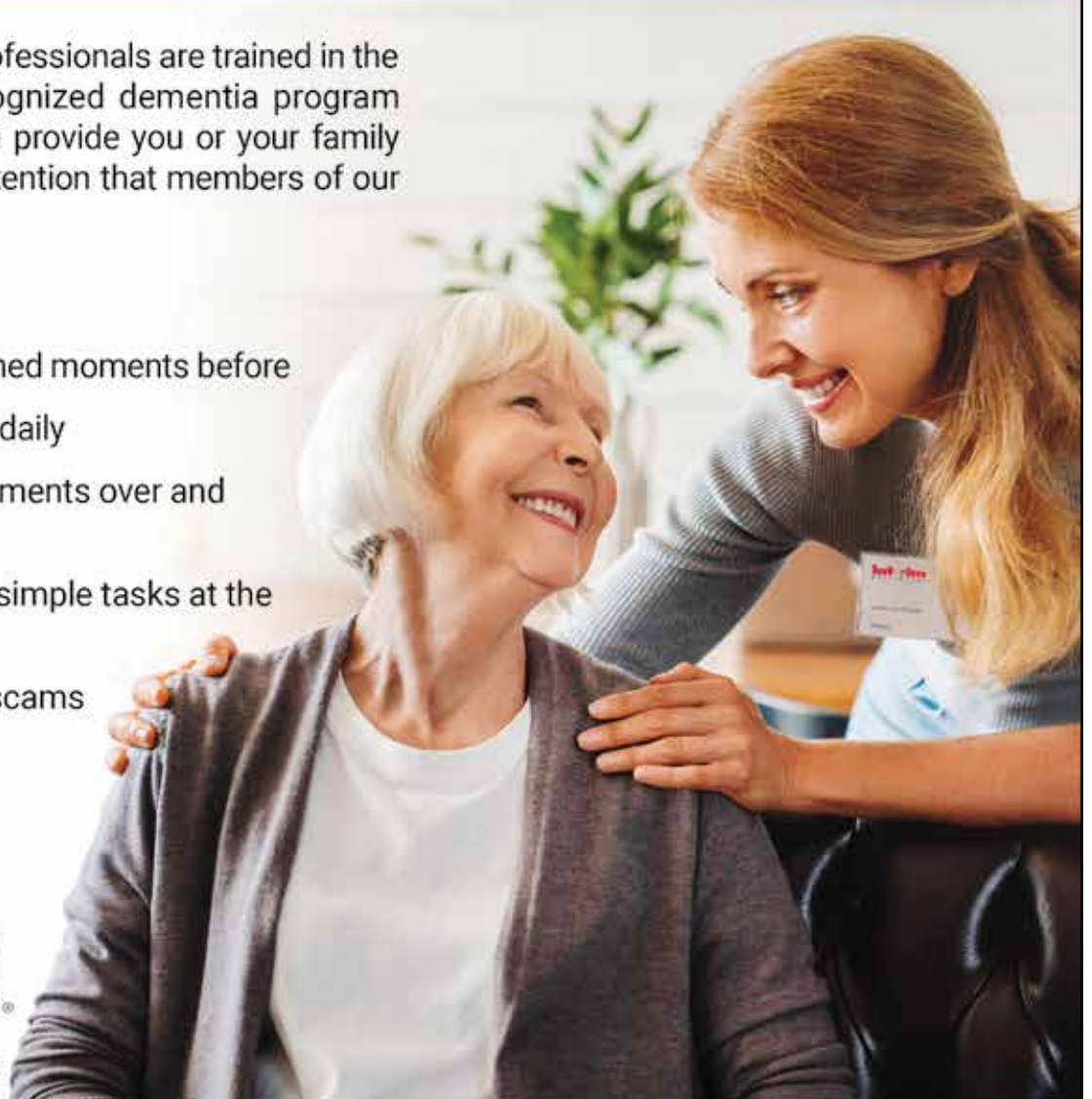
Early warning signs of Dementia:

- Short term memory loss; not recalling what happened moments before
- Word finding issues—inability to recall words used daily
- Repetition—repeating the same questions or comments over and over in same conversation
- Difficulty with multitasking—inability to complete simple tasks at the same time
- Financial missteps—falling for telephone money scams

Contact Interim HealthCare today!

6528 Oakmont Dr., Santa Rosa, CA 95409
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