

OAKMONT NEWS

Semimonthly

The Official Newspaper of the Oakmont Village Association

June 28, 2025 • Volume 63, Number 12

Grandparents' Club

■ Leslie Brockman

REGISTRATION OPENS SOON FOR GRANDPARENTS WEEK

Exciting news! Grandparents Week is just around the corner and it's almost time to sign up your grandchildren for this 6-day fun fest.



Photos by Julie Kiil and Kathy Sowers.

See GRANDPARENTS on page 5

Trial Period for Extended Children's Hours at Central Pool

■ Crissi Langwell, OVA Communications Director

Children's swim hours at the Central Pool will be temporarily extended to 11 a.m.–4 p.m., starting June 18 and running through July 15. This trial period will conclude with a vote at the July 15 OVA Board meeting to decide whether the new hours should be made permanent.

Previously, summer children's hours were set from 12–4 p.m. between Memorial Day and Labor Day.

During the trial, OVA General Manager Christel Antone will oversee pool usage and gather feedback on the extended hours. Residents are encouraged to share their input by emailing askova@oakmontvillage.com. Your comments will help shape the board's final decision.

Governing Documents Committee Seeking New Members

■ GDC Committee

The Governing Documents Committee currently has three openings for new members.

This volunteer committee was formed to help review and suggest updates to Oakmont's governing documents, with the goal of ensuring they remain legally compliant and aligned with the evolving needs and values of our community.

Serving on this committee is a valuable opportunity to get involved, share your insights, and help shape important decisions that impact our community. The committee typically meets monthly, and we welcome residents with diverse backgrounds and perspectives to apply.

If you're interested or would like more information, please contact AskOVA@OakmontVillage.com or drop off a brief statement of interest at the OVA Administration Office, 6637 Oakmont Dr., Suite A, by July 17.

Your statement should include a short summary of why you're interested in joining the committee and any relevant experience or background that may be helpful to the committee's work.

We look forward to your participation!

At-a-Glance Summary—June 17 OVA Board Meeting

■ Harriet Palk

CONSENT CALENDAR

Linda Rubio approved as Architectural Committee chair.

GENERAL MANAGER'S UPDATE

Christel Antone, OVA General Manager shared that five out of the six Stone Bridge Duets are now in escrow, and welcomed the new residents to our community. She also shared that Burbank Housing has submitted plans to the city for the neighboring development, formerly known as Elnoka.

TASK FORCE

AND COMMITTEE REPORTS

LRPC update was tabled until the July meeting.

Meet Your Neighbors: MYN held their Fire and Earthquake Safe Fair in April with a record number of vendors and attendees. Monthly meetings included presentations by the Red Cross and by a resident expert on earthquakes. Their recent fire extinguisher class was well-attended.

See AT-A-GLANCE on page 3

Town Hall with Mike Thompson



Congressman Mike Thompson was joined by special guest Martin O'Malley, the 17th Commissioner of the Social Security Administration and former Governor of Maryland, for a well-attended Town Hall event in Oakmont to offer information and answer questions about Social Security. (Photos by Crissi Langwell)

Cost Data In On Two Central Pool Options

■ Jackie Ryan

The OVA board has identified two distinct options and corresponding cost modeling data for making decisions about the central swimming pool.

OVA Board President Matt Oliver presented financial data at the June board meeting for less extensive renovations of the central pool or constructing a new pool facility in a nearby spot in the central complex area.

The option to relocate the pool is part of three central complex planning concepts prepared by the firm Archilogix and presented to the community more than a year ago. At that time, members were able to give feedback on the concepts and elements, and work groups under the guidance of the Long Range Planning Committee also reviewed plan elements.

"It makes sense for the board to home in on the pool element for a lot of reasons," said Oliver in a later interview. "It's a well-used facility and the current pool is 60 years old and is slated for some extensive renovation and required maintenance that we have known will be costly." He said the cost modeling data now allows the board to make valid comparisons in cost and functionality between the two options before moving forward on any plans.

Renovating the existing pool and patio area is estimated at \$732,500 and could take about six to 12 months complete, requiring closure during that time. Constructing a new pool in a nearby location is cost

See POOL OPTIONS on page 3



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AT-A-GLANCE Continued from page 1

8 volunteers with MYN became CERT trained, six of whom participated in a county wide Disaster Simulation Drill and Emergency Preparedness Expo at the Sonoma County fairgrounds. MYN is working with the AC office on a digital map of the neighborhoods. They are planning a root beer social for all residents with the goal of encouraging people to be prepared for emergencies.

Governing Docs Committee Update: The June meeting was cancelled, and the next meeting will be in July.

PICKLEBALL

Over the past few years, the board and GM have received feedback from pickleball players and interested future owners, that pickleball is becoming more popular both nationally and here in Oakmont. Some Oakmont members had proposed the idea of converting the upper tennis courts to pickleball courts, based in part on the observation that the upper courts appear to be used less frequently and that utilizing existing courts could also offer cost savings compared to building new courts elsewhere, should the Board decide to consider this option.

A recent sound study was conducted by Bolland Consultants, primarily to determine whether such a conversion would be feasible from a noise perspective, should the Board wish to initiate exploration of this proposal in the future. The study measured actual pickleball play at both the upper and lower courts, using a variety of paddles. The results indicate that noise levels during pickleball activity remain within the City's established noise limits.

However, it is important to emphasize that no discussion or decisions have been made at this time by this board. This information is being shared to ensure that both the Board and the community have access to objective data should this topic arise for future consideration. The purpose of sharing these findings is not to advocate any specific action, but

to ensure that future conversations are grounded in facts rather than assumptions, enabling efficient and constructive dialogue.

At this time no further action or discussion is planned.

OVPC/OVA UPDATE TO AUTHORIZED SIGNER FOR PROPERTY TITLE CHANGE

OVA wishes to transfer the title of the properties of APN #016-160-028-000, Oak Leaf Drive and APN #016-720-064-000, 450 Woodley Place from Oakmont Village Property Corporation to Oakmont Village Association. Board authorized Director Klyn and Secretary Marzak to sign on behalf of the Association for this transaction.

EXTENSION OF CHILDREN'S SUMMER POOL HOURS

Board approved with a 5-1 vote that from now until the next board meeting on July 15 the central pool will be open to children from 11 a.m. to 4 p.m. on a trial basis. Director Klyn voted against the temporary change in hours. Director Neuman was not present to vote. The board will vote on whether or not to make this change permanent at the July board meeting.

PURCHASE REQUISITION REQUEST FOR MULTI-HIP MACHINE

The board approved the purchase of a multi-hip machine for installation in the fitness center with selection and ordering being handled by John Phillips (OVA Fitness Center) in consultation with Robert Leavitt (OSPT Physical Therapist). Cost of \$4,000 to \$4,500 plus installation.

WEST REC EXPENDITURES

Approved NTE \$160,000 covered by asset replacement fund to repair and replace the West Recreation Center's awning structure, exterior stucco, paint, lower dance floor and entry bridge to address water intrusion, dry rot and wear.

Letter to the Editor

Seven years after pickleball and tennis players agreed they would have six courts each, some pickleball players want more. In 2018, the lower East Rec. Center tennis courts were remade into six pickleball courts. Tennis players kept the two upper courts as well as the four courts at the West Rec. Center. Now there's an effort to move pickleball to the upper east courts as well.

Here's a sample of opposition reaction sent to the board, which addressed the issue at its June 17 meeting:

From neighbors above the courts: "We have had to learn to exist with the existing pickleball courts—but not happily, as we must keep windows and doors shut and avoid our deck at certain hours. The noise is worse now that more trees and shrubbery have been removed for fire safety ... There may be more pickleball players than tennis players, but is the majority the basis of decision making when some of us are disproportionately affected? This includes our property values—the last real estate agent seeking houses to buy on Trail Ridge Place this spring pointedly asked about the pickleball noise and discouraged her client from buying. The previous owners of our house and the two below us left because of the pickleball noise."

From a tennis and pickleball player: "There are plenty of times both West and East tennis courts are full. It is common knowledge one set of tennis could last several hours versus one game of pickleball could last 15 minutes. Being an avid pickleball player, I know there is very little wait time to hop on a court and lots of afternoon time there are empty courts. As a tennis player we have to wait hours to hop on a court to get a set in."

Diane Curtis on behalf of the Tennis Club

POOL OPTIONS Continued from page 1

modeled at \$2.88 million and could take 18 months to two years to complete. Members would still have use of the existing pool during that time.

Oliver said the board must examine all funding availability. Preliminary analysis of costs shows that both options could be funded from reserves, using the Asset Replacement Fund and the Capital Improvement Fund, but he said more study is needed as part of a larger, ongoing planning effort and to ensure any project would not put operational needs at risk.

As the board explores the two options and more precise data become available, the community will also get to weigh in on their preferences. "Ultimately, this will go to a vote to the community," said Oliver.

While the final authority rests with the Board, the Board understands that community support is essential for master planning efforts of this scale. Holding a member vote for preference—even if not legally required—will help guide the Board's decisions.

Under California law, formal membership votes are required on expenditures that exceed 20% of operating budget or for special assessments.

"In addition to discussions at board meetings and workshops, we will also hold town hall meetings as needed to ensure the community has ample and accurate data on this and any other project," said Christel Antone, OVA general manager.

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Oakmont Singles Social Club



■ Bailey Penzotti

JULY MIXER

DATE AND TIME: Friday, July 18, 6 p.m.
LOCATION: East Rec Center—Pickleball Courts
WHAT TO BRING: Pickleball paddles (loaners available), your beverage of choice, your key card for entry, comfortable court shoes (no open-toe sandals).
RSVP: By July 14 at 12 noon at www.oakmontsinglessocialclub.org. If you're unable to register online, email Kat at KAT9433@icloud.com or Bailey at bailey.osc1@gmail.com.

Join us for another fun-filled evening with our Oakmont Pickleball experts, who will provide instruction and demonstrations of this exciting and popular game. Not feeling sporty? No problem—cheer on the players, mingle with fellow singles, and enjoy the lively sidelines atmosphere!



2023 Singles play pickleball too! (Photo by Bailey Penzotti)

This month, skip bringing appetizers and instead arrive ready for action (or spectating) at 5:50 p.m. From 6–7 p.m., enjoy pickleball play and camaraderie, followed by a club-sponsored Ice Cream Social with all the toppings at 7 p.m. inside the East Rec Center.

BON APPÉTIT: DINNER AT EDDIE'S KITCHEN

DATE: Thursday, July 10
TIME: Meet at Berger Center parking lot at 5:30 p.m. to carpool
LOCATION: Eddie's Kitchen, 409 Mendocino Ave., Santa Rosa
RESERVATION DETAILS: Reservation for 20 people only. Bring cash (no separate checks available). RSVP by July 7 at www.oakmontsinglessocialclub.org or email Simone Smith at ssmith8151@aol.com.

Founded by Chef Eduardo Robles, Eddie's Kitchen serves a unique "Wine Country"-inspired menu blending Italian, American, and French influences. Chef Eddie invites you to "Come in, eat, and stay a while."

ARE YOU SINGLE AND LIVING IN OAKMONT?

The Oakmont Singles Social Club offers a great opportunity to meet others, form connections, and enjoy fun activities together. To learn more or become a member, visit www.oakmontsinglessocialclub.org.

Bocce Club



■ Mary Piumarta

BATTLE OF THE SEXES!

It was friendly competition at the Battle of the Sexes Tournament on Saturday, June 7. While it was close, and on each court the score tied and went into play-offs, ultimately the women beat the men two to one. So, the ladies pictured above were celebrating their victory!

If you would like to get in on the fun, join the Bocce Club for regular play at 9:30 a.m. Monday through Saturday. Applications are available at the OVA office. To learn the game, come to New Member Day on the first Tuesday of the month. For more info, contact Pat Paulson, (707) 953-6691.

Ikebana Club

■ Kathy Carter

LEARN THE ART OF IKEBANA—JAPANESE FLOWER ARRANGING

The art of Japanese flower arranging, Ikebana, is centuries old. Over these centuries, many schools with their own unique styles have emerged. Classes in Ikebana are currently offered at the Central Center art room on the fourth Wednesday of the month.

The class is taught by Ron Kodo Brown, a certified teacher of the Sogetsu (Grass Moon) school of Ikebana. Ron has been a student and teacher of Sogetsu Ikebana for over 40 years. He holds the second-highest rank in the school, KOMON, and has exhibited for many organizations in the Bay Area, various states across the U.S., and several foreign countries.

As mentioned above, classes are held on the fourth Wednesday of the month from 10 a.m. to 12 noon. The next class is July 23. Emphasis is placed on utilizing plant materials that each student has readily available to them. The goal is to learn Ikebana in a relaxed and friendly environment. The fee for the class is \$25 per session.

These classes are ongoing with seasonal themes, and you do not need to attend each class—you only pay for the ones you attend.

Those interested in attending these classes should contact Ron via email at kodobrown@gmail.com.

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: 8 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 set up at 1 p.m. and tear down equipment at 3:30 p.m.

Bowling dates for July: July 1 (week #9, Fourth of July Challenge), 8 (week #10), 15 (week #11), 29 (Playoff Tournament, 2 p.m.). No bowling July 22 (fourth Tuesday).

RESULTS OF JUNE 10 (WEEK #7, SUMMER LEAGUE)

2 p.m. League: first place, 4 Tops; second place, Alley Oops; third place, Pocket Hits; fourth place, Strikers; fifth Place, King Pins; sixth place, High Rollers; seventh place, Wii Four; eighth place, Ghosts.

Men's High Games: Don Shelhart, 259; Glenn Hewitt, 227; Charlie Ensley, 224; Scott Harris, 219; Frank Schergerdes, 206; Gordon Freedman, 200.

Women's High Games: Joanne Abrams, 299; Peggy Ensley, 279; Laurel Earles, 270; Vickie Jackanich, 258; Sandy Osherooff, 256; Robin Schudel, 249; Lynda Rebsamen, 240; Pat Scott, 236; Diane Price, 231; Shirley Jamison, 212; Karen Palmiotti, 212; Carol Garneau, 202.

Oakmont Lanes is now in our 17th year. Thanks to everyone who has made Oakmont Lanes so successful with all the fun and camaraderie you share together. If you're thinking of joining us, now is the time. Most of us have all bowled on a bowling league some time in our lives and here's your chance to do it again without the weight of a heavy bowling ball.

Table Tennis Club

■ Herbert Ristock



RULE: NO FREE HAND ON THE TABLE DURING PLAY

In table tennis, players are not allowed to touch the playing surface with their free hand (the one not holding the racket) during a rally, as stated in ITTF Statutes 2025 Rule 2.10.1.11. This rule is designed to maintain fairness and ensure that the game is won through skillful play, not by using the free hand for support or to gain an edge. It applies also to both players on the double team.

Reasons for the rule:

- Preventing unfair advantages: Using the free hand for balance or subtle control can give one player an edge over the other.
- Preserving the game's integrity: It keeps the focus on racket technique and strategy.
- Simplifying enforcement: A clear rule helps umpires judge consistently.



Consequences:

- If a player touches the table surface with their free hand while the ball is in play, the opponent is awarded the point.

- This includes contact made for balance or accidental touches.
- Moving the table during a rally also results in a lost point.

Clarifications:

- Touching the table with your racket or other body parts (excluding the free hand) is allowed as long as the table isn't moved.

- Touching the table when the ball is not in play is permitted, although the ITTF has considered discouraging it. It is commonly done for wiping sweat near the net, because rule 3.4.4.1.2 allows brief towelling only after every 6 points.

- Some players use this break to slow the pace of the game, but while it's a recognized habit, it's not currently penalized unless it disrupts play.

Exception for Parkinson's Players:

- Under ITTF Parkinson's Table Tennis Laws, players with clear balance issues due to Parkinson's may be exempt from this rule.

It's good to know the exact rules, even if they are more relevant for competitive play.



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Current Events Discussion Group



■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. Note that we won't meet on July 4th.

Pickleball Corner



■Peter Copen

10 NOT UNREASONABLE PICKLEBALL EXUSES!

Let's be honest—we've all used at least a few of these. So, if you thought you were the only one blaming your paddle, your shoe, or the humidity... you're in good company.

Here are 10 of the most popular excuses players pull out mid-game:

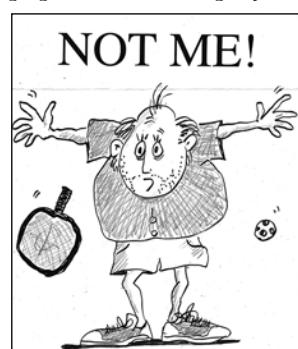
1. "The wind carried it." Yep, that rogue gust only hits your serves.
2. "Damn paddle." Always the equipment. Never the swing. Or the swinger.
3. "This net feels high." Mmm! Must be that regulation height messing with you again.
4. "Is that ball cracked?" Said every player after netting two in a row.
5. "Still calibrating." You're not a Tesla, but sure.
6. "That ball wasn't a real Franklin." Let's be frank about this.
7. "10 years ago I would have had it." Get over it, you're old.
8. "All they do is bang." Translation: they're beating me and I hate it.
9. "You can't hit that shot at someone older!" Pickleball... but make it polite.
10. "I'm playing under protest." The ball grazed the tape. Time to lawyer up.

Next time you miss a shot, just nod confidently and know you are part of a proud pickleball tradition.

Pickleball at Oakmont is for Oakmont residents and their guests only!

New Player Orientation: 9 a.m. Tuesday mornings. Contact Victoria Dettman, (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>



Graphic by Peter Copen.

Valley of the Moon Rotary Club



■Star Power

IT'S A NEW DAY

Welcome to our new year at VOM Rotary and welcome to our new president, Chris Severson. We're looking forward to successful year of making the world and our community a better place.

Right off the bat, on July 10, we have a powerful speaker from a non-profit, called Ruthless Kindness. Their goal is to help protect victims of violence, including their pets. They were founded by two veterinarians who have worked extensively in underserved communities and animal shelters. They found that suffering animals were often linked to suffering people. This should be an interesting program, as a great majority of Oakmonters have pets they love and cherish.

Then, on July 17, our speaker, Letitia Hanke, who grew up in Lake County and is the CEO of a successful roofing company, established a non-profit called The LIME Foundation. Their goal is to empower people from disadvantaged communities to find a path to succeed in the construction trades, the art world, plus health for senior citizens. She's established the NextGen Trades Academy Roofing and Construction Vocational Program. This sounds like a topic of interest to many who are concerned about the poverty rate in our nation.

Of course, Rotary is about much more than just hearing speakers. Our meetings are made up of humor, goodwill, and finding a path to better serve our community and the world. We're good folks.

VOM Rotary meets almost every Thursday morning at the East Rec. Center. Our meetings start promptly at 8 a.m., but we welcome members and visitors to come a bit earlier to enjoy a cup of Joe, some light breakfast, and chat with our friendly members.

SIR

■Bern Lefson

WHAT'S UP WITH SONOMA DEVELOPMENTAL CENTER?

Join us for an engaging and informative luncheon hosted by Seniors in Retirement (SIR) on Saturday, July 8, from 11:30 a.m. to 1:30 p.m. at the Berger Center.

SIR holds luncheons every second Tuesday of the month, except in December when we celebrate with a special holiday dinner.

This month's luncheon is one you won't want to miss! Our featured presenters, Bean Anderson and Carolyn Scott, will provide an update on the proposed plans for the Sonoma Developmental Center (SDC). Current plans include the addition of 1,000 new homes and apartments. But what does this mean for our community? Can our infrastructure handle the increased traffic, especially during an evacuation? Anderson and Scott, who have been at the forefront of efforts to address this proposal, will share valuable insights into this critical issue.

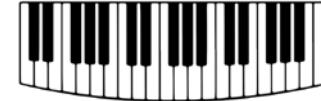
In addition to this important presentation, attendees will enjoy an excellent lunch catered by Oakmont Market.

Reservations are required. To reserve your spot, please contact Sherry at smagers9@gmail.com. For more information about SIR, feel free to reach out to Jack at jacpersol@aol.com.

We encourage you to consider joining our club! In addition to outstanding luncheon presentations, SIR offers exciting outings, social events, and the camaraderie of a vibrant community. We're proud to be the only SIR club in California welcoming both men and women as full members.

We look forward to seeing you there!

Music at Oakmont



■Judy Walker

A FREE COMMUNITY CONCERT

In partnership with a generous anonymous Oakmont donor, Music at Oakmont is delighted to sponsor a free recital featuring the outstanding Japanese pianist, Kotaro Fukuma.



Japanese pianist Kotaro Fukuma.

Kotaro has performed at major venues in the US, Europe, South America and Asia including Carnegie Hall. London's Wigmore Hall, the Gewandhaus in Leipzig and Suntory Hall in Tokyo. He has also been awarded top prizes in a number of prestigious competitions—the Cleveland International Piano Competition, the Artur Rubenstein and the Gina Bachauer competitions amongst others. He has also collaborated with major symphony orchestras including the Cleveland, the Moscow and Israel Philharmonic, performing many of the greatest piano concertos.

For his Oakmont recital, Kotaro has chosen a wonderful program of Chopin favorites, followed by an evocative composition titled "Water Dance" by the contemporary Japanese-American composer Karen Tanaka and concluding with some exciting music by the Spanish composer Albéniz.

Please save the date for this wonderful opportunity to enjoy a summer evening of outstanding piano music. More information will be available on our website: www.musicatoakmont.org.

WHEN: Saturday, July 26 at 7 p.m.

WHERE: Berger Center

ADMISSION: Free (donations to support Music at Oakmont will be gratefully received)

GRANDPARENTS

Continued from page 1

Grandparents Week begins on Sunday, July 20, with a Barbecue at Oakmont Gardens, followed by a Welcome Carnival, complete with carnival games and concessions (cotton candy, anyone?), plus balloon guy, face painter, tattoos (temporary, of course), prizes, and music. Then, on Monday through Friday (July 21-25), each day is packed with classes for Oakmont's grandchildren and their grandparents. These include sports, arts and crafts, music and drama, nature, toddler classes, and more. And the week concludes on Friday afternoon with the ever-popular Coin Tosses (with real U.S. coins) in the CAC pool.

The best way to register is to become a member of Grandparents' Club, where you'll receive discounted prices on all classes and events and earlier registration. Go to our website: www.oakmontgrandparentsclub.org and click on Members to join or renew your membership. It's only \$20 per family per year. Then, you'll be able to sign up for available classes and events right then.

Non-members are invited to participate too, of course. Go to the same website and register your grandchildren but not join the club and pay the non-member prices. Early registration for club members has already begun, so hurry before the classes fill up. Registration for Grandparents Week will close on July 11. Not computer literate? Paper registration forms are in our folder at the OVA office until July 11.

Questions? Contact me at oakmont.grandparents@gmail.com.

WEDNESDAY HAPPY HOUR
Hosted by Larry Burns
1:00 - 5:00
2 for \$20 Cocktail & Bar Snacks Menu
Visit Our Website for details
hansonofsonoma.com

22985 BURNDALE RD, SONOMA, CA 95476

Lawn Bowling



■ Mary Blake

INTERESTED IN LEARNING TO BOWL?

Email us at oakmontlawnbowling@gmail.com. Training is usually about three lessons followed by a practice game and membership is \$20 per year.

DAILY DRAW

Daily Draw is Monday through Saturday. Show up at 9:15 a.m. to bowl at 9:30.

ANNIVERSARY GAME AND TACO PARTY

Our club is the oldest in Oakmont, beginning 60 years ago. We're the only club in Oakmont to host Wine Country Games. We also donate gifts every Christmas season to local foster children.

To celebrate, we held our 60th Anniversary Tournament and Taco Party on June 12. We had 30 bowlers, bowling on 7 rinks. And, in a brilliant move by our tournament team, we bowled a yardstick version of cutthroat, meaning we could handle any number of bowlers and bowlers received credit for being close to the Jack even if they weren't the closest.

Rink winners were Richard Goodwin, Chris Williams, Topher Gayle, Jim Brewer, Bonnie Johnston, Steve Pickell, and Marilyn Garland. Overall winner was Richard Goodwin.

And then there was the Taco Party! We had a great turn-out for an almost overwhelming amount of food. I don't know where they found all the crock pots to keep fillings warm.



Barbara Serafin, Marilyn Garland and Ande Anderson.
(Photo by Mary Blake)

A very special thanks to our tournament coordinators Gerry Macintosh, Bruce Rolland and Kevin Johnson. And another special thanks to those who made the Taco Party happen: Pam Dempsey, Linda Pickell and Marilyn McKeever.

COMING EVENTS

Friday, July 4, 9:30 a.m.: Independence Day
Thursday, July 10, 5 p.m.: After 5 Potluck
Monday, July 14, 9:30 a.m.: Women's Triples

PHOTOS ON OUR WEBSITE

Check out our website to find photos from our 2024 and 2025 events!

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

Domino Club



■ Brian Huckins

MIX THOSE DOMINOS

The Oakmont Domino Club meets every Thursday morning at 9:30 a.m. in the Central Activity Center Card Room.

We play the Popular Five-up Game (more commonly referred to as the San Francisco Five-up Game). It's easy!

Looking for players of all abilities to join. Lessons are available. Please contact me at (415) 602-9083 or bvhuckins@gmail.com.



■ Marlena Tremont

Lifelong Learning



The Headlands Center for the Arts: The beautiful Headlands campus is a cluster of artist-rehabilitated military buildings that provide an unparalleled environment for the creative process and the development of new work and ideas. Through its residency programs, fellowships, and awards, it gives artists the resources, space, time, and recognition to further their practices and careers, and supports the rich and diverse arts ecosystem in the Bay Area.

WHEN: Tuesday, July 29

WHERE: 8:15 p.m. pick-up in the Berger parking lot

COST: \$85 includes admission, bus, lunch and tips

Trip limited to 40 participants. Online registration only at www.OakmontLL.org.

FALL CLASS PREVIEW WEDNESDAY, AUGUST 27 BERGER CENTER

Music and refreshments at 2:30 p.m.; Program begins at 3 p.m.

ECONOMIC POLICY ISSUES JON HAVEMAN

Mondays, 4 weeks, \$65

BUCK INSTITUTE, VARIOUS INSTRUCTORS AND TOPICS TBA

Wednesdays, 4 weeks, \$65

OPEN YOUR EYES WITH NATURE JOURNALING, MARLEY PFEIFER

Thursdays, 4 weeks, \$70

THE POLITICS OF CULTURE: THE ONGOING STRUGGLE TO DEFINE AMERICA

LES ADLER

Mondays, 4 weeks, \$45

ART IN AMERICA: 1500 TO 1900 CRAIG GRIFFEATH

Thursdays, 4 weeks, \$65

Registration for classes begins August 6.

Oakmont Movers and Groovers



■ Denise Lindsey

BINGO

DATE: Thursday, July 17

TIME: Doors open at 4:30 p.m., and Bingo will begin from 5-6:30 p.m.

LOCATION: Berger Center, 6633 Oakmont Drive

TICKETS: Admission will be free. Each OMG member is allowed to bring one non-member as a guest. You can buy Bingo cards for \$2 each that evening. Oakmont residents who are not members of the OMG Club are welcome as walk-ins. Non-members who are not guests of a club member will pay \$3 per Bingo card. RSVP to omgclub2025@gmail.com.

TABLE RESERVATIONS: If you plan to enjoy the event with a group, reserve a table for 8. Email omclub2025@gmail.com, and provide the names of those at your table.

BECOME A MEMBER

It is the perfect time to join. Annual membership dues are \$10 each. The sign-up sheet is in the folder at the OVA office. Pay cash or a check payable to OMG. Place in envelope marked Membership. Membership sign-up forms will also be available at the event. You can join at the door.

We want to thank everyone for being a part of our community. Your enthusiasm and support make all the difference. We cannot wait to see you at our events for a night full of fun and friendship! Questions: Email me at omgclub2025@gmail.com or call (530) 444-0734.

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.

Conservatives Club



■Jane Gyorgy

SUMMER BREAK

As previously reported, the Steering Committee met on May 22. Given that many people will be away for one or both meetings, they decided to take a summer hiatus. There will be no meetings in July or August.

We will reconvene on the fourth Tuesday of each month, beginning September 23, at 4 p.m. in the Berger Center.

Members will receive email invitations regarding the agenda. If you would like to receive an invitation, become a club member, or contact us, please email us at TheNewOakmontCC@gmail.com.

We will also publish information about the agenda in the *Oakmont News*.

We hope everyone has a safe, wonderful, and fulfilling summer, wherever you may be.

To contact us, email TheNewOakmontCC@gmail.com.

Kiwanis Club of Oakmont



■Richard Osborne

KIWANIS SUPPORTING FOOD FOR THOUGHT

Kiwanis Club of Oakmont presented a check for \$400 to Food for Thought (FFTfoodbank.org) accepted by Emily Vancleemput. This Foresthill organization provides weekly food to those recovering from medical conditions free of charge. Imagine our surprise when we found out many in Oakmont were receivers of their generosity.

As usual, please feel free to join us at our Thursday Breakfast meeting, 8 a.m. (early but worth it). You can email us at kiwanisclubofoakmont@gmail.com and see our website kiwanisclubofoakmont.org,



Photo by Richard Osborne.

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186 Oak Island Drive—Manzanita
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431 Oak Brook Lane—Aspen
\$799,000



8845 Hood Mountain Circle—Juniper
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7315 Oakmont Drive—Redwood
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348 Singing Brook Circle—Glen Ellen
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OakMUG Oakmont Macintosh Users Group

■ Peggy Clark

GET TO KNOW PHOTOS APP

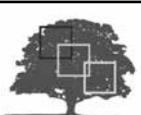
The OakMUG board has made a tough decision to close the group at the end of November. But don't worry, we'll still be hosting speakers until the end of the year! If you're a member, you can attend all the meetings for free, no need to renew your membership.

The remaining meetings are on July 19, September 20 and November 15, 2 p.m. at the East Rec. Center.

Our next speaker is John Wentworth, who'll be talking about the photos app. John will be going over a variety of topics, including the new look of the Photos app, how to use Categories to search through your enormous photo library, and how to use the Apple Intelligence-powered Clean Up tool to remove unwanted elements from your favorite photos!

If you have any questions, feel free to reach out to us at oakmontmacusersgroup@gmail.com. We're here to help!

Oakmont Squares



■ Barbara Wooley

WHY SQUARE DANCING?

Why do Oakmont Squares dancers happily meet every Tuesday? Oakmont dancers have found the Social Square Dancing program to be a great fit for the Oakmont "active adult" demographic. According to everydayhealth.com, these are "9 Reasons Dancing is Good for Your Health:"

1. Boosts cardiovascular health.
2. Builds core strength.
3. Promotes flexibility.
4. Can help with weight loss.
5. Is good for bone health.
6. May help prevent memory loss.
7. Is good for mental health.
8. Can help bust stress.
9. Can help us feel more socially connected.

Professional caller Lawrence Johnstone is adept at combining 50 calls (referred to as SSD) into nearly endless patterns, so the brain gets a work-out along with the body. Forget what you might remember from junior high/middle school: drop in any time for a look at today's square dancing looks like.



Kathy Osbun, Tony D'Agosta, Connie Herbert and Dave Watts. (Photo by Barbara Wooley)

Experienced dancers at SSD Level or beyond are welcome to come visit or join the Oakmont Squares at any time. Casual dress and a willingness to give it a whirl are all that is required.

New classes will begin on August 19. Watch for more information.

If you are interested in learning more about Square Dancing and/or signing up for a beginner class, please contact Jenny at (707) 367-2102.

The Oakmont Squares meet Tuesday evenings from 7-9 p.m. at the East Rec. Center. Come dance in a square and make a circle of friends.

■ Sue Carrell

PROTESTS, POSTCARDS, POTLUCKS, AND MORE

"NO KINGS" PROTEST: A HUGE SUCCESS IN SANTA ROSA!

Families, seniors, young adults all joined in a peaceful protest along Farmers Lane for two hours on June 14. We had a very successful sign-making event at the Berger the day before the protest. Many folks showed up and created many signs together. Great fun. We'll be doing this again.

The Oakmont Democratic Alliance (ODA) is meeting regularly to stay in touch with other like-minded groups all over Sonoma County and

Oakmont Democratic Club



beyond. Be sure to check the website for details, oakmontdemocraticalliance.org.

Our Oakmont PerSisters organized a "post carding party" June 26 targeting candidates in upcoming "flip-able" State elections.

On Monday night, July 14 at the ERC 6:30 p.m., the Dems welcome the hard-working volunteers at Indivisible, Dannessa Atiles, Director, and local organizers Madeline Waldman and Larry Martin will be on hand as well. Where would we be without Indivisible?

The ODA Social in July will be a potluck on the Patio at the CAC. Stay tuned for more details.

August events are still in the planning stages.

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.

JULY 3: SHORT HIKE DOWN BY THE RIVERFRONT REGIONAL COUNTY PARK

This easy and level 3+ mile hike is on a wide partly shaded path along Lake Wilson, Lake Benoist and the Russian River near Windsor, with restrooms, water and picnic tables. Poles optional. Park address: 7821 Eastside Road, Healdsburg. Newcomers welcome. County Parks parking permit or \$7/day use fee required.

Depart from Berger Lot at 8:30 a.m. sharp for 40-min. drive. Check-in at 8:20 a.m. (note early departure time). Check OHC website July 2 for any updates. Hike leader is Carolyn Greene, cgnpark@icloud.com, (805) 443-7289.

JULY 3: LONG HIKE ISLANDS IN THE SKY, WILLOW CREEK, RED HILL, SHELL BEACH

This is a through hike from Duncan's Mills/Willow Creek to Shell Beach and will require spotting a car (or cars) at Shell Beach and shuttle back to Duncan's Mills. The hike is about 9 miles with 2,000 feet elevation gain. We will start at Gold Coast Coffee and Bakery on Moscow Rd., walk across the bridge to Freezeout Rd., then to Willow Creek park entrance. Take the Islands in the Sky trail to Full Monty to Badger Overlook. Backtrack slightly to Willow Ridgetop and down Badger's Descent to Willow Creek Rd. Cross over to Pomo Canyon Campground



Islands in the Sky Trail View.

JULY 10: INTERMEDIATE HIKE HILL 88 MARIN HEADLANDS

From Fort Cronkhite, we will hike up the Coastal trail which has scenic coastal views. We will pass by military ruins. Our lunch spot will be at the top of Hill 88 which has 360° views. The Wolf Ridge trail will lead us down the other side to the Lagoon. The hike is 5.2 miles, 1000 ft. There are two fairly steep rocky sections and steps. There is no shade.



Marin Headlands Coastal Vista.

Wear sturdy shoes; bring lunch, water and hiking poles. Depart Berger at 8:30 a.m. Hike leader is Rhonda Greer, (206) 818-7389.

JULY 10: LONG HIKE JACK LONDON STATE PARK TO UPPER FALLEN BRIDGE TRAIL HIKE

Check out this 9-mile loop trail near Glen Ellen, California. Generally considered a moderately challenging route, it takes an average of 2 h. 58 min. to complete. This is a very popular area for hiking and running, so you'll likely encounter other people while exploring. Hike leader is Chris Sork, (707) 495-3196.



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OVA Presents "The Everly Brothers Experience"

■OVA Staff



CELEBRATING THE MUSIC AND SONGS THAT INSPIRED GENERATIONS

Oakmont Village Association is pleased to welcome The Zmed Brothers, internationally celebrated brother duo, Zachary and Dylan Zmed, for their performance of "The Everly Brothers Experience." Taking place August 21 at 6 p.m. in the Berger Center, the concert is a heartfelt celebration of the iconic hits and enduring legacy of the legendary classic duo. Doors open at 5:30 p.m. Tickets are \$30 and available at the OVA office.

Bringing a fresh yet authentic Everly Brothers experience to the stage, the Zmed Brothers will perform timeless classics like "Wake Up Little Susie," "All I Have to Do Is Dream," "Bird Dog," "Cathy's Clown," "When Will I Be Loved," and "Bye Bye Love."

When the electric guitar revolutionized music, The Everly Brothers bridged the gap between country and rock 'n' roll, crafting a career that spanned three decades and continues to inspire artists worldwide. With their unique blend of talent and a touch of their own style, Zachary and Dylan pay tribute to the Everlys' transformative influence, offering audiences an unforgettable trip down memory lane.

Learn more about the Zmed Brothers at thezmedbrothers.com.

Note: The June 14 *Oakmont News* listed an incorrect start time for this concert. The correct start time is 6 p.m.



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up and running on the guitar ASAP.
Does not include reading music.

Oakmont Gardens Residents' Association

■Judy Dumm, Oakmont Gardens

THE OCTOPUS AGAVE: A NATURAL WONDER

Have you noticed the fascinating Octopus Agave at 6670 Oakmont Drive? With its tall, canary-yellow flower spike, it has captivated many passersby. Owned by Kathy Schultz, this plant has become a local attraction.



Photo by Judy Dumm.

The Octopus Agave, scientifically known as *Agave vilmoriniana*, earns its name from its long, curved, and thornless leaves that mimic the tentacles of an octopus. Native to the arid regions of Mexico, this striking plant is a marvel of survival in challenging climates. The Octopus Agave is a master of adaptation. Its rosette-shaped structure allows the plant to store water efficiently and thrive in xeriscapes with minimal care.

Agaves belong to a diverse genus that includes species such as *Agave americana* (often referred to as the century plant) and *Agave tequilana*, which is used in the production of agave syrup. The term "century plant" is misleading: agaves bloom once in their lifetime, typically between 10 and 30 years, before dying. The Octopus Agave, like others, transforms into a towering floral spectacle that supports pollinators before its life cycle ends.

Agaves have practical uses, too. For instance, *Agave sisalana* produces stiff fibers for ropes and rugs. Meanwhile, agave nectar, a natural sweetener, is derived from several species.

The Octopus Agave offers more than visual appeal—it's a lesson in resilience and the fleeting nature of life. Its blooms, now towering above onlookers, are a final gift before the plant completes its journey. Don't miss the chance to experience this botanical wonder before it fades away.

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.

Asian Pacific Heritage and Culture Club

■Gary Anderson

ORIGAMI WORKSHOP

WHEN: Wednesday, July 9, 2 p.m.

WHERE: Upper West Rec **ADMISSION:** Free

Origami, the Japanese art of paper folding, has a rich history dating back centuries, originally used to decorate shrines and temples. Today, it's a delightful activity for all ages.



Henry Kaku.

Join us for an engaging workshop led by Henry Kaku, a lifelong Origami enthusiast and skilled teacher. Known for his incredible speed, Henry can fold the classic crane—a global symbol of peace—in just 40 seconds!

Spaces are limited to 32 participants, so reserve your spot early. RSVP online at apoakmont.org.

MEET THE AUTHOR LUNCHEON

WHEN: Wednesday, August 13, 12:30 p.m.

WHERE: Berger Center

TICKETS: \$10 (on sale starting July 1)

Mark your calendar for an unforgettable luncheon and discussion with author Les Gee. Les will share insights from his poignant books, *The Sixth Jade* and *One Small Pebble*, which explore his parents' inspiring journey as immigrants from China in the 1940s.



Use this QR code to get to apoakmont.org. starting July 1 at apoakmont.org.

Playreaders



■D. Hall

RADIO SHOW AND ORIGINAL READINGS BY PLAYREADERS IN JULY

June was a fuller than usual schedule for Oakmont Playreaders, with presentations on all but one Monday.

The month started with a radio show, then an uproarious interpretation of Chekhov, finishing with a reading of Dorothy Parker.



The Good Doctor by Neil Simon. Readers were John Dolan, Ginna Zoellner, Steven Levin, Jim Preston, D. Hall, Marcel Coder and Bill Stephens. (Photo by Esther Dolan)

On July 7, D. Hall presents two radio shows: *M Is for Moon*, by Tom Stoppard and *The Bickersons*. Both star Leslie Tuche and John Dolan. Then, on July 14, Playreader Sarah Shankman presents some readings from her own stock of writings, *Southern Mysteries*.

August will bring us back to two-act plays when Sandy White produces *Proof*, by David Auburn.

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

Movies At Oakmont



WHERE: Berger Center

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

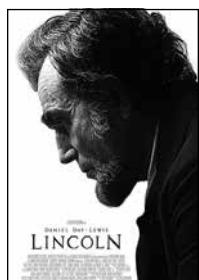
HOSTS: Mike McInnis, Deborah Davidson, Jeff Neuman and Barbara Marquardt.

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



JUNE 29: SEPTEMBER 5

During the 1972 Summer Olympics in Munich, a sports broadcasting team must adapt to live coverage of the Israeli athletes being held hostage by a terrorist group. 2024, R, 1:35.



JULY 6: LINCOLN

As the Civil War rages on, U.S. President Abraham Lincoln struggles with continuing carnage on the battlefield as he fights with many inside his own cabinet on his decision to emancipate the slaves. 2012, PG-13, 2:30.



JULY 13: I'M STILL HERE

A woman married to a former politician during the military dictatorship in Brazil is forced to reinvent herself and chart a new course for her family after a violent and arbitrary act. 2024, PG-13, 2:17.



■ Greg Fauss

POTLUCK AND PRESENTATIONS

Join this Sunday for a potluck lunch and two presentations immediately following our morning service.

A potluck is a great way to get to know people ... and get a free lunch.

Our first presentation will feature photos and observations from our pastor's most recent ministry trip in eastern Germany and Poland. Among the highlights will be the different perspectives on current crisis that refugees, Eastern Europeans and Western Europeans have.



Town Square in Poznan, Poland. (Photo by G. Fauss)

The second presentation will feature our music director's choir trip through Europe.

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

Oakmont Rainbow Women

■ Robin Jurs

A RAINBOW PICNIC

A great time was had by all. Over 50 ORWomen and Oakmont Silver Guys joined together on Saturday, June 7 at the West Rec. Center Picnic Area for a celebration of Pride Month. Food, fun, and laughter were all there in abundance. Water balloons were tossed (and popped), PingPong balls were carried on spoons (with a breeze blowing), and Corn Hole bean bags were dunked. To top off the fun, the Silver Guys brought a candy-filled piñata that proved to be harder than anyone thought to break into. Finally, after more whacks than anyone could count, the candy spilled out to the delight of all cheering on-lookers.



Photos by Rahle Kuhns.

A good old-fashioned potluck picnic? You betcha... with the flair and fancy that Pride brings out in everyone, when we can all celebrate our authentic selves and show that love is not defined by gender norms. It is defined by where your heart finds its home in another person or in community.

Oakmont is a unique community where over 150 ORWomen have made their home with Pride and a good group of Silver Guys have done the same. We are grateful for the founders of ORW for their vision and good sense, creating a community of Pride within the community of Oakmont and where so many have found a home for their hearts, bringing their diverse talents to enrich the lives of all Oakmont residents.



■ Don McPherson

ANNUAL BASTILLE DAY FÊTE—JULY 12

The Oakmont Pétanque Club celebrates Bastille Day (La Fête Nationale or Quatorze Juillet) with its annual Fête on Saturday, July 12. Registration for the Bastille Day Tournament begins at 9:30 a.m. at the Oakmont Pétanque Courts between Berger and Umpqua Bank. The bleu, blanc, et rouge French tricolor will decorate the court, and players are encouraged to wear blue, white, and red.



2024 Bastille Day Tourney Winners (L to R): Second place—Cynthia Goodwin, Richard Goodwin and Ernest Culver; first place—Don McPherson, Sheila Culver, Steven Payette.

The tournament will be played in mêlée format with randomly assigned teams as drawn and organized by Tournament Director Jean-Michel Poulnot. Play begins as soon as teams are drawn at 9:45 a.m. Winners will be announced and photos taken at the conclusion. Spectators are welcome!

At approximately 11:45 a.m., Poulnot will lead in the traditional singing of "La Marseillaise," the French national anthem. Following the singing, a group photo will be taken with the club banner. All club members are invited to the celebration and encouraged to be in the annual group photo.

A potluck pique-nique lunch will begin at approximately 12 noon, contingent on the conclusion of tournament play. Debbie Knapp will play French café music on her accordion. All club members, whether or not they play in the tournament, and their significant others are invited. Bring a lunch dish to share and your own beverage, cup, and table service.

PÉTANQUE IN OAKMONT:

MONDAY, WEDNESDAY, SATURDAY

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

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Jazz Club Classes



■ Michael James

JAZZ GUITAR AT ITS BEST IN JULY

Randy Vincent is a well-known musician and has been a resident of Oakmont since 1996. He has graced us with his wonderful guitar at Memorial events in the Berger Center and also Saddle Club events.



Randy Vincent.

Randy is a regular guitarist with the Santa Rosa Symphony and also teaches music at Sonoma State University. He has played with Grammy Award winning artists including Bobby Hutcherson, Joe Henderson and Dizzy Gillespie. As a teacher, his students included Julian Lage who started lessons at age 8, and is considered to be a guitar genius. There is a fantastic guitar duet by Julian Lage and Randy Vincent on YouTube. Currently, Randy is playing at the Healdsburg Jazz Festival.

Please save July 2 from 2-3 p.m. at the East Recreation Center where Randy Vincent will be joined by his longtime friend, John Potter, another Oakmont resident, on bass guitar. You are welcome to bring an instrument and stay for the second hour which will include a lesson on some of your favorite songs. A \$10 donation is suggested.

Oakmont HEARS

Hearing Education, Advocacy, Research, Support



■ Richard Osborne

HEARING ADVERTISEMENTS IN THE MAIL WHAT OAKMONT RESIDENTS SHOULD KNOW

Since you're over the age of 55, you may have noticed an increase in hearing-related advertisements arriving in your mailbox. These mailings often promote hearing aids, hearing tests, or new technologies designed to improve hearing health. As you might have guessed, they are based on living in Oakmont, as hearing loss is very common with age.

Many of these ads offer free hearing screenings, limited-time discounts, or highlight the latest in discreet, high-tech hearing aids. Some include testimonials from satisfied users, which can help ease concerns about appearance or effectiveness. Their goal is to encourage early action, since most people wait seven years before acting, reminding you that untreated hearing loss can impact communication, relationships, and overall quality of life.

Putting aside the legitimate concern you have about privacy and data use, hearing loss is a problem in Oakmont, and you should do something about it. These companies usually have well-meaning individuals who can be trusted to treat your situation with respect and not to take advantage of. I cannot say the same for all companies, you should proceed carefully.

Our club, HEARS, meets regularly, and you might want to attend a meeting to ask others what they have done or who they say they have seen. My own personal hearing loss is severe so I am not a candidate for their level of treatment, but I have known many in Oakmont who were helped and would be happy to share with you. Reach us at oakmonthears@gmail.com.



Strength and Balance Class

■ Valerie Hulsey

MARY'S BALANCE CLASS

The Balance and Fitness class is held every Friday at 9:30 a.m. at the East Rec. Center. Everyone is welcome to join the classes. There is a \$5 drop-in fee and don't forget to bring your TheraBand for strengthening. If you don't 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.

Yang Style Tai Chi

■ Vicki Chase

UNLOCK YOUR POTENTIAL WITH TAI CHI BASICS!

Are you ready to enhance your balance, strength, flexibility, and focus? Come to the Tai Chi Basics class on Wednesdays, from 12-1 p.m. at the West Recreation Center (upper level).

This isn't just any Tai Chi class—it's a transformative experience led by the renowned Kenn Chase. With years of expertise in Integral Way Tai Chi, Kenn will guide you through a unique blend of Chi Gung, Feldenkrais® Awareness through Movement, and other mind-body exercises designed to boost your overall health and wellbeing. Don't miss out on this opportunity to elevate your mind and body!

Come to the first class and see if you like it. If you can't wait to continue the fee is \$60 for four consecutive weeks. Pre-registration encouraged as space is limited. Email: taichikenn@yahoo.com to save your spot! Visit www.integralwaytaichi.com.

Parkinson's Support Group

■ Christine Nota

UPCOMING MEETINGS

Oakmont Parkinson's Support Group meets the first Friday of every month, 10-11:30 a.m., West Rec. Upper Meeting Room. Meetings include a knowledgeable speaker, usually a lively discussion, and lots of sharing of both challenges and solutions. Our goal is to create a community of people with Parkinson's, family, and friends who together create a good life despite the impacts of the disease.

Upcoming speakers include:

July 18: Professor Julia Nicholls via Zoom. Julia is an Adjunct Professor at Cal State LA. She is a speech therapist and leads a program that matches people with Parkinson's needing speech therapy with Master's Degree Students for one-on-one coaching. Note—our usually first Friday meeting date falls on the 4th of July so we have moved the meeting to the third Friday.

August 1: TBA

September 5: Dr. Salima Brillman, a nationally recognized Movement Disorder Specialist practicing in Sunnyvale, CA. She will join us via Zoom and share with us the latest advances in Parkinson's treatment along with answering our endless questions. Dr. Brillman has the unique ability to explain very complex disorders in a very understandable way.

In addition to the monthly support group meeting, the Parkinson's Support Group exercises together every Tuesday morning at 9:30 a.m. and partners with the Ping Pong Parkinson Club to play Ping Pong together twice a week.

If you are interested in the activities of the support group including exercise and Ping Pong, email me at chrisnota@gmail.com. All are welcome!

NIA Movement



■ Lisa Erwin, Instructor

NEW DAY AND TIME FOR NIA DANCE/MOVEMENT

Come join our group of enthusiastic dancers and movers in our new time slot! Since Sunday late afternoon seemed to be a difficult time for a lot of folks, we have made a switch.

NIA is joyful, healing and fun. We work with all of our major joints, express ourselves through movement, improve flexibility and tone, and listen to inspiring music as we do so. One class member logged over 2,500 steps doing a 35-minute routine in class.

I hold a white belt in NIA and have a background in various dance forms, such as jazz, modern, ballet and musical theater. NIA incorporates all of these, as well as movements from yoga, Feldenkrais, Alexander Technique, Tae Kwon Do, Aikido and Tai Chi.

The classes will take place twice monthly, on the second and fourth Fridays, from 11:30 a.m.-12:30 p.m. in the Lower West Rec. studio. Feel free to contact me at (916) 397-9834 or lderwin2014@yahoo.com with any questions. We are a very fun and engaged group!

Oakmont's Newest Neighborhood

Willow Glen is Oakmont's newest neighborhood, with six homes recently coming on the market. The annexation of the three duplexes on Stone Bridge and Oakmont drives fully incorporates the neighborhood into OVA membership, benefits and community services.

The homes are owner maintained. OVA will receive \$130,000 in development impact fees. OVA's capital investment fund has not had an infusion of impact fees for several years, as land for new construction was unavailable.



Photo by Paul Ryan.

Oakmont Boomers



■ Carolita Carr

NEXT IN LINE: DECADES! AUGUST 9, \$25 PER PERSON

This is another Oakmont favorite. Don't miss this one! Boomers has provided you with comfortable, indoor table seating, all within Oakmont, for many years now. Our shows nearly always sell out. So, check your email or our website, oakmontboomers.org, to sign up at the earliest opportunity.

MEMBERSHIP

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

Jazz Club Concert

■ Michael James



DANCE THE NIGHT AWAY

Dance, eat, drink and listen to the New Horizons 20-piece Swing Band at the Berger Center on Saturday, June 28 from 7-9 p.m.

You don't know how to dance? No problem, there will be a free swing dance lesson from a professional dance teacher at 6 p.m. to help you with your dancing. Don't want to dance? No problem, the band will keep you entertained with all of your favorite songs. John Ray and a couple of our favorite female singers will be sharing their vocal talents with the audience.

You don't even have to leave Oakmont for this wonderful evening of song and dance. You can enjoy the whole evening for \$20, and you don't have to gas up the car! Reserve a table of 8, at no extra charge. Bring your own food and drink and sit with your friends and neighbors.

Tickets sold out a week before our last event, so reserve your tickets early. For reservations email: mjamesblue71147@gmail.com or call (559) 707-2750.

P.S. Slow dancing is encouraged so we don't wear out too early!

Fitness Center: Reporting Machine Issues

■ John Phillips

On May 30, I experienced an incident that made me realize some members may not be aware of how to report malfunctioning equipment. There are two main ways to report an equipment issue.

First are the Fitness Center Equipment Repair Sheets. These can be found in the first cubby near the front door of the Fitness Center. Fill out the requested information, including your name and phone number, so I can contact you if additional details are needed.

Alternatively, you can write a note on the scratch paper located near the front door. Slide it under my office door or place it in the mail slot just around the corner from my office. Again, please include your

name and phone number for follow-up purposes.

If you are using a machine and notice it making strange noises, stop using it immediately to avoid causing further damage. Maintaining the Fitness Center equipment is a community effort, and together we can keep everything in excellent condition.

If you have any questions about this process or anything related to fitness, feel free to contact me by phone or text at (707) 494-9086, email me at wkuout2@aol.com, or stop by the Fitness Center. Additionally, I hold orientation sessions every other Monday at 4:30 p.m., every other Friday at 10 a.m., as well as Tuesdays at 1 p.m. and Thursdays at 3 p.m.

OAK

at the VOM Golf Club

■ Superintendent Andy Tittle, Golf Professional James Perkins, and General Manager Khiana Schmuhl

Stay up-to-date with golf course and OAK restaurant events by visiting playvom.com.

GOLF COURSE MAINTENANCE

The maintenance team has successfully completed the bunker improvement project on the Valley of the Moon course. Since December 2024, 37 bunkers have been renovated in-house (36 at Valley of the Moon and 1 at Sugarloaf).

With warmer weather and irrigation season underway, the crew is actively testing and adjusting irrigation systems while addressing challenges like English daisies and gophers on the playing surfaces.

Updates include filling the #7 fairway bunker at Valley of the Moon with seed. The area is roped off, and grass is already germinating.

GOLF OPERATIONS

Hours of Operations:

Valley of the Moon Golf Shop: Monday-Sunday, 6:30 a.m.-5:30 p.m.

Sugarloaf Course Golf Shop: Monday-Sunday, 6:30 a.m.-5:30 p.m.

Note: The driving range closes at 3:30 p.m. on Mondays.

OAK RESTAURANT

Hours of Operation: Monday-Saturday, 11 a.m.-7 p.m.; Sunday, 11 a.m.-6 p.m.

Happy Hour: Monday-Thursday, 3-5 p.m.; all day on Sundays.

MUSIC CALENDAR

Dining Specials:

Taco Tuesdays: \$4.50 per taco with drink purchase.

Baja Fish Tacos: Fried local fish, avocado salsa verde, pickled onions.

Steak Tacos: Marinated flank steak, queso fresco, pickled onions.

Shrimp Tacos: Mango salsa, lime crema, cilantro.

WEDDINGS AND EVENTS

We're excited to welcome Vanessa Jade as our new Director of Weddings and Events!

PLAN YOUR HOLIDAY CELEBRATION

Secure your Christmas party at Valley of the Moon Club! With festive charm and customizable options, now's the perfect time to plan a memorable holiday event.

Contact us to schedule a tour or book your date today.

REMINDERS

Fishing Prohibited: For safety, fishing is not allowed in the golf course ponds.

Walking Hours: Visit www.playvom.com/the-club/walking-policies for details.



Oakmont Birders

■ Barbara Kendrick

BIRDS WORTH WATCHING: HOODED ORIOLES

Early summer is the time to watch for Hooded Orioles—among the flashiest of Oakmont's summer visitors. The males are vivid yellow-orange accented with black throats and black wings with white bars. Females are muted yellow with grey wings. They are robin-sized and have longish, down-curved beaks. Right now breeding pairs are building nests and will soon be raising families.

Hooded Orioles are particularly associated with Washingtonia fan palms, where they prefer to build their nests. Washingtonia palms are interesting in their own right; they are the only palm native to California, and among the world's tallest. Those amazingly tall, skinny palms on Hoen Avenue? Washingtonias. Although these striking birds were once found only in the southernmost parts of California, where Washingtonia palms are indigenous, Hooded Orioles have slowly moved north, almost to Oregon, coinciding with the increased landscaping use of ornamental palms in communities like Oakmont.



A female Hooded Oriole visits a feeder.
(Photo by Tom Grey)



The flashy male Hooded Oriole. (Photo by Tom Grey)

Hooded Oriole nests are usually woven using fibrous palm materials and suspended below fan palm or other sturdy leaves. When building a nest, the female works from beneath the palm leaf, using her bill to poke holes in the leaf and push fibers through, essentially stitching the nest firmly to the leaf.

Should you be lucky enough to have a nesting pair in your yard, you'll see both the male and female flying back and forth to feed their young. If there's a Washingtonia or other palm near you, you can try to attract Hooded Orioles or reward the ones you already have by putting out grape jelly, which they love. Most bird shops carry feeders made for this purpose. Orioles may also visit Hummingbird feeders (to the hummers' dismay).

Have questions about birds? Need a "Birds Seen in Oakmont" checklist? E-mail bkendrick@jps.net.



Oakmont Vets Club

■ Paul Gowins

WARMING UP THE SUMMER ATTRACTIONS

Finally, we have arrived on the threshold of those glorious long sunny days and comfortable nights tailor made for playing longer at the pool and enjoying one more cup or glass before sweet slumber arrives. As we prepare for what promises to be a hot summer, let's make fire safety a top priority. With new fire insurance mandates and regulations in place, it's more important than ever to stay informed and take the necessary precautions. Let's all please be safe and informed for the long hot days ahead.

Don't forget to save the date for our Annual Club Picnic, 12 noon to 2 p.m. on July 26 at the West Rec. Center. Bring your appetite, and let's make it a day to remember.

Here's to a summer of health, wellness, and community connections!

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.

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

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

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.

AIR CONDITIONING REPAIR

Heating, Cooling, service and repair. Serving Sonoma Valley. Call Vince Parish at Ridgeback Mechanical, (707) 666-5056.

YOUR PERSONAL CAREGIVER AND ADVOCATE

Available 24/7 or hourly, nights, long-term or short-term. 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. References and website. Not an agency.

TONY'S GARDENING SERVICES

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

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.

CHRISTO TRANSPORTATION

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

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: ajardservice.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.

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.

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.

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.

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 OakmontPainting@gmail.com.

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.

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.

PRIVATE CAREGIVER

Certified CNA. 25 years of experience. Compassionate and professional. I am committed to delivering quality, individualized care with a focus on comfort, dignity, and well-being. Specialize in Parkinson's and Dementia Care. References available. Enrique, (707) 319-5353, email: epcaparas@gmail.com.

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.

SHORT-TERM/VACATION-RENTAL

Family/friends visiting? Beautiful guest cottages near Oakmont/Kenwood. Top-rated Airbnb/VRBO book direct/save fees! VR Lic. 24-101. www.sonomarosso.com, (707) 408-2750.

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-min. consultation. Attorney Bailey Penzotti, (707) 203-2247.

SL ELITE SERVICES

Handyman services. Landscaping/monthly subscription optional. Junk removal, brush clearing, weed whacking and tree care. Call now and schedule your quote today (ask for German), (800) 750-8538.

MASSAGE THERAPY BY BRITTANY KOOP

We moved to 4000 Montgomery Drive. Please call (707) 849-3915 to book an appointment. 20% off for Oakmont residents.

COMPASSIONATE PERSONAL ASSISTANT/COMPANION

Errands, food prep., pet care, light housekeeping, companionship. Also, soothing professional Celtic Harp and Music for Special Occasions. 40 yrs. exp. References. Call or text Jewel at (503) 487-7338. Oakmont resident.

YOUR FRIENDLY HANDYMAN

Oakmont's trusted resource for carpentry, drywall, electrical, plumbing, installation and assembly. Fair hourly rate. Call (707) 881-7292. Website: www.thehandylance.com.

OAKMONT GARDENING SERVICES

Maintenance and projects. Extensive experience and knowledge. Oakmont references. Energetic, reliable, easy to work with. Very fair prices. Please call (707) 721-7614.

PETERSON PRESSURE WASHING

Located in Santa Rosa, a locally-based pressure washing company. Servicing Sonoma and Marin County. Driveway cleaning, house washing, roof washing, and more, Anthony Peterson, (707) 481-5205 or Email peteronpressurewashingppw@gmail.com. Website: peteronpressurewashing.com.

BEST DOG WALKER IN OAKMONT

Excellent references. Loving, patient and dependable, your fur baby will love me! \$25 per responsible, attentive walk. Please call or text Annette, (619) 993-6834. I'm looking forward to meeting you and your dog.

ARE YOU OVERWHELMED WITH CLUTTER IN AND AROUND YOUR HOME?

Looking for space saving tips and tricks for areas for your home that need some TLC? Or long-term effective solutions for bigger organizational projects? Let me help implement Flow, Freedom and Functionality in your space(s). Melanie L. Elliott, Peace Of Mind Organizing, (707) 591-1450. Website: www.organizewithpom.com.

Oakmont News Classified Rates

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

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

DEADLINE: 10 days prior to publication.

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

Classified Order Form

NAME _____

ADDRESS _____

CITY, ZIP _____

\$ _____ Check, Money Order or Cash

HEADLINE _____

BODY TEXT _____

Oakmont News

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

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

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

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

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

Oakmont Village Association

OAKMONT VILLAGE ASSOCIATION

Hours: M-F 9 AM-5 PM—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" x 5.5". Items "For Sale", "For Rent" or "Want to Buy" can be put on a 3" x 5" 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

June 16-30
 Gloria Heinzi 707-843-0224
July 1-15
 Ron Kaufman 707-541-6713

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

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

LETTERS TO THE EDITOR WRITER GUIDELINES

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

POOLS & JACUZZIS

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

STORAGE UNITS AND PAR KING

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.

PUBLIC TRANSPORTATION AVAILABLE IN OAKMONT

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

■ Schedules available at OVA office.

BE ON OVA E-MAIL LIST

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

2025-2026

OVA BOARD OF DIRECTORS

E-mail: askova@oakmontvillage.com

Matt Oliver, President

matt.oliver@oakmontvillage.com

Jerry Gladstone, Vice President

jerry.gladstone@oakmontvillage.com

Jess Marzak, Secretary

jess.marzak@oakmontvillage.com

Heidi Klyn, Director

heidi.klyn@oakmontvillage.com

Jeff Neuman, Director

jeff.neuman@oakmontvillage.com

Neill Ray, Director

neill.ray@oakmontvillage.com

Robert Williams, Director

robert.williams@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@sccity.org

Address: City Hall, 100 Santa Rosa Ave.,

Rm.10, Santa Rosa 95404

Canine Club

■ Steve Huntley

BIG DOG PLAY DATE CORRECTION

In the June 14 *Oakmont News*, I incorrectly stated that the Big Dog Play Date at the Happy Tails Dog Park would take place on Saturday, June 29, 10 a.m.-noon. It will actually take place on Saturday, June 28, 10 a.m.-noon.

The next special dog park play date after that is Doodle Dog Play Date on Saturday, July 26, 10 a.m.-12 p.m.

A reminder that the dog park is reserved for small dogs, 25 lbs or less, for 1 hour each day from 9-10 a.m.

Another reminder that walking hours on the golf courses are daily from daybreak to 7:00 am, which is before golf play begins. Additionally, there is an afternoon walking schedule on Wednesdays and Thursdays starting at 45 minutes before sunset. Dogs are also allowed on the courses, but must be on leash at all times.

Canine Club membership applications can be downloaded from the club's website at <https://oakmontcanineclub.org> or may be found in the Canine Club folder in the OVA office. Annual membership is only \$12 for individuals and \$20 for households. Benefits include a weekly newsletter, annual picnic, annual members' appreciation party at the Wild Oak Saddle Club, and various social events throughout the year.

Some ways down the road (literally!), the Humane Society of Sonoma County will be holding their Wags, Whiskers and Wine fund-raising event at St. Francis Winery and Vineyards on Friday, August 1 starting at 5:30 p.m. Go to their website at <https://humaneinternationalsoco.org> for information and tickets.



Soroptimist International Oakmont Wine Country

■ Karin Fitz Sanford, CoChair

ANNUAL AUTHORS BOOK FAIRE— CALLING ALL LOCAL AUTHORS!

Soroptimist International of Oakmont Wine Country is at it again, this time holding its Fourth Annual local Authors Book Faire on November 15 at the Berger Center located at 6633 Oakmont Dr. This fundraiser supports our goal of helping women in our community toward economic empowerment through education.

Local authors who have published titles to offer the public are invited to participate in this special event. Last year drew over 40 authors, including award-winning authors and first-timers. Due to high demand and a limited number of tables, the deadline for applications and payment is August 22, or when all available tables are reserved.

The faire hours will be 11 a.m.-2 p.m. The fee for an eight-foot table at the faire is \$30. If you are interested, please contact me at 2025authorsbookfaire@gmail.com or call at (707) 791-6442. Specific information pertaining the book faire will be emailed to you with instructions.



Oakmont Health Initiative Free Fitness Classes

■ Charlene Bunas

PROS AND CONS OF EXERCISING IN SUMMER

According to manhattancardiology.com, Manhattan Cardiology is "the premier facility for preventive cardiology treatment in New York." The site claims to focus on the best habits for preventing heart problems.

In a recent article, Manhattan Cardiology gave advice about exercising in summer's heat. Much of the information is straightforward, some is motivational, all is worth note.

Pros of Exercising in Summer:

- Increases calorie burn and speeds up metabolism. The body needs a lot of energy just to cool down.
- Increases cardiovascular endurance which builds stamina and improves the ability to perform/work in hot weather.
- Exposure to the sun. If you exercise outdoors, you are exposed to the sun which helps make vitamin D. This vitamin is important for maintaining bone density and a healthy immune system.

• Improves mental health. Regardless of season, location or time, all physical workouts have tremendous mental health benefits: better mood, decreased stress levels, and a greater sense of well-being.

Cons of Exercising in Summer:

- Dehydration: "Due to considerable sweating, exercising in hot weather raises the risk of dehydration." Some symptoms of dehydration include: feeling worn out and crabby, muscle cramps, lightheadedness and even heatstroke.
- Drop in physical ability: "Reduced muscle endurance results from increased body temperature (hyperthermia), which affects the muscle's capacity to contract repeatedly or continuously for extended periods of time."

Advice:

Limit the amount of time you exercise in the heat. This is very important if you are unfit, a beginner or cannot tolerate heat. "Reduce the intensity of your workouts and take frequent rests." In the summer, consider exercising early morning or late at night.

Drink plenty of water, dress appropriately, and pay attention to your body. "Create a balance between prioritizing your health and enjoying the advantages of exercise."

Zoom: 850 1489 7161/998608.

Meditation

■ Joanne Davey

MEDITATING TOGETHER WEEKLY MEDITATION SESSIONS AT CAC

"Contentment is not the fulfillment of what you want, but the realization of how much you already have."—Anonymous

Our meditation circle is growing! 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.



Water Fitness

■ Valerie Hulsey

JACK & JILL?

Jack and Jill? Fred and Freida? Frog Legs? What do these terms mean, and how can they help you get in shape?

Discover the answers at the West Rec. Pool with Mary Hastings and experience the fun and energizing morning Water Aerobics classes!

WHEN: Monday through Thursday at 9 a.m. or 10 a.m. with Mary Hastings; Friday class at 10 a.m. with Julie Chasen is also available.

FEE: \$8.00 per class (our first class is free—come give it a try!)

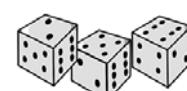


BENEFITS OF WATER AEROBICS

- Reduces joint pain.
- Increases flexibility and balance.
- Improves cardiovascular fitness.
- Builds strength.
- Decreases bone and muscle loss.

No swimming ability is required, and you'll get a full-body workout while enjoying warm water, upbeat music, and a welcoming group of new friends. Pool equipment is provided for your convenience.

Join us and experience the many benefits of water aerobics!



Bunco Ladies Night

■ Barbara Wooley

BUNCO—LET THE GOOD TIMES ROLL!

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

Beginners are always welcome. Bring a friend!

Usual nights are the second and 4th Monday of each month; however, there are exceptions, so always check your *Oakmont News* calendar. Please arrive by 6:45 p.m. for check-in, the first round begins promptly at 7 p.m.

See the Ladies Bunco Night table at "Join a Club Night" on Thursday, August 7 for more information and to get on the email list.



Jill Butler and Lisa Munoz-Flores.
(Photo by Barbara Wooley)

Meeting Details:

WHERE: Card Room—Central Activity Center

WHEN: Second and fourth Monday of each month

(check *Oakmont Events Calendar*)

JULY DATES: July 14 and 28, 6:45 p.m. (play is about 1-1/2 to 2 hrs.), \$5 fee

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

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