

OAKMONT NEWS

Oakmont's Semimonthly Newspaper

www.oakmontvillage.com/news

July 13, 2024 • Volume 62, Number 13

Owls in Oakmont



Look who's moved into the neighborhood. For many weeks now, an owl has sat guard in an oak tree, taking up residence in a natural cavity of the tree. Recently the second owl emerged from the nest and so did the owlets.

Oak Forest resident

Jennifer Schwarz has chronicled the family's arrival. How long they will stay in Oak Forest is unknown, but experts say screech owls often use the same nest for several years. (Photo by Jennifer Schwarz)

New Phone Options for OVA Staff Members

■News Staff

The OVA staff phone list options have recently changed. To connect with the staff member or department you wish to reach, please look over the following extensions. These options are also available in the recorded message when you call the OVA Office at (707) 539-1611.

Architectural

Ext. 104—Architectural Administrator, Alejandra Pulido

Ext. 105—Architectural Community Relations Specialist, Danielle Hannigan

Front Office

Ext. 108—Activity Cards and Monthly Assessments, Chandra London

Ext. 109—Administrative Specialist, Dana Walters

Events

Ext. 103—Events Coordinator, Anita Roraus

Communications and Technology

Ext. 107—Website, Newspaper and Digital Communications, Crissi Langwell

Ext. 110—Facility Technology & AV equipment, Trace Hernandez

Management

Ext. 101—Operations Manager (Facilities), Todd O'Donnell

Ext. 106—Human Resources and assistant to the General Manager, Dawn McFarland

Oakmont Farmer's Market

■Chris Finn

After a long spell of rainy Saturdays, the Oakmont Certified Farmer's Market welcomed the sunshine in early June with a flurry of vendors and customers enjoying themselves. This local market, managed by Hilda Swartz, has been held in the Oakmont Wells Fargo Bank Parking lot on Saturday mornings, 9 a.m. to noon, rain or shine, since the mid-1990s.

One of the original vendors is Ortiz Family Farms. The farm is headed by Eric Ortiz, who started attending the Oakmont market as a baby when his father brought their farm's locally grown produce. Years later, Eric continues the tradition by sharing his family farm's local produce with Oakmont shoppers.

Because of the certified status of this farmer's market, shoppers can trust that the farmer handing them their produce was the one who grew their food. Like the produce from Ortiz Family Farms, all the produce sold at the Oakmont Certified Farmer's Market has been grown locally and without pesticides or chemical fertilizers.

In addition to produce stands, the farmer's market has a variety of other offerings, including woodworker items, fabric creations, jewelry, coffee, baked goods, Korean/Hawaiian food, flowers, honey and more.

"I love the Oakmont market," Emily Nelson said, enjoying a cup of freshly brewed coffee from Daniel Harting of Flight Roasting Company. "It's nice to have something so close to home where I can find delicious coffee."

"I like knowing the people who grow my vegetables," Linda Suhr said as she filled a shopping bag at Wheeler's Produce stand. With her was Margaret Hein, who said she comes every week. "I wouldn't miss it," said Hein.



Linda Suhr and Margaret Hein shopping at the Oakmont Certified Farmer's Market. (Photo by Julie Kiil)

This community market gathers each week on Saturdays with offerings of local produce, fresh food, coffee, crafts and live music, right here in Oakmont. We are so fortunate to have this weekly opportunity to support local and enjoy the camaraderie of our neighbors.

Three Master Plan Draft Concepts Capture Community Ideas

■Marlena Tremont

Three master plan draft concepts, presented at a Town Hall on June 27, showed a variety of options that capture residents needs and wants for the future of the central complex.

"As a Board, we are responsible to provide and maintain the recreational facilities. An integrated master plan concept gives a view of future possibilities. The value of these concepts is that we understand the integrated use of the space before we take action on any one area or building," said Heidi Klyn, OVA President.

Christel Antone, OVA General Manager, said the Master Planning process has engaged the community through Community Conversations and User Groups who identified and refined the needs and wants for incorporation into the designs. "These concepts today are drafts and possibilities of what could be," said Antone. "They are initial draft concepts and are intended for discussion and feedback. There are still many steps to take after today."

Antone said she has received many questions on the cost of projects since the Town Hall meeting. "Some may think that this is premature to share these drafts concepts without (cost). But part of my role as general manager is to provide the Board with the necessary information and documentation to make informed decisions."

She said continued feedback from members is important to the decision-making process. "At this stage, we're seeking feedback on the practical aspects of the proposed concepts. We're asking the community to let us know which features they find most important, any concerns or issues they have identified, and their thoughts on how the benefits align with the community's needs. This input will assist the board in refining the concepts before proceeding to detailed cost analysis."

The three concepts developed by Mitch Connor of ArchiLOGIX (ALX) offer residents different alternatives for the Central Complex footprint. Concept One, titled Enhancements, expands the pool deck, converts the current maintenance building into a place for billiards and erects a new building for the administrative offices. The plans called Grand Central and A Walk in the Park include an expanded "Central Square" area between the CAC and the Berger and suggest a new fitness center with a second story for the OVA administrative offices and meeting rooms. All of the plans offer a picnic or park area and walking paths.

In addition, ALX presented three different configurations for the both the CAC and the Berger Center. The plans differ in the space allocated for different groups, the location of the OVA offices, and the amount of disruption that will be caused for existing users.

The plans will continue to be on display in the CAC lobby until July 26. Documents will be mostly available from 9-11 a.m., 1-3 p.m. and 5-7p.m. to answer questions. Comment cards will be available in the CAC lobby or can be accessed online at the OVA website at oakmontvillage.com/central-complex-area-design.



Vin 1GYKPVRK5RZ106064

NEW 2024 CADILLAC LYRIQ

ALL ELECTRIC, UP TO 300 MILES ON CHARGE

\$399 per month lease

36 months, 10,000 miles per year,
25¢ extra mileage charge.

\$4,000 due from customer, plus tax and fees.

Must own a luxury model and be a Costco member.

Exp. 7/25/2024

707-762-2300

1360 Auto Center Drive, Petaluma • VictoryCadillac.com

We're Uniquely Big On VITALITY



Your life is full of intention, connection and possibilities. Here you'll find a community that nurtures what truly matters to you. So go ahead, craft your days at Spring Lake Village with moments that fulfill and people that inspire and help you flourish. Your new home awaits.

INDEPENDENT LIVING | ASSISTED LIVING
SKILLED NURSING | REHABILITATION | MEMORY CARE



Spring Lake Village

A FRONT PORCH COMMUNITY

5555 Montgomery Drive, Santa Rosa



License 490107656 / COA #352

Ask about our summer move-in incentives.

707.579.6964 | springlakevillage-sr.org

OAK at the VOM Golf Club

HAPPENING AT OAK AND VOM GOLF CLUB

In July, enjoy Sundays on the Deck at OAK! Kicking off at 5 p.m., enjoy a BBQ with burgers, salad and cookies, \$17 per plate. There will also be \$5 glasses of wine or \$4 draft Coors. No discounts apply. Happening on Sundays: July 14, 21 and 28.

LIVE MUSIC MONDAYS

Come to OAK on Mondays for live music between 5-7 p.m. Reservations required, \$8 cover charge. Here's who you can look forward to seeing next:

- July 15: Showcase Band
- July 22 The Magic Band
- July 29: Blues Burners
- August 5: Hwy 12 band
- August 12: The Magic Band
- August 19: Alt City Band
- August 26: Second Street Band

KNIFE SHARPENING ON JULY 31

Every month, on the last Wednesday of the month, stop by the parking lot of OAK for knife and garden tool sharpening. This month, knife sharpening is on Wednesday, June 26. Hours are from 9 a.m. to 2 p.m. Rain cancels.

Tie Dye Spirit Day

■OVA Staff

The OVA Office is celebrating this month's Spirit Day in tie dye style! On Wednesday, July 17, the OVA Staff will be dressed up in tie dye style. If you'd like, come visit the office dressed in your own favorite tie dye attire!

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

TRY THE EARLY BREAKFAST AT OAK

OAK is opening for weekend breakfast at 7 a.m., Fridays through Sundays. For now, these early breakfast options are only for these three days, but if the early hour mealtimes prove popular, OAK may include other days of the week, too.

When you dine at OAK, don't forget that all Oakmont residents receive a 10% discount when they tell their server.

Visit www.playvom.com for all upcoming events and happenings at OAK and Valley of the Moon Club.

Tri-Tip Trolley Food Truck in Oakmont

■OVA Staff

As you check out the Central Complex concepts and designs at the CAC Design Center, take a trip to the Berger parking lot for a delicious meal. Tri-Tip Trolley will be offering food for sale in the Berger parking lot for your dining enjoyment on select days. There will be tables and chairs in front of the Berger Plaza with sunshades.

Check out their menu at triptrolley.com.

Food Truck Schedule:

Lunch: 11:30 a.m.–2 p.m.—Friday, July 12; Monday, July 15 and Friday, July 19.

Dinner: 4:30–7 p.m.—Monday, July 22 and Thursday, July 25.



OVA Presents "Feeling Good: Burnham Sings Bubl "

■OVA Staff

The OVA presents Broadway's David Burnham at the Berger Center on Thursday, August 29. The award-winning performer will celebrate the songbook of Grammy award-winning artist Michael Bubl . Performing songs like "Cry Me a River," "I Haven't Met You Yet," "Save the Last Dance for Me," and more, Burnham's rich and evocative voice brings Bubl  to the stage.

Recipient of the prestigious Helen Hayes Award for Best Actor, a Drama-Logue Award and a Back Stage Garland Award, David Burnham has performed as Fiyero in the Broadway production of *Wicked* and Fabrizio in the Tony award-winning musical *The Light in the Piazza*. He first gained critical acclaim when he was chosen to replace Donny Osmond in the national tour of Andrew Lloyd Webber's *Joseph and the Amazing Technicolor Dreamcoat*.

On film, David is the voice of the Prince in the Warner Bros. animated feature *The King & I* and is featured in Disney's *Home on The Range*.

Doors open at the Berger Center for this August 29 performance at 5:30 p.m., and the show begins at 6 p.m. Tickets are \$30 per person, available in the OVA office, for theater style seating. Learn more about Burnham at www.davidburnham.com.



GLENN FRICKER
CONSTRUCTION

LET'S TRANSFORM YOUR HOME

WE HAVE REFERENCES FROM MANY SATISFIED CLIENTS IN OAKMONT!

WE SPECIALIZE IN:

- ENTIRE HOME RENOVATIONS
- KITCHEN REMODELS
- BATHROOM REMODELS
- ADDITIONS
- NEW CUSTOM HOMES





GLENNFRICKERCONSTRUCTION.COM - GLENN@GLENNFRICKERCONSTRUCTION.COM - (707) 321-5335 - LICENSE #688873

Let's Dance—Together!

■Terry Whitten

WALTZ CLASSES IN AUGUST

WHAT: Beginning American Waltz partner dance classes

WHEN: Wednesdays, Aug. 7, 14, 21 and 28 from 4–5:15 p.m.

WHERE: Lower West Rec.

COST: \$10 pp for single class, \$8 pp if 2 or more classes are purchased at the same time



The Waltz is considered one of the most elegant and rhythmic of the Ballroom dances. Aside from classical music, there are a lot of contemporary as well as Country songs that have Waltz timing. Some popular Waltz songs are "Moon River," "Take It to the Limit," "You Light Up My Life" and the Theme from *The Godfather*.

During the four sessions, you will learn the basic American style Waltz steps that are the most useful to get you waltzing around the dance floor. A few fancier steps will also be taught! Waltz can be done compactly if the dance floor is crowded or with bigger gliding steps if there is a lot of room.

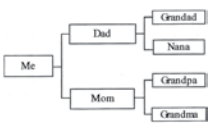
No partners or experience are required. As always, it is best to come to the first class since each week after that will build on the material taught in the 1st week. We will rotate partners during the classes, although rotating is optional. Also, any ladies that want to lead and any men that want to follow are very welcome.

Aside from being fun and a great way to get exercise, a number of studies have shown that dancing on a regular basis may reduce the possibility of cognitive decline and may actually increase mental acuity since new nerve connections are made in the brain. Some even say that "dancing makes you smarter!" It certainly makes you feel better and can improve balance!

To register or for any questions, please contact me at twritten@pacbell.net or call (415) 265-7590.

Genealogy Club

■George McKinney



SHARING OUR FAMILY

There is no meeting of the Genealogy Club in July. Our next scheduled meeting is August 26 at 1 p.m. in East Rec. and on Zoom. The topic will be our annual review of what's happening in Genealogy Research on the Internet.

The Oakmont Genealogy Club met June 25 to share stories about our families. Peter Krohn shared his stories and many historical documents about his Jewish family in Germany before World War II before they were able to get visas to come to Canada. Becky Jenkins shared the book she put together to honor her father on his 90th birthday. Barbara Anderson shared the story of her great-grandmother who was an OB/GYN who served at Ellis Island and according to family lore was present for the birth of some 3,000 children in her career, never losing one.

Susan Waid shared two books for her family from the Azores. Sue Aiken shared the story of her grandparents who went from a sod house in Oklahoma to 30 years as missionaries in Kenya. And there were stories from others about teachers, wiretappers (!), and other favorite family members.

We were also delighted to see Denise Beeson, who offers regular free classes in genealogy under the auspices of the SRJC. These are excellent courses and registering gives you extra benefits as a SRJC student! Contact Denise at dbeeson@santarosa.edu if you'd like to learn more.

Genealogy is more than just building a family tree. It's about understanding the people who made us who we are - how their lives developed and what choices they made.

Our website is oakmontgenclub.org and our email is oakmontancestry@gmail.com.

Hikers



■Scott Finn

We welcome you to join us on a hike whether you are a member yet or not. 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.

LONG HIKE: JULY 25 JACK LONDON STATE PARK— FERN LAKE VIA MOUNTAIN TRAIL FALLEN BRIDGE TRAILS AND VINEYARD TRAIL

This journey will take us through the original orchards on the property weaving through the Apple, Apricot, and Plum Tree trails. A side trip out to Fern Lake and then back on the Vineyard Trail will complete this hike. When finished we will have traversed about 7.5 miles and climbed about 1,200 feet in elevation.



Colorful vineyards at Jack London.

Meet in Berger Parking Lot. Leave at 8:30 a.m. Hike leader is Scott Finn, (619) 884-0977. Bring lunch, water, and hiking poles if you wish.

SHORT HIKE: AUGUST 1 FLAT ROCK PARK/BRUSH CREEK TRAIL

An easy, flat shaded out and back 3.5-mi walk along Brush Creek Trail (wide and mostly paved) from Flat Rock Park north under Highway 12 to Montecito Ave. 10-minute drive from Oakmont. Wear good walking

shoes; bring water, a snack, and shade protection; poles optional. No restrooms or water. Check OHC website July 31 for possible changes. Optional visit to Sarmentine Bakery after the hike.

Depart Berger 8:30 a.m. (note early departure time due to August heat). Hike leader is Jan Preston, (949) 433-7330, jypreston@paccos.com.

INTERMEDIATE PLUS HIKE: AUGUST 1 ISLANDS IN THE SKY LOOP

Beautiful trail, pretty steep for the first mile but worth it. Lovely meadow at the top with great views. Hike back down a gravel path thru redwoods and ferns. 4 miles with 928 ft of elevation gain.

Bring water, poles, and a snack/lunch. We will end up near the bakery in Duncans Mills if you want an after-hike treat. Leaving the Berger Center at 9 a.m. Hike leader is Leslie Gossage, (707) 321-7841.

LONG HIKE: AUGUST 1 ANGEL ISLAND STATE PARK

Angel Island is situated in San Francisco Bay near Tiburon, and was once a processing station for immigrants. It is now a State Park in its entirety, with historic sites. Views of the Bay are fantastic. Our plan is to catch the 10 a.m. ferry from Tiburon, a 15-minute trip, \$14 for seniors, then complete about 7 miles of hiking with 1,100 ft elevation gain and return on the ferry leaving the island at 2.20 p.m.

If you'd like to linger longer, there are ferries at 3.20 and 4.20—coordinate with your carpool. We may get creative and change some of the itinerary, so stay tuned to this space on your favorite website. Arrive a little early to leave the Berger at 8.30 a.m. sharp. Hike leader is Chris Sork, (707) 495-3196.



Bridge views from Angel Island.



MENIOTA
AMERICA'S LUXURY FIREPLACE

Warming Trends Oakmont Special Only available to Oakmont Residents 15% OFF

- High-Efficiency Inserts • Decorative Gas Log Sets
- Clean Burning & Clean House • Push Button Fire
- No More Spare-the-Air Alerts

We provide a complete line of high-efficiency, clean-burning gas inserts, stoves, fireplaces, and decorative log sets, as well as all EPA certified wood-burning units.

We are the premier hearth shop in Northern California and are the only hearth shop in the North Bay that offers our own in-house installation.

So, whether you prefer the traditional warmth and feeling of a wood fire or choose the more convenient option of gas, Warming Trends, Inc. is your clear choice.

Warming Trends Inc.

Sonoma County's Premier Hearth Shop

578-9276

#4 South A St., Santa Rosa • www.warmingtrendsinc.com

Men's Bible Study

■Lou Lacson

GREATEST SACRIFICES OF LOVE

"For God so loved the world that he gave his only Son..."—John 3:16

Dear friends, warm days are here, and we can enjoy the gift of longer days and sunshine. Let us open our hearts to Him and share His love with our neighbors every day.

Come and join us every Thursday at 10:30 a.m. at the East Rec. Center and learn of true love.



■Carolita Carr

COMING UP NEXT

WHAT: Wonder Bread 5

WHERE: Berger Center

WHEN: Saturday, August 17

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

COST: \$30 per person. Each member may bring one non-member guest.

FOOD TRUCKS: Tacos los Iniguez and Moxies Frozen Yogurt

If you want to laugh, sing, dance and have a really good time, Boomers has a great evening in store for you. We are bringing Wonder Bread 5 to Oakmont. These great musicians make up an international rock and roll party machine that will get you out of your seat, out on the floor and keep you there all night long. Go to our website (oakmontboomers.org) to register. Act now, this event will sell out fast.

HAPPY ANNIVERSARY

The Boomer Board wishes to extend a belated happy 60th anniversary to members Lou and Olivia Kinzler, who were married on July 4, 1964 in Orleans, France.

MEMBERSHIP

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

Insuring Oakmont Since 1963

After nearly 50 years of serving the Oakmont community, George Petersen Insurance Agency continues to provide customized services that focus on security and value.

Call our Santa Rosa office for assistance with:

Homeowners Insurance	Auto
Earthquake	Long-Term Care
Life & Health	Estate Planning



George Petersen Insurance Agency

707.525.4150 | www.gpins.com
175 W. College Ave. | Santa Rosa, CA 95401
License # 0603247



Oakmont Volunteer Helpers

■Matt Zwerling

NEIGHBORS HELPING NEIGHBORS

The concept of neighbors helping neighbors is not unique to the Meet Your Neighbors emergency preparedness program in Oakmont. Oakmont Volunteer Helpers (OVH), from its roster of resident drivers, provides transportation to medical appointments for Oakmont residents who are unable to drive themselves.

Whether for something as simple as needing a blood test, or as involved as a colonoscopy or laser eye surgery, having a neighbor drive you to and from your appointment when other means of transportation are unavailable can offer a sense of ease and relief. And, unlike a taxi or Uber, there is no charge for this beneficial service.

We ask that you call the current Coordinator (listed near the back of each issue of the *Oakmont News*) at least 3 weekdays before your appointment to arrange a ride.

If you have a couple of hours once a month or so and would like to volunteer as a driver, email me at the address below to learn more. This is a rewarding opportunity to meet and be of service to your neighbors.

Perhaps the most important volunteer opportunity with OVH is to be a Coordinator, the one who arranges for those important rides. This position requires a 2-week commitment but takes about 15 minutes daily, if that! All it takes is a working computer and familiarity with sending emails—sounds straightforward, no?

Again, if you are interested, we can always use help, so let me know at zwermd3@gmail.com.



Oakmont Macintosh Users Group

■Peggy Clark

YOU HAVE QUESTIONS, PAT HAS ANSWERS

Our next meeting is on July 20 at the East Rec Center. Meeting starts at 2 p.m. but please arrive early (1:30) for social time and to sign in, get your name tag or socialize with other members.

OakMUG is streamlining check in. We are making name tags for all members and all you will need to do it show your name tag at the door so no more standing in line to check in. If you have your name tag and show it, you just walk on through. We plan to change colors each year so you will need to get a new color at the beginning of a new year.

Our next speaker will be Pat Barclay. Pat will be having a Question-and-Answer session. Please email Oakmontmacusersgroup@gmail.com any questions you might have or a topic you would like Pat to expand upon. If you can't think of any questions, I'm sure you will walk away with many answered questions you didn't know you had.

If you are not a member and are interested in joining, please stop by or sign up at the door. Membership dues are \$10 per person per year. This included six speakers sharing everything apple.

Can't get to Church?

Watch the Catholic TV Mass

Sundays

5:30 AM: KRON-TV4 - CH 4

6:00 AM: KTSF - CH 26

Or Watch Anytime

Fatherharry.org

Oakmont Singles Social Club



■Bailey Penzotti, Priscilla Roslyn and Simone Smith

JULY MIXER—OUTDOOR FUN!

WHEN: Friday, July 19, 6 p.m.

WHERE: West Rec Picnic Area

We hope that you had a great time at our summer kick-off picnic. Let's continue the summer vibe by gathering at the picnic area at the West Recreation Center. We will enjoy a potluck, and thereafter play horseshoes, corn hole, or climb the hill to play bocce ball. A little something for everyone!

Bring a dish to share and your beverage of choice.

Please note the location, as it is different than most of our Singles Club Mixers! Please RSVP to Priscilla no later than July 15, prosllyn49@aol.com.

JULY BON APPETITE (OSSC MEMBERS ONLY)

WHEN: Thursday, August 1, meet at 5:45 p.m. to carpool from the Berger Center

RESTAURANT: Sazón Peruvian Cuisine and Deli, 1129 Sebastopol Rd., Santa Rosa, <https://sazonsr.com/menu/>

A family-owned and operated restaurant that "fuses different stages from our country's history." The menu offers cuisines from the Ancient Inca Empire through the Spanish Conquest, which brought slaves from Africa and China. Further influences came through Italian and Japanese immigrants, blending indigenous foods of Peru and cooking methods of four continents into a unique culinary experience.

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

Reservation cutoff is July 29. RSVP Simone Smith, ssmith8151@aol.com or call (650) 966-1997.

DO YOU LIVE IN OAKMONT? ARE YOU SINGLE?

If so, join our club to mix and mingle with other Singles. Oakmont Singles Club offers the opportunity to network with other singles who may have your same interests. For more Oakmont Singles Social Club membership information, contact President Deb Ponts at dponts707@gmail.com.



Grace says goodbye as she begins another chapter with her family. (Photo by Bailey Penzotti)

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.

STEPHEN CURLEY ROOFING INC.
ROOFING SPECIALISTS
Lic. #976993

STEPHEN CURLEY, CEO
INFO@STEPHENCURLEYROOFING.COM

WE ARE AN OAKMONT PREFERRED CONTRACTOR WITH AN IMPECCABLE RECORD

3210-C COFFEY LANE, SANTA ROSA, CA 95403
(707) 546-4778
(707) 486-7426 (CELL)

Tennis Club



■Jack Breibart

WHITES AND WOOLIES AND STRAWBERRIES AND CREAM

Okay, you've been watching a couple of weeks of Wimbledon tennis. Now it's time to wash your whites, haul out your old wooden racquet (if you are lucky enough to have one) and get ready for the Tennis Club's annual social mixer, The Whites and Woodies.

The Whites and Woolies will be held on Friday, July 19 at the West Courts. The schedule: 9 a.m.—Wooden Racquet Challenge, 9:30—Random draw to meet your first partner and opponents. I'm not sure what the Racquet Challenge is, but I'm told that nobody met the challenge last year.



Kathleen Tindle, Frank Zuniga and Genie Rhodes with Frank's Woodies.

And about those Whites, "creativity is encouraged"—as creative as you can be with white.

The Tennis Club will be providing "Wimbledon Style Refreshments," which Google tells me are strawberries and cream and Pimm No. One Cup—Pimms with lemon juice, fruit, and sometimes a touch of gin. I'm pretty sure that there will be strawberries and cream, but we will have to see about the Pimm's Cups.

The strawberries, however, will not be from the Hugh Lowe Farms in Kent, which are delivered fresh to Wimbledon every day. But Koi's strawberries at her stand in Kenwood probably are just as good.

Tennis racquets have undergone huge changes over the years—wood, steel, graphite, titanium, compositions, etc., but it will be good to see some of the Woodies at the West Courts on July 19.

As a side note, the last person arguably to use a wooden racquet at Wimbledon was Miloslav Mecir in 1987. And the last person to win a Grand Slam with a wooden racquet was Yannick Noah at the French Open in 1983.

The Tennis Club will have a table at the July 18 event for new Oakmont residents, manned by President John Hughson and Vice President Frank Passaglia.

InvestOAK



■Joe Pundyk

NO JULY MEETING

Please join us on Club Night being held Thursday evening on July 18 at the Berger Center from 5.30–7 p.m., to discuss our InvestOAK program. We will have a table representing our club where we will be pleased to discuss our program.

We're taking a summer vacation from our usual meeting in July on the third Friday of each month. When we return, we will have an important presentation provided by the Council on Aging regarding the choosing of executors for wills and trusts. They have a service that improves trusts through the use of a successor executor in case one's original executor cannot perform their duty.

In the past year we provided presentations on Artificial Intelligence, Renewable Energy, Commodity Investing and trends in Inflation. Every month a summary of the Stock Market and the economy's performance and strength is provided in easy-to-read tables.

Pickleball Corner



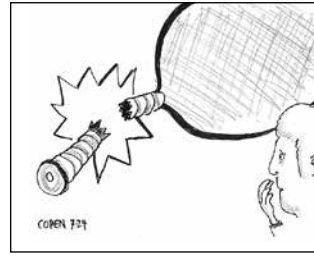
■Peter Copen

PICKLEBALL FRACTURES

As a recipient of two bone fractures from pickleball, I thought it might be helpful to share this information:

Pickleball-related bone fractures are skyrocketing: As pickleball's popularity has skyrocketed, so have the number of serious injuries among players. Bone fractures related to pickleball have increased 200% over the last 20 years. This totaled to approximately 5,400 pickleball-related fractures annually. The vast majority of fractures found that 92% occurred during falls. Women, especially those ages 65 and older, were more likely than men to experience a fracture.

What are the most common pickleball injuries? The new analyses only looked at fractures, not the most common soft tissue injuries like sprained ankles or debilitating knee injuries such as damage to the ACL, or anterior cruciate



Graphic by Peter Copen.

ligament. Other common pickleball injuries include rotator cuff injuries, worsening of arthritis, Achilles tendon tears/strains and foot fractures.

While the rise in injuries may mostly be tied to the growth of the sport, other factors may be coming into play. For example, some of the people taking up the sport may not have learned enough about it in advance.

The studies found that soft tissue injuries were the most common overall. Fractures and a worsening of arthritis were increasingly found in patients 60 and older.

It's important that you warm up before playing and choose the right shoes for the sport. And you should learn a very important skill: falling in a way that's unlikely to lead to injury. If you fall more towards your side, you can protect your head with not putting your wrists at risk.

New Player Orientation: 9 a.m. on Tuesday mornings. Arrangements can be made by contacting Victoria Dettman at (707) 230-2958. Call Jim Howard at (209) 761-8517 for a demo loaner. For mentoring, contact Barbara Ricossa at ricossa@ymail.com.

Playreaders



■D. Hall

PITHY COMEDIES IN STORE FOR AUGUST

It was a stirring two-act presentation of J.P. Shanley's *Italian-American Reconciliation* on July 1 and 8, when Sandy White produced it for Oakmont Playreaders. It featured Michael Erwin, D. Hall, Ginny Smith, Lisa Erwin, Esther Dolan and Sandy White.

After a three-week end-of-July hiatus, August greets us with a Neil Simon version of Anton Chekov's *The Good Doctor*. This is a series of amusing vignettes featuring John Dolan, Jim Preston, Kate Moore, Margaret Applegate, Ginna Zoellner, Yvonne Horn, Jeff Sheff, Steven Levin, Michael Erwin, Wes Doerr and Blanche Kaiser.

Then, on August 12, we'll see Christopher Durang's *The Actor's Nightmare*, produced by Lisa Erwin. It centers around George, who finds himself inexplicably backstage one day. When confronted by the stage manager, Meg, it becomes apparent that he is the understudy for an actor named Edwin (Edwin Booth), but George has no memory of the play. This comedy features Michael Erwin, Marcel Coder, Ginna Zoellner, Sarah Shankman, D. Hall, Jim Preston and Lisa Erwin.

Join us the first two Mondays of every month in Room B of the Central Activities Center at 2 p.m. We "sold out" again in June, so get there early.

Oakmont Vets Club

■Paul Gowins

VITAL PARTNERSHIPS FEATURED AT VETS CLUB MEETING

The June 26 meeting of the Vets Club at the East Rec. Center had a packed agenda. Next month's meeting was announced to be back at the Berger Center on Thursday, July 25 at 3 p.m.



Photos by Paul Gowins.

John DeGroot reminded us of the annual picnic this year on July 27 at the West Rec. picnic area starting at 1 p.m. Hot dogs and all the fixings will be provided. But do bring salad, sides, deserts, etc. Additional announcements were made about future meetings, speakers and hosted events that will be covered in future club articles and newsletters.

Our featured speaker, Joe Cholewa was introduced to give us a moving talk about the mission and vital work of his non-profit 501-C3 group Called "Sonoma County Veterans Outreach." They are working on behalf of the estimated 900 homeless vets living locally in dire conditions. His group was started in coalition with the VVA 223, the Cotati/Rohnert Park VFW 3237, and other agencies, and is now partnered with our OVC.

They have secured a warehouse in Santa Rosa and mount an ongoing drive to collect desperately needed items like clothing, shoes, tents, and sleeping bags, food, and toiletries and much more, together with money to pay rent and the expenses for the outreach teams that travel often throughout the region helping all the unhoused they encounter to survive. This is compelling work for our many at-risk brothers and sisters who desperately need our help.

If you can contribute, please contact our OVC outreach team: Karen DeGroot, (707) 974-6455; Pat Hendricks, (707) 321-2369; or Diane Soshnik, (707) 800-7983. All our vets sincerely thank you.

One last word of heart-felt reminder. Please don't forget to help support the "Honor Flight of Sonoma County" with whatever donation you can afford. To contribute contact John DeGroot at (707) 974-8898.

Movies At Oakmont



WHERE: Berger Center

SCREENING DAY AND TIME: Sundays

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

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

JULY 14 AT 2 PM CATHERINE CALLED BIRDY

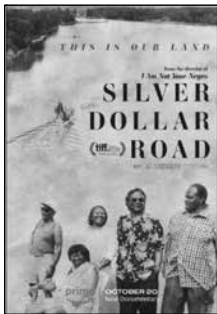
A 14-year-old girl in medieval England navigates through life and avoiding potential suitors her father has in mind. 2022, PG-13, 1:48.



JULY 21 GRANDPARENTS' WEEK NO MOVIE

JULY 28 AT 2 PM SILVER DOLLAR ROAD

A Black family in North Carolina has been harassed for decades by land developers attempting to take their waterfront property. 2023, PG, 1:40.



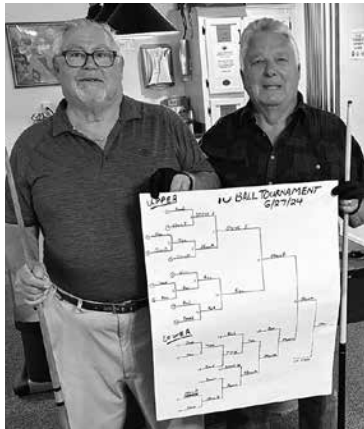
Billiards Club

■Steven Dieterle

WHAT'S THE "STEVE" PHENOMENON GOING ON IN THE POOL ROOM

The Oakmont billiards club held a 10-ball double elimination tournament on June 27.

There were many contenders you could choose from as the potential winner. As play got started, you could sense that Steve Fuller might be the guy to beat. We all know Steve as an easy-going, fun-loving guy that just enjoys playing pool. Today, he had a twinkle in his eye, a hop in his step and seemed to be seriously focused when shooting each shot.



Winner Steve Fuller on the right and runner up Steve Martin on the left.

As it turns out Steve Fuller was the guy to beat! Steve Fuller came in swinging for the fences looking for a chance to win his first tournament. He cruised through all his matches and into the finals.

After an early match loss in the tournament, Steve Martin would need to win all the rest of his matches to get

into the championship match. And he did! He would now need to win two consecutive matches (double elimination rules) against Steve Fuller to win the tournament. Steve Martin did win the first closely contested match. However, in the final match Steve Fuller turned up the heat and proceeded to sink the 10 ball to win his first tournament! This puts Steve Fuller into a select group of Oakmont Billiard Club tournament winners.

So, what is the "Steve" phenomenon all about? Apparently, the chances of being in the tournament championship match go up greatly if your first name is Steve. With today's tournament results there will be no debate about it!

Looking at the club's current statistics for our past eight tournaments: the winner of the tournament named Steve—4 times; the runner-up named Steve—6 times; the two players in the final match both named Steve—4 times.

Congratulations Steve Fuller and thanks to all the participants.

Oakmont Democratic Club



■Tom Amato and Robin Jurs

HOW TO TALK TO PEOPLE ABOUT ELECTION ISSUES

There are many unknowns as we look to the fall election. Now more than ever. One thing is certain, there will be many opportunities to talk with friends, family and undecided voters as we move into and through the coming months. It isn't easy but if we don't step up and engage in conversation with people, we may be missing a chance to encourage people to vote.

The issues seem complex but when dissected, basic talking points help bring clarity to the issues. We will be sharing some of those talking points.

This month's Oakmont Democratic Alliance (ODA) Meeting, hosted by the Oakmont Democratic Club, will include an interactive workshop featuring the best practices for having these sometimes-tricky conversations. Have them we must.

Join us Thursday, July 25, 7 p.m. at the ERC for our meeting. We welcome anyone and everyone who wishes to engage during this election season.

At this meeting, we will also have a lively discussion regarding the status of the Presidential race, key down-ballot Senate and House races, as well as legislative battles in swing states. Our goal is to flip the House of Representatives and hold the Senate.

Come to this meeting to join in previewing our August 30 meeting where we will host Adam Gray, Democratic Candidate for Congress from the Central Valley.

The July 25 hybrid meeting at the East Rec. Center will be preceded by a social at 6:30 p.m. Please bring your favorite beverage or snacks to share. All Oakmonters are welcome. We need you to join the march toward November.

For more information see our website: OakmontDemocraticAlliance.org.

Wii Bowling Oakmont Lanes



■Terry Leuthner

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

Anyone interested in joining our club, either as a team bowler or substitute, please call me at (707) 291-3023 or stop by the East Recreation Center on Tuesdays from 2-3:30pm (no bowling fourth Tuesdays) to see us in action. See www.oakmontlanes.com for club information, bowling dates, week results and team schedules to bring cookies and help set up at 1:15p.m. and tear down equipment at 3:30 p.m.

Bowling dates for July: July 16 (week #9). No bowling July 23 (fourth Tuesday).

GRANDPARENTS' WEEK

We will setup 12 lanes of Wii Bowling on July 23 for the grand kids. Time to be determined.

RESULTS AS OF JUNE 18 (WEEK #6 SUMMER LEAGUE)

2 p.m. League: first place, Wii Four; second place tie, Pocket Hits and 4 Tops; fourth place, King Pins; fifth place tie, High Rollers and Alley Oops; seventh place, Phantom Strikers; eighth place, Strikers; ninth place, Pin Pushers; tenth place, Ghosts.

Men's High Games: Gordon Freedman, 280; Don Shelhart, 237; Rich Laden, 215; Mike Apicella, 214; Terry Leuthner, 207; Larry Souza, 203.

Women's High Games: Diane Price, 279; Karen Palmiotti, 257; Beverly Shelhart, 240; Sandy Osheroff, 238; Vickie Jackanich, 237; Rhonda D'Agostini, 234; Marilyn Levene, 221; Pat Scott, 213; Shirley Jamison, 212; Robin Schudel, 210; Laurel Earles, 206; Carolita Carr, 203; Barbara Koch, 200.

Oakmont Pétanque Club

■Don McPherson

BASTILLE DAY FÊTE TODAY—JULY 13

The Oakmont Pétanque Club celebrates its annual Bastille Day Fête today, July 13. The festivities will kick off at 9:30 a.m. at the Pétanque Courts with registration for the Bastille Day Tournament. The tournament will be played in m \acute{e} lée format with randomly assigned teams. Play begins as soon as teams are drawn at 9:45 a.m. Spectators are welcome!

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

EVENING PÉTANQUE

Members and significant others enjoyed the first summer "Sweet Time Pétanque: In the Cool of the Evening" on June 13. Following an informal soir \acute{e} e of socializing over drinks and shared desserts and snacks, participants enjoyed casual, open games.

GRANDPARENTS' WEEK

The Pétanque Club will again participate in the annual Grandparents' Week program with an Introduction to Pétanque for grandchildren. Placing the jack, pointing, and shooting will be demonstrated, and the grandchildren will team up to play a game.

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.



Oakmont Pétanque Club at 2023 Bastille Day Tournament.



■Greg Fauss

ENJOYING SUMMER!

It's the middle of summer and many of us will be traveling or hosting friends or family. We're enjoying the long days and numerous opportunities to explore and enjoy our beautiful surroundings.

Despite full summer days, there's no better way to start the week than to meet as a community with our Creator and the Maker of this earthly playground. As usual you'll find us in the East Rec. Center Sundays at 10:30 a.m. ready to welcome anyone.

For more information about our Sunday Services, our Wednesday Morning Bible Study, our Thursday viewing of The Chosen movie, Saturday Prayer, monthly potlucks and other gatherings, visit our website at www.occsantarosa.org, write us at occsantarosa@gmail.com or call at (707) 595-0166.

Photos by Greg Fauss.



MCBRIDE
Realty
License #1346710

Selling? Make your property shine! I can help with cleaning, painting, hauling, etc.

As always, **FREE** pest inspection with every new listing.



Susan Irvine
Your Neighbor & Realtor
707-696-4648
dreamhousesusan@gmail.com



Bringing Your Comfort Back to Life!

- Up to \$3250 in rebates on new heating & air conditioning systems
- \$49 precision early-bird AC tune-up
- Free service call w/repair (only \$97 if no repair)
- Free estimates & 2nd opinions

Call 707-934-7245 or visit www.comfortresponseteam.com to schedule your appointment.

Westco Fiji Care

CALL (408)775-3723



SCAN ME



Westco Fiji Care
Professional Services for your Loved Ones
Licensed and Insured

"Is your loved one needing a little extra care at home?"

**HOME CARE SERVICES
YOUR WAY TO BETTER HEALTH**

Canine Club

■Jean Nattkemper

KEEP UP-TO-DATE ON EVERYTHING DOG

One of the largest clubs in Oakmont, the Canine Club wields a big umbrella. It helps run the Happy Tails Dog Park, puts on the annual Oakmutt Dog Show, and manages a dedicated web site featuring dog-related resources. Active dues-paying members receive a weekly newsletter and inclusion in an annual Spring Picnic and a Member Appreciation Party.

To become a member, make a check payable to the Oakmont Canine Club and place it in the Club folder



Oakmutt Dog Show, June 1. (Photo by Julie Kiil)

in the OVA Office. The fee is \$12 for individuals and \$20 for households.

DOG WALKS

- Linda's Yappy Hour Dog Walk: Monday, July 15, 9 a.m. Meet at West Rec. picnic area.
- PJ's Yappy Hour Dog Walk: Friday, July 26, 9 a.m. Meet at Berger lawn in front of the bulletin board.

LEASH-FREE

Please pick up waste in the Dog Park and along the path leading up to it. Cleaning out the water dishes helps to prevent disease. And please observe the "no treats or food" rule.

Remember that the park is reserved for small dogs (25 pounds or less) every Wednesday and Sunday from 3-4 p.m.

To volunteer at the park, contact Peri Olinger at periolinger@yahoo.com or (707) 479-6961.

WALKING THE GOLF COURSE

Leashed dogs are allowed on the golf course from daybreak until 7 a.m. and at 45 minutes before sunset on Wednesdays and Thursdays.

EVENT OUTSIDE OF OAKMONT

Join Pets Lifeline supporters at the Larson Family Winery in Sonoma on July 19 at 4:30 p.m. for music, games, food, and wine at the Summer Family BBQ Party. Tickets are \$75 for adults, free for children. All money spent on tickets goes to the cats and dogs of Sonoma Valley. For information, call Pets Lifeline at (707) 996-4577.

15% OFF Your First Service
For Oakmont Residents only



- Satisfaction Guarantee
- Interior and Exterior
- Tracks and Sills
- Screens

Residential Window Cleaning

"Yes we can reach it!"

Call for a Free Quote

707-708-4343

Locally Owned
Licensed and Insured




OAKMONT
DENTAL

General & Implant Dentistry

Tony Sanchez, DDS

707-539-0336

6594 Stone Bridge Road, Santa Rosa 95409
oakmontdentist.com • info@oakmontdentist.com



synsolar.com
707.823.8003
License # 913951

SYNERGYSOLAR
& ELECTRICAL SYSTEMS, INC.

Sonoma County's Solar & Energy Storage Experts

MCBRIDE Realty

McBride Realty Sells Oakmont



120 Oak Island Circle—Redwood—\$679,000



168 White Oak Drive—St. Helena—\$749,000



7563 Ferroggiaro Way—Orchard Res 4—\$1,075,000



445 Crestridge Place—Custom—\$1,175,000



IN ESCROW
145 Valley Oaks Drive—Juniper



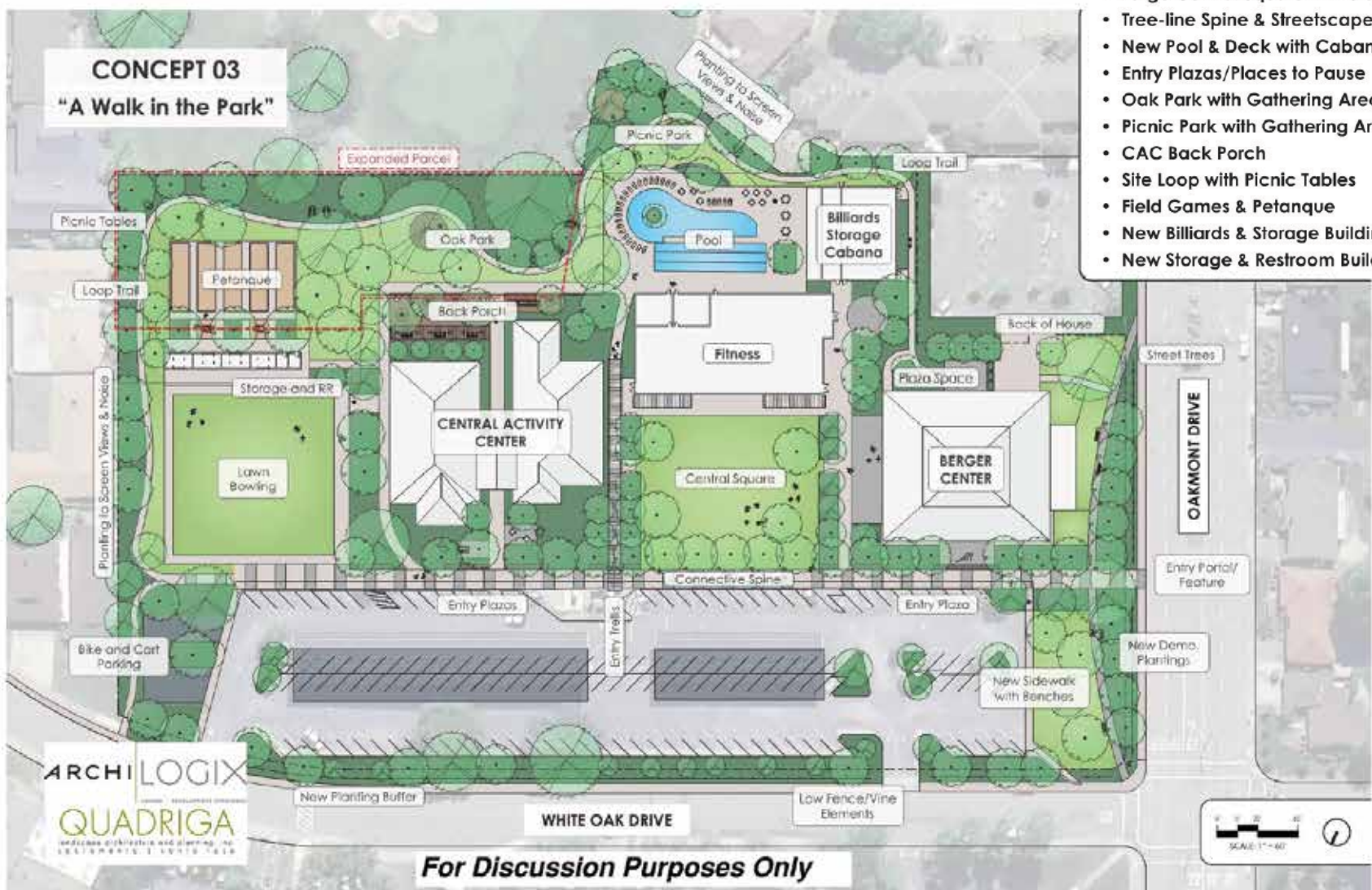
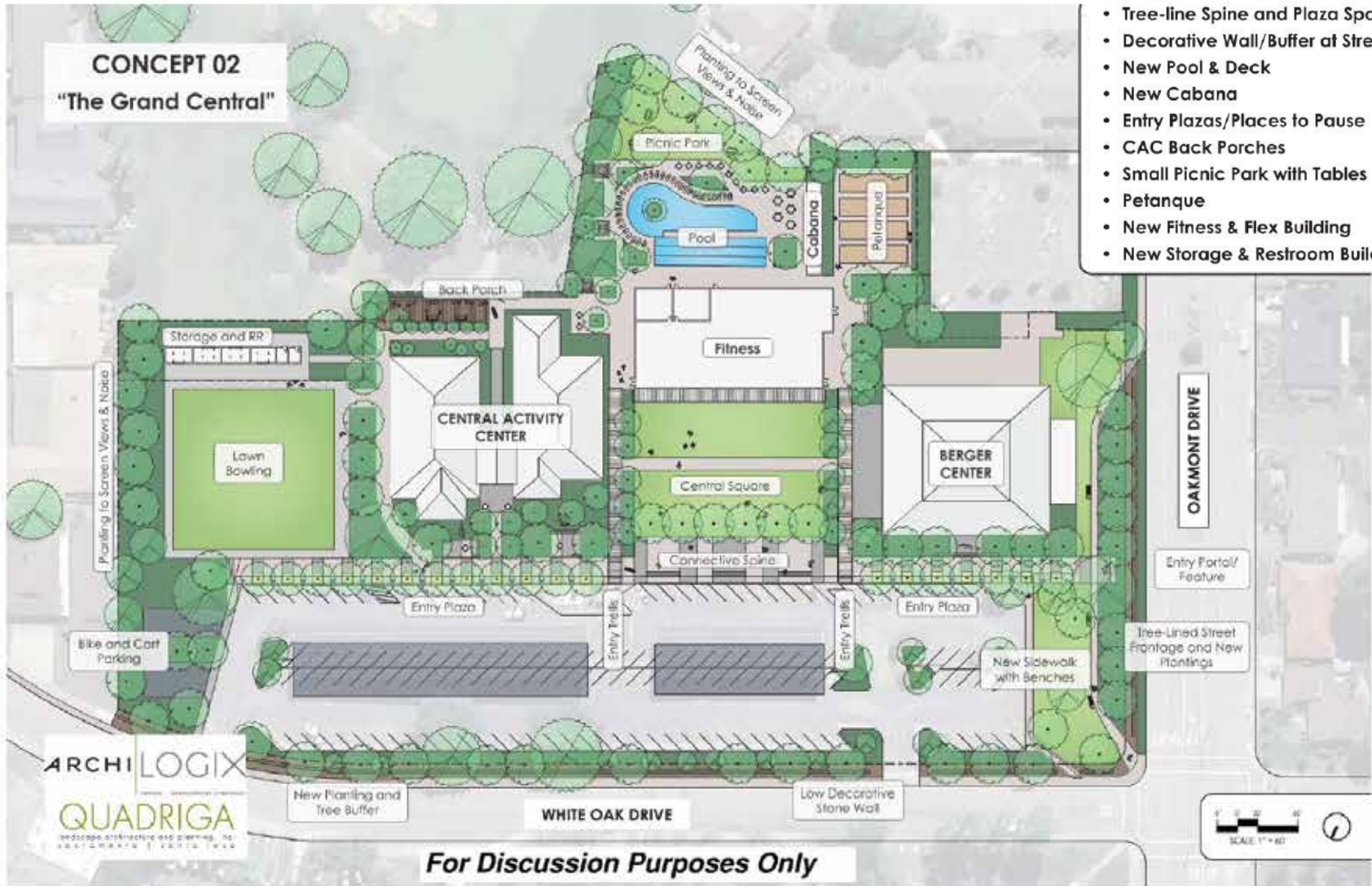
SOLD
402 Trail Ridge Place—Mt. Hood Exp

Oakmont's #1 Real Estate Office in Sales & Service
For more information, or to make an appointment to see any of these beautiful homes, please call our office.

707-538-2270
www.OakmontHomes.com • 6520 Oakmont Drive, Santa Rosa, CA 95409

DRE #01151843

All plans are drafts only





Radio Active Club to Form

■Howard Sidorsky

We are proposing the creation of a club that would provide support for Ham Radio operators, GMRS operators, and anyone else interested in radio communications.



Howard Sidorsky.

What are these radios anyway? Some call them HTs, Walkie Talkies, Family Radios, Ham Radios, CB radios, Weather Radios. Let's talk about this and get together.

We would have monthly meetings at which interesting topics would be presented, have social events for fun and fellowship, and work for a communitywide understanding of the role of radio in emergencies, and general communications. More importantly, it will provide a place for interaction between various radio operators on a social level, not just on the air and in an emergency. This could include lunches, happy hours and any other in person activities. The initial meetings will attempt to define the interaction and activities.

The club would meet in person and also via Zoom to meet the needs of anyone using these radios. The first meeting will be held at the OVA Office, Suite B on July 29, 2-4 p.m.

If you are interested in such a club, please contact me via howard@sidorsky.com or text or phone at (510) 501-8750. If you do, please be sure to leave your name, phone number, and email address.

Oakmont Craft Guild


■Carolita Carr

PRE-HOLIDAY ARTS AND CRAFTS FAIRE CALLING ON ARTISTS AND CRAFTSPEOPLE

Registration is now open for the Pre-Holiday Oakmont Arts and Crafts Faire which will be held on October 19. Paper applications are available in the Craft Guild file in the OVA office, or you can request one via email.

We will be under the solar panels in the Central Activities Center parking lot from 10 a.m. to 3 p.m. If you are an artist or a craftsperson, we want to see your work. Plan now to participate.

If you have questions regarding this show, or want an application, please contact me at jbcarr35@gmail.com.




DANIELS

CHAPEL OF THE ROSES


Funeral Home & Crematory

*Family is
at the heart of
everything we do!*

1225 Sonoma Avenue
Santa Rosa
707-525-3730
www.danielschapeloftheroses.com
FD #209/CR #92



Family owned since 1875

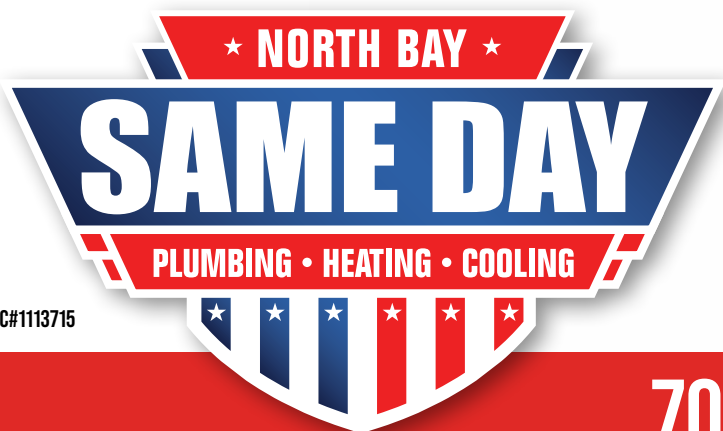
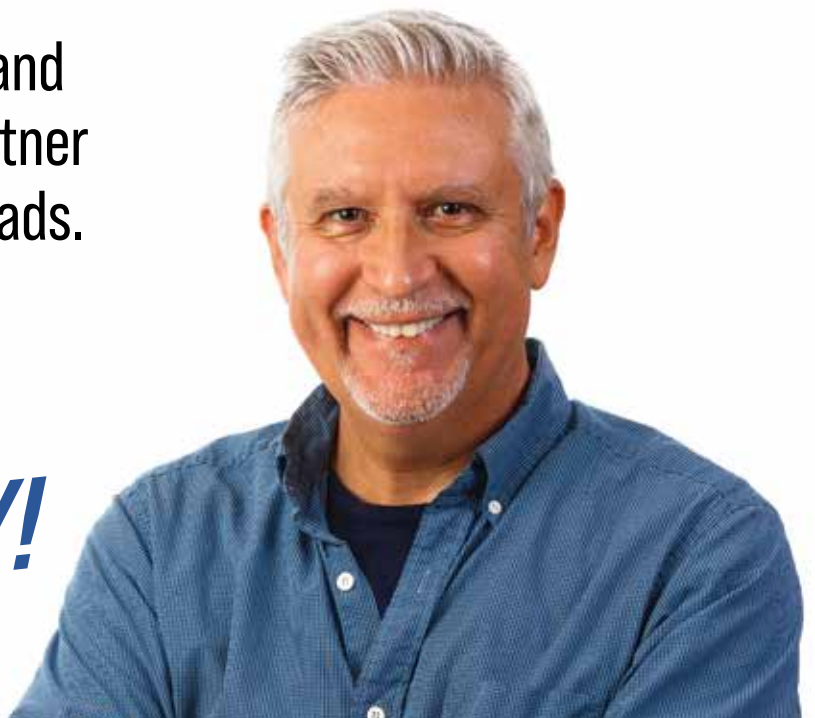


Wes, Carol and Will Daniels
with Patricia Daniels,
Oakmont Resident

Retired & Restless?

SAME DAY IS HIRING!

We are hiring appointment generators to meet and greet customers in our retail stores that we partner with to generate heating and air conditioning leads. Apply at SameDayNorthBay.com/careers



APPLY TODAY!

707-633-3574 SameDayNorthBay.com

Current Events Discussion Group



■Tina Lewis

This is a very important year 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; join us 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 are not on the Zoom mailing list and wish to be, or if you have questions, email tinalewis31@comcast.net or call (707) 758-9739.



Critter Cam Club

■John Tan

JOIN AND MEET CRITTER CAM ORGANIZER AND MEMBERS

For those who love capturing video of Oakmont's abundant wildlife through backyard cameras, we are forming a new club called Critter Cam Club and seeking members. Come to our upcoming meeting to learn more about this club and meet our current members.

WHEN: Thursday, July 18, 9–10 a.m.

WHERE: Central Activity Center, Room B

Upcoming topics:

- Why is this club forming?
- What is the difference between a smartphone and a critter capturing device?
- PowerPoint slides of neighbors sharing photos
- Education about our local wildlife

The Critter Cam Club will meet regularly in person and on Zoom, and will be a great way to socialize with neighbors about our community's wildlife. We may even collect photos and videos from members to showcase on our club's website where you can see them any time of day. We may even share with experts from nearby parks and nature organizations who can offer more information about the animals in our area.

Does this interest you? Would you like to join? Please contact me at jtan8217@gmail.com. Add on as the subject line as: Critter Cam Club. Or meet us at the assigned date and time above.



**Excellence in
In-Home care
to get you the help
you need & deserve**

✓ *Flexible* SCHEDULING

✓ VISITS FROM AS LITTLE AS
15 Minutes AND UP TO
24 HOURS

INTRODUCING OUR NEW

FLEXCARE PROGRAM!

OUR FLEXCARE PROGRAM OFFERS

- Much deserved break for *family* or *spouse*.
- Choose the *times* that are most important to you.
- Caregivers with *award-winning* training.

We're offering *In-Home Care* in your community with flexible scheduling to help you and your loved one live independently with *dignity*



sequoia senior solutions
Excellence in In-Home Care



707-709-5686


SequoiaSeniorSolutions.com

Passages



Carolyn Scott Kinney passed away on June 8, after a life richly lived in service and kindness. Carol devoted many years to providing energy work with friends, clients, and animals, and loved Oakmont for the beauty, sunsets, and nature. She leaved behind her loving partner, Gail Turk. A memorial service is being planned.

Please contact OVA Communications Director Crissi Langwell by e-mail at crissi@oakmontvillage.com, to publish the name and date of death of your loved one in the *Oakmont News*.



At Corcoran Icon Properties, we strive to:

- Listen to you to understand your real estate goals
- Prepare your home to show-quality condition
- Price your home competitively
- Provide professional photography and marketing

I am an Oakmont resident, with a team focused on the details.

corcoran

ICON PROPERTIES



Allan Bolchazy

Serving the Oakmont real estate market.
Sales Associate | Lic #02078328
m +1 707.312.3778 | Allan.Bolchazy@corcoranicon.com
Search all Sonoma Listings at SonomaDreamProperties.com

©2023 Corcoran Icon Properties. All rights reserved. Corcoran® and the Corcoran Logo are registered service marks owned by Corcoran Group LLC. Corcoran Icon Properties fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Each franchise is independently owned and operated.

Meet Your Neighbors (MYN)

■Matt Zwerling

NEIGHBORHOODS NEED TO ORGANIZE

When weather conditions of strong winds and gusts, high temperature and low humidity (dry vegetation) are forecasted, a Red Flag Warning may be issued by the National Weather Service. These conditions greatly increase the risk of fire. It is critical that Oakmont residents are prepared for emergency situations, whether a major fire or an earthquake (when there is no early warning!).

Meet Your Neighbors (MYN) is the Oakmont emergency preparedness program. Our mission and goal are to have all Oakmont organized into neighborhood zones, neighbors helping neighbors to build community and develop preparedness. Currently there are just over 50% neighborhoods organized, a good start but with still too many unorganized areas. We recently made a presentation to LOMAA, the organization of sub-HOA leaders, to encourage all the sub-HOAs to develop MYN zones.

If you are in a sub-HOA which does not have an active MYN neighborhood the MYN team is available to help you get one started.

Have you visited the MYN website (oakmontvillage.com/myn)? Our frequently updated website has an abundance of useful information, both to help get you organized (Support Materials) and to provide great tips on personal and home preparation. There are tips explaining what to put in a Go-Bag (both for you and your pet), alerts to have on your mobile phone, tips on preparing for an earthquake or for evacuation and others for which documents you might want to take or secure.

MYN also holds monthly informational meetings (fourth Thursday, 3 p.m., Rm B of the CAC). All residents are welcome, whether or not you are in an active neighborhood. Come and learn with your neighbors.

Contact us at myn@oakmontvillage.com if you would like help organizing or if you have questions.

Jazz Club

■Dolora Hurst

NICOLAS BEARDE IN CONCERT WITH LARRY DUNLAP QUARTET

We are truly privileged to have the renowned musician, Nicolas Bearde, perform for us here in Oakmont. Mr. Bearde is an extremely talented singer, actor, and teacher, and he is now presenting concerts throughout the country.

I recently attended his sold-out performance held in the Opera House in Napa. I discovered that when Nicolas Bearde's soulful and affecting baritone sits atop impeccably tailored arrangements of sterling standards, the results are absolutely stunning. He also can deliver in a warm and jazzy way.



Nicolas Bearde.

His ability to emit true emotions is absolutely magic! He has been compared to Billy Eckstine and was one of the lead singers with the "Sensations Band." He was also cast as an actor and featured in the staged radio play starring Danny Glover, which highlighted the 100-year history of recorded jazz music.

Mr. Bearde will be accompanied by one of the foremost pianists of our time. A Grammy award winner, as well as receiving many, many honors, pianist Larry Dunlap has arranged several of legendary composer Burt Bacharach's songs for this performance, and has already received rave reviews for these arrangements. They bring Bacharach's music to an even more beautiful height.

Mr. Dunlap traveled the world for many years, recording and accompanying with the incredible singer Dame Cleo Laine, as well as playing with her husband John Dankworth's famous band.

Melecio Magdaluyo—sax and flute, Dan Feiszeli—bass, and Jason Lewis—drums, are the perfect artists

to round out the group.

These five exceptionally talented artists will offer a beautiful program comprised of some of the most beautiful music of our time. Please don't miss this show. Dancing will be encouraged and we will have the dance area illuminated for your enjoyment. Drinks and snacks are permitted. Tables of eight may be reserved, but they are going quickly. You can also reserve the location you would prefer if it is still available.

WHEN: Saturday August 10, 7 p.m. (doors open 6:30)

WHERE: Berger Auditorium, Cabaret seating

COST: Tickets \$35. Pay at OVA Office. Make checks payable to Oakmont Jazz Club. Names held at the door.

INFO: (707) 537-7720

■Michael James

SWING INTO AUGUST WITH A DANCE PARTY

The Jazz Club August monthly meeting will be a dance party! In place of a regular meeting, we will welcome The New Horizons Swing Band of Sonoma County for a wonderful two hours of swing music from the 1920s through 1950s. Audiences love dancing or tapping their feet to the sounds of Benny Goodman, Artie Shaw, Count Basie, Duke Ellington, Glenn Miller, Henry Mancini, and many others.

The swing band has 24 musicians and singers, and many of them live here in Oakmont! The swing band is an offshoot of the New Horizons Band of Sonoma County, which you may have heard at the Berger Center in concert only a couple of months ago.

We will have cabaret seating and participants may bring snacks and drinks to share with friends. Seating is limited so make your reservation early. Tickets are \$10 each.

Reserve a table for six and receive a gift for your party. Call me at (559) 707-2750 for reservations.

WHEN: Wednesday, August 7, 2-4 p.m.

WHERE: Oakmont East Recreation Center

COST: \$10 per person

WHAT TO BRING: Snacks, drinks, dancing shoes

CONTACT: Michael James, (559) 707-2750

Meditation

■Joanne Davey

OAKMONT WEEKLY MEDITATION SESSIONS AT CAC

"As the sun illuminates the moon and the stars, so let us illumine one another."—Anonymous

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

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

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

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



Branch #92

■Bern Lefson

GOLFING WITH SIR

Notice to all golfers. SIR 92 is starting golf with no requirements on Thursdays with first four tee time at 1 p.m. on these dates: July 18 and 25, Aug. 15, Sept. 19 and 26.

Contact Jim Knapp at jknappmd@gmail.com to register for a tee time on the dates noted above. SIR plays the Sugarloaf course. There is no fee other than green fees. We welcome all.

Valley of the Moon Rotary Club



■John Brodey

SPECIAL ED

Not that long ago, Special Ed was a term public educational systems used to refer to a wide range of students who just couldn't keep up with mainstream classwork. It was a catch all for neurodivergent kids with ADD, ADHD, autism, dyslexia, etc. Nothing good happened amidst the chaos of those classrooms.

By the third grade, my oldest daughter, who had been diagnosed with autism at the age of three, was regressing despite her intelligence and being high functioning. We were fortunate to find a private school in L.A. that was solely dedicated to kids who learn differently and deal with impairments in social cognition as well as sensory processing deficits, language delays, emotional and behavior challenges.

This kind of schooling requires a unique educational model. It's complicated. But ever since, such schools seem to exist below the radar. Given that 1 out of 33 boys and 1 out of 68 girls in this country are autistic, this should be a topic that gets front page coverage.

Andrew Bailey has made this his life's mission here in the North Bay. As the co-founder and CEO of ACE or the Anova Center for Education, he has been working with autistic youth since 1989. At a recent VOM Rotary breakfast, he provided a detailed map of how Anova works and what makes it so effective with children in this category.

There are so many aspects that require attention. Most of these kids have difficulty with sensory integration dysfunction e.g. bathing/hygiene, food (it's about texture), visual perception, motor coordination, auditory processing and social cognition. A different setting, small groups, specialized instruction and a multifaceted approach make all the difference. It works but the work must continue to be supported.

Please learn more at www.anovaeducation.org.

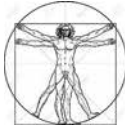
New to Oakmont?

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.

Fitness Club



■John Phillips

WHAT IS INTERVAL TRAINING?

Recently, I've been asked what Interval Training is. The definition of Interval Training is alternating between short bursts of intense exercise and brief periods of rest. In most cases we are talking about aerobic exercise but interval training can be done with light weight or body weight exercises.

The time that your bursts last and the time that you rest may vary from one person to the next. The bursts usually last between 20-60 seconds and the rest can be from 10-20 seconds. These routines don't have to be very long, anywhere from 10-20 minutes. Studies have shown that they can burn as much, if not more, calories as a 30-minute constant cardio workout.

If you would like to try a weight training version of interval training, I hold classes Monday, Wednesday and Friday at 2 p.m. at the lower West Recreation Center. We perform 10 exercises for 30 seconds with 10 seconds between each exercise to get ready for the next exercise. We perform 4 sets and have a 2-minute break between each set.

The session lasts about 40 minutes, including warm-up and cool-down. The first session is free and then \$10 for each session after that. The only requirement is that you can get up and down off the floor. Working on that ability alone will help keep you independent.

If you have any questions regarding this article or any fitness questions, I can be reached at (707) 494-9086 (call/text) or email at wkuout2@aol.com, or stop by the fitness center. I hold Orientations every other Monday and Friday and Seminars Tuesday and Thursday.

Stop by the fitness center to check times and subject matter, and please sign up for the Orientations.

Balance and Strength Class

■Valerie Hulsey

MARY'S FITNESS CLASS

Mary teaches the Balance and Strength class every Friday at 9:30 a.m. at the East Rec. Center. There is a drop-in fee of \$5. Classes are limited to 72 people so come early to ensure you get a chair.

Bring your TheraBand for strengthening. If you do not have one you can purchase one for \$5 when you arrive.

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

Somatics Movement Club

■Silas King, Instructor

ONGOING SOMATICS MOVEMENT CLASS ON WEDNESDAYS

Come join our class on Wednesday mornings. We use gentle movements and body awareness based on the Feldenkrais Method to improve the quality of life.

This class can help relieve stress, anxiety, poor sleep, and assist in recovery from injuries. You will learn more about your body-mind connection, and how simple physical movements and awareness practice can significantly improve your life.

If you are looking for less stress, tension, or anxiety; dealing with any sleep problems, wanting to improve your motor skills, wanting to have more ease in your body, enjoying walking with your dog or with friends, then this class is for you.

I am a long-time practitioner of movement, meditation, and martial arts. I have helped people with Parkinson's, injuries, poor sleep, and anxiety disorder.

Classes will be held in the Lower West Rec. Center, on Wednesdays from 9-10 a.m. The class will cost \$10. For more information contact me at (707) 734-0780 or email silaskingonline@gmail.com.

Oakmont Health Initiative Free Fitness Classes

■Charlene Bunas

THE AMERICAN DREAM

In 1989, Irina and hubby left Ukraine for the American dream. They left the stressful and chaotic dissolution of Soviet Union. What they found in San Francisco was the freedom of choice. They raised their daughter, embraced the hustle bustle, and built careers.

It was there that Irina developed her business in skin care and creative coiffure. They stayed in San Francisco until 2011. Oakmont offered another dream: retirement. They've never looked back.

OHI was the perfect answer for the woman who admittedly had put exercise on the back burner. "It was impossible to find a gym in Ukraine in the 80's and when I was in San Francisco, I was working and raising our daughter." Today, that daughter lives in Miami and has two boys for Irina to celebrate.

Every Monday, Wednesday and Friday at 9 a.m., Berger, Irina is front row, center in OHI classes. "I love being with people my age, twenty-five." Then she laughs. When she laughs, she sparkles, belying

her "Oakmont woman of a certain age." She often "jumps in the pool for a few laps" or "walks hundreds of miles, just the neighborhood" every year.

But it's the folks she's met at OHI that give her the support she's waited a lifetime to find. And that's part and partial of a healthy retirement lifestyle.

To join classes, make sure you are ready for aerobics. If you've not exercised for a while, check with your doctor. When you come, wear appropriate clothes, bring a yoga mat, light weights and thera band, if you have them. If not, OHI has some to use. Always have water. Please leave perfume at home.



Photos by Charlene Bunas.



■Vicki and Kenn Chase

NEW BEGINNING TAI CHI CLASS

A new "Basics of Tai Chi" class is starting August 7, 9 a.m. at the West Recreation Center, upper level. Kenn Chase, with over 50 years' experience teaching Yang Style Tai Chi, has been living and teaching in Oakmont for three years. Kenn combines the best of Eastern and Western philosophy, as well as his background teaching heart patients to enhance learning and each student's potential. His teaching style emphasizes the meditative and health qualities available through regular practice. Anyone can do Tai Chi, as it is slow moving and no impact.

We can all use help with balance! Tai Chi not only improves balance, but enhances flexibility, strength and self-confidence. Research shows that Tai Chi can decrease falls, anxiety, depression and stress, improve cognitive function and much more. Regular practice brings an improved ability to conduct daily activities. Come join the class and see what Tai Chi can do for you!

Pre-registration is highly encouraged as space is limited. The fee is \$60 for 4 consecutive classes.

For further information and/or to register email taichikenn@yahoo.com. Website: integralwaytaichi.com.



■Valerie Hulsey

When Mary runs into a former Water Aerobics student they usually say "I'm coming back!" Many have been saying that for years.

The weather is great, the water even better so now would be the time to come back.

Classes are held at the West Pool: Monday and Wednesday at 9 and 10:10 a.m., Tuesday and Thursday at 9:30. Newcomers are encouraged to join one or both of these smaller classes.

There is an \$8 drop-in fee. We look forward to seeing you soon.

CLASSES ON FRIDAYS

Julie's water exercise class continues at the West Pool every Friday at 10:10 a.m. There is a drop-in fee of \$8 per class.

Or you can exercise to a recording for free on Friday at 8:50 a.m. (no instructor).



Lawn Bowling



■Mary Blake

INTERESTED IN LAWN BOWLING?

Email us at oakmontlawnbowling@gmail.com, we'll set up an introductory session for you.

DAILY DRAW

Monday through Saturday, show up at 9:15 a.m. to bowl at 9:30. Daily Draw is when you can count on others being there to bowl. But some days are just too hot to start that late, or you may need to finish early. Contact other bowlers to see if they might want to bowl early. On the Green, let others know if you'd like to have a short game.

NEW CLUB SHIRTS

We have enough interest to order men's shirts in varying sizes. Contact Kevin Johnson to order your shirt.

DECIDING BIAS

I love training people and training new bowlers has improved my skills. One of the challenges I still haven't met well is figuring out a way to remember bias. My best way is to say "Big logo on the right, bowl to the right." And Topher has created a beautiful little toy that you can roll that shows how the bowls roll based on where the big and little logos are. Still, people look at their bowls and ask, "Which way does it go again?" This is especially true with newer bowlers who use different sets with different logos.

Let me know: How do you remember how the bias goes? Is it just experience, or do you have a technique? I'd love to hear from you!

REFRESHER GAMES

Topher Gayle's refresher/upgrade classes are a great way to improve skills as well as get to know other bowlers. He'll offer sessions monthly. Contact him if you're interested.

COMING EVENTS

Tuesday, July 16: Women's Triples

Tuesday, July 30: Open Triples

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

Oakmont Village Association

OAKMONT VILLAGE ASSOCIATION

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

6637 Oakmont Dr., Ste. A

OVA E-mail: askova@oakmontvillage.com

Website: www.oakmontvillage.com

Book appointments with staff at: oakmontvillage.com/staff

MAINTENANCE OFFICE

Hours: Daily 7 AM–10 PM

Tel 707-539-6720

Maintenance Building (next to Central Auditorium)

CONDOMINIUM FINANCIAL MANAGEMENT (CFM)

OVA Accounting

Tel 800-585-4297

OAKMONT NEWS

Tel 707-206-1957

E-mail: cjmprod567@gmail.com

PAS MANAGEMENT COMPANY

Hours: M–F 9 AM–Noon, and 1–4 PM

Tel 707-539-5810

6572 Oakmont Dr., Ste. A

(for Association Maintained Homes)

ARCHITECTURAL OFFICE

Hours: M–Th 9 AM–Noon, 1–5 PM

Tel 707-539-1611

6637 Oakmont Dr., Ste. A-1

E-mail: ale@oakmontvillage.com

Violations: dani@oakmontvillage.com

AVAILABLE IN OVA OFFICE

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

TENNIS COURT KEY.....\$2

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

REPLACEMENTS.....\$30 EA

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

BULLETIN BOARDS

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

LOCKER RENTALS

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

GUEST PASSES

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

STREET CLEANING

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

NEED A RIDE? GIVE A RIDE! OAKMONT VOLUNTEER HELPERS

We provide the following services to Oakmont Residents:

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

COORDINATOR Rides to Medical Appointments

July 1–15

Matt Zwerling 707-539-8996

July 16–31

Maggie Schmidt 707-890-1347

If you would like to be a volunteer, please call 707-539-8996.

Donations to Oakmont Volunteer Helpers are appreciated and tax deductible. Mail your check payable to Oakmont Volunteer Helpers, 6637 Oakmont Dr., Ste. A, Santa Rosa, CA 95409. Thank you.

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

LETTERS TO THE EDITOR WRITER GUIDELINES

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

POOLS & JACUZZIS

Access to OVA pools is by magnetic card. Call OVA Office, 707-539-1611 if you need a permanent new member pool access card or to register for a temporary guest pool access card.

WEST: 7 AM–9 PM

(Closes 7 PM Wednesdays for cleaning)

EAST: 6:30 AM–9 PM

(Closes 7 PM Mondays for cleaning)

CENTRAL: 5:45 AM–9 PM

(Closes 7 PM Tuesdays for cleaning)

JACUZZI HOURS: Same as facility. No one under 18

years in West and East pools and Jacuzzis.

CENTRAL POOL HOURS FOR PEOPLE UNDER 18:

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

Memorial Day–Labor Day: 12–4 PM daily

Children must be accompanied by an OVA member/

resident or adult with a valid guest pool access card.

NO LIFEGUARD ON DUTY AT ANY OVA POOL.

ALL FACILITIES CLOSED CHRISTMAS DAY.

STORAGE UNITS AND PARKING

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

LIBRARY

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

OAKMONT COMMUNITY GARDEN ON STONEBRIDGE

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

HAPPY TAILS DOG PARK

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

FITNESS CENTER

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

2024–2025 OVA BOARD OF DIRECTORS

E-mail: askova@oakmontvillage.com

Heidi Klyn, President

heidi.klyn@oakmontvillage.com

David Dearden, Vice President

david.dearden@oakmontvillage.com

Steve Spillman, Secretary

steve.spillman@oakmontvillage.com

Jerry Gladstone, Director

jerry.gladstone@oakmontvillage.com

Matt Oliver, Director

matt.oliver@oakmontvillage.com

Mark Randol, Director

mark.randol@oakmontvillage.com

Olga Ydrogo, Director

olga.ydrogo@oakmontvillage.com

Tom Kendrick, Treasurer

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

GENERAL MANAGER

Christel Antone

christel@oakmontvillage.com

OVA BOARD MEETINGS

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

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

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

HOW TO CONTACT YOUR LOCAL OFFICIALS

**County Supervisor Susan Gorin
District 1**

Phone 707-565-2241

Address: 575 Administration Drive,

Rm. 100A, Santa Rosa 95403

Email: Susan.Gorin@sonoma-county.org

**City Councilwoman Dianna MacDonald
District 3**

Email: dmacdonald@srcity.org

Address: City Hall, 100 Santa Rosa Ave.,

Rm. 10, Santa Rosa 95404

PUBLIC TRANSPORTATION AVAILABLE IN OAKMONT

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

BE ON OVA E-MAIL LIST

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

CLASSIFIEDS

BAYSIDE REMODELING AND CONSTRUCTION

Oakmont specialist—since 1986, general contractor John J. Coyle. Free design and consultations. Bathrooms, kitchens, roofing, additions. We do it all. Licensed, insured, bonded. Local references. (415) 879-1634.

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.

OAKMONT COMPUTERS

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

DUMP RUNS

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

SONOMA VALLEY LEGAL SERVICES

Providing legal services for Estate Planning, including preparation or amendment of wills, trust, healthcare directives and powers of attorney, Family Law Mediation and other non-litigation family law services. Call for a free 30-minute consultation. Attorney Bailey Penzotti, (707) 615-3220.

GARDEN TRIMMING

Specializing in smaller jobs and emphasis upon a natural look since 2007. Home projects also. \$35/hr. Richard. Oakmont. 833-1806.

GALUS PAINTING

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

PAINTER/HANDYMAN

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

GARAGE DOOR SERVICES

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

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.

COMPUTER OOPS?

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

CUSTOM WORKS CONTRACTING

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

TREE TRIMMING

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

YOUR PERSONAL CAREGIVER AND ADVOCATE

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

VALLEY OF THE MOON PLUMBING

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

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

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

RESIDENTIAL POWER WASHING AND WINDOW CLEANING

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

PROFESSIONAL WOMAN NEEDS ROOM TO RENT BY AUGUST 2024

Therapist, responsible, non-smoker, prefers furnished or unfurnished, safe tranquil environment. If you have a room available or know someone who does, please get in touch by calling (831) 359-8856 or email sandi@willowtreesantarosa.com.

SUPERIOR STRAIGHT LINE FENCING

Offering all fencing installed and repaired. Custom gates. Free estimates. Licensed, bonded and insured. CA lic. 1017531. Call (707) 843-0041.

AIR CONDITIONING REPAIR

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

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.

THE VINE LANDSCAPING

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

HANDYMAN/CARPENTER

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

DOORS AND WINDOWS

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

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.

JOSH BEGIN ELECTRICAL CONTRACTOR

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

OAKMONT'S PAINTING SERVICES

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

CONSTRUCTION/REMODELING

Barrera General Contractor. Decks, fences, kitchen and bathrooms, finish carpentry and general construction. Licensed and insured. CA Lic. #1044479. Call (707) 843-9469, (707) 975-6576 or (707) 393-9748 (cell).

CERTIFIED CAREGIVER

Certified Nursing Assistant (CNA) and hospice caregiver. Light housekeeping, errands, transportation to appointments and shopping. Over 20 yrs. of experience. Maria Barrera, (707) 393-9748.

TONY'S GARDENING SERVICES

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

RESIDENTIAL WINDOW CLEANING

Window cleaning in Oakmont. Sparkling windows and friendly service. Satisfaction guaranteed. Get a free quote. Call Seth, (707) 708-4343.

HANDYMAN SERVICES

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

CHRISTO TRANSPORTATION

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

EXPERIENCED TUTOR

I have 35 years of experience and teaching kindergarten to third graders in reading, reading comprehension, writing and spelling. Help maintain your grandchild's skills this summer. Call Mary, (650) 291-6307. MS in Speech and Language (SLP).

½ HOME TO RENT

Senior woman looking to share 1,500 sq. ft. two-bedroom duet near East Recreation Center in Oakmont. \$1,400 per month, plus \$125 membership dues. Includes access to swimming pool, hot tub, pickleball courts, fitness center, social events, 150 clubs, etc. Karen Dewit, (415) 312-8221.

Join A Club Night

■OVA Staff

**THURSDAY, JULY 18, 6-7:30 PM
BERGER CENTER**

Would you like to learn more about a club or organization in Oakmont?

The OVA Join a Club Night event is for everyone, new and long-time residents. Join your neighbors at the Berger Center and meet over 50 clubs at a tabled event. Talk to current members and learn the details. There is no cost to attend.





Stay young in mind, body and spirit!
Call Amada today for in-home assistance.

- ♥ Certified caregivers — skilled, reliable and kind
- ♥ Funding solutions — payment options that work
- ♥ Long-Term Care policies — expert claims filing

707-387-0733
AmadaSantaRosa.com

Lic. #494700025 Angela.L@AmadaSeniorCare.com






LiftMaster

Get in your garage, EVERY TIME

Opens and closes your door...even when the power is out

- The Battery Backup System ensures your garage door opener continues to work
- Powerful DC motor belt drive system is durable, ultra-quiet and maintenance-free
- MyQ® technology enables you to close your garage door or turn the lights on or off using a smart phone or computer from anywhere
- Lifetime motor and belt warranty



707-575-9103

Garage Door Depot

<http://thegaragedoordepot.com/>

Northern California's premier source for all of your garage door needs. Serving homeowners and contractors since 1983.



Marie McBride
322-6843
 Private Line
 6520 Oakmont Drive
 marie@sonic.net

MCBRIDE
 Realty

CalBRE #01169355



145 Valley Oaks Drive

This absolutely immaculate home shows pride of ownership from the moment you enter the gated and charming front courtyard. Some of the many features of this home include a large and well-designed eat-in kitchen with updated cabinetry, countertops and appliances, two primary suites, and a third bedroom that has been converted to a den or possible office space with custom built-in storage. The bathrooms have both been extensively updated, and the main primary suite features a walk-in closet and separate vanities. Inside laundry room with great storage. More features include dual-pane windows and sliders, double front doors with glass and sidelights, beautiful shutters and window coverings, updated lighting, smooth ceilings, crown molding and baseboards, and raised panel interior doors with brushed nickel handles. The oversized garage has lots of room for storage. Relax or entertain on the arbor-covered patio surrounded by the delightful and private garden bursting with color. **\$879,000**

Travel and Adventure Club

■September Holstad

JULY 24 MEETING IS CANCELLED

Please note that the Travel and Adventure club will not have a meeting on July 24, as this is the middle of Grandparents' Week and we know everyone wants to spend time with the Grands!

Have a good July. See you at an upcoming meeting.

Oakmont Birders

■Barbara Kendrick

THERE'S A NEW BIRD IN TOWN!

We expect newcomers in Oakmont, but rarely get newcomers of the feathery type. So, in May I was surprised to see a new bird at my birdbath that completely baffled me. It was very small (Chickadee-sized), a warm cinnamon-brown on top and whitish below, with an intricate scallop pattern on its chest and a very robust black bill. I went to find my camera and when I returned, to my amazement, seven other identical birds had joined the first and were having a vigorous group bath.



Munia with nesting material (courtesy of Tom Grey).

Finally, it clicked—these were Scaly-breasted Munia! The species is native to Southeast Asia and was imported to the United States by the pet trade. Over time some escaped and have begun to form little colonies in warm areas like California and Florida.

For several years there was one area in Sebastopol where a small group occasionally popped up, and earlier this year a few were spotted at Spring Lake. And now they've found Oakmont! Since that first birdbath sighting, I've seen them often, always around eight or ten together.

These Munias are now considered an invasive species. Like many other invaders (think Visigoths or the Beatles), they travel in groups, in this case small flocks. The United States has experienced a number of triumphant avian invasions, including House Sparrows, European Starlings and Rock Pigeons. Inevitably the newcomers have an effect on local bird populations. With Munias it's too early to know what that will be. We can hope they're more like Beatles than Visigoths.



A birdbath visitor (courtesy of B Kendrick).

Watch for a flock of seed-loving Scaly-breasted Munias to show up at your feeder or birdbath. These lovely little interlopers will be interesting to get to know.

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

St. Francis Flooring Inc.



Owners & Operators Cheryl & Kerry Brown with Holly

707-539-4790

FREE ESTIMATES

Discounts to Oakmont Residents

Mon-Fri 9AM-5PM, Sat by appointment only

www.stfrancisflooring.com

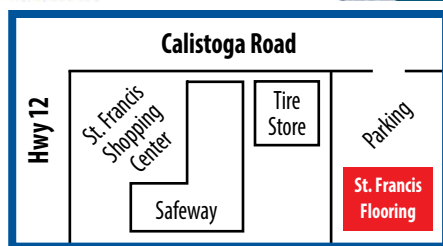
116 Calistoga Road, Santa Rosa

(Behind St. Francis Shopping Center)

Free In-Home Flooring Design Consultation Within Sonoma County

- Excellent Customer Service
- Competitive Pricing • In-House Licensed Installers
- All Work Done In a Timely Manner
- Check Out Flooring Samples From Our Large Showroom
- Serving Sonoma County For Over 30 Years

- Hardwood • Carpet • Vinyl • Laminate
- Cork Floors • Duraceramic



Construction License #879688

WE SPECIALIZE IN RESIDENTIAL & COMMERCIAL FLOORING

Serving Sonoma County Since 1962

JACK SMITH GLASS & SASH, INC.

Replacement Windows & Doors Specialists

Featuring Fiberglass, Vinyl & Wood Products

• **FREE ESTIMATES** • **SENIOR DISCOUNTS**

- Shower Doors & Tub Enclosures • Mirrors
- Skylights • Table & Desk Tops • Retractable Screens

544-0640

1050 N. Dutton, Santa Rosa • www.jacksmithglass.com



Lic. #432558

Open M-F, 8AM-4:30PM
 Or by Appointment



C21 Epic Valley of the Moon

Locally Owned—Internationally Known



Jolene Cortright
Broker/Owner, 707-477-6529
CalDRE# 01469046



376 Los Alamos Road \$439,000



980 Madelyne Court \$529,000



5 Aspen Meadows Circle \$570,000



Randy Ruark
707-322-2482
CalDRE# 00337150



Paula Lewis
707-332-0433
CalDRE# 01716489



6518 Meadowgreen Place \$675,000



7426 Oak Leaf Drive \$750,000



315 Stone Creek Circle \$775,000



Denise Martin
707-481-2794
CalDRE# 02132458



Tierney Muscatell
707-326-1355
CalDRE# 02092107



6369 Stone Bridge Road \$829,000



349 Laurel Leaf Place



8820 Hood Mountain Way



Carol Castetter
858-442-0200
CalDRE# 00974403



Mike & Leila O'Callaghan
707-888-6583
CalDRE# 00788134 & 00544689
The Power of 2



707-539-3200
6580 Oakmont Drive
Santa Rosa 95409
www.c21valleyofthemoon.com
CalDRE# 01523620



Caitlin McCown
707-888-1300
CalDRE# 01115862



Shireen Ramsier
707-494-8984
CalDRE# 02145716

IS YOUR AC UNIT READY FOR SUMMER?



LIC#1113715

★ ★ LIMITED TIME OFFER! ★ ★

Get an AC
Tune-Up
for only **\$29**

CALL 707-633-3574

SameDayNorthBay.com

Standard service. Parts extra. Limited time new customer offer. Expires 8/31/24.



Always Free Estimates & Second Opinions!