

OAKMONT NEWS

Semimonthly

The Official Newspaper of the Oakmont Village Association

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Rush hour in Oakmont!



The grazing sheep helping with fire abatement cross the street on their way to their next assignment—clearing vegetation between the dog park and garden. (Photo by Gil Perez)

Oakmont Community Foundation (OCF)

■Jim Brewer

VOLUNTEER OF THE YEAR SELECTS OAKMONT RADIO CLUB FOR \$1,000 GRANT

Jeff Neuman, recently honored as the Oakmont Village Association Volunteer of the Year, has selected the Oakmont Radio Club WG0VA (ham radio group) to receive a \$1,000 grant awarded by the Oakmont Community Foundation.



Tom Pugliese (left), president of the Oakmont Radio Club, accepts the 2025 Sue Millar award from Jeff Neuman, OVA Volunteer of the Year. The \$1000 grant is funded by the Oakmont Community Foundation. The Club, which is involved in local emergency response, operates a command post from the Central Activity Center. (Photo by Jackie Ryan)

See **OCF** on page 4

Meet Your Neighbors (MYN)

■Katy Carrel

NEW TO OAKMONT?

If you don't know about MYN, the official emergency preparedness group of Oakmont, read on. We live in a high fire risk area and are in the highest fire risk time of the year. That puts most everyone on high alert. MYN has educational materials and suggestions for being prepared for those dreaded fire evacuation events. Being in a MYN organized neighborhood is the starting place. If you are in one, great, we hope you know each other and have met to share ideas for helping each other in any kind of disaster. If you are not in a MYN neighborhood, we can help get you started. If you don't know, please contact us.

Being prepared reduces the stress and panic when the time comes to evacuate. Imagine hearing those alerts in the middle of the night telling you have a few minutes to leave your home. Are you prepared? Do you have a plan? MYN materials, resources and monthly meetings will help you and your neighborhood group plan and prepare.

See **MYN** on page 4



Transportation Options in Oakmont: A Guide for Residents

■News Staff

Getting around Oakmont and beyond has never been easier. Whether you're heading to a local shopping center, traveling to nearby Sonoma, or simply moving between Oakmont's facilities, there are several convenient transportation options available to suit your needs.

The Oakmont Shuttle, also known as Santa Rosa CityBus Route 16, is a free service designed exclusively for Oakmont residents. This community-friendly shuttle operates Monday through Friday, from 8:15 a.m. to 4:10 p.m., with regular stops at all three of Oakmont's facilities. It features a zero-stair entry for easy boarding, 20 folding seats, four wheelchair spaces, and eight cameras to enhance passenger safety by monitoring inside and outside activity.

See **TRANSPORTATION** on page 3

Aroha Memory Care by MD Senior Wellness Accepting Waitlist Applications

■Jackie Ryan



Dr. Raj Kalra, founder of Aroha Memory Care by MD Senior Wellness, reviews architectural drawings with Joel Ruiz of DesCor Builders at the construction site. The memory care center, located in Oakmont, is expected to open in late 2025. (Photo by Garrett Nichols)

Aroha Memory Care, a new memory care community grounded in wellness and lifestyle medicine, is now accepting waitlist applications ahead of its anticipated late 2025 opening. Located at 6575 Oakmont Drive, Aroha is converting the medical-dental building into a purpose-built residential home for older adults living with dementia.

Founded by a physician and dentist duo, the new facility offers an integrated model of care that combines evidence-based practices in medicine, dentistry, design, technology, and whole-person support, says Raj Kalra, MD, founder and president of Aroha Memory Care by MD Senior Wellness. The goal is to create an environment where residents can maintain quality of life and improve longevity, while

See **AROHA** on page 4

Trial Period for Extended Children's Hours at Central Pool

■Crissi Langwell, OVA Communications Director

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

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

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

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TRANSPORTATION Continued from page 1

The shuttle also offers daily scheduled shopping trips, taking residents to popular destinations such as Bennett Valley Center on Mondays, Montgomery Village on Tuesdays, St. Francis Center and Montecito Oliver's on Wednesdays, Farmers Lane CVS and 4th Street Safeway on Thursdays, and St. Francis Center again on Fridays. The Oakmont Shuttle is a reliable and free option to help you meet your daily needs and connect with your community. Find a detailed route description at srcitybus.org/routes/oakmont-shuttle, or get a schedule from the OVA office.

For those who need to venture a bit further, Sonoma County Transit's Bus #30 is another excellent option. This bus route allows passengers to travel to Sonoma, Montgomery Village, and the Santa Rosa Transit Center. From the Santa Rosa Transit Center, travelers can transfer to buses heading to additional destinations or continue on to Coddington Mall. Fares are minimal, making this a cost-effective choice for those traveling outside Oakmont. Find a detailed route description at sctransit.com/maps-schedules/route-30.

For residents needing a more personalized service, the Oakmont Volunteer Helpers (OVH) maintain a list of volunteers who provide rides to specific locations. This service is perfect for medical appointments within Santa Rosa, trips to Safeway on Calistoga Road, or business and activities within Oakmont. To request a ride, contact the OVH Coordinator at least three working days in advance. Details for the current Coordinator can be found in the *Oakmont News* (second to last page) or on the OVA website at oakmontvillage.com/article/ovh-schedule.

With these transportation options, Oakmont residents can enjoy greater independence and convenience in their daily lives. Whether you're running errands, attending appointments, or exploring nearby areas, there's a solution tailored to your needs.



Photo by Feed Cooperative.

Become a Part of Oakmont's FEED Bin Hub

■ Yvonne Horn, Oakmont FEED Bin Volunteer

Every Tuesday morning a stack of cardboard boxes arrives in the CAC lobby—FEED Bins, packed with freshly harvested vegetables and fruits grown by our area's small, independent farmers. All growers follow organic and sustainable practices and all partner with FEED Sonoma, California's first employee and farmer-owned cooperative. FEED bins are distributed throughout Sonoma County via hubs. Oakmont is one of those hubs.

To become part of our hub, the first step is to set up a FEED Sonoma account. With that, you can specify a box delivered weekly, bi-weekly, or ordered as a single box when wanted. Advance email notice lets you know what the upcoming delivery will likely hold. Bins come in two sizes: the largest containing up to 14 items (\$44) and the smaller usually three items less (\$31).

For information and to set up an account with Oakmont as your hub, visit www.feedsonoma.com. FAQs answer any questions you might have.

Letter to the Editor

The Oakmont Tennis Club's recent letter taking aim at pickleball court expansion here was a classic example of the dog in the manger parable. The dog couldn't eat the hay in the manger, but he drove off hungry cattle desperate for the food.

The letter's author ignores the fact that the number of pickleball players has been growing by leaps and bounds—both nationally and here in Oakmont. No wonder the sport has grown. Pickleball provides excellent, well-documented health benefits for aging seniors—many of whom are former tennis players.

In Oakmont, utilization of pickleball courts is arguably 20–30 times greater than tennis. The pickleball courts are generally full for several hours each morning, often with dozens of players waiting for a court. Meanwhile, the tennis courts at East Rec. Center are usually empty at the same time, with additional tennis courts sitting empty at West Rec.

Pickleball players have always had to fight for their sport's right to exist in Oakmont. Everyone has heard of the "pickleball wars" of 2016. But that was when there were just a few dozen players here. Now the Oakmont Pickleball Club alone has 200 dues-paying members.

If there aren't enough tennis players to fully utilize existing facilities, why shouldn't some of those resources be reallocated to the people who will make use of them?

Tim Smith, OPC past president



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InvestOAK



■Joe Pundyk

THE STOCK MARKET HITS NEW HIGHS—NOW WHAT?

The next meeting of InvestOAK will occur on Friday, July 18.

On Friday June 26, the three main U.S. Stock Market Indices hit close to all-time highs. The Dow Jones, the S&P 500 and the NASDAQ averages reached 43,819, 6,173, and 20,273 respectively. This may be a good time to take profits and trim one's stock portfolio. It has been suggested the use of Perplexity an A.I. Program could be used to assist in choosing those stocks to take profits and losses.

The economy remains strong despite the threat of inflation, that appears to be in the 2.5% range. Unemployment and new employment appear to be strong and company earnings reports remain positive. The seven major technical stocks, called the Magnificent "7" are doing well.

We plan to query the membership of InvestOAK what features would they like to see added to our meetings.

The meeting will be held in the Birch Room of the Central Activity Center from 10–11.30 a.m., but please come early to assure a seat.

AROHA

Continued from page 1

easing the emotional and physical demands often experienced by family caregivers.

"Our focus is on supporting both residents and their loved ones through a more thoughtful and wellness-centered approach to dementia care," said Dr. Kalra. "We want families to feel supported—not alone—as they navigate this journey."

He said the Aroha community will include 22 private rooms, each with a full bath, and will be designed to promote comfort, safety, and independence. Shared spaces such as a secure activity garden, salon, care room, country kitchen, and patio aim to encourage daily routine, social engagement, and movement.

Dr. Kalra holds board certifications in Physical Medicine & Rehabilitation, Pain Management, Lifestyle Medicine, and Obesity Medicine and brings over 15 years of experience caring for adults with complex conditions. Dr. Nisha Kalra, his wife and collaborator on the project, is a board-certified dentist and a diplomate of the American College of Lifestyle Medicine. She will provide on-site dental care to help residents maintain oral health and prevent complications that can arise from untreated dental issues.

"We're integrating cutting-edge technology throughout the home to enhance safety and support independence, while also helping to reduce agitation and social isolation," said Dr. Kalra. "Our daily programming will reflect the core pillars of lifestyle medicine: balanced nutrition, movement, restorative sleep, cognitive stimulation, stress reduction and meaningful connection."

"Aroha was inspired by my own aging parents," he added. "We set out to build the kind of place we would feel confident entrusting our loved ones to—a home that preserves dignity, promotes wellness, and fosters human connection."

To learn more or join the waitlist, visit www.arohamemorycare.com.

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Cal Alumni Club of Oakmont



■Marilyn Noah

PAUL GULLIXSON, AUTHOR OF INFLAMED TO SPEAK AT JULY DINNER

This month's Cal Alumni Club dinner is on Thursday, July 17 at 5 p.m. at the Wild Oak Saddle Club.

July's dinner speaker Paul Gullixson, former director of editorials, editorial writer and columnist at the *Press Democrat*, currently the public information officer for Sonoma County. Mr. Gullixson has co-authored the book *Inflamed—Abandonment, Heroism and Outrage in Wine Country's Deadliest Firestorm*. The book tells the story of hundreds of seniors who were left in the path of the 2017 firestorms. A copy of *Inflamed* will be our raffle prize.

The menu is chicken cacciatore, creamy polenta, garden salad, bread and butter. Three-berry crisp with whipped cream will be offered for dessert. Feel free to bring a wine of your choice.

Cost is \$62 per person. Members can register and pay for dinner on www.caloakmont.org.

Dinners often sell out so if interested in attending, don't delay! Guests are welcome at our dinners; contact oakmontcalalums@gmail.com for details on registering as a non-member guest.

The Cal Alumni Club fundraises to support scholarships for UC Berkeley students including scholarships for Santa Rosa Junior College students transferring to Cal. We meet for dinner at the Wild Oak Saddle Club every month except June, November and December. Our annual fundraiser is a popular wine tasting in June, and we coordinate a Big Game party every year with Stanford alums. Cal graduates and friends of Cal are welcome to join the Alumni Club.

MYN

Continued from page 1

We also have fun. For our June monthly meeting, MYN hosted its first annual old fashioned Root Beer Float social. No carhops on roller skates but it was well attended, and a great opportunity to meet other Oakmonters. It was truly about meeting your neighbors.

UPCOMING MEETINGS

Monday, July 14 at 1 p.m. in the OVA Aspen Room: An introductory meeting to learn how MYN works and how to start your own MYN neighborhood group.

Wednesday, July 23 at 2 p.m., East Rec.: Monthly meeting with guest speaker.

MYN continues to work towards expanding emergency preparedness coverage in Oakmont, and we invite everyone to join the rest of the community in getting prepared, gathering for neighborhood socials and Meeting Your Neighbors.

Questions, contact us at myn@oakmontvillage.com.



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OCF

Continued from page 1

"This is great and will help us do some expansion in services we've been planning," said Tom Pugliese, president of the Radio Club. New initiatives include greater involvement in organizing and planning emergency response for all of Oakmont, as well as developing their role as a third tier of response to the external community. With a roster of 16 members, the club also mans an incident command post for the county located in the CAC.

The \$1,000 award is named for Sue Millar Award and was established by the Foundation in 2018 in memory of one of its founding members. Each year, the award is presented to the OVA Volunteer of the Year, who then selects an Oakmont club or organization that meets the Foundation's eligibility guidelines for charitable and educational endeavors.

In 2024, the Oakmont Community Foundation distributed more than \$11,000 to local clubs and community groups as part of its mission to support educational and charitable projects that benefit Oakmont residents. Since its founding in 2007, the Foundation has awarded over \$400,000 in grants to support the Oakmont community.

Recent grant recipients include the Asian Pacific Heritage Club, Grief Counseling, Caregiver Support Group, Games Club, Oakmont Library Volunteers, and Music at Oakmont. In January, the OCF provided free transportation for the Oakmont Art Association's excursion to the deYoung Museum in San Francisco.

Tax-deductible donations can be made to a specific club or organization for an eligible activity, or as an unrestricted gift to the Foundation. The Foundation recently expanded its grant process to accept proposals from individuals or informal groups with qualifying project ideas, even if they are not part of an official organization or OVA club. The Foundation will host a Health and Wellness Fair on August 22, featuring morning exhibits and afternoon keynote presentations by physicians, health professionals, and legal experts.

For more information on how to submit a grant proposal or to make a donation, visit oakmontcommunityfoundation.org or email foundationboard2007@gmail.com.



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OAK at the VOM Golf Club

■General Manager Khiana Schmuhl, VOM Golf Club

July is packed with activities, improvements, and opportunities at the Valley of the Moon. Here's what you need to know:

GOLF COURSE MAINTENANCE AND UPDATE

With warmer weather, the golf course maintenance team is focused on irrigation system repairs, addressing English daisies, and managing gophers. Additionally, verticutting and top-dressing are underway to enhance turf health and playing conditions. These practices improve drainage, reduce waterlogging risks and promote root zone health.

GOLF SHOP HOURS AND UPCOMING EVENTS

Valley of the Moon and Sugarloaf Golf Shops: Open daily, 6:30 a.m.–5:30 p.m. The driving range closes early on Mondays at 3:30 p.m.

PGA Junior Camp: Running from July 14–17, this camp for juniors aged 11–17 offers comprehensive golf training. Contact the golf shop for available spots.

TaylorMade Demo Day: Test the latest equipment on Saturday, July 26, from 10 a.m.–2:30 p.m. Appointments are available at myfittingexp.taylormadegolf.com/fitting/private/3XKMYn2YK.

Specials and Discounts

Range Card Sale: On July 18, purchase a \$100 driving range card (a \$50 savings).

Shoe Sale: Select Adidas and FootJoy shoes are on clearance for as low as \$49.95.

OAK RESTAURANT NEWS

The Oak Restaurant is launching a new menu mid-

July! For reservations, contact Food and Beverage Director Katy Moranda at (707) 539-0415 ext. 2 or kmoranda@playvom.com.

Operating Hours: Monday–Saturday from 11 a.m.–7 p.m.; Sunday from 11 a.m.–6 p.m.

Happy Hour: Monday–Thursday from 3–5 p.m., and all day Sunday.

Thursday Night Dinner Specials:

July 17: California Grilled Chicken Sandwich—\$18

July 24: Shrimp Risotto—\$25

July 31: Fungi Pizza—\$16

July Music Schedule: Enjoy live performances at the Oak Restaurant.

July 14: Relish Band

July 21: Fargo Brothers

Dance Party: Join DJ Dan for an '80s-themed dance party on July 24 from 5–7 p.m. \$8 cash cover at the door.

Knife Sharpening: Bring your knives and garden tools to the yellow van in the OAK parking lot on July 30 from 9 a.m.–2 p.m. \$8 per knife or \$14 per garden tool.

Taco Tuesdays: Indulge in \$4.50 tacos with a drink purchase. Options include Baja fish, steak, and shrimp tacos.

FRIENDLY REMINDERS

Fishing in golf course ponds is prohibited for safety reasons.

Walking hours on the golf course are listed at playvom.com/the-club/walking-policies.

Make the most of July with these exciting opportunities and services at Oakmont!

Visit playvom.com for up-to-date information about happenings at the Valley of the Moon Club and OAK restaurant.

Bocce Club



■Mary Piumarta

BOCCE FUN!

The Bocce Club had a great turnout for the first evening Bocce of the season. Lots of delicious appetizers preceded the games on a beautiful summer night. The next event is a picnic and tournament on July 19. Sign-ups are posted at the Bocce hut.

Plans are underway for the holiday party on

December 13. Details to follow.

If you would like to join in the fun, new members are welcome to join the club by filling out an application at the OVA office. To learn how to play, come to New Member Day on the first Tuesday of the month at 9:30 a.m. For more information, contact Pat Paulson, (707) 953-6691.

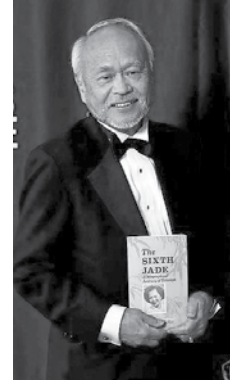
Asian Pacific Heritage and Culture Club

■Gary Anderson

MEET AUTHOR LES GEE AND ENJOY FULL CHINESE LUNCH BUFFET

WHEN: Aug. 13, 12:30–2:30 p.m.

WHERE: Berger Center, 6633 Oakmont Dr.



Tickets are only \$10. for this event which includes a full Chinese food buffet catered from the Boiling Bowl and the lecture with author Les Gee. Tickets go on sale July 1 and are limited to 144 seats. You may purchase directly on this website or you may fill out a form at the OVA office, attach your check and drop in the Asian Pacific folder.

Lunch includes salad, rice or chow mein and your entree choice of Green Bean Chicken, House Special Beef, Prawns with Snow Peas or Vegetables and Tofu. Tea and water are provided along with your fortune cookie of course!

Les Gee is the author of two inspiring rags-to-riches stories based on his parents' lives. Seeing consistent five-star reviews on his 2018 debut, *One Small Pebble... A Thousand Ripples*, Les was encouraged by many of his readers to keep writing. In October, 2023 he launched a second book, *The Sixth Jade* which was recently recognized as a winner by the International Impact Books Award.

Ikebana Club

■Kathy Carter

LEARN THE ART OF IKEBANA— JAPANESE FLOWER ARRANGING

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

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

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

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

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

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■Carolita Carr



DECADES BAND IS BACK

WHERE: Berger Center

WHEN: Saturday, August 9

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

COST: \$25 per person, each member may bring one non-member guest

BRING: the beverage of your choice and snacks to share

FOOD TRUCKS: Moxie's Frozen Yogurt with all your favorite toppings, gluten-free as well



Since 2010, Decades has been working (and rocking) around the clock to learn material spanning from the 50's (Dion's Runaround Sue) to today (Bruno Mars and Mark Ronson's Uptown Funk). The band has played 1000+ shows all along the West Coast, earning its place as one of California's most in demand bands. Throughout a single show, they'll swap between several instruments (including saxophone, harmonica, penny whistle, accordion and trumpet to name a few) and belt out four-part harmonies, showcasing each member's versatility, while continuing to put on a highly energetic live performance.

Our dances have been selling out fast, so register now at oakmontboomers.org. Don't get left out. We love Decades!

MEMBERSHIP

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



Canine Club

■Steve Huntley

OAKMONT CANINE CLUB— NOT JUST ABOUT THE DOGS

That's right, the Oakmont Canine Club is for Oakmont residents who love dogs. And because we appreciate our club members, we hold an annual appreciation party at the Saddle Club which is now scheduled for early October. That's all I can say about that right now, but if you want to join in on the fun, then join the club! Canine Club membership applications can be downloaded from the club's website at www.oakmontcanineclub.org or may be found in the Canine Club folder in the OVA office. Annual membership is only \$12 for individuals and \$20 for households.

Please visit our Canine Club website at www.oakmontcanineclub.org. You will find 2025 Events, a Members List (access for club members only), a Photo Gallery, In Memoriam page, a Dog Walker/Pet Sitter list and so much more valuable information.

The next up and coming special Happy Tails Dog Park play date is Doodle Dog Play Date on Saturday,

July 26, 10 a.m.–12 p.m. And yet another reminder that the dog park is reserved for small dogs, 25 lbs. or less, for one hour each day from 9–10 a.m.



Emma.

Its official: the World's Ugliest Dog Contest is moving from the Sonoma-Marin Fairgrounds in Petaluma to the Sonoma County Fairgrounds in Santa Rosa. The contest will be showcased on August 8 and judging will take place at 6 p.m. Dog gone it, it will be a good show!

Finally, let us take a moment on Wednesday July 16 to celebrate National Hot Dog Day. This has nothing to do with National Dachshund Day which was celebrated on June 21. This really is all about 100% all beef hot dogs, mustard dogs, kraut dogs, chili cheese dogs, and Coney Island dogs. Get your dog at the fair and enjoy the World's Ugliest Dog Contest!

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— Eugene M.

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Slot-Car Club

■Ray Wells

JULY SLOT-CAR RACING

The Slot-Car Club will host 7 hours of racing at the East Rec. Center from 12–7 p.m. on Thursday, July 17. The track layout may have a new feature—the Corkscrew of Laguna Seca, currently in the testing phase.

Our race program will be alternating 20 minutes of open practice and 20 minutes of team racing with pit-stops for refueling and driver changes. There are now three cars each for the six teams coded red, yellow, blue, green, grey and black to match the hand controllers. What to expect: assignment to a team, then a couple of hours of driving and fielding de-slotted cars.

Although anyone can watch the racing, a driver age range of 40–100 applies to this event, as we are



Photo by Ray Wells.

holding a grandkids event on July 23 and 24 at the Sugarloaf facility. See the grandkids' week notices to

register younger drivers.

Driving tip: To enter the pits area (marked in blue and orange), cars may need to switch lanes more than once. The track is designed with several lane changes for passing and those before the pits only move to the right so pressing your controller trigger when approaching guarantees entering the pits. Holding the trigger refuels the car once it stops as shown on the race monitor.

Your team can give advice when to pit. The race director may advise you to change drivers and/or cars after refueling. Anyone may drive for any team, and the race winner and fastest lap trophies will be used to take selfies after each session.



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\$745,000



160 Oak Shadow Drive—Juniper
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■Greg Fauss



Desolation wilderness area.

WELCOME!

We've reached the middle of Summer and many people are traveling.

If you happen to be visiting or new to Oakmont please visit us. We seek to be a local home for Christians of all backgrounds as well as a safe place for those on the journey towards faith.

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

Conservatives Club



■Jane Gyorgy

SUMMER BREAK

Our June 24 meeting featured Steve Lucanic, Chair of the Sonoma County GOP District 1. Steve spoke about his role as chair and the monthly meetings of each district. He informed us of the District 1 meeting on Wednesday, July 16, 6 p.m. at Round Table Pizza on Farmers Lane.

Debbie LaBoy, Chair of the Sonoma County GOP, was our second speaker. She informed us about the central committee structure, the lack of funding from the RNC, and how local donations are being utilized. Polling, local GOP candidates, health and welfare of the SCGOP, and increasing participation among young voters were also covered.

There will be a BBQ at the Sonoma County GOP office on Saturday, July 5. The Republican Convention will be held at the Sonoma County fairgrounds on Saturday, August 23. Speakers at the convention will be Steve Hilton and Chad Blanco, both of whom are running for governor of California. Tickets can be purchased for both events on the SCGOP website, <https://www.sonomacountygop.org/events>.

Kathy Irving, also of the Sonoma County GOP, is heading the election integrity task force and spoke about her active involvement in the SCGOP. Please visit the website for more information and to explore volunteer opportunities.

If you would like to join our mailing list, email TheNewOakmontCC@gmail.com. Have a wonderful summer!

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Playreaders



■D. Hall

SOUTHERN MYSTERIES TO BE REVEALED

June was busting out all over for Oakmont Playreaders. Presentations normally scheduled for the first two Mondays of every month were enhanced by a surprise reading of Dorothy Parker by Playreaders newcomers Jeri and Olin Leasher. *Here We Are* examined the uncertainties of a just-wed couple.



Here We Are by Dorothy Parker. Just married, aboard a train bound for honeymoon bliss! Nervous tension and lots of laughs. Readers were Jeri and Olin Leasher.

On July 14, Playreader Sarah Shankman presents some readings from her own stock of writings, *Southern Mysteries*. August will bring us back to two-act plays when Sandy White produces *Proof*, by David Auburn.

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

Movies At Oakmont



WHERE: Berger Center
SCREENING DAY AND TIME: Sundays at 2 p.m.

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

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

JULY 13: I'M STILL HERE

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



JULY 20: GRANDPARENTS' WEEK—NO MOVIE

JULY 27: THE LAST SHOWGIRL

A seasoned showgirl must plan for her future when her show abruptly closes after a 30-year run. 2024, R, 1:28.



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COMPARATIVE MARKET ANALYSIS.

Kiwanis Club of Oakmont



Richard Osborne

CLUB MEETINGS UPDATE

We were thrilled to welcome Steph Derammelaere, Executive Director of the Robert Ferguson Observatory (RFO.org) in Sugarloaf Ridge State Park, Kenwood, to a recent Kiwanis Club of Oakmont meeting. The observatory may be a hidden gem, but it's right at the top of Adobe Canyon Road offering Night and Solar Observing, along with a delightful Planet Walk through the park. These experiences are primarily geared toward 4th through 8th grade students at local schools, with the goal of inspiring a lifelong interest in STEM (Science, Technology, Engineering, and Mathematics).

To support this important work, the Kiwanis Club of Oakmont proudly presented Stephanie with a \$250 donation to help provide quality telescopes to young observers and donated a book to the Luther Burbank Elementary School Library in their honor (see bottom photo at right).

At our most recent meeting on June 19, we also presented a \$600 donation to Kid Scoop News and donated a book to the Luther Burbank Elementary School Library in their honor (photo below). Kid Scoop News is a wonderful organization that provides weekly readers to Sonoma schools, primarily for third-grade students. Their motto says it all: "The More Kids Read, The More They Succeed." Kid Scoop News reaches 201 teachers, 5,356 classrooms, 776 Boys and Girls Libraries and 51 schools for a total of 6,132 students.

As always, we invite you to join us for our Thursday Breakfast Meetings at 8 a.m.—early, but definitely worth it!



Photos by Richard Osborne.

For more information, email us at kiwanisclubofoakmont@gmail.com or visit our website at kiwanisclubofoakmont.org. Mark your calendar for our annual "Carnitas and Margaritas" event scheduled for August 23.

Pickleball Corner



Peter Copen

GETTING HIGH ON PICKLEBALL

We've all encountered that person who comes back from the gym or a run seemingly high on life. In fact, scientists say that even a single bout of exercise can alter your neurochemistry in ways that create feelings of hope, calm, connection and a generally better mood.

While some people are simply more genetically or psychologically inclined to enjoy exercise, recent discoveries have helped experts understand why it can be such a high. And, they say, by making a few changes to your workout, you can train your body and mind to find exercise more pleasurable.

Scientists once thought the rush people felt from exercise came exclusively from endorphins, which act like natural opioids in the brain by relieving pain. But in recent decades, researchers have discovered a more complex cocktail of other key "feel-good" chemicals produced during movement.

The most potent players appear to be endocannabinoids, which share similar molecular structure with THC, and bind to the same receptors in the brain—giving you that buzzy feeling that all is right in the world.

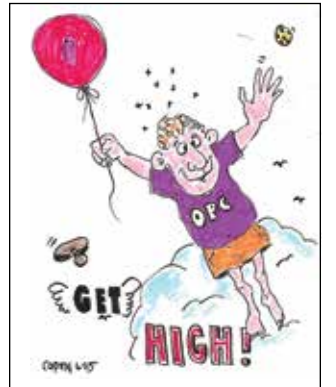
Exercise also triggers dopamine, a much-debated neurotransmitter that creates a feeling of reward, and conditions you to pursue that reward. It's one reason people get hooked on exercise: to come back for that hit.

Physical activity also spurs the release of serotonin, which helps you to feel focused and calm. And most recently, scientists have discovered another chemical at play: oxytocin, a hormone that helps you bond with other people and feel a sense of social connection.

Come down to the courts and get high.

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

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



Graphic by Peter Copen.



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Eloise Tweeten, Founder
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Oakmont Health Initiative Free Fitness Classes

■Charlene Bunas

JIM BOOGIES AND EXERCISES—PART I

He was born in Muskogee, Oklahoma, home of Choctaw and Cherokee tribes. Oakmont Health Initiative regular and perpetually cheerful Jim says, “I was adopted out of the Oklahoma State Orphan system at 6 months. I didn’t have any brothers or sisters, but I had cousins in a group of 23 children within a block of my house. We loved playing hide and seek and green light/red light.”



When Jim was in school, his family moved to Missouri where he marched in the school band. Trombone. He also began piano lessons. “I fell in love with the fast pace and sound of Boogie-Woogie.”

After a move to Modesto California, he continued playing trombone but piano got put on hold: “No Boogie-Woogie teachers.”

College, career, marriage, and a family later, Jim and Teresa moved to Oakmont in 2020. “I had a small keyboard and yearned to take up Boogie again. After fairly boring music lessons for a couple of years at a local music store, I desperately started looking for a Boogie-Woogie teacher. A music store clerk said she knew one of the best teachers around, Wendy DeWitt. I’ve been with her for two years.”

And so, after a 52-year hiatus, OHI constant and happy pianist, Jim rekindles the affair with his beloved Boogie-Woogie.

He describes his teacher as “a truly a great Boogie-Woogie pianist and teacher. This music is fast, danceable, and just a lot of fun. If you get a chance, look her up on YouTube, my-oh-my you are in for a treat.”

Jim and Teresa will be in the enthusiastic audience during Wendy’s debut Oakmont concert, Friday, July 25. Tickets can be purchased at oakmontLL.org or in person, at the door.

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.

Water Fitness



■September Holsted

JACK AND JILL?

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

Come find out at the West Rec. Pool with Mary Hastings and try out the morning Water Aerobics classes. Swimming ability is not necessary, and you will get a full body workout every Monday and Wednesday at 9 or 10 a.m. and Tuesday and Thursday at 9:30 a.m.



BENEFITS OF WATER AEROBICS

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- Builds strength.
- Decreases bone and muscle loss.

Join us in the warm water, hear great music, and make some new friends. There is equipment at the pool to use for the classes as well.

The fee is \$8 per class. Your first class is free, so come check it out!

There is also a 10 a.m. class on Friday with Julie Chasen and the fee is also \$8.

Parkinson’s Support Group

■Christine Nota

ANNOUNCING AUGUST SPEAKERS

Oakmont Parkinson’s Support Group meets the first Friday of every month, 10–11:30 a.m., West Rec. Upper Meeting Room. On August 1, the group is excited to welcome Dr. Rajesh Kaltra and Dr. Nisha Kaltra, owners/operators of the new memory care facility being completed in Oakmont, Aroha Memory Care. The doctors bring a wealth of experience with healthy aging and navigating cognitive changes associated with the aging process.

Our monthly support group meetings include knowledgeable speakers, usually a lively discussion, and lots of sharing of both challenges and solutions. Our goal is to create a community of people with Parkinson’s, family, and friends who together create a good life despite the impacts of the disease.

OTHER UPCOMING SPEAKERS

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

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

The Parkinson’s Support Group also exercises together every Tuesday morning at 9:30 a.m. and partners with the Ping Pong Parkinson Club to play Ping Pong together twice a week. If you are interested in the activities of the support group, including exercise and Ping Pong, email me at chrisnota@gmail.com.



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Hikers



■Scott Finn

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

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

JULY 17: INTERMEDIATE HIKE ANGEL ISLAND MT. LIVERMORE

Please note earlier departure. We will take the ferry from Tiburon to Angel Island State Park, then hike up the North Ridge Trail to the top of Mt. Livermore to enjoy a magnificent 360° view of the Bay, returning via the Sunset Trail. Leave Berger at 8:15 sharp to catch the 10 a.m. ferry (\$17 round trip fare for seniors includes park entrance, advance booking online always a good idea—<https://angelislandferry.com/schedule>).

Parking close to the ferry terminal costs about \$20. Parking a 10-minute walk away costs \$5 (between Town Hall and Chase Bank on Tiburon Blvd). We will return on the last ferry at 3:20 p.m. Optional stop at Sam's (bring cash because they won't do separate checks with credit cards). About 5.5 miles, 800 ft. elevation gain.

Bring water, lunch, poles if needed. Sun hat and windbreaker advised. Hike leader is Florentia Scott, (707) 591-1929, hikingscott@yahoo.com.

JULY 17: LONG HIKE SAN FRANCISCO PARKS— PRESIDIO AND LANDS' END PARKS, TRAILS, SIDEWALKS, VIEWS AND UNMATCHED VARIETY

We will leave the Berger at 8 a.m. sharp. This route was new last year and was a smash hit with everyone. It uses hidden soft trails as well as sidewalks. Coastal views, GG Bridge close-up and from afar, and Tunnel Tops Park with expansive views of the Bay from armchairs for a lunch spot. Food trucks typically available although we suggest bringing your own lunch for expediency.

Also encompassing iconic views of the city, headlands and beaches, old defensive batteries,



View from Baker Beach.

and mansions of the rich and sometimes famous. Honorable mentions go to the "sand ladder" up from Baker Beach, two golf courses and a tiled staircase. Distance will be about 10.9 miles, and 1,100 feet elevation gain. Dress for the forecast including wind. Bring water and lunch. Hike leader is Martin Johns, (330) 815-5167.

JULY 24: INTERMEDIATE HIKE MARIN WATER DISTRICT BON TEMPE/ LAGUNITAS LAKES LOOP

Note earlier start time: 8:30 a.m. The trail hugs the lakes almost the whole way with beautiful views across the water. Port-a-potties at trailhead and two other locations around the lake. Optional stop in Fairfax for cold or hot drinks/pastries at the Coffee Roastery or ice cream at Fairfax Scoop.



Lagunitas Lake.

About 6 miles with 335 ft. elevation gain. Bring water, lunch, sunscreen, sun hat, poles if needed. Driving time is about 1 hour 20 minutes. Leave Berger at 8:30 a.m. Parking fee at kiosk near entrance is \$8 per vehicle. Leaders are Barbara Marquardt, (510-853-1320, bbrm1946@gmail.com); and Florencia Scott, (707) 591-1929, hikingscott@yahoo.com.

JULY 24: LONG HIKE OCCIDENTAL—HUNTERS CAMP AND CREEKSIDE CONNECTOR

A beautiful and favorite hike, very nicely shaded with lots of tall coastal redwoods. It's a combination of an out and back with a loop. Should be comfortable, even in warmer weather. Many of the old growth redwood stumps still bear the notches that loggers cut to insert their springboards. About 9.1 miles and 912 feet of elevation.

Bring poles and lunch and we will dine alfresco with Bonnies Brownies for dessert. Depart Berger at 8:30 a.m. Hike leader is Gary Andersen, (360) 778-9604.

Oakmont Singles Social Club



■Bailey Penzotti

JULY MIXER: PICKLEBALL AND ICE CREAM SOCIAL!

DATE AND TIME: Friday July 18, 6 p.m.

LOCATION: East Rec. Center—Pickleball Courts

We will once again join our Oakmont pickleball experts who will offer instructions and demo to play this popular game. If you're not into sports or otherwise able to join the fun, spectating is also a sport. Take the opportunity to mix, mingle and laugh with your fellow singles on the sidelines.

Rather than bringing an appetizer to this monthly mixer, we ask that you eat a late lunch or early dinner at home and arrive at the pickleball courts about 5:50 p.m. to play and/or spectate between 6–7 p.m. At 7, join us for a club-sponsored Ice Cream Social with all the toppings.



let's pickle!

If you have your own pickleball paddles, bring them along (loaner paddles will be provided) and bring your beverage of choice and your key card for entry. Paddle up and have a blast. Comfortable court shoes encouraged, no open toes/sandals. Let's continue to make this the best club in Oakmont!

RSVP via our website, www.oakmontsinglessocialclub.org by July 14 at 12 noon. If no computer or ability to register using your smart phone, feel free to email Kat at KAT9433@icloud.com or me at bailey.osc1@gmail.com.

AUGUST BON APPETIT (OSSC MEMBERS ONLY)

WHEN: Thursday, August 7

RESTAURANT: Kalimera Bar and Grill, 458 B St, Santa Rosa


Mediterranean Cuisine in the heart of Santa Rosa. They offer an elevated food experience that encourages the exploration of shareable dishes in beautiful & inviting spaces. "Our mission is to serve people who crave unique flavors, experiences, and ideas while creating opportunities for chefs to showcase their creativity. We hope to foster a spirit of exploration by connecting people through food."

Reservation is for 20. Bring cash because the restaurant will not provide separate checks! Meet at Berger Center parking lot by 5:30 p.m. to carpool to the restaurant.

Reservation cutoff is August 4. RSVP on our website at www.oakmontsinglessocialclub.org or email Simone Smith, ssmith8151@aol.com.

DO YOU LIVE IN OAKMONT? ARE YOU SINGLE?

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




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Wii Bowling Oakmont Lanes



■Terry Leuthner

Oakmont Lanes Bowling Club is a Bowling League consisting of four-person teams that utilize Nintendo Wii to simulate the experience of bowling without the weight of a bowling ball.

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

Bowling dates in July: July 15 (week #11), 29 (Playoff Tournament, 2 p.m.). No bowling July 22 (fourth Tuesday).

Bowling dates in August: August 5 (week #1, Fall League), 12 (week #2), 19 (week #3). No bowling August 26 (fourth Tuesday).

Grandparents' Week: Tuesday, July 22. We will set up 12 lanes (48 grandkids) from 12:30–1:30 p.m. at the East Recreation Center.

Join-A-Club Night: Thursday, Aug. 7. Oakmont Lanes will attend from 6–7:30 p.m. at the Berger Center.

Playoffs: Tuesday, July 29. Our Summer League Championship Playoff Tournament will take place at 2 p.m.

Fall League: Tuesday, Aug. 5. We will start our Fall League.

RESULTS OF JULY 1 (WEEK #9, SUMMER LEAGUE)

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

Men's High Games: Glenn Hewitt, 267; Frank Schergerdes, 255; Don Shelhart, 251; Charlie Ensley, 234; Scott Harris, 234; Mike Earles, 215.

Women's High Games: Sandy Osheroff, 259; Robin Schudel, 257; Pat Scott, 248; Laurel Earles, 246; Peggy Ensley, 242; Shirley Jamison, 208; Donnarose Ilecki, 203.

Oakmont Democratic Club



■Sue Carrell

OAKMONT DEMS KEEP ON KEEPING ON

On Monday night, July 14 at the ERC, 6:30 p.m., the Dems welcome the hard-working volunteers at Indivisible: Dannessa Atilas, Regional Director, and local organizers Madeline Waldman and Larry Martin. They will all be on hand to bring us up to date and talk strategy. Where would we be without Indivisible? Bring a friend. We all need to stay the course and Indivisible is in the forefront.

Summer Potluck Picnic—July 26: Share your favorite dish with friends and enjoy the company of like-minded folks. We need one another. On the patio at the CAC at 6:30 p.m. Join us and bring a friend.

The Oakmont Democratic Alliance (ODA) planning group meets regularly and you are welcome to join us to strategize about programming and events on the fourth Monday of each month. We also stay in touch with collaborative groups all over Sonoma County and beyond. Oakmontdemocraticalliance.org.

Our Oakmont PerSisters organized a "postcard writing party" on June 26 targeting candidates in upcoming "flippable" State elections. Great turnout. Email EMickaelian@icloud.com to pick up a packet from her home on Jasie Lane. This is an effective tool to urge Dems and Independents to call their Republican incumbent and tell them to "stop hurting working families with cuts to Medicaid, etc."

August and September events are still in the planning stages. Maybe a dance party/fundraiser on September 8 with the band "Relish."

For more information, contact sue@suecarrell.com.

Tennis Club



■Diane Curtis

TOURNEY COMING UP

The July 19 Army-Navy Challenge is just around the corner. Play will include men's, women's and mixed doubles. Matches start at 9 a.m. on the West Courts. For more information, contact hellooakmonttennis@gmail.com.

Haven't paid your 2025 dues yet or want to join OTC? Put a \$20 check made out to OTC in the OTC folder in the OVA office.

Want to add your name to a list of players interested in connecting with other players? Send your name, contact info and level of play to otctennislist@gmail.com.

Lifelong Learning



■Marlena Tremont

WENDY DEWITT, THE QUEEN OF BOOGIE WOOGIE FRIDAY, JULY 25, 7 PM, BERGER \$25, TABLE SEATING

What is boogie woogie? Some say that it is the very foundation of American popular music—a propulsive rhythm that shaped not only jazz and swing, but the blues and rock 'n roll. But, if you ask Wendy DeWitt, founder of the San Francisco International Boogie Woogie Festival, she'll tell you, it is "... an addicting vehicle for spreading joy and love."



Wendy DeWitt.

While DeWitt may have started as a Sonoma County hometown gal, she quickly caught the eye of hall of famed musician Tommy Thomsen. At only 10 years old, she whirled onto the stage for a lifelong journey spreading the joy of Chicago Blues and Texas Boogie Woogie throughout the world.

Kirk Harwood joins in with a drum beat inspired by Buddy Rich. Harwood's experience includes playing for popular musicians such as Huey Lewis, Steve Miller, and Maria Muldaur. Steve Freund, on guitar, brings the innovation and experience of national touring, the production of over 50 blues albums, and as opening act for Boz Scaggs.

Be prepared to be astounded as DeWitt energizes simple piano keys into a lavish and heart thumping musical love fest.

Register at OakmontLL.org, in the OVA office, or pay at the door.

OLL NEW WEBSITE

In response to student input, OLL is revamping its website. The new site will be easier to navigate, offer a clearer display of classes and concerts, make registration easier and simplify payment options. The new site is expected to be ready on August 6 at which time Fall class registrations will be available online. Before then, flyers to register will be available in the OLL folder in the OVA office.

FALL CLASS PREVIEW AND APPRECIATION CELEBRATION WEDNESDAY, AUGUST 27, BERGER

Join us in thanking our instructors, volunteers and students and learning about our five exciting new classes.

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



Music at Oakmont



■Judy Walker

A FREE COMMUNITY CONCERT

We are so pleased to sponsor another free concert for our community showcasing the eminent Japanese pianist Kotaro Fukuma, who will start his current U.S. tour in Oakmont.



Apart from achieving top prizes in major competitions, Kotaro has performed in major venues worldwide and collaborated with major symphony orchestras around the US, Europe and Asia.

The first half of this recital will consist of works by Chopin including the lyrical "Barcarolle," the beloved "Ballade no. 1" plus the exciting "Heroic Polonaise." After the intermission, we will hear an interesting piece by the Japanese-American composer, Karen Tanaka. Titled "Water Dance" it displays the many sound effects a grand piano can produce when played by a skilled pianist. The recital will conclude with three dances by the Spanish-Catalonian composer Isaac Albéniz which form part of his "Iberia Suite", a work composed as a tribute to his native country.

To those of you not familiar with classical music, this is a wonderful opportunity to experience what it's about and maybe appreciate its' worth. The program is very audience-friendly incorporating a variety of styles and rhythms and best of all it's free—what do you have to lose?

For more information about this concert, please visit our website www.musicatoakmont.org and look for the tab "Additional Concerts." You can also peruse our schedule as well as other information.

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

WHERE: Berger Center

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

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COORDINATOR

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July 16–31 Jen Rabalais 808-938-4479

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

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

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

Mon.–Fri. medical rides before 9 AM or after 4 PM are subject to limited volunteer driver availability. No service on weekends or holidays. Please call at least three full working days prior to appointment.

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

HOW TO CONTACT LOCAL OFFICIALS

County Supervisor Rebecca Hermosillo, District 1

Phone (707) 565-2241

Email: rebecca.hermosillo@sonoma-county.org

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

City Councilwoman Dianna MacDonald, District 3

Email: dmacdonald@srcity.org

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

Valley of the Moon Rotary Club



■ John Brodey

HAPPY NEW YEAR

No, we're not crazy—it's just that Rotary doesn't follow a calendar year. Our year starts in July and ends in June. We celebrate this transition with a dinner called "Debunking," which is defined as "reducing the inflated reputation of someone by ridicule." If that sounds a little mean, you're not wrong. Outgoing presidents are the prime targets of a skit performed by the Debunkers Theatre Club each year.

Fred Merrill, our outgoing president, is a perfect example of low-hanging fruit. If you've ever seen someone biking around Oakmont, there's a fifty-fifty chance it was Fred. His riding style brings to

mind Margaret Hamilton's iconic performance as the Wicked Witch of the West in *The Wizard of Oz*—frenetic and a little disturbing. On top of that, he's a pickleball regular, which provided even more material. Watching him play is a bit like watching a Capuchin monkey on the court—chaotic yet oddly entertaining. In short, Fred was thoroughly roasted.

Of course, while he took the ribbing in stride, we also took time to thank Fred for a year of dedicated service. He brought energy, enthusiasm, and a remarkable knack for getting things done.

Other highlights of the evening included the presentation of the Rotarian of the Year Award, which

this year was shared by two stellar members: Valerie Oliver and Louise Bettner.

Val led the committee for our legendary Crab Feed fundraiser, taking on monumental responsibilities and, through sheer hard work and dedication, delivering an outstanding event. Meanwhile, Louise stepped in to handle the crucial audio and video aspects of our weekly meetings. Our guest speakers often require technical support for their presentations, and Louise ensured everything ran smoothly. If that weren't enough, she also helped book our weekly speakers.

We are deeply grateful to both Val and Louise for their contributions.

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Jewish Interest Group



■Howard Sidorsky

JEWISH HUMOR

Did you know vaudeville, the Borscht Belt, variety shows, sketch comedy, and even the great American sitcom all have Jewish roots, stars and staff writers? While Milton Berle, Sid Caesar, George Burns, and Jack Benny defined and perfected comic timing, the great Jewish writers, especially those of early television—Mel Brooks, Carl Reiner, Neil Simon, and Woody Allen—set the standard for timeless comedy. So, the July Jewish Interest Group



Carolita Carr is our July presenter on Jewish humor.

program is going to focus on Jewish humor in a presentation led by Carolita Carr. Michael Krasny, the retired radio host of Forum on KQED, has made a study of Jewish humor and presented a lecture on that topic to the Stanford Iranian Studies Program. We will present this talk, which is riddled with jokes, via YouTube.

After the lecture, we will discuss and share our favorite jokes. Come and enjoy an afternoon of laughter. Bring a nosh to share and the beverage of your choice.

WHEN: July 20, 2 p.m. **WHERE:** East Rec Center.

A donation of \$2 per person is appreciated. Also, we appreciate help setting up at 1:30 p.m.

Current Events Discussion Group



■Tina Lewis

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

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

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

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■Mary Blake

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DAILY DRAW

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

MEN'S TRIPLES TOURNAMENT

Thursday, June 19, we held the first round of Men's Triples. The teams were: Steve Pickell, Jim (JB) Brewer and Bruce Rolland faced Mark Johnston, Kevin Johnston and James Chang; Richard Goodwin, David Aiken and Gerry Macintosh faced Topher Gayle, Greg Goodwin and Chris Williams.

The winning teams in the first round were Steve's and Richard's.

The final round of the tournament was held on Saturday, June 21. It was a very close game. The score was tied more than once. Going into the 14th end, Steve's team was up by just one point, and they managed to hold onto that lead to win.

The winners were: Steve Pickell (skip), Jim (JB) Brewer (second) and Bruce Rolland (lead).



Final round of the Men's Triples Tournament: Jim Brewer, Steve Pickell, Bruce Rolland, David Aiken, Gerry Macintosh and Richard Goodwin.

COMING EVENTS

- Monday, July 14, 9:30 a.m.: Women's Triples
- Monday, July 28, 9:30 a.m.: Open Triples
- Friday, August 8, 9:30 a.m.: Men's Singles
- Thursday, August 14, 5 p.m.: After 5 Potluck

PHOTOS ARE ON OUR WEBSITE

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

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



Oakmont Vets Club

■John De Groot

RECENT PAST AND WHAT'S AHEAD

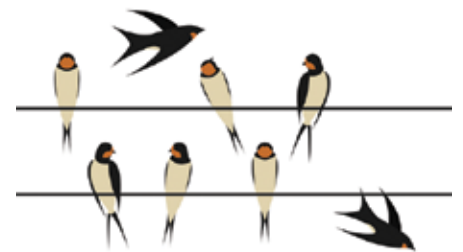
The Singles Club here in Oakmont has once again gone beyond-the-call-of-duty on our behalf. Under the able guidance of Vets Club member Diane Soshnik, the Singles donated a myriad of needed items and cash to the veteran's outreach organization we sponsor. Expanding beyond the North Bay, Outreach guru and Saint Joe Cholewa now serves homeless vets and their families in Mendocino, Lake, and Sonoma counties.



Needed items include new packaged underwear, socks, toiletries, and bars of soap, besides articles of clothing in good condition.

Next up for the club is our annual picnic on July 26. Held at the West Rec Picnic Area, festivities begin at noon. Even if you're not a member, all vets, blue and gold star families, as well as family members of a veteran are invited. We provide the hot dogs, buns and all the fixings. Last names starting with A-O bring a side or salad for 8-10. Last names beginning with P-Z bring a desert of sweet or some kind. Some great baskets will be raffled away, so bring a few dollars.

Last, preparations are underway for our Veterans Day Observance. Fingers crossed; the weather will be good. Another parade through Oakmont, great music, a stirring presentation, and if we're lucky a lunch too! We need volunteers. If you can, please help. We need parade assisters, riders, and people to eat donuts and drink coffee. Drop me an email at jdegroot@sonic.net or call (707) 974-8898.



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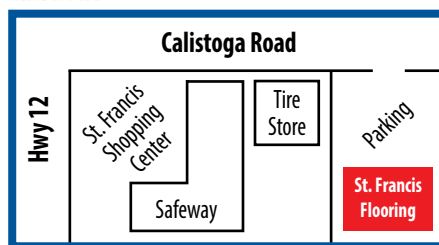
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