Not exactly a new trend: GRF works to conserve water

By Wilma Murray
Staff writer

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olves Support, Mario Harris,

by Wilma Murray
Staff writer

Walnut Creek Police

Chief of Police

Walnut Creek Police Department

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Back to top

of years.

Regarding the age issue,


to enhance the policing

To enhance the policing

Director of Golf Mark Heptig shows how the grass looks on the golf course at this time.

Though water conservation is foremost on the minds of staff, the quality of play will not be allowed to suffer on the courses. In February, the courses will be aerated (earlier than usual) in order to open up the turf and keep it healthy.

Walnut Creek Police chief speaks about Rossmoor safety

By Thomas Chaplin
Chief of Police
Walnut Creek Police Department

The California Highway Patrol will re-

urn to Rossmoor to present its Age Well/

Drive Smart Program on Friday, Jan. 31,

from 10 a.m. to noon in the Fireside Room

at Gateway. It presented this same pro-

gram in Rossmoor last June. The program

is designed to help aging drivers to keep driving safely for as long as possible, but also will cover how to know when it’s time to stop driving. Family members are urged to attend.

The Age Well/Drive Smart program is an event that gives people options.

This free program has been given by

the CHP at senior centers, women’s health centers and at libraries in various parts of Contra Costa County for the last couple of years.

Byron Park donates money towards Rossmoor’s 50th Anniversary events

By Cathy Tallyn
Staff writer

It seemed like the neighbor-

by thing to do.

over some costs for the

Golden Gala Dance

on September 13, in the new

Event Center, said Sharon

Birdsall, chairwoman of the

50th Anniversary Committee.

Most of the money will pay for

the band and the rest will be

used for other costs, she said.

“It was great of Byron Park

to step up and sponsor the

band,” Birdsall said.

Byron Park has also sup-

ported other Rossmoor events,

including golf tournaments,

she said.

The black-tie optional din-

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popular Royal Society Jazz

Orchestra with its 10 music-

ians and one female vocal-

ist and featuring Fredrick

Hodges on piano. The Bay Area

orchestra will play ballroom

dance music.

“The orchestra has been

here before,” Birdsall said.

“Del Valle was packed when it

was here.”

The cost of the dinner and

who the caterer will be haven’t

been decided, she said.

The gala kicks off nine days

of celebration. The Anniversary

Committee has put together a

variety of events that will ap-

peal to residents and their

different interests.

There will be another dance

with a pop, rock and soul

theme on Friday, Sept. 19, also

at the Event Center. Other events

include a question-and-answer

session, was recorded and

played on Rossmoor Channel

28. We also held our first

monthly “Coffee with a Cop” in

December in the Redwood Room.

The police staff also held its second Coffee With a Cop in this January. We have ac-

tively listened to residents’ concerns about crime and quality of life issues in and around Rossmoor. As a re-

sult, the department has made

Continued on page 6A

CHP Age Well/Drive Smart program is this Friday

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The Poodle People of Rossmoor will sponsor NorCal Poodle Rescue’s poodle and poodle-mix adoption event on Monday, Feb. 3, from 11 a.m. to 1 p.m. in front of Gateway Clubhouse.

A preview of some of the pets is available at www.NorCalPoodleRescue.net. There will also be some dogs at the event that are not yet on the website.

The Poodle People of Rossmoor recently received a thank you from NorCal Poodle Rescue, based in Walnut Creek, for its support throughout the year. In particular, the club sponsored a holiday brunch that raised $4,000 from donations and from the raffle and silent auction. Plan ahead for the 2014 holiday brunch on Saturday, Dec. 6.

Poodle People of Rossmoor is a group of poodle and poodle-mix owners and friends whose goal is to get together for fun, friendship, education and service in support of NorCal Poodle Rescue.

All Rossmoor residents are welcome to join the club whether or not they own a pet. For information, call Rossmoor residents Marci and Dick Davison at 274-9559 or Debbie Williams at 465-2322 or go to the NorCal club’s website. Residents can also email RossmoorPoodles@aol.com.

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- **XFINITY Home**
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---

New fence around the golf course lake serves more than one purpose

Jorge Ocampo and David Ramirez of the golf course maintenance crew, worked on fencing around the golf course lake on the nine-hole course last Wednesday. The fence will serve a dual purpose: keeping the geese off the lakeside practice area and stopping balls from being hit into the lake from the practice area. Oleanders will be planted along the fence to make it look more aesthetically pleasing.

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**Poodles are available for adoption on Monday**

The Poodle People of Rossmoor will sponsor NorCal Poodle Rescue’s poodle and poodle-mix adoption event on Monday, Feb. 3, from 11 a.m. to 1 p.m. in front of Gateway Clubhouse.

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Rossmoor Fund grants are limited to individuals whose annual income is less than $22,980 or to two-person households with combined incomes under $31,020 (note that income standard for eligibility has increased). Other assets are also taken into account in determining eligibility. (Information about grants to organizations can be found online at RossmoorFund.org.)

Grants are intended to help people with financial emergencies rather than ongoing expenses and typically cover expenses such as medical bills, medications, essential dental care, temporary home health care, medical equipment, ambulance service, eyeglasses, etc.

To request the one-page application, call the Rossmoor Fund directly at 567-3863. Calls will be returned by a board member who will answer questions and offer assistance in filling out the form. Applications are also available through Counseling Services at 988-7750, or can be found on-line at RossmoorFund.org.

The Rossmoor Fund board meets twice each month so that it can respond quickly to requests.

The Rossmoor Fund is a nonprofit public-benefit corporation qualified to receive tax-deductible gifts and welcomes donations. Memorial and tribute gifts are accepted and acknowledged. Checks should be made payable to Rossmoor Fund and sent to P.O. Box 2070, Walnut Creek 94595, or placed in the box at Gateway.
Check from Byron Park will pay for 50th Anniversary dance band

**Continued from page 1A**

A parade, sports events, a community breakfast, a classical concert, ice cream social with Dixieland jazz music and an international food festival. Many events will be funded in part with donations by local businesses and organizations, such as Byron Park.

“We’re very excited to participate. There’s a closeness with Rossmoor,” said Renee Hamilton, executive director of Byron Park, a senior living community located nearby on Tice Valley Boulevard. “Many, many of our residents moved here from Rossmoor,” she said. “And they maintain ties with Rossmoor friends and organizations. They don’t have to give up their social ties.”

Byron Park’s bus service is available seven days a week to take residents where they want to go, which includes seeing their old friends and neighbors, said Hamilton, a member of Rossmoor Rotary Club. “We have a reciprocal relationship.”

“We looked at the opportunities and what we could do for Rossmoor in connection with the anniversary celebration,” Hamilton said. She liked the idea of kicking off the events with something fun. Hamilton’s comments came after a ceremonial check-passing event on November 13, where Rossmoor Rotary Club donated $50,000 toward Rossmoor’s 50th Anniversary Committee.

“This is a time to come together to have a special dance,” Wolfe said. “The community is being very generous.”

“Besides monetary donations, help has also come from Rossmoor’s various clubs.”

“All of the dance clubs have come together to have this (Golden Gala) event at the Event Center. It’s going to be a special dance,” Wolfe said.

“The theme of the celebration is, of course, 1964, the year Rossmoor opened.”

“Our focus is on 1964,” said Ann Turner Peterson, the committee’s event planner. It was a time of Beatlemania, Lyndon Johnson was elected president, people watched “Gilligan’s Island,” Soviet leader Khrushchev fell from power, Elizabeth Taylor married Richard Burton and St. Louis won the World Series over the New York Yankees.

Rossmoor’s 50th Anniversary Committee is planning for some things that harken back to 1964. There are plans for tribute bands, a film festival and a musical revue, among other things.

The anniversary schedule is being presented to the GRF Board for approval at its meeting tomorrow, and donations are still being accepted.

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**ROSSMOOR NEWS**

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WEB SITE: www.rossmoor.com and www.rossmoornews.com


Contributing Writers: Doug Hergert, Ad Lib and Off the Shelf; Charles Jarrett, Entertainment Notes; R.S. Korn, Eye on DVDs; Tom Mader, At Wit’s End; Robert Moon, Modern Classical CDs; John Nutley, 40 Years Ago.

Volunteers: Tom Fryer, Judie Huse, and Marilyn Allen.

DEADLINES:
• Wednesday at noon – Religion notices and Club Trips
• Thursday at noon – press releases, club news and event announcements
• Friday at 10 a.m. – Display and classified ads, letters to the Rossmoor News.

The Rossmoor News is legally adjudicated to publish legal notices and fictitious business name statements. The News reserves the right to reject or discontinue advertisements or articles that the manager deems unsuitable. All articles are subject to editing.

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**Volunteer News**

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Cluster mailboxes will not be coming to Rossmoor

Resident response seemed persuasive. In his letter to the Mutuals, Harris said that the cluster mailbox proposal was put forth to improve efficiency and reduce costs. Currently, there are 13 delivery routes that service the entire Rossmoor community. Most mailmen in Rossmoor get their mail delivered right to the door.

However, the negative feedback from residents and the Mutual presidents seemed to persuade the postal service that the change would not go over well in Rossmoor.

“In response to our letter and after meeting with several members of the Mutual board presidents, we have received several inquiries from the Rossmoor community residents expressing their concerns about the proposed conversion to centralized mail delivery,” Harris wrote to the Mutuals. “We would like to make clear that the opportunity of the community to change from door delivery service to centralized delivery is strictly voluntary, and the USPS would incur all costs associated with the purchase and installation of the new mailboxes.”

He apologized for any misunderstanding that may have resulted from prior communications on the cluster mailbox proposal.

Rossmoor’s 50th Anniversary Committee, appointed by the GRF Board, has been working for about a year on the anniversary celebration and will present its schedule of events to the Board at its regular meeting Thursday, Jan. 30, at 9 a.m. in Pear 4 Hall.

The celebration is scheduled for Sept. 13 through 21 throughout the community. An important part of the committee’s responsibilities is to raise sponsorship money to pay for the anniversary events. Many businesses, Rossmoor clubs and individuals have already donated to the event and many more have asked how they can give money to sponsor an anniversary event or participate.

Residents and clubs interested in sponsoring an anniversary event can send money to the Rossmoor Fund, marked “Rossmoor 50th Anniversary,” and send to Claire LeVine, 3625 Terra Granada Drive 2B. All donations sent through the Rossmoor Fund are tax deductible.

Residents who want to volunteer and clubs that want to participate should contact Char Howard at 708-5761 or Willie Sanderson at 954-8036. The goal is to get as many clubs as possible taking part in the week-long anniversary events.

To date, Comcast has committed $30,000 and is sponsoring opening ceremonies, a concert as well as other events.

The Emergency Preparedness Organization (EPO) will meet on Monday, Feb. 3, at 9:30 a.m. in Fairway rooms A and B at Creekside.

The featured speaker will be Ann Pagliaro, one of three licensed clinical social workers in Rossmoor’s Counseling Services Office. She will talk about the services available through Counseling Services, how to be psychologically prepared for a disaster and the importance of neighborhood connections in surviving a disaster.

Pagliaro received her undergraduate degree in biology and psychology from the University of Massachusetts, and then earned her master’s degree in social welfare at UC Berkeley, specializing in health and geriatrics.

Her experience includes medical social work at Stanford Medical Center, bereavement counseling at the VA mental health unit in Martinez and a private psychotherapy practice in Walnut Creek.

In her work at Rossmoor, Pagliaro has facilitated several support groups, including a transition support group for single women new to Rossmoor, a bereavement support group, an Alzheimer’s caregiver support group and a stress management group.

She counsels residents who have emotional, physical and behavioral difficulties. She also assists with connecting residents to resources both within Rossmoor and in the community.

EPO coordinates and trains volunteers to assist with the preparation of residents for an emergency. Meetings and membership are open to any Rossmoor resident interested in emergency preparedness. Annual dues are $1.
Drought or no drought, GRF conserves water

Continued from page 1A

an ongoing effort to find the latest, best ways to keep water usage down.

What residents themselves do, however, is another issue and now may be the time for all to look into their own ways of conserving the precious resource.

Irrigation

Since 2007, landscape management has been using ETwater’s smart controllers for irrigation. These devices were installed so that irrigation wastage could be minimized.

It is a system recommended by East Bay Municipal Utility District (EBMUD) and was installed under the utility company’s rebate system.

The controllers determine how much water each area of landscaping needs based on weather, plant types, slopes and other factors. Approximately 300 controllers are scattered throughout the community.

The process is computer-based and is controlled through a website. Landscape Manager Rich Perona enters the landscape profiles for each area to be irrigated into the company database. ETwater then uses weather data to maintain an accurate watering schedule through a complex matrix of calculations.

The installation of these devices brought Rossmoor into compliance with AB 1881, a state-mandated conservation law requiring landscapes to be more water efficient. EBMUD estimates the monetary savings from these devices to be from 20 to 40 percent annually.

However, residents sometimes complain that they see what appears to be excess runoff. In this case, they should contact Mutual Operations at 988-7650.

Golf courses

Also on board with efforts to use water sparingly is the golf course staff. It’s not only ecologically imperative, but financially as well. “We’re very fiscally conservative,” said Golf Course Director Mark Heptig.

The current primary practice on the golf course is to aggressively replace and install improved drain lines, Heptig said. These drains collect water from runoff and rainfall and empty it into the creek. It is then pumped into the irrigation reservoir and used to water the golf courses.

Irrigation water also comes from a well that was installed on the driving range some years ago. And the irrigation system uses the same computerized process to determine watering needs based on the weather.

Heptig said staff has also removed some of the perimeter sprinklers and occasionally applies a mulch layer to reduce the water use.

In addition, the sensibility of the golf course staff is not to go for a lush green carpet, but to keep the courses fast and dry on purpose.

“We think golf plays better that way,” Heptig said.

Other efforts

In terms of individual manners, residents can get low-flow toilets installed through the Mutual Operations Department (MOD). At the time of installation, the residents will receive forms and account numbers and can then apply for a rebate from EBMUD.

MOD also checks toilets for leaks and water wastage.

Water recirculation pumps that create instant hot water are available through MOD. Residents are required to pay for these.

Residents can get other water-saving devices free directly from EBMUD. These include low-flow showerheads, and dye tablets to test for faucet aerators, hose nozzles.
Residents need to do their part to conserve water

Finding tips for lowering water usage is as easy as a few strokes to the keyboard of the computer. But to get started, these are some of the suggestions EBMUD has on its site:

- Place a gallon jug under the sink or tub faucet while waiting for water to heat. Use the captured water for other purposes, like flushing or watering plants.
  - Insulating hot water pipes minimizes both water and energy waste because it reduces the amount of time needed for hot water to arrive at the tap.
  - Turn off the tap while brushing teeth. Use a cup to rinse and run the tap only to rinse the toothbrush.
  - When washing up (showering or hand-washing), wet first. Turn off the water, soap up, then turn on the water to rinse.
  - When washing dishes by hand, fill the kitchen sink or basin rather than letting the water run. Newer models of dishwashers are more efficient than hand washing and do not require pre-rinsing dishes by hand. Simply scrape off food waste. Wash only full loads.
  - Wash fruits and vegetables in a sink or bowl filled with water rather than running water.
- Keep a container of drinking water in the refrigerator instead of running tap for a drink.
- Use the garbage disposal only when necessary. Compost food waste and dispose of it in a green waste bin or use it for plants.


Police act to increase Rossmoor safety

Walnut Creek Police Department, under the guidance of Chief Tom Chaplin, will now have a stronger police presence on the streets of Rossmoor. These police officers were stopping traffic two weeks ago on Rossmoor Parkway at Stanley Dollar Drive.

- Use the “Green Line” bus from Rossmoor and get off at “Genova Deli” stop.
- EBMUD
- http://www.ebmud.com

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Residents benefit from the exceptional police services that Walnut Creek offers. To that end, Walnut Creek Police Department has also taken several steps to enhance the level and manner of police service in Rossmoor.

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Use the “Green Line” bus from Rossmoor and get off at “Genova Deli” stop.
Police chief talks about steps to make Rossmoor safe and secure

Continued from page 6A

There is nothing important enough to cause injury to yourself, your loved ones or another's loved ones.

Your Walnut Creek Police Department is committed to ensuring that Walnut Creek is one of the best places to live in the country.

The department also wants to ensure that Rossmoor is the safest retirement community in the country.

We look forward to working in partnership with Rossmoor residents to make certain that these goals are met.

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I'm HOWARD REICH, a Rossmoor resident and sales consultant for Toyota. I would love to extend my services to my Rossmoor friends & neighbors. Contact me and I'll help you find the new or used car you've been searching for in Walnut Creek.

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Republicans welcome Byron Williams
News columnist speaks at the Event Center

Byron Williams will be the featured speaker at the Rossmoor Republican Club’s dinner meeting on Tuesday, Feb. 18. This will be the club’s first dinner meeting at the Event Center.

Social time begins at 5:15 p.m. with a hosted wine and beer bar. Dinner will be served at 6, followed by the speaker.

Williams is the author of a twice-weekly column on politics and social issues for the Bay Area News Group, which includes the Oakland Tribune, San Jose Mercury News and Contra Costa Times. His column has appeared in some 30 publications across the United States and was considered for a Pulitzer Prize.

Williams has also written articles and opinion essays for publications as geographical- ly and philosophically wide- spread as the Atlanta Journal Constitution, San Francisco Chronicle, Guardian (in the UK), Tikkun Magazine and Chronicle, Guardian (in the States and was considered for a Pulitzer Prize.

Williams is also the author of “Strip Mall Patriotism: Moral Reflections on the Iraq War.” In his latest book, “1963: The Year of Hope and Hostility,” he explores 1963 through the prism of the three most influential individuals of that year – President John F. Kennedy, Reverend Martin Luther King Jr., and Governor George Wallace – and how they profoundly influenced American society and politics.

Williams will speak on the topic “Racism in the USA – Not as Simple as It Seems.” The cost of this event is $26 for members and $28 for guests of members. The dinner entree will be grilled chicken with marsala mushroom sauce, accompanied by rice pilaf and peas with pearl onions. There will also be an option of vegetable lasagna.

To hear the speaker without the dinner, the cost is $5 for both members and their guests. Those attending for the speaker only should arrive by 6:50. Reservations are required; walk-ins cannot be accommodated.

An event registration form is included in the Rossmoor Republican, which is mailed to all club members each month.

Reservations, with checks payable to the Republican Club of Rossmoor, should be mailed to Republican Club of Rossmoor, 1001 Golden Rain Road. Alternatively, they may be hand-delivered to the Republican Club mailbox in the Gateway Administration Building. These must be received by noon on Thursday, Feb. 13.

For information, call Maggie Fuentes-Kilmer at 510-499-3350.
Republicans relaunch their Issues Committee

Jim Schenkel is chairman

The Issues Committee, a sub-group of the Republican Club of Rossmoor, was relaunched on Jan. 16 under the leadership of Jim Schenkel. The committee has been dormant for several months following the injury of its previous chairman.

The Issues Committee focuses on action rather than discussion. Its mission is to develop projects with the potential to influence both public officials and the Rossmoor community at large.

At its Jan. 16 meeting, the committee agreed to explore support for Assembly candidate Catharine Baker as its primary project.

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Republicans relaunch their Issues Committee

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FORF to review its bylaws, set goals

The mission of Friends of Rossmoor Fitness (FORF) is to raise funds for the Fitness Center and pools that the budgets don’t cover. FORF had a busy 2013 and now wants to take a breath to review its bylaws and set goals for 2014.

First on its list is finding people who want to serve on the FORF board. FORF needs people who are willing to work and volunteer their time to attend meetings and help to plan and then work at events. FORF is looking for people who are team players and want to have a lot of fun.

Residents interested in joining the FORF board should contact either Ed Lee at edwjohn@sbcglobal.net, 938-10A or Carol Green at carolagreen1@comcast.net or 256-9591.

A Word With Warren

At this writing, I have attended 13 of the 15 planned A Word With Warren sessions at venues throughout Rossmoor. I have listened to/spoken with approximately 80 residents. The subjects discussed have been quite varied. There has been no pervasive concern and there have been numerous references to contentment with the community, the Golden Rain Foundation and our programs and services.

Buckeye Tennis Complex project

The Buckeye tennis complex project is considerably behind schedule, due in great part to complex accessibility and storm drainage/clean water design and implementation issues. The $1.441 million project is expected to come in about $100,000 over budget. Seven of the eight courts are now open. The last court should be open in early February, dependent primarily on completion of the storm water detention/filtration basin. Crack sealing on some of the older courts will be redone in the spring, as the initial work was not satisfactory.

CEO’s Report

Updates on Tennis Project, Police in Rossmoor, Smoking Regulations

By Warren Salmons, GRF CEO

There were 38 sales in Rossmoor in December 2013 and 662 sales for the entire year, as compared with 39 sales in December 2012 and 664 for that year. Thirty of the December 2013 sales paid a membership transfer fee.

Thank you to Lions

The Lions Club of Rossmoor has donated $3,000 toward audio visual upgrades, including installation of a ceiling mounted video projector, in the Diablo Room at the Hillside Clubhouse. The balance of the $18,000 project is being paid from the Trust Estate Fund.

Water conservation

In the coming weeks and months, the Golden Rain Foundation and Mutual Operations staff will be looking for ways to reduce use of East Bay Municipal Utilities District water in Rossmoor’s clubhouses, offices and landscape areas. It should be understood that landscaped areas and our golf courses, by far our largest users of water, may not be as lush as usual and some plant material may suffer.

We ask that residents do all that they can to reduce clubhouse water use and usage in their own manors.

Policing in Rossmoor

I commend Walnut Creek Police Chief Thomas Chaplin and the Walnut Creek City Council for finding ways to increase police presence in Rossmoor. The Walnut Creek Police Department’s monthly Coffee With a Cop visits, more patrols and increased traffic enforcement are all signs that the city is responding to Rossmoor’s needs.

USPS cluster mailboxes

This week Mutuals received a letter, also copied to the Golden Rain Foundation, from the United States Postal Service (USPS) indicating that it will not move forward with the cluster mailbox proposal that it introduced in late 2013. Current mail delivery practices in Rossmoor will continue.

Smoking regulations

Please note that signage prohibiting smoking within 25 feet of any GRF building is being posted. Smoking is also prohibited in common areas such as plazas, patios or outdoor seating areas; outdoor recreation areas including parks and picnic areas, but excluding the golf courses. The new city of Walnut Creek smoking regulations also apply to the Mutuals and the dwellings.

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IMPLANT AND RECONSTRUCTIVE DENTISTRY

A prosthodontist is a dentist recognized by the American Dental Association (ADA) as a specialist in restoring and replacing teeth.

Both Scott E. Keith and John J. Petrini Jr. are Board Certified Prosthodontists. They have extensive education and expertise to help you with your highly individualized needs. Dental implants can be one of the most effective and satisfying ways to replace missing teeth or aid in the stability and retention of a partial or denture. Whether it be replacing one tooth or all, let Doctors Keith and Petrini show you why you need to go to a pro. A Prosthodontist.

Some of our cutting edge technologies include:
• 3D Cone Beam C.T. (images bone volume and quantity for suitable implant sites)
• Digital occlusal analysis (TekScan)
• Digital Radiography (Significantly less radiation)

Dental implants-supported replacement teeth look, feel and function like natural teeth.

Thank you to Lions

Rossmoor News • January 29, 2014
1111 Civic Drive Suite 320   Walnut Creek, CA 94596
Contra Costa Times, pop-
ular columnist Tony Hicks, who writes a twice-weekly hu-
mor lifestyle column, will be the Community Club’s guest
speaker on Tuesday, Feb. 11, at 3 p.m. in the Fireside Room.

Hicks will not make a speech, but rather will be “phobic” about standing be-
fore a large crowd and talking. So instead, as he did last year,
Program Chairman Tom Mader will interview Hicks and take
questions from the audience.

Hicks graduated from high school in San Ramon. For a
while he was the drummer for the pop-alt band Nag Nag Nag.
When Nag Nag Nag relocated to Southern California, Hicks
left the band and enrolled in Diablo Valley College (DVC).
He became editor-in-chief of the DVC Inquirer and later won
the pop-alt band Nag Nag Nag.

When Winnie Wright’s budget was cut by the City Coun-
cil, regular police patrols
were eliminated in Rossmoor.
But since Chaplin’s arrival
last August, police patrols
have been partially restored and
are visible throughout the
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Over the last couple of
weeks, the police have been
stopping cars and handing out
traffic tickets. The chief has
held an open meeting at Gate-
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questions. Soon after his arriv-
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tour and he met with the Nurd.

In response to this input,
the Walnut Creek Police De-
partment has again included
Rossmoor as an integral part
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involved in all aspects of its
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new patrols and inspections on
a daily basis.

TAR is still concerned
that burglaries have remained
about the same during the past
year. There were 21 burglary-
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TAR has been told that
the burglaries are being addressed
by a comprehensive plan that
will be implemented to lower
crime throughout Walnut Creek, including Rossmoor. TAR
applauds the steps the police
have taken to im-
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in Rossmoor. TAR will con-
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Creek Police Department.

For information about
TAR, call Stephanie Askert
at 932-2505.

COMMUNITY

CLUB'S NEXT

SPEAKER IS

TONY HICKS

By Stephanie Askert
TARS correspondent

In the last few months, To-
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How Much Money Will We Have for Future Projects and Capital Improvements?

By David Smith, Finance Committee chairman

Even though GRF has just completed the Event Center, the Table Tennis Clubhouse and are about to complete two new tennis courts, the money that will be generated by the Trust Fund will still be insufficient to pay for new capital improvements while GRF pays off existing debt.

In 2015, the GRF Finance Committee projects that the Trust Fund will generate about $1.2 million; in 2016 about $1.5 million; and starting in 2017, about $1.6 million a year. This assumes several things: first, that the membership transfer fee income will average at least $2.8 million a year, an amount considered by the Finance Committee to be conservative; second, that the Board does not change the current practice of directing the rental income from the medical center building to the Trust; and third, that the current construction loan is converted into a 15-year fully amortized loan at an interest rate of 5.5 percent, a likely scenario.

For 2014, the Trust Fund should produce a surplus of over $500,000 assuming no money is spent for projects not already approved.

This is good news for all Rossmoor residents. GRF will not only be able to comfortably pay off its existing debt over the next 15 years, there will be significant money coming into the community each year to fund additional capital needs of the community.

Yes, if the Board follows the recommendations of the Finance Committee, GRF will be in a position to fund improvements for future projects and still have money for other projects.

STAIR-TRAC: Securitas will offer the Stair-Trac wheelchair assistance program seven days a week from 9 a.m. until 7 p.m. Call 988-7899 for assistance. Residents who need the wheelchair assistance program seven days a week from 9 a.m. until 5 p.m. Call 988-7899 for assistance.

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TOPICS COVERED:
• The differences between normal aging and dementia
• Care techniques for successful interactions
• Creating a positive environment
• How to conduct meaningful activities
• Interventions that help the person with dementia communicate their wishes, express their passion and manage their fears
• Simultaneously provide better care both for the person with dementia and for yourself, moving from feelings of emotional burn-out and frustration to a welcome and lasting sense of relief

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Dora Herszman, right celebrated her 97th birthday with her family at Creekside Grill.
EMERGENCY INFORMATION

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mation form on file.

If you have not
fully completed the form you
originally turned in, call Se-
comtemporary Office.

If you feel you have not
to the Administration Office.

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Newcomers hear from Counseling, Channel 28

The next Newcomers meeting will convene on Monday, Feb. 3, at 1:30 p.m. at Dollar Clubhouse. The speakers for this meeting will be Nancy Coxwell, Counseling Services supervisor, and Susan Ritner, Channel 28 manager.

Participants can mingle with new residents, volunteers and others who have lived in the community for many years. Refreshments will be served.

Crisis Response Spiritual Support Team seeks new members, classes have begun

The Crisis Response Spiritual Support Team offers a training program for new members. Classes are on Wednesdays, Jan. 29 through March 5, from 10 a.m. to noon in the Fairway Room at Creekside. Members of the team are trained to listen to and support residents in an emergency or a personal crisis.

Residents who want an opportunity to help others in a meaningful way are encouraged to take the classes and join the team. No previous training is required and those of any faith or of no faith are welcome to join. The only prerequisite is a caring heart and open mind.

For information and to register for classes, call Marcia Flagg at 954-8221 or Nancy Magee at 943-7811 or email Margaret Linz at maelinzkayne@att.net. Sponsored by the Interfaith Council of Rossmoor, the team collaborates with Rossmoor Counseling Services, the Community Emergency Response Team (CERT), the Emergency Preparedness Organization (EPO) and Rossmoor Public Safety.

No previous training required, anyone can join

Newcomers programs are open to all new residents who have lived in the community for a year or less. This program is in its 25th year.

These monthly meetings provide an educational opportunity to learn more about the community and are an optimal way to meet other new residents. For information, call Kelly Berto 988-7703.

Rossmoor Fund continues to welcome all donations

Last week, the Rossmoor Fund announced the end of its 2013 fundraising campaign and thanked the new donors who helped raise over $60,000. Because of residents’ gifts, the fund is able to continue to provide assistance to residents in need.

The Rossmoor Fund board regrets that it failed to list the generous donations of B’hai Israel of Rossmoor, Patsy Peng, Rossmoor Men’s Golf Club, the Italian-American Club and Gordon Scott. If residents notice that their gifts have been omitted, contact the Rossmoor Fund at 567-3863 or email fritziedavis@comcast.net and it will be recognized in the News.

The Rossmoor Fund gratefully accepts tax-deductible gifts throughout the year and encourages memorial and tribute donations. Checks should be made to Rossmoor Fund and mailed to P.O. Box 2070, Walnut Creek 94595, or go to our website www.rossmoorfund.org to make a credit card or PayPal gift.

Sanctum at Dollar is available for quiet time

The Crisis Response Spiritual Support Team encourages residents to discover the Sanctum at Dollar Clubhouse. A member of the team is in the Sanctum every Tuesday and Thursday from 1 to 3 p.m.

Whether just curious or wanting to talk with someone, residents will find a caring person available to listen, to answer questions or just to sit and share the silence. A serene setting and comfortable chairs are an invitation to rest and enjoy.

Team members are fellow residents who are trained to be good listeners.

In addition, the Sanctum is available to all residents at any time Dollar Clubhouse is open. Drop in and browse the many books on the world’s religions, spirituality and the relationship between prayer, meditation and health.

Sponsored by the Interfaith Council of Rossmoor, the team collaborates with Rossmoor Counseling Services, the Community Emergency Response Team (CERT), the Emergency Preparedness Organization (EPO) and Rossmoor Public Safety.

Public can comment on Fire District study by Friday

The Draft Evaluation and Options Appraisal Study of the Contra Costa County Fire Protection District was released last week for a three-week public comment period. A copy of the draft report can be accessed on the study website: www.cccounty.us/ConFireStudy.

The public comment period will be open through 5 p.m. on Friday, Jan. 31. Interested parties may submit public comment via email, timothy. ewsil1@ccounty.us; via mail, County Administrator’s Office, Attm: Fitch Study- Public Comment, 651 Pine Street, 10th Floor, Martinez, CA 94553; or via phone, 335-1036.
Comcast to hold fair Feb. 10

Residents who were unable to visit Comcast at its Community Fair last November, will be able to meet with representatives next month when Comcast holds another Community Fair in Rossmoor on Monday, Feb. 10, from 9 a.m. to 1 p.m. in the Fireside Room at Gateway.

Comcast ambassadors will be available to answer any questions and give residents live, hands-on demonstrations of Xfinity products and services:

• Xfinity TV: Learn how to use the remote and guide to find favorites and discover new shows and movies and how to record and play back recorded programs.

• Xfinity Voice: Learn how to use the features available on a home phone and how to send free texts from mobile devices.

• Xfinity Internet: Learn how to get the most out of Xfinity Internet service and find out if there is a benefit from having even faster speeds.

• Xfinity Home: Learn about home security and find out how to control lights, thermostat and more remotely and how to potentially save on homeowner’s insurance.

Representatives from the Home Shopping Network and the Game Show Network will be present to share information about their programming and schedules.

All residents are encouraged to attend this free event. Prizes and refreshments will be available.

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www.seniorhelpers.com/contracosta

Walnut Creek’s secondhand smoke ordinance goes into effect today

The city of Walnut Creek’s new secondhand smoke ordinance will take effect on Wednesday, Jan. 29. The ordinance prohibits smoking in the following areas:

• The downtown pedestrian retail district
• In all multi-residential units, common areas, balconies and within 25 feet of enclosed areas
• All city parks and open space areas
• All public events and places
• All places of employment
• All service areas, such as bus stops
• ATM and ticket lines
• Outdoor dining areas
• Within 25 feet of all enclosed areas where smoking is prohibited.

The secondhand smoke ordinance even applies to Rossmoor residents who own their manors that are in a multi-unit building. Residents may not smoke in their homes or on their balconies or in common areas such as laundry rooms.

Information is on the city of Walnut Creek website at www.walnut-creek.org/nosmoking.

News photo by Maureen O'Rourke

News photo by Maureen O'Rourke

Last week, Mutual Operations employee Jairo Chajon (above) installed one of the city’s no-smoking signs on a Cactus Court entry sign. These signs (below) have been installed throughout Rossmoor to remind residents that, as of today, due to the city’s secondhand smoke ordinance, there is no smoking in units and within 25 feet of buildings, common areas, balconies and entries.
ENDANGERING OTHERS

Many Rossmoor drivers are legendary in their sense of their own “exceptionalism” – the attitude that stop signs, red curb markings and speed limits apply to other people, but not to them. A woman sitting next to me cheerfully remarked that she’d been to another movie recently and hadn’t noticed the three-minute time limit imposed. Or for misleading many Rossmoor drivers are legendary in their sense of their own “exceptionalism” – the attitude that stop signs, red curb markings and speed limits apply to other people, but not to them. A woman sitting next to me cheerfully remarked that she’d been to another movie recently and hadn’t noticed the three-minute time limit imposed. Or for misleadingly saying that she’d been to another movie recently and hadn’t noticed the three-minute time limit imposed.
CRITICS Likened TO DOGS

Jiayi Zhou, author of many forum letters rendering multiple opinions on architecture, construction and many other subjects, now opines regarding proper criticism in forums.

He calls for civility and labels criticism of his fa-

vored director as “dirty political atmosphere.” His concept of civility permits him to liken such critics as “dogs – in a light.” Naming me such a dog, he objects to my criticism of Director Diane Guillou’s statement that this GRF Board is not obligated to fol-

low the GRF policy established by prior GRF Boards. I am not singular in my concerns about her paradigm of gov-

ernance. Many prior GRF directors, presidents and a

number sitting on the current Board, including one whose vote mistakenly allowed the Guillou paradigm to be unchallenged, have likewise expressed concern.

Zhou misidentifies the issue. It is not paying for replacement of Fireside chairs from the operating or

trust budgets. My letters never mentioned chairs. The issue is “Can a sitting Board ignore established policy?” Director Guillou implied that the proper procedure is for the Board to bring it up in Policy Com-

mittee, when as chair she placed the matter on the February Policy Committee agenda.

He then critiques my unwillingness as a GRF direc-
tor to criticise Mrs. Baroni’s vocal and published opinion of which numerous false arguments to protest and block the Event Center, as arrogance and rudeness.

Mr. Zhou would do well to avoid ad hominem at-
tacks and stick to the issues. Enough said.

Clair Weening

Horseman's Canyon Drive

ALD

Shirley Allen

By Doug Herget

S

he was cheerful, energetic, friendly and wise. At 76, Rossmoo

se was a respected columnist and a significant

presence in the Democrat Club and the Published Writers Club.

Shirley Allen died in December.

PLEASURABLE READING

What a pleasure these days to read the Rossmoo

News. The article on the Travel Club trip to Cuba was just wonderful. More than interesting, it was fascinat-
go.”

It was a pleasure to read that the Golden Rain Board is now listening to residents regarding the Event Center, at least so far as the parking lot lights are concerned. “Residents complained that the newly installed lights were ruining their sleep, not to men-
tion their view.” And “the Board voted unanimously to turn off the lights at night after events have ended.” That, too, is wonderful.

Perhaps most wonderful of all is the news that the post office will no longer pursue the plan to install clausal mailboxes in Rossmoo. A letter will arrive soon, an article in the Jan. 22 issue tells us, stating “the cluster mailbox program would be discontinued in Rossmoo.”

Wow! Not only is the Golden Rain Board listening to residents, but the post office is listening as well.

Most heartwarming was the great number of let-
ters by Rossmoo’s professor expressing alarm over the vandal-

ism of the Tree of Knowledge erected by the Atheist

Agnostic Club. Almost every writer was neither an

 atheist nor an agnostic, but all heartily supported free

speech and condemned the hateful act committed.

All is well. The January 15, 2014 issue of the News was a happy read.

Gene Gordon

Golden Rain Road

OFFENSIVE REMARKS

ABOUT TEACHERS

I was deeply disturbed by the Republican Perspec-

tive column in the News on Jan. 15 on “How to Make

$524.19 Per Day.” As one of the many volunteers in the Rossmoo area who grows our own food, who has worked with the first grade teachers who has a class of 31 students, many qualifying for the school lunch program, some from homes where English is not the first language.

She is totally dedicated, working long hours, both in the classroom and with the children and reviewing class work.

But it was totally offended by Irene Baron’s remark that it is a macho indicator that teachers cannot manage the classroom efficiently and might not be respected in society if they direct papers on their own time. I invite Ms. Baron to come to the school and meet our wonderful first grade teachers. You can come early or late, they will be there.

Jeanne Thomas

Cactus Court

AN ABSURD ARGUMENT

Peggy Rubin’s association of the Tea Party and evan-

gelicals in her Progressive View column of Jan. 8 titled “Democracy and Religion” is absurd.

As an active evangelical Christian, I am friends with many past and present evangelical Christians, along with a huge share of campus intrigue, hubris, and politics. It’s a murder mystery that keeps us guessing until the final pages. But most of all, it’s a late-in-life love story, an unwav-

ering quest for marital romance.

Doug Herget can be emailed a dbh@msn.com.
by Bob Hanson

Feeling Lucky?

L ast week, while visiting a cousin in Green Valley, Ariz., my wife and I visited a museum featuring the now de-activated Titan missile. While it was an interesting and informative tour, it brought home to me the Cold War and living under that fear that inter-continental missiles with nuclear warheads could fly at any time. Many of my neighbors in San Diego dug backyard bomb shelters in the hope that they could survive the coming holocaust. Others of us felt that we weren’t sure we would want to survive in a world of nuclear winter with millions of people dying from adversity and famine.

The Cuban Missile Crisis was especially unset- tling. Everyone was convinced that the end was near. Fortunately, the Soviets decided that basing missiles in Cuba wasn’t worth risking the end of civilization and pulled their weapons out.

There were several other occasions when a nuclear war almost happened. A Soviet colonel defied orders and pulled their weapons out. In Cuba wasn’t worth risking the end of civilization.

But these languid efforts were not without some resolve. As a nonsmoker and scientist, I have taken a position of several decades in the 1960s. Reuters and the United States still have thousands of nuclear weapons aimed at each other and on hair-trigger alert. We have taken a couple of baby steps toward nuclear disarmament, but have a long way to go. Even if Russia and the United States use restraint, we have no assurance that India and Pakistan won’t fire their nuclear weapons first, by accident or design, and the death from radioactive fallout and nuclear winter, which could prevent crops from getting ripe.

President Obama made a nice speech, which won him the Nobel Peace Prize, but it well will not be so lucky the next time there is a computer glitch.

So, I’m feeling lucky to be alive today. But, unfortunately, not too much has changed since those perilous days in 1945.

Fact-based history is being made here but the trouble with history is that people tend to disagree about which facts are really facts (phase 1). Worse, the chest-beating, shrieking and finger-pointing can come from both sides of the aisle (phase 2), and the interpretation of the facts is not set in stone (phase 3). As a nonsmoker and scientist, I have taken a position of several decades in the 1960s. Reuters and the United States still have thousands of nuclear weapons aimed at each other and on hair-trigger alert. We have taken a couple of baby steps toward nuclear disarmament, but have a long way to go. Even if Russia and the United States use restraint, we have no assurance that India and Pakistan won’t fire their nuclear weapons first, by accident or design, and the death from radioactive fallout and nuclear winter, which could prevent crops from getting ripe.

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So, I’m feeling lucky to be alive today. But, unfortunately, not too much has changed since those perilous days in 1945.
Lisa Andrea Torres and band perform on Sunday

A romantic program of music featuring the Lisa Andrea Torres Quartet will be performed at the Sunday Showcase at 5 p.m. on Feb. 9 in the Tahoe Room at the Event Center. The band will perform a Valentine’s Day presentation called “I Wish You Love.”

The concert showcases standards from the Great American Songbook, from Cole Porter to Burt Bacharach, with up-tempo songs such as “I Love Paris” and “L-O-V-E,” swing tunes such as “Let’s Fall in Love” and “Almost Like Being in Love”; Latin renditions like “Begin the Begin”; “The Look of Love”; sultry songs like “Fever” and “Witchcraft,” and, of course, the poignant classic, “My Funny Valentine.”

Expressing warmth and versatility, Torres’ vocal style and musical arrangements contain elements reminiscent of the joyful upbeat big band and swing era, combined with the sensitivity and romance expressed by the great composers and performers.

Torres is a Bay Area native who has performed throughout the United States, Brazil, Japan, Korea and the Philippines for the past 20 years. Bay Area shows have included the Claremont Resort in Berkeley, the Marin Jazz Festival and the Ritz Carlton in San Jose.

Torres’ vocal style combines many elements of contemporary jazz and pop with Brazilian bossa nova and samba styles. The focus of this CD, “The Seventh Sense,” will be available for sale at the conclusion of the show.

Accompanying Torres are world-class musicians Frank Martin on piano, John Wittala on bass, Mary Fettig on sax and flute and Descom Claiborne on drums. Martin is a music instructor at UC Berkeley has backed up such artists as Sting, James Taylor, Billy Joel, Elton John, Madonna, Joe Cocker, Ricky Martin, Chris Botti, Zucchero, Bobby McFerrin, Tom Jones, Stevie Wonder, Brian Wilson and Gladys Knight.

Wittala has performed with Joe Henderson, Ernestine Anderson, Mose Allison, and Benny Golson. He currently performs with Wesla Whitfield and Paula West and is on the faculty of the Jazz School Institute and the Stanford Jazz Workshop.

Fettig is an instructor at San Francisco Conservatory of Music and the first woman to play in the Stan Kenton Orchestra. She also plays and tours with Marian McPartland, Tito Puente and Joe Henderson.

Claiborne has performed and recorded with artists such as Boz Scaggs, Angela Bofill, Charles Brown, Robben Ford and Ernie Watts. Enjoy this song’s story while relishing those special moments in life within the words “I Wish You Love.”

Tickets for this show are $10 and may be purchased in advance at the Excursion Desk at Gateway or at the door. This event is sponsored by the Excursion Desk and is open to all residents and their guests.

Mads Tolling Quartet comes to the Event Center in February

The Mads Tolling Quartet will perform in concert at the Tahoe Room at the Event Center on Wednesday, Feb. 12, at 7 p.m.

Tolling, internationally renowned violinist and composer, is a two-time Grammy award winner. As a former nine-year member of both Turtle Island Quartet and bassist Stanley Clarke’s band, Tolling has spent most his professional life touring internationally.

Since 2007 Tolling has lead his own group, the Mads Tolling Quartet. “The Playmaker,” released the fall of 2009, features Clarke and jazz greats Russell Ferrante and Stefon Harris. Tolling’s newest album, “Celebrating Jean-Luc Ponty—Live at Yoshi’s,” was released in 2012.

Tolling has been featured on NPR’s Morning Edition and, his recordings have received rave reviews in Downbeat Magazine, Strings Magazine, the Washington Post and the San Francisco Chronicle. He has performed with Chick Corea, Ramsey Lewis, Kenny Barron and Paquito D’Rivera.

As part of Turtle Island Quartet, Tolling won two Grammy awards for best classical crossover album with the recordings “Four” and “A Love Supreme—The Legacy of John Coltrane.”

The band has performed all over the country, including Yoshi’s San Francisco and Oakland, Herbst Theatre, Russian River Jazz Festival, Yerba Buena Gardens, Grass Valley Performance Arts, Blues Alley in Washington DC and Monterey Jazz Festival.

Tolling grew up in Copenhagen, Denmark, and moved to the United States at the age of 20 to pursue jazz studies. He studied under violinist Matt Glaser, and he graduated with an MFA cum laude from Berklee College of Music in Boston in 2003.

Tolling has performed more than one hundred concerts with Clarke worldwide, including the Newport Jazz Festival and the Hollywood Bowl and appears on Clarke’s album: “Toys of Men.” Tolling has been commissioned by Michael Morgan to write a Violin Concerto for Oakland East Bay Symphony in 2015.

Tickets for this concert are $10 in advance at the Excursion Desk at Gateway or $15 at the door. This is an Essex Production. This event is open to all residents and their guests.

Walnut Creek offers centennial downtown history tour

A downtown history tour sponsored by the Walnut Creek Historical Society will be held part of the month starting on Feb. 8. Check-in begins at 9 a.m. at the Warner Grand Theatre Plaza on the corner of Broadway and Mt. Diablo Boule- vard. The tour begins at 9:30 a.m.

A booklet with historic photo- tos of the sites visited may be purchased for $5.

This easy, 90-minute guided walking tour brings to life the early times and development of what has been known as the “Gateway to the Bay Area destination city. It is a perfect way to spend a morning and then stay to enjoy all that downtown Walnut Creek has to offer.

Registration in advance is required and space is limited. Reservations are due by Thursday, Feb. 6, and may be signed up for the tour go to the Walnut Creek Historical Society’s website at: www.walnutcreekhistorical.info and click on Walnut Creek Downtown Tours.

The downtown history tour begins with a new way to experience the city. It is one of the 100 Ways to Celebrate the Centen- nial, a community-wide year- long celebration to celebrate the 100th anniversary of Walnut Creek.

The fourth concert of the Rossmoor Chamber Music Society’s 2013-2014 season will feature the Cypress String Quartet. The performance is on Monday, Feb. 10, at 7:30 p.m. in the Event Center.

The program will include selections from Dvorak’s “Cypresses”; Griffes’ “Two Sketches Based on Indian Themes” and Beethoven’s op. 74, the “Harp.”

Known for elegant perfor- mances, the Cypress String Quartet includes Cecily Ward, violin; Tom Stone, violin; Ethan Butler, viola and Jennifer Kloetzel, cello.

It has been praised by Gramophone for its artist- istic integrity and musical cohesion. Its sound has been called beautifully propor- tioned and powerful by the Washington Post.

The quartet was formed in San Francisco in 1996, and during initial rehearsals the group created a signature sound through intense read- ings of J.S. Bach’s Chorales. Built up from the bottom register of the quartet and layered like a pyramid, the resulting sound is clear and transparent, allowing the tex- ture of the music to be dis- cerned immediately.

The Cypress String Quartet has added three new record- ings to its 10-album discogra- phy: “The American Album” featuring Barber’s Quartet op. 1; Griffes’ “Two Sketches Based on Indian Themes” and Dvorak’s String Quartet No. 12, “American.”

The complete three-CD set of Beethoven’s “Late Quar- tets” and an all-Dvorak disc on the AVIE record label feature Cypress, B.152 (the work from which the ensem- ble draws its name) and String Quartet in G. op. 106. The all-Dvorak disc has garnered significant attention and is be- ing featured on Sirius XM and PRI Classical.

The quartet has commis- sioned and premiered more than 30 pieces, four of which were chosen for Chamber Mu- sic America’s list of “10 Great American Ensemble Works.”

Commissioned composers in- clude Benjamin Lees, Jennifer Higdon, Kevin Puts, George Tsontakis and Elena Ruehr.

The Cypress String Quartet continues to maintain a busy national and international tour schedule, making appearances on concert series and in venues including Cal Perform- ances, Kennedy Center and the Library of Congress.

It is also a vibrant mem- ber of the San Francisco arts community, dedicating itself to reflecting and enriching the city’s cultural landscape through collaborations with the de Young Museum, San Francisco Girls Chorus and ODC-Dance. The quartet curates a Salon Series held in intimate, exquisite spaces in Berkeley, San Fran- cisco and Palo Alto.

The members of the quartet play exceptional instruments including violins by Antonio Stradivari (1681) and Carlo Bergonzi (1733), a viola by Vittorio Bellerofte (1947) and a cello by Hieronymus Amati Il (1701).

For information, visit the website, www.rossmoorcham- bermusic.org, or call Rita Ross, 945-1057. Single tickets will be on sale at the door for $18, starting at 7 p.m.
Oakland Youth Orchestra presents Saturday in Fireside Room

“The World of Webber” return to Rossmoor by popular demand on Saturday, Feb. 1, at 7 p.m. in the Fireside Room at Gateway.

The show celebrates the songs and musicals of Broadway and musical theater composer Sir Andrew Lloyd Webber. Performed in intimate cabaret concert style by three outstanding vocalists with a different, joyful and unaccompanied, the revue features Webber classics like “Music of the Night” (“The Phantom of the Opera”), “Memory” (“Cats”), “Don’t Cry For Me Argentina” (“Evita”), as well as selections from many of his other shows including “Joseph and the Amazing Technicolor Dreamcoat,” “Jesus Christ Superstar,” and “Sunset Boulevard.”

Webber has won seven Tony Awards, three Grammy awards, an Academy Award, a Golden Globe Award, was knighted in his native England and received a Kennedy Center Honor in 2006. The show celebrates the songs and musicals of Broadway and musical theater composer Sir Andrew Lloyd Webber performed in intimate cabaret concert style by three outstanding vocalists with a different, joyful and unaccompanied.

The program will feature songs and musicals from the shows “The Sound of Music,” “Fosse,” “Sunset Boulevard,” “Evita,” and “Sunset Boulevard.”

This free program is sponsored by the Recreation Department and is open to all residents and their guests. Tickets for this show are $10 in advance and $15 at the door. This event is sponsored by the Recreation Department and is open to all residents and their guests.

Kelly Brandenburg performs on stages throughout the country, and has starred in such shows as “Jekyll and Hyde,” “The Wizard of Oz” and “The Secret Garden.” A Sonoma County native, she holds musical theater degrees from both the New School University in New York and the American Musical and Dramatic Academy. 

The show will be performed in over 40 musical theater productions in the Sacramento area, most recently as Jean Valjean at The Woodland Opera House. Other roles include: Anatoly in the musical “Chazz,” Jesus in “Jesus Christ Superstar,” Pirate King in “Pirates of Penzance” and Curly in “Oklahoma.” He is a multiple award winner for his varied work.

Brian Watson recently received an Arty Award nomination for his performance in “Les Miserables” at Missouri Street Theatre to add to his many other credits. He has performed with Sacramento Theatre Company, Way Off Broadway and Strata Repertory Theatre and in shows including “Legally Blonde,” “Lend Me a Tenor” and “HairSpray.”

Musical Director Evan Alporame is the conductor and opera star who has appeared in over 50 productions with over 20 different companies, including performances at the Kennedy Center, Carnegie Hall, and in international festivals in Italy and Germany.

The Delish Band plays at Saturday Dance

This event is open to Rossmoor residents and their guests. Sodas, mixers and light snacks will be provided. For menaces may bring the beverages and snacks of their choice.

Saturday dances sponsored by the Recreation Department will take place in the Event Center on Feb. 1, April 5, June 7, Aug. 2, Sept. 6 and Nov. 1.

This free program is sponsored by the Recreation Department and is open to all residents and their guests.

First Friday Forum presents Margaret Liu Speaker talks about cancer vaccine at LOPC

Margaret Liu, named by Discover magazine as one of the 50 most important female scientists, is the speaker at the First Friday Forum event. It will be at 1:30 p.m. in the sanctuary at Lafayette-Orinda Presbyterian Church, 49 Knox Drive.

Liu’s topic is “New technologies for cancer vaccines and immunotherapies.”

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Valentine magnet-making class offered by Recreation

Join the Rossmoor Recreation Department for a Valentine magnet-making class on Thursday, Feb. 13, from 1 to 3:30 p.m. in the Fireside Room at Gateway Clubhouse.

This class will offer a perfect opportunity to make someone special a cute Valentine gift and have fun making something creative. Men and women are invited to this free class. Students will make four magnets with decorative wrapping.

There is a class maximum of 20 students per class. RSVP by Monday, Feb. 10, with Elena Ybara at 988-7766.

Tango and two-step lessons offered in ballroom class

Ballroom dance lessons are offered on Wednesday afternoons during February in the Bay Area Fitness Center.

Classes will include both American style tango and night club two-step. This is a chance for students to improve their skills in these very enjoyable dances, which are included in most dance programs.

Classes for intermediate students will begin at 3:45 p.m. while the more advanced class for continuing students will start at 4:45. Classes will be taught by Gail Enright, a well-known Bay Area ballroom dance teacher.

Cost for a single drop-in class is $10, or save with two consecutive classes for $15, three consecutive classes for $20 and four consecutive classes for $25. Private lessons are also available.

New students who know some of the basics of these dances are welcome in any class. For information about the classes, contact Enright at 284-1003 or email her at gail@sfwaltzingsociety.org.

Be careful of service vehicles

When walking on Rossmoor sidewalks, be aware of entering or exiting service vehicles, especially garbage and landscaping trucks. Often the driver cannot see pedestrians because of foliage and other obstructions.

Two Rossini operas in the air – sponsored by the Opera/Ballet Club

In February, the Opera/Ballet Club will present two Rossini operas in Peacock Hall at Gateway.

On Monday, Feb. 3, at 7 p.m., “L’Italiana in Algeri” will be shown. Rossini wrote this very funny opera when he was only 21, composing it in just 18 days.

This Metropolitan Opera production begins with James Levine conducting a thrilling overture and it bubbles like champagne all the way to the opera’s finale. By the end we are all intoxicated.

As Isabella, Marilyn Horne hits her high notes with incredible ease, singing with a rich and creamy mezzo voice. No matter how comic the moments, her enunciation is precise and perfect. She is simply spellbinding.

The production is by Jean-Pierre Ponnelle with first-rate costumes and sets. The film is 157 minutes long with a break between the two discs.

The following evening, Tuesday, Feb. 4, at 7, “Il Turco in Italia” will be screened. Also a comic masterpiece from Rossini, “Il Turco in Italia” features a second great mezzo soprano, Cecilia Bartoli, who – like Marilyn Horne – is also a terrific singing actress.

The costumes in this Zurich Opera production are gorgeous with a fairytale fantasy quality to them. Rossini’s arias and duets feature dazzling vocal techniques that zip up and down the scale with cascades of coloratura sparkling like diamonds. Rossini’s music is sustained, manic energy and yet contains elegant, lovely melodies as well.

This film is 137 minutes long. At both shows, a $1 donation will be requested and prizes offered at a raffle. All Rossmoor residents and their guests are invited.

Center Rep presents ‘Clybourne Park’

Center Repertory Company presents “Clybourne Park” Friday, Jan. 31, through Saturday, March 1, at the Lesher Center for the Arts, 1601 Civic Drive in Walnut Creek.

Written by Bruce Norris, it’s the winner of a Tony Award for best play and winner of a Pulitzer Prize for drama.

Home is where the heart – and history – is. This film is 137 minutes long. At both shows, a $1 donation will be requested and prizes offered at a raffle. All Rossmoor residents and their guests are invited.
Sierra Chamber Society features San Francisco Symphony members

The Sierra Chamber Society, now in its 27th season, is proud to present its third program featuring works by Hovhaness, Brahms and Borodin, performed by members of the San Francisco Symphony on Sunday, Feb. 2, at 3 p.m. at Grace Presbyterian Church just outside the Rossmoor gate.

Steven Lowe, program annotator for the Seattle Symphony, will offer a pre-concert talk at 2 p.m.

Featured works include Alan Hovhaness’ Four Bagatelles for String Quartet from the mid-1960s, an encore performance for the Sierra Chamber Society, capturing this prolific composer’s lively spirituality and unique voice. Next on the program is Brahms’ Sonata for Clarinet and Piano Op. 120 No. 2 performed by Jerome Simas, clarinet and Steven Cavalier, piano.

Siimas is the most recent addition to the clarinet section of the San Francisco Symphony and Cavalier is director of the Sierra Chamber Society.

This sonata, like its companion Op 120 No. 1, which Simas and Cavalier performed in the 2009 season, is one of just four major chamber works composed by Brahms featuring the clarinet. These sonatas, like Brahms’ Clarinet Trio and Quintet, both in the ever-enlarging Sierra Chamber repertoire, are a significant romantic adventure at a time when clarinet was still relatively neglected as a solo instrument.

Closing this concert will be Alexander Borodin’s landmark romantic work, the String Quartet No. 2 from 1881. Musicians in this and the Hovhaness will be violinsts Mariko Smile and Cathryn Down, violist Christina King and cellist Barbara Andres.

Tickets are $19 for seniors and are available online at www.sierrachamber.com or at the door.

Ballroom Dance Club sponsors classes in tango and waltz

The Rossmoor Ballroom Dance Club sponsors classes on Mondays, Feb. 10 through March 3. The American tango and waltz will be featured.

The class for beginners will be from 6:30 to 7:30 p.m. The more advanced class is from 7:30 to 8:30. Classes are taught in the Diablo Room at Hillside.

The instructor for both classes is Alberta Bagneschi. She has taught ballroom dance in the Bay Area for more than 25 years. She is known for her skills in teaching beginners, and her challenging patterns for the more advanced dancer.

During these classes, beginners will learn the basic moves for the tango and waltz. More advanced students will add new and exciting patterns to their repertoire. There will be greater emphasis on form and style.

The cost is $50 per couple. If both classes are taken, the cost is $75 per couple. Classes are open to all Rossmoor residents as well as nonresidents.

For information, call Bagneschi at 687-5270.

Get the BEST home care for LESS!

"Poetry Corner" is a biweekly column with poems contributed by members of the Rossmoor Poetry Circle.

In Gratitude for Wild Turkeys

By Carrie Knowles

I found three feathers on the path today, light as air, each quill firm yet hollow, gift of the wild birds who walk in flocks searching out seeds and snails beside the hedges. Each feather unique, this one bears bands of white and dark, the delicate filaments shining from black to subtle brown to speckled copper at the tip. I found it on a heap of scarlet leaves, so much beauty cast away in the fires of autumn.

Strange how what’s been let go bears the most exquisite brush strokes of the consummate Artist of all things.

Bagneschi trained with the International School of Dance in Del Valle. She has taught Rossmoor classes for 16 years.

The Social Dance Club will celebrate its 26th anniversary with a dinner dance on Tuesday, Feb. 11, in the Diablo Room at Hillside Clubhouse. The club’s weekly afternoon dance will be held from 4:30 until 6.

The anniversary party will begin at 6 with a buffet dinner catered by Leo’s Chinese Restaurant of Danville. It will be served with table wines and sparkling cider.

The menu includes basil fish filet, broccoli beef, kung pao chicken, sweet and sour pork, combination chow mein, spring rolls and combination rice. Dessert will be cake and cookies, with tea and coffee.

The cost is $15 for each member and $15 for each guest of a member. Early reservations are recommended since the party sold out last year. The reservation deadline is Friday, Jan. 31.

Members are also reminded to pay their annual dues of $10 per couple before Jan. 31 to be included in the annual roster. Membership is open to resident or resident/guest couples. A limited number of nonresident couples are also welcome.

Write separate checks, payable to Rossmoor Social Dance Club. Payments may be brought to the Tuesday dance, or placed in the club’s mailbox at Gateway.

The Social Dance Club was founded in 1988 and holds regular Tuesday dances from 4:30 to 6 p.m. all year. An extra half hour before the dance, from 4 to 4:30, can be used for practice. The purpose of the club is to provide afternoon dancing for sociability, exercise and recreation. Membership includes dancers of all levels and newcomers are very welcome.

Members volunteer monthly to set up and play recorded ballroom dance music, new and old, from the club’s large music library.

For couples whose New Year’s resolutions include ballroom dancing, the weekly dance is a good place to begin. Start by taking advantage of the club’s offer of a free first visit. Members are friendly and will gladly share their expertise of a given step.

For anniversary party information, call George Allen at 274-1819.

For information on club activities, contact President, Shirley Wang at 300-3140 or Vice President Howard Brown at 510-724-6551.

Poetry Corner

The Hot Flashers is one of Rossmoor’s two tap dance clubs. Their instructor is Diana Starr, front left.

Learn how to tap dance in class

Rossmoor has two tap dancing clubs, the Happy Hoofer and the Hot Flashers.

They meet Mondays, Tuesdays and Thursdays from 2 to 4 p.m. in the Shasta Room at Del Valle.

The instructor is resident Diana Starr who has taught Rossmoor classes for 16 years. Starr trained with the International School of Tap Dance Teachers, based in London. The classes are structured according to the students’ abilities.

Call Starr at 935-2166 to see which class and day would best meet your needs.

Club dues are $25 a year and there is no charge for the classes. You do not need tap shoes for the first class.

Social Dance Club plans anniversary dinner dance at Hillside Feb. 11

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POETRY CORNER

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Strange how what’s been let go bears the most exquisite brush strokes of the consummate Artist of all things.
The next Cotillion Dinner Dancer event will be held on Friday, Feb. 7, in the Fireside Room at Gateway Clubhouse. Cotillion Dinner Dancers dinner/dances will still be held on the first Friday of every other month; however, the new location will be in the Fireside Room.

The theme for February’s dance is Sweetheart’s Swing. Special decorations befitting the theme will be under the guidance of Barrie Elrod and Maxine of the RAA. Guest couples will be assigned based upon the theme for February’s dance is Sweetheart’s Swing. Special decorations befitting the theme will be under the guidance of Barrie Elrod and Maxine of the RAA. Guest couples will be assigned based upon the ticket purchased.

For information, contact Kelly at Meegankelly@yahoo.com or by calling Diane McPhun at 280-2548.

The Sewing Studio at Gateway is reserved exclusively for Sewing Arts Club members and may attend one dance during the calendar year, if space is available. In addition, interest-ed guest couples are eligible to fill out a membersh-ship application, once they have attended one previous dance. Contact the membership chairwoman, Pam Lee, at 932-2323.

Reservations are now being accepted. Any reservations made after Friday, Jan. 24, will be accepted on a space-available basis. Guest reservations will be accepted after that date, providing space is available.

The deadline for all reservations (including receipt of checks) is Friday, Jan. 31. Cancellations will not be accepted or refunds issued after that date.

Reservations will be assigned based upon the postmark, or receipt of the envelope. Members and guests who want to sit together need to submit their reservations in the same envelope.

Send or deliver checks with entrée choices (pork, salmon, vegetable cannelloni) noted on the check, to Ced Ferrett, at 3466 Tice Creek Drive No. 1, or drop the envelope and check in the drop-box outside Ferrett’s door. (No need to ring the doorbell.)

For those unable to attend, paid-for meals may be picked up the night of the dinner/dance by calling Diane McPhun at 280-2548.

Cotillion Dinner Dancers will now hold events in Fireside Room

The next Soirée des Artistes convenes on Wednesday, Feb. 12, at 7 p.m. at Dollar Clubhouse. It is an evening of artists for artists at Rossmoor. The format for the monthly event is a little night music, a little wine and light refreshments, a little mingling of the artists at Rossmoor. The format for the monthly event is a little night music, a little wine and light refreshments, a little mingling of the artists at Rossmoor.

The event will be introduced by Meegan Kelly, president of the RAA, and Anna George will interview the artist. George, a resident, is a teacher of painting at Rossmoor.

The cost for the evening is $64 per member couple and $74 per guest couple. Guest couples may attend when invited by a member couple and may attend one dance during the calendar year, if space is available. In addition, interest-ed guest couples are eligible to fill out a membersh-ship application, once they have attended one previous dance. Contact the membership chairwoman, Pam Lee, at 932-2323.

The event will begin at 6 p.m. sharp with the hosted cocktail hour serving favorite libations and hot hors d’oeuvres.

At 7, Sunrise Catering will begin serving the three-course dinner. The entrée selections for this evening will include roasted pork loin, salmon, or vegetarian cannelloni. To complement the meal, each table will be supplied with bottles of red and white wine.

As usual, music for dining and dancing befitting this month’s theme will be provided by the Manny Gutierrez Quartet.

The theme for the evening is $64 per member couple and $74 per guest couple. Guest couples may attend when invited by a member couple and may attend one dance during the calendar year, if space is available. In addition, interest-ed guest couples are eligible to fill out a membersh-ship application, once they have attended one previous dance. Contact the membership chairwoman, Pam Lee, at 932-2323.

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She states: “The RAA series of evening art and conversation takes its inspiritation from the European salon tradition and car-ries on from similar gatherings dating back some years ago at Rossmoor.”

Musicians for the evening will be Meriel Ennick on flute and Rosemarie Krovooza on viola.

Members of the RAA and their friends are encouraged to attend and enjoy the life and work of Burgess.

There will be an opportunity at the event to join the RAA for $10 per year. The soiree, a new feature of the RAA, is a wonder-ful evening of enjoyment and learning.

For information, contact Kelly at Meegankelly@yahoo.com or at 274-1565.

Soirées des Artistes features work by Bobbie Burgess

By Cecelia Wambach

Club correspondent

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Sewing Arts Club members only have use of studio

The Sewing Studio at Gateway is reserved exclusively for dues-paying members of the Sewing Arts Club who are engaged in all forms of the needle arts. Dues are $5 annually. There are no group memberships.

The Golden Rain Foundation (GRF) established rules of use for the studio space, equipment maintenance, insurance and custodial services.

All members who use the facility are expected to clean their working spaces (tables, sewing machine and floor) before leaving the studio. This is mandatory for the safety and health of other members.

Only one area (away from cork tables and sewing machines) is designated for eating and drinking beverages. All wet food and beverages should be deposited in trash receptacles outside the studio. Volunteer supervisors are on duty Monday through Friday from 9 a.m. to 3 p.m. They assist with sewing problems and op-eration of the sewing machines. They are not expected to clean up the debris left behind by members, nor by unauthorized users of the space when supervisors are not on duty.

The studio remains open through evenings, weekends and holidays for the exclusive use of club members. Visitors are wel-come, but they may use the facilities only after registering as members.

The next Cotillion Dinner Dancer event will be held on Friday, Feb. 7, in the Fireside Room at Gateway Clubhouse. Cotillion Dinner Dancers dinner/dances will still be held on the first Friday of every other month; however, the new location will be in the Fireside Room.

The theme for February’s dance is Sweetheart’s Swing. Special decorations befitting the theme will be under the guidance of Barrie Elrod and Maxine of the RAA. An attendant will be available for those who wish to check their coats.

The event will begin at 6 p.m. sharp with the hosted cocktail hour serving favorite libations and hot hors d’oeuvres.

At 7, Sunrise Catering will begin serving the three-course dinner. The entrée selections for this evening will include roasted pork loin, salmon, or vegetarian cannelloni. To complement the meal, each table will be supplied with bottles of red and white wine.

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The Published Writers of Rossmoor will feature Bud Lembke, 91, along with his work on book reviewing, in an audio-visual presentation, “Ups and Downs in a Flying Fortress,” at the library this February. The book chronicles the author’s 36 harrowing missions as a radio operator aboard a famed Flying Fortress bomber flying over southern Europe during World War II.

The “ups and downs” refers to the risks the men of the 15th Air Force faced in combat against the heavy German anti-aircraft fire.

Bud Lembke

He was in San Francisco when he started writing plays and found it was easier to write plays than books. After moving to Rossmoor seven years ago with his wife, Mary, he wrote the stage play “Arthritis Be Damned,” a parody loosely based on the idiocynances and frustrations of the adult community’s residents. The two-act play centered on the real-life controversy over the construction of the Event Center.

As a co-founder of the Drama Association of Rossmoor, Lembke continues to write plays and continues enrollment in the group’s playwriting class where the works are critiqued.

Lembke is currently looking into republishing “Ups and Downs in a Flying Fortress,” which was first produced in 1997. Since then, it has sold more than 900 copies, primarily to Rossmoor members and reunion members disbanded a few years ago, because so many members had died.

He speculates that there may now be a new market for his book among young people drawn to World War II aviation history. The book will be on display and available for check out at the Rossmoor Library or contact Lembke personally for a copy by calling 946-9828.

Lectures on U.S. foreign policy offered by Great Decisions in Peacock Hall

Great Decisions is an annual national educational program on eight timely U.S. foreign policy topics produced by the Foreign Policy Association in New York.

In Rossmoor these eight topics will be presented and discussed in Peacock Hall at Gateway on eight consecutive Tuesdays from Feb. 4 through March 25.

This year’s topics, which are presented in a briefing book and on a DVD, include: Political Islam in Africa; China’s Foreign Policy; Turkey: Israel; Energy Independence; Economic Statecraft and Trade; Defense and the Rise of New Technologies; and Food Security and Climate Change.

This program in Rossmoor is sponsored by the Alcalanes Adult Education Center and Rossmoor Association. The event is open to all Rossmoor residents and nonresidents.

Each meeting will go from 9:30 to 11:30 a.m., beginning with a 30-minute DVD presentation followed by a question and answer session with the speaker. There will then be time for questions and discussions.

Because of the program’s popularity and limited seating in Peacock Hall, preregistration for the series is recommended. Those wishing to register for the entire series, and/or to purchase the briefing book, may do so by going to the Alcalanes Adult Education Center, Building 100.

The center is located at 1963 Tice Valley Blvd. next to Rossmoor and is open Monday through Thursday from 8 a.m. to 9 p.m. and Friday from 8 a.m. to 4:30 p.m.

There will also be an opportunity to register for the entire series and/or to purchase a briefing book by going to the Fireside Room in Rossmoor on Tuesday, Jan. 21, from 9:30 to 11 a.m.

The cost to register for the entire series is $25. The briefing book, which contains important background information on each topic and pro and con arguments on U.S. policy alternatives, is $20. It is recommended reading; however, its purchase is not mandatory for class registration.

Those not interested in registering for the entire series and/or in purchasing the briefing book, may attend individual meetings of their choosing for a fee of $6 each, but on a space-available basis only.

For information, call the Adult Education Center at 280-3980 ext. 8106 or Bob Enochian at 934-8194 or at mhofstad@ifn.net.

DAOR’s Berkeley Rep docent program is overview of ‘House That Will Not Stand’

The fourth Berkeley Repertory Theatre docent presentation of the 2013-2014 season will be given on Tuesday, Feb. 4, at 3 p.m.

There has been a change in the venue and the meeting will now be held in Creekside Clubhouse’s Fireside Room. The program is hosted by the Drama Association of Rossmoor (DAOR).

The overview is about the world premiere of a new play, “The House That Will Not Stand,” by Marcus Gardley, directed by Patricia McGregor.

In 1836, white men in New Orleans lived openly with black Creole lovers. But when a man mysteriously dies, is there what to protect Beatrice? Secrets, sensuality and humor unfold for seven women in this one-day play.

The premiere runs from Jan. 31 to March 16 on the Thrust stage at Berkeley Repertory Theatre. All are welcome to this free presentation.

For more information on the docent overview, call Joanna Kraus at 939-3658.

The Rossmoor Poetry Circle Salon will meet on Monday, Feb. 17, from 1 to 3 p.m. in the Garden Room of Dollar Clubhouse. Poet and critic Jannie Dresser will lead an exploration of humorous poetry.

A small donation will be requested.

For information, contact Marc Hofstadter at 947-1244 or at mhofstad@ifn.net.

February Special Events sponsored by Recreation

The following are the February Special Events sponsored by the Rossmoor Recreation Department. For more information on any of these events during the month, check the Special Events listing on the calendar page each week, look for the article in the Arts and Leisure section of the News, or call the Recreation Department at 988-7732. Events are free unless otherwise noted.

Feb. 1 Saturday Movie

“Palm Joey” 1957 drama
109 min NR 1, 4, 7 p.m.
Peacock Hall, Gateway

Feb. 1 Oakland Youth Orchestra Concert

Conducted by Michael Morgan
1 p.m. Tahoe Room, Event Center

Feb. 1 Saturday Dance

Delish Band
7 to 10 p.m. Tahoe Room, Event Center

Feb. 1 The World of Web Show
7 p.m. Fireside Room, Gateway
Tickets $10 at Excursion Desk

Feb. 2 Sunday Funnies

“Spy Hard” 1996 comedy 81 min PG-13
4, 7 p.m. Peacock Hall, Gateway

Feb. 4 And the Oscar Goes To ...

Best actress Faye Dunaway
“Network” 1976 drama 121 min NR
1 p.m. Peacock Hall, Gateway

Feb. 6-7 Thursday and Friday Movie

Lee Daniel’s “The Butler” 2013 drama 113 min PG-13 1, 4, 7 p.m. (2/6) 10 a.m., 1, 4, 7 p.m. (2/7)
Peacock Hall, Gateway

Feb. 8 Saturday Movie

“The Grapes of Wrath” 1932 comedy 129 min NR 1, 4, 7 p.m. Peacock Hall, Gateway

Feb. 9 Sunday Funnies

“Monkey Business” 1961 comedy 90 min Not Rated 4, 7 p.m. Peacock Hall, Gateway

Feb. 9 Sunday Showcase

Lisa Andrea Torres Band
Includes wine, juice, light snacks
Hosted by Flight Attendants’ Club of Rossmoor
5 p.m. Tahoe Room, Event Center, Tickets $10

Feb. 12 The Spotlight

Mark Shaw-Vocalist
Nite Life Band
3 p.m. Tahoe Room, Gateway

Feb. 12 Mads Tolling Quartet
7 p.m. Tahoe Room, Event Center, Tickets $10

Feb. 13-14 Thursday and Friday Movie

“The Jasmine” 1943 comedy 98 min PG-13 Peacock Hall 1, 4 and 7 p.m. (2/13) 10 a.m., 1, 4, 7 p.m. (2/14)

Feb. 15 Saturday Movie

“Midnight of the Night” 1959 drama 115 min NR 1, 4, 7 p.m. Peacock Hall, Gateway

Feb. 16 Sunday Funnies

“Peeples” 2013 comedy 95 min PG-13 1, 4, 7 p.m. Peacock Hall, Gateway

Feb. 17-18 Foreign Film

“The Hunt” 2013 Danish drama 111 min R 4 p.m. English captions at both showings Rossmoor Library

Feb. 18 Bonnie Weiss

1:30 p.m. Peacock Hall, Gateway

Feb. 20-21 Thursday and Friday Movie

“All Is Lost” 2013 drama 106 min PG-13 1, 4 and 7 p.m. (2/20) 10 a.m., 1, 4, 7 p.m. (2/21)
Peacock Hall, Gateway

Feb. 22 Saturday Movie

“Kings Go Forth” 1958 drama 110 min NR 1, 4, 7 p.m. Peacock Hall, Gateway

Feb. 23 Sunday Funnies

“Modern Times” 1936 comedy 83 min G 4, 7 p.m. Peacock Hall, Gateway

Feb. 24 Musical Monday

“Love Me Tender” 1956 musical 90 min NR 4, 7 p.m. Peacock Hall, Gateway

Feb. 26 The Spotlight

Duos Gadjos
Noon-Fireside Room, Gateway

Feb. 26 Art House Movie

“Cutie and the Boxer” 2013 documentary 81 min R 1, 4, 7 p.m. Peacock Hall, Gateway

Feb. 27-28 Thursday and Friday Movie

“Captain Phillips” 2013 drama 134 min PG-13 1, 4, 7 p.m. (2/27) 10 a.m., 1, 4, 7 p.m. (2/28)

Language captions at 10 a.m. and 1 p.m. showings and also at 4 p.m. on Saturdays and Sundays. To get event calendars by email, contact Brian Pennehaker at bpennehaker@rossmoor.com. Comments or suggestions: Call 988-7732.
Film ‘Yana’s Friends’ shown by ORT, is set in Tel Aviv

ORT will show the award winning foreign drama “Yana’s Friends” on Monday, Feb. 3, at 4 p.m. at Peacock Hall at Gateway.

Set in Tel Aviv during the Gulf War, Yana and her new husband arrive in Israel from Russia only to have her spouse split town with the immigration money.

Yana, three months pregnant, is left to share an apartment with their roommate, a wedding photographer. The two inch slowly toward a romantic relationship.

The movie is a tender, spirited look at love and community in midst of war. The film has been screened at many foreign film festivals.

The film is 1 hour and 35 minutes in Hebrew with English captions.

A $1 donation will be appreciated to support ORT’s vocational and technical training schools in 56 countries throughout the world. Visit ortamerica.org.

Democrats sponsor ‘Inequality for All’

Reich presents a passionate argument on behalf of the nation’s widening economic gap. The movie will be shown at 1 and 7 p.m. and lasts 90 minutes. Both showings will be followed by a discussion for those who wish to stay.

Although this film is sponsored by the Democrats of Rossmoor, all are welcome. A $1 donation will be requested, but no one will be turned away until the theater is filled. For questions, call Emily Ehm at 943-7610.

Art Association will visit de Young Museum to see Georgia O’Keeffe exhibit

The Rossmoor Art Association (RAA) has chartered a bus to the de Young Museum in San Francisco to see the Hyde Collection on Tuesday, March 27.

The Georgia O’Keeffe Museum, Santa Fe, N.M., has organized a first-of-its-kind exhibition that will closely examine the extraordinary body of work created by O’Keeffe at Lake George, N.Y., 1918 through 1930s. This area was critical to the development of O’Keeffe’s style of modernism and abstraction.

The exhibition will explore the full range of work by the artist from magnified botanical compositions of flowers and vegetables and still-life of fruits, trees that grew in abundance at Lake George, which resulted in 29 canvases, in addition to architectural subjects, including paintings of the weathered barns and buildings on Alfred Stiglitz’s property. All of these themes will be explored through a selection of approximately 55 works from public and private collections.

The bus will leave from the Gateway parking lot at 9:30 a.m. and will leave the de Young Museum at 1:30 p.m. The cost for nonmembers (of the museum) will be $48. Members of the Fine Arts Museum will pay $30 per person. Included in the cost is admission, docent tour and motorcoach transportation.

There will be time to have lunch (no host) at the cafe. Participants must be members of the RAA to participate.

If not, send a check payable to RAA, PO Box 2070, Walnut Creek, CA 94595 (for membership only). Fine Arts Museum members who are bringing a guest, he or she will pay the same amount as the member pays. The guests need not be members of the RAA.

Send payments for the tour to A.A. Garelick, 2525 Golden Rain Road No. 8, or call 945-6936. Make check payable to RAA and put a telephone number on the check. No refunds will be issued after March 12.

Friends of KPFA will show ‘Inequality for All’

Rossmoor Friends of KPFA will present the newly released film “Inequality for All” on Tuesday, Feb. 4, at 4 p.m. in the Fairway Room at Creekside.

This full-length movie was directed by Jacob Kornbluth and centers on Robert Reich, professor of public policy at UC Berkeley and former Secretary and distinguished UC Berkeley professor Robert Reich as he tries to raise awareness of the country’s widening economic gap.

This film is set in Tel Aviv during the Gulf War, Yana and her new husband arrive in Israel from Russia only to have her spouse split town with the immigration money.

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To receive free digital service, order a converter box or discuss ongoing customer service issues with Comcast, Rossmoor residents should call the Comcast Customer Service Line at 1-800-407-2997.

For information on the movie, go to the website: www.inequalityforall.com. Also, check out the radio station, KPFA at 94.1 on the dial or on the Internet at www.kpfa.org.

For information, call Ron Cohn at 988-0760, Jane Vinson at 938-3843 or Marvin Cohen at 944-1757.

Democratic sponsorship for the film comes from the United States Democratic Committee for Israel (USDCI) and the National Jewish Democratic Council (NJDC). The film follows former U.S. Labor Secretary and distinguished UC Berkeley professor Robert Reich as he tries to raise awareness of the country’s widening economic gap.

For questions about the film, call Emily Ehm at 943-7610.

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For questions about the film, call Emily Ehm at 943-7610.
**Saturday’s feature is musical ‘Pal Joey’**

The 1957 musical comedy “Pal Joey,” starring Frank Sinatra and Rita Hayworth, will be shown in Peacock Hall at Gateway on Sunday, Feb. 2, at 4 and 7 p.m. The showing will feature language captions.

Hayworth steals the show and wins Joey’s heart. “Pal Joey” is about a young girl Linda English (Kim Novak) enters the picture and changes the game and his heart. This Rodgers and Hart musical includes memorable tunes such as “I Could Write a Book” and “Bewitched, Both Cred and Bewildered.”

This film is one hour and 49 minutes long and is rated PG-13. This free program is sponsored by the Recreation Department and is open to all residents and their guests.

**Comedy ‘Spy Hard’ to be shown Sunday**

The 1996 comedy “Spy Hard,” starring Leslie Nielsen, will be shown in Peacock Hall at Gateway on Sunday, Feb. 2, at 4 and 7 p.m. The showing will feature language captions.

Nielsen stars in this spoof as bumbling secret agent Dick Steele, who is summoned out of retirement to stop mastermind General Rancecor (Andy Griffith) from destroying the planet. At his side is KGB agent Veronique Urmkryns (Nicoletta Sheridan), whose father is in Rancecor’s clutches.

This film is one hour and 21 minutes long and is rated PG-13. This free program is sponsored by the Recreation Department and is open to all residents and their guests.

**Oscar-winner ‘Network’ is Tuesday’s film**

The 1976 drama “Network,” starring William Holden and Faye Dunaway, will be shown in Peacock Hall at Gateway on Tuesday, Feb. 4, at 1 p.m. The showing will feature language captions.


This film runs two hours and 50 minutes, and is in Italian with English subtitles. All Rossmoor residents are invited to attend, and there will be a short discussion following the film.

For information, contact Jackie Smith at 279-3346.

**30s/40s/50s movie is ‘Cinema Paradiso’**

The 30s/40s/50s Couples Club’s next movie, “Cinema Paradiso,” will be shown on Tuesday, Feb. 11, at 7 p.m. in Peacock Hall.

“Cinema Paradiso” is about a young boy, Salvatore, a Sicilian who is mesmerized by the movies shown in his local theater. Salvatore leaves his home to pursue his dreams, and he returns some 30 years later as a man looking back at his lifelong romance with the cinema.

This Italian film was made in 1990 by director Giuseppe Tornatore, who, in 2002, made a director’s cut and added to the original film.

The film runs two hours and 50 minutes, and is in Italian with English subtitles. All Rossmoor residents are invited to attend, and there will be a short discussion following the film.

For information, contact Jackie Smith at 279-3346.

**Italian film is ‘Un Giorno Speciale’**

The Italian-American Club and the Italian Conversation Group continue their film in Italiano series. The movie, “Un Giorno Speciale,” will be on air only Monday, Feb. 17, at 7 p.m. in Peacock Hall at Gateway.

This Italian film is “Un Giorno Speciale,” will air in Peacock Hall at Gateway on Saturday, Feb. 1, at 1, 4 and 7 p.m. The showings at 1 and 4 will feature language captions.

Guests behind-the-scenes look at the world of backup vocalists in this documentary that weaves interviews with legendary singers, like Bruce Springsteen, Mick Jagger and Bette Midler, with the comments of those whose voices support them, such as Darlene Love and Merry Clayton.

This film was nominated for an Academy Award for best documentary of 2013. This film is one hour and 30 minutes long and is rated PG-13.

This free program is sponsored by the Recreation Department and is open to all residents and their guests.

**Secondhand smoke ordnance officially becomes law on Jan. 29.**

For information and to be included in an email distribution list that will link to the film’s trailers, contact Joe Casalana at jcasalana@gmail.com or at 482-0919.
This is an exceptionally well-performed and recorded disc of string quartets of two composers who led the avant-garde movement in Poland in the mid-20th century, and contributed significantly to the European development of new musical sonorities. Krzysztof Penderecki (b.1933) and Witold Lutoslawski (1913 to 1994) have composed large scale forms (orchestral and choral) and chamber music that integrated avant-garde sound effects with music from the past and present. Penderecki merged the modern with religious effect and drama and Lutoslawski connected elements of folk music, neoclassicism, serial and controlled aleatoric music. Both composers added tonality to their arsenal of musical techniques late in their careers, providing a synthesis of experimentation and lyricism that is characteristic of much of modern classical string quartet music today.

For over 50 years, Penderecki has been at the forefront of 20th century avant-garde musical development. In the 1960s, he became a leading experimental composer when he penned the “Threnody to the Victims of Hiroshima,” a terrifying musical evocation of that horrible event. He called this language “sonorism,” and it includes percussive sounds with stringed instruments, pitched fingers in dense clusters, microtones and glissandi.

By the mid-1960s, he began to integrate his compositional techniques with more traditional forms. In the “St. Luke Passion,” arguably his masterpiece, Penderecki chose a century old religious event, and expressed it in a musical language unique to our century. He denied writing to please an audience (“I never think about writing for others, but I have always had an audience”), his musical journey has included exploring Romanticism (Violin Concerto No. 1) within the context of his modern style. His works have become increasingly expressive and sophisticated.

The String Quartet No. 1 (1960) is a great example of Penderecki’s innovative musical sound world. The percussive performance techniques – playing between the bridge of the violin and the tailpiece; hitting strings with the wooden back of the bow (col legno); striking strings with the palm of the hand, scratching, drumming and others – create a sound world that is powerful and void of any melody in its seven-minute length.

In String Quartet No. 2 (1968), homogenous ensemble textures use quarter tones and guitar-like glissando strumming to create a world that resists sounds from outer space. At 5:17 there’s a sequence that sounds similar to Janet Leigh’s stabbing scene in Bernard Herrmann’s score of Hitchcock’s movie “Psycho” (1960). He also uses “airplane” glissando introduced in “Threnody to the Victims of Hiroshima.” It’s easy to dismiss these quartets as unmusical experimental uses of instrumental techniques, but there’s no denying their power and dramatic impact. The performance of the Royal Quartet is astounding and the sound adds punch to this music.

To be continued

Join Robert Moon for a celebration of his book, “Copland, Gershin & Bernstein: Celebrating American Diversity” on Monday, Feb. 3, at 6:30 p.m. in the Redwood Room in Gateway. Moon can be emailed at moon2780@comcast.net.

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**Published Writers discuss how to promote new books Saturday at Creekside**

Given the digital revolution, many authors are publishing their books on-line rather than working with traditional publishers. This may make it easier for them to see their books in print. But in such a crowded marketplace, it is much harder for them to actually sell their books.

The Published Writers of Rossmoor will share advice on how to promote today’s books at its monthly meeting on Saturday, Feb. 1, from 10 a.m. to noon in Fairway rooms A and B at Creekside. All Rossmoor residents are invited to attend.

Chairwoman Mary Lou Schram, who has self-published four books and had one printed by a traditional publisher, will give pointers on how to be your own publicity agent.

She will discuss the importance of keeping an up-to-date mailing list of old and new friends, business associates and especially former buyers of your books.

She and other club members will also discuss entering literary contests to gain exposure and add prestige for the book.

The writers will also share ideas on how to promote on-line through sites such as Amazon and how to submit articles to professional journals and other literary associations.

Club President Duke Robinson said that the club continues to help its members publish and promote their books.

“We feature one of our members each month at the Rossmoor Library. We also arrange for book signing parties, invite leading Bay Area publishers to speak at our monthly meetings and produce an annual book fair, in which dozens of our authors participate,” he said.

This February, the club will initiate a series of interviews on Channel 28 during which its members will discuss their recently published books. Jon Foyt will conduct the interviews.

For information on club programs, contact Schram at marylouschram@att.net.

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**Democrats sponsor a book club to discuss politics, the economy and social issues**

The Democrats of Rossmoor sponsor a book club. Members read and discuss books about American political, economic and social topics. The first meeting on Jan. 3 had an overflow crowd.

Book club members have decided to read “Trailblazer,” a biography of Jerry Brown, by Chuck Madden. Madden will speak at the Democrats of Rossmoor’s monthly meeting in March, so there will be an opportunity to meet this author.

Two club members have offered to lead the discussion of the book at the meeting on Monday, Feb. 3, at 3 p.m. upstairs in the Eisenhower Room at Dollar Clubhouse.

Members will also select books for the next few months from a list that was distributed to attendees at the January meeting. Several copies of books on this list will be available on the Democrats’ shelf in the Rossmoor Library.

Everyone is welcome at book club meetings. Membership in the Democrats of Rossmoor is not required. For information or for a copy of the February book, contact Jane Walter at 945-1429 or at walterjane4@yahoo.com.

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**Consider carpooling to popular Gateway and Del Valle events**
Watercolor workshop for beginners sponsored by RAA

A watercolor workshop for beginners is offered by the Rossmoor Art Association (RAA). It will be on Saturday and Sunday, Feb. 22 and 23, in the Art Studio at Gateway. The sessions are from 10 a.m. to 4 p.m. with a lunch break. The instructor is Linda Sutton.

The workshop is about the nature of watercolor and the equipment used to control it. Equipment is provided, if you choose to borrow it.

Understanding water saturation along with the nature of transparent color is critical to being fearless with this fast-moving medium. Then designing the relationships will be less in intimidating.

The workshop starts with a quick lecture about color. Then there will be some exercises to practice the use of the relationships of paint and color.

Membership in the RAA is required. Membership is $10 a year. The class is limited to 18 to allow for closer supervision.

The workshop fee is $100. Reservation checks, payable to RAA, should be sent to L.D. Sutton at 230 Bear Oaks, Martinez, CA 94553. Note “Sutton workshop” on the memo line of the check. Be sure to include an email address. Registration is in the order of checks received.

Tesa Blackburn presents acrylic painting demonstration

The Rossmoor Art Association (RAA) presents a demonstration by artist Tesa Blackburn on Wednesday, Feb. 5, from 1 to 3 p.m. in the Art Studio at Gateway.

Blackburn has been a Bay Area artist for more than 25 years. Her main medium is acrylics.

She earned bachelor’s and master’s degrees in fine art. She has taught throughout the country. She exhibits and awards are numerous.

Blackburn has a joyful spirit and love of color, shapes, texture and line that shines through her paintings. Her expertise led Golden Paint to hire her as the Golden working artist in San Francisco.

Her website is blackburn-artist.com.

The demonstration is open to everyone. The RAA welcomes newcomers and guests.

Refreshments will be served. For information, call 472-0801.

Lapidary Club members exchange, sell supplies

Rossmoor Lapidary Club members who have leftover supplies or equipment may exchange it or sell it to other club members on Monday, March 24, from 9 a.m. to 1 p.m. at the Lapidary Studio at Gateway.

The sale items may include raw materials, such as rocks, slabs, glass, frit, molds, wire and silk cord. Jewelry making hand tools may include scissors and tweezers. Metallurgy, tools and supplies may include tile vices, anvils, hammers, jump ring makers, rollers and grinding and polishing tools and accessories. Rock cutting tools may include saw blades and grinders.

Members who want to sell items at the exchange and sale should sign up at the Lapidary Studio Wednesday, Jan. 29, through Monday, March 17. All sale items must be priced before bartering or selling.

Friday Lunch

IN ROSSMOOR
Menu for February 7
Call 988-7703 for a reservation

Friday Lunch is served at a suggested donation of $52. Lunch is served at 11:30 a.m. at Hillside. Reserve a space for Friday Lunch for the following week in person right after lunch. Call 988-7703 no later than Wednesday by noon. To cancel a reservation, call 988-7703. Please leave name and phone number when cancelling. If you are unable to make lunch, cancel your reservation so another resident can take your place.

The menu:

- Crab cake, Manhattan clam chowder; scalloped potatoes; spinach salad with Catalina dressing; whole wheat bread; and mixed fruit.
- Options: Hamburger plate or chef’s salad
- Please specify the entrée of your choice; otherwise, you will receive the menu item for that day.

Art Association donates funds to arts program at Byron Boys Ranch

Rossmoor Art Association (RAA) Board President Meegan Kelly presented a generous donation from Susan Sherwood, a past member of the RAA, to the Byron Boys Ranch Fine Arts Program at the RAA’s first monthly meeting Jan. 15. Karl and Betsy Livengood, initiators of the Fine Arts Program, recited a letter and the check.

In her letter to the board, Sherwood wrote that it was her pleasure to participate briefly in the program and that it touched her heart so positively the program impacted the young men who participated.

The Fine Arts Program started in 2012 and is held on Wednesdays. 10 months of the year. It is a four-hour volunteer commitment, from noon to 4, including transportation to and from the ranch in eastern Contra Costa County near Byron.

The curricula includes: basic watercolors, including color mixing; drawing and portrait drawing; collage; mural painting; and creating with clay.

CAC volunteer corps includes 10 artists and assistants. Members who would like to share their skills and passion with teenagers and who are interested in learning and creating this positive interaction with adults are welcome to join the group.

CAC Contact: Betsy Livengood at 708-9046 or email livengood@me.com

Ceramic Arts Club to hold glazing and mold-making workshops in studio

The Ceramic Arts Club’s (CAC) ongoing orientation is under way and continues on Wednesdays, Jan. 29, from 10 a.m. to 2 p.m. Orientation glazing sessions take place Thursday, Jan. 30, or 4 p.m. to 7 p.m. for $10 per person (includes lunch).

Contact Linda Mariano at 938-3534.

The next Show and Tell is scheduled for Friday, Jan. 31, from 11:30 a.m. to 1 p.m. All classes and workshops are open to Ceramic Arts Club (CAC) members only. Orientation is a requisite for membership. The activities calendar and sign-up sheets at the front of the studio list all current and upcoming events in addition to items here in the news.

Molds workshop

CAC member Pat Faull and Judy Johnson are providing a workshop for mold making using simple latex and bisque molds on Wednesday, Feb. 5, from 1 to 4 p.m.

The cost is $10 (nonrefundable) to reserve a spot at the time of sign-up and checks will then be returned to those attending the workshop.

Ceramic Arts Club workshop

CAC member Nancy Meaden will provide an in-house glazing workshop on Saturday, Feb. 8, from 9:30 a.m. to 12:30 p.m. The workshop can accommodate six members interested in developing their glazing skills.

The cost is $30 for one session to hold a space at the time of sign-up and checks will then be returned to those attending the workshop.

Sign-up sheet is at the front of the studio and payment is by check only made out to CAC. Contact Meaden at 658-2542.

General meeting

The next general meeting is scheduled for Tuesday, Feb. 11, from 1 to 3:30 p.m. in the Ceramics Studio. Following club business, local artist Gerry Wallace will provide a free demonstration.

Wallace works with rolled and poured porcelain slabs to create hand-built forms with painterly surface designs. She will discuss surface preparation, image and design elements, and getting the image on the work using underglaze, clay stencils, stencils and colorants. She will also share her techniques for glazing and firing the work.

General meetings are open to the general population at Rossmoor. Contact Jeanne Faull at 279-1371.

30s/40s/50s Couples go to symphony rehearsals

Members of the 30s/40s/50s Couples Club are going to a San Francisco Symphony rehearsal and out to lunch on Thursday, Feb. 27.

Michael Tilson Thomas will conduct Mahler, Symphony No. 3, Salada Cooke, mezzo-soprano, the San Francisco Symphony Chorus and the San Francisco Orchestra. The San Francisco Orchestra will also participate in the program.

The group will meet at Gateway at 6:35 a.m. to form car pools to drive to BART. The group will take BART to the Civic Center station in San Francisco. From there, it is a short walk to Davies Symphony Hall.

The doors open at 8:30. Coffee, tea, and doughnuts are available from 9 to 9:30, prior to the informative talk about the performance. The rehearsal begins at 10 and lasts until 12:30 p.m.

After the rehearsal, the group will walk a few blocks to the Mediterranean restaurant, Hayes and Kebab, at 580 Hayes St. The lunch choices are chicken kebab, lamb kebab or vegetarian moussaka. The meal includes dessert as well as coffee or tea. After lunch, the group will walk to BART for the return trip to Walnut Creek.

The door price for both the rehearsal and the lunch is $35 for each club member and $40 for each guest. Checks should be made payable to the 30s/40s/50s Couples Club and sent to Fay Fehd at 3206 Terra Granada Drive No. 2A. Indicate each person’s lunch choice on the check.

Checks must be received by Monday, Feb. 10. There will be no refunds after that date.

Syphony and lunch tickets will be mailed to attendees prior to the event. This is a very popular event and attendance is limited to 50 people. Members of guests will be included on a first-come, first-served basis, if there is space available.

For information, contact one of the hosts: Fay Fehd at 210-1994 or at hefay@att.net; Jill Alley at 954-8276 or at jillalley66@gmail.com; or Irene Krohn at 933-4320 or at wjkik@aol.com.
TGIF dinner dance moves to Event Center

The TGIF Club will have a dinner dance on Friday, Feb. 21, in the Event Center.

At 6 p.m., the hosted bar will open and serve cocktails and hors d’oeuvres, including teriyaki meatballs, stuffed mushrooms and bacon and focaccia bread.

Dinner will be served at 7. The dinner choices include roast pork tenderloin with a teriyaki meatballs, stuffed mushrooms and crispy bacon. Coffee and tea.

Residents may recycle eyeglasses by humor and trivia. For information, call club President Phil Blakeney at 933-6007.

Couples are invited to learn more about the club by coming to dinner as paying guests on a space-available basis.

Second Tuesday Lunch Group meets

The Second Tuesday Luncheon Group will have a Valente luncheon on Tuesday, Feb. 11, at Dollar Clubhouse.

The social hour begins at 11:30 a.m. The roast beef luncheon will be served at noon. The roast beef luncheon is available on request. Wine, coffee and tea will also be served with the meal.

Reservation checks must be received by Thursday, Feb. 13. Checks can be dropped off at the Prime Time Club message box located at Gateway; or, they may be mailed or delivered to club Treasurer Tom Meszet at 2132 Golden Rain Road No. 1, Entry 13.

Late phone reservations are sometimes possible. Call Meszet at 939-2132 for information.

The Prime Time Couples Club is a social club for couples that meets the third Tuesday of every month for a catered dinner and conversation, followed by humor and trivia. For information, call club President Phil Blakeney at 933-6007.

Couples are invited to learn more about the club by coming to dinner as paying guests on a space-available basis.
Italian-American Club to celebrate Valentine’s Day

The Italian-American Club will begin the New Year with a dinner dance featuring a Valentine’s Day theme. The party will be held on Friday, Feb. 14, at the Event Center. The hosted bar will be open from 5:15 to 6:30 p.m. Dinner, catered by Vic Stewart, will be provided. The menu includes antipasto, winter salad, fusilli with rosette sauce, braised short ribs, mashed potatoes, assorted vegetables, and dessert. Red and white wine and decaffeinated coffee will also be provided.

The evening will feature the Manny Guiterrez Band. Hosts for the evening will be John and Pat Hyde.

Wine and Food Society heads to Crockett’s Dead Fish Deadline to reserve Feb. 13

The Rossmoor Wine and Food Society will gather at the Dead Fish restaurant in Crockett on Thursday, Feb. 27. The Rossmoor Wine and Food Society will provide dessert, wine, and a host of available appetizers to give attendees a chance to meet new members, enjoy current friends and entertain with various topics.

Residents who like to eat well, share a culinary passion and party with friends should consider Sunday Salons. That’s what members do in the varied social venues that Sunday Salons provides.

Sunday Salons is an active social organization in which single men and women enjoy a variety of activities. These may include evening events at the Dollar Clubhouse, other month, sampling cuisines at local restaurants, small dinner groups at member’s homes and participating in wine tastings and with selected appetizers.

The meal begins with crab crostini with smoked salmon and avocado; cheese bread with melted raw milk cheddar cheese; and antipasto, served with selected cheeses and cured meats. With the appetizers, Arigolos Castalolino Vermintino Di Sardegna from Italy will be served, a white wine that has supple aromas of citrus, tropical fruits and honey supported by zesty acidity and minerality. A medium-bodied white wine that pairs well with seafood appetizers.

The meal continues with a salad of lettuce, tomatoes, avocados and red onions; bread and butter. Choose from four entrées to be selected. Featuring the house specialty of Dungeness crab legs roasted in a secret garlic sauce; savory braised bone- less short rib; salmon in a lemon and caper sauce; or angel hair crab lasagna.

Served with dinner will be Stag’s Leap Wine Cellars, Hands of Time Napa Valley Chardonnay, a medium bodied white wine with apple and vanilla wafer flavors along with citrus notes of tangerine. Also served is a Valdiveso Pinot Noir from Chile, with aromas of cranberry and coffee and aged in French oak barrels, which add structure and body to the dark berry fruit.

Tiramisu with raspberry mango coulis will complete the meal, along with coffee and tea.

The bus will depart from Gateway at 5 p.m. and return to Rossmoor at 8:30. Reservations should be made early and all reservations must be received no later than Thursday, Feb. 13. No refunds can be included after that date, since all monies must be paid to the restaurant at that time.

The complete cost for this experience is $95 for members and $105 for guests. For information about the event should call Hawkins at 287-0468.

Each Thursday, Sunday Salons members gather at a designated restaurant for a YIT (Yea, It’s Thursday) happy hour, beginning at 4:45 p.m. It is a popular venue for friends, old and new, to meet for wine, details, food and conversation.

Nonmembers are encouraged to attend the evening provides a great opportunity to meet Sunday Salons members, ask questions and enjoy the activities of Rossmoor’s singles organization. The YIT for Thursday, Jan. 30, will be at the Pyramidal restaurant, Bay Area ecological consultant Michael Starkey, he has worked as an ecological consultant for environment and government agencies, such as the United States Fish and Wildlife Service and the California Department of Fish and Game. Starkey has also given presentations on frog conservation in Canada, Germany, Ghana and Belize.

Sunday Salon plans dinner parties

The San Francisco Chronicle special organization in Rossmoor at 8:30.

The Red Hat luncheon will be on Saturday, Feb. 1, at 11:30 a.m. in the Fireside Room at Gateway. Postponed from January, Richard Fey will be the entertainment.

February’s menu choices are beef burgundy or cheese ravioli with cherry pie for dessert. The cost is $15 for members and $17 for nonmembers. For information about the event should contact Queen Ruth Koehler. Members should call Koehler at 930-9063 if they know of a member who is ill or in need.

Information about the Rossmoor Red Hatters can be found on the website www.rosabow.com. Members provide a wonderful opportunity to public interest groups. The YIT for Thursday, Jan. 30, will be at the Pyramidal restaurant.

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These events are always a hit and offer great food, special wines and the opportunity to meet new members, enjoy current friends and enter into open dialogue on various topics.

Every other month members meet for an evening out at a local restaurant. Sometimes the restaurant is a tried and true favorite and at other times, a new cuisine experience.

This event is open to nonmembers, as space allows, so they can learn about Sunday Salons and participate in the event. For information, call Wootlell at 287-0468.

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The Connection celebrates 25 years of fellowship

The Connection will celebrate its 25th anniversary with a potluck dinner on Tuesday, Feb. 4, at 5:30 p.m. in the Fireside Room at Gateway.

Plans include silver art settings and a champagne toast to celebrate The Connection’s 25 successful years and honor past presidents and the founders of the club.

In 1989, a group of women saw the need for an organization that would make it easy to meet new friends through shared activities. The club has more than 200 members and is growing.

For the potluck, the club will provide spiced-roasted chicken, plus waffles and orange juice and a 25th anniversary cake. Members are asked to bring an appetizer, salad, main course or dessert that will serve eight.

The cost is $5 plus a food contribution. Members are welcome to bring a guest for the same cost and food assignment.

The dinner is also open to interested Rossmoor women who don’t have a member sponsor but want to learn about this club and its activities.

Reservation checks should be placed in an envelope marked “potluck” and put in The Connection’s mailbox at Gateway or mailed to Judy Box at 587 High Eagle Court. The deadline is Thursday, Jan. 31.

Groups of eight who want to sit together may reserve a table by placing all reservation checks in the same envelope. Past presidents and founding members may omit the check and simply give their name and write “honored guest attending” on the envelope.

Others who want to sit together should arrive together promptly at the largest table in the Fireside Room at Gateway. Doors will be opened promptly when the doors open, as seats cannot be saved for late comers and tables fill up quickly.

For information about reservations, call Janet Leask at 287-9096. For information about the dinner, call the dinner chair, Nancy Turner at 932-9035.

To be informed of activities, go to the club’s website at www.rossmoorconnection.org.

30s/40s/50s women to dine at Rustic Tavern in Lafayette

The Ladies Who Lunch group of the 30s/40s/50s Couples Club will have lunch on Tuesday, Feb. 11, at the Rustic Tavern restaurant in Lafayette.

The restaurant features American cuisine, including pastas, sandwiches and salads, plus vegetarian dishes.

The group will meet at 11:30 a.m. in the far corner of the Gateway parking lot to form carpools to the restaurant at 3576 Mt. Diablo Blvd. in downtown Lafayette.

For reservations, call Sandy Cavallo at 930-6555 no later than Saturday, Feb. 8. For last minute cancellations, call Joann Tracy at 954-780. The 30s/40s/50s Couples Club is for married couples born in the decades of the 1930s, 1940s or 1950s. It is a social group whose purpose is to meet others in the same age group with similar interests.

For information about other activities or to join the club, contact Judy Nixon, membership chairwoman, at 286-6175 or Patty Smith at 949-8325.

Railroad Club plans to meet every other month

At the last luncheon meeting of the Rossmoor Railroad Roundhouse (RRR), members voted to meet every other month.

During the months in between, members may visit railroad museums and attend model railroad layouts as well as take full day excursions on tourist trains.

The next luncheon meeting will be Thursday, March 6, at 12 p.m. in Dollar Clubhouse. The program will be announced later.

The cost is $5, payable by check to RRR. Place checks in an envelope marked “Lunch 3/6/14.” Deposit them in the club mailbox at Gateway.

Members are also asked to pay 2014 dues. The cost is $15 per person or $20 per couple. Place checks in the club’s mailbox or mail them to Jack Metro, treasurer, at 120 Camrose Place, Walnut Creek, CA 94596-6722.

Entertainment Notes: Cirque du Soleil

Continued from page 20A

dughter, Miranda, and a magical dragon like creature, by the name of Cali, and a shipwrecked survivor, by the name of Romeo. While “Amaluna” is similar to Shakespeare’s “Tempest” storyline, Cirque du Soleil only incorporates Shakespeare’s principal characters into the plot. Shakespeare’s grand, powerful and complicated and powerful storyline it is not. What is unique about Cirque du Soleil’s island is that it is populated almost entirely by women, which was probably necessary to their storyline, in that 70 percent of their performers are women. Even some of the men are played by women and these quite lovely women are all exquisite acrobatic performers, jugglers, aerialists, balance masters, pole climbers and clowns.

Yes, there is a terrific storm summoned by a cello-playing goddess, a shipwreck and a group of gorgeous men who are pulled to shore by the island’s creatures as they are bid to do by the ruling goddesses. Of course the men will later perform an amazing command of the teeter board and at times assist the women to perform magical feats of uneven bar acrobatics.

Whoops, where did “Amazon women” sneak into a Shakespearean plot? True Shakespeare it’s not, but it is truly beautiful and energy wise. It is absolutely hot, hot, hot!

While this show is a bit smaller in scope and size of tents, I really liked it better than many of the larger shows, as this one was more personal and brought the entire audience closer to the stage. I loved “Amaluna.” It is exciting, beautiful, extravagant and just plain fun.

For tickets, go to the website www.cirquedusoleil.com/amaluna or call 1(800) 450-380. This production continues in San Jose through March 2 at the Taylor Street Bridge, E lot.

Suggestions for how to prevent kitchen fires

• Stand by the pan and keep an eye on what is cooking. Turn the burner off when leaving the kitchen.

• Turn pot handles toward the back of the stove. Then no one can bump them or pull them over.

• Have a fire extinguisher 10 feet from the stove on the exit side of the kitchen.

• Never pour water on a grease fire; turn the stove off and cover the pan with a lid, or close the oven door.

• Keep anything that can catch fire away from the stove top.

For more fire safety tips, visit the CAL FIRE website at www.fire.ca.gov.

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GOLDEN RAIN HANDYMAN SERVICE

For service or questions, call 988-7650

Mark Your Handyman Guy

CAREGIVER SUPPORT GROUP

A second caregiver support group for people caring for a Rossmoor resident with dementia will be meet on the second and fourth Wednesdays from 10 to 11:30 a.m. in the small conference room at Gateway. Caroline Thomas will be facilitating. The first group, which meets on the first and third Tuesdays from 1-2:30 p.m., is now closed to new members. For more information, contact Rossmoor Counseling Services at 988-7750.


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110 Professional Services


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GARDENING: lawn/flower bed care, yard cleaning, pest control, plant and general cleanup services. Call 925-333-3663, 925-920-7375.

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IT’S ROSE PRUNING TIME! High-quality rose pruning services! I have 25+ years working in Rossmoor, will prune and care for your roses, make your patios and beds. Reliable vacation services. Call 925-933-4150.

111 Writing/Editing

PROFESSOR/EDITOIR, PH.D., FELICIA T. COMBER alguna nation: fiction and nonfiction: novels, memoir, stories, plays, essays and book publicity, publicizing, in person or online. Contact Paul Weisser at 925-710-6824. PWEISSER@GMAIL.COM. My website (editor/write.net) contains a link to a TV interview.

115 Health Services


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CAREGIVERS: I have 10+ years experience. Will work through Friday 8-5. Help with dress, personal hygiene, housekeeping, shopping and errands. Rats, dogs, cats OK! Call Lucy 925-864-5706. I have great references.

120 Seeking Employment

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CAREGIVERS: I have 10+ years experience. Will work through Friday 8-5. Help with dress, personal hygiene, housekeeping, shopping and errands. Rats, dogs, cats OK! Call Lucy 925-864-5706. I have great references.

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• 3 BEDS, 3 BATHS
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COOPERATIVES

STUNNING GOLDEN GATE REMODEL Another beautiful home remodeled by Ron Hanson. Level-in with 2 bedrooms and 1.5 baths in an in quiet serene settings. Bright modern kitchen with custom cabinets, granite counters, and new stainless steel appliances. Crown molding and high-end laminate floors. A truly spectacular home! .................. $399,000

SEQUOIA WITH A VIEW Two bedrooms and 1 bathroom updated. Fresh paint and new counters, dishwasher and stainless steel appliances. Secluded location close to carport, guest parking and laundry. Full view of Mt. Diablo. $229,000

SEQUOIA WRAP TOUPIN REMODEL Two bedrooms and 1 bathroom. Smooth covered ceilings, recessed lighting, custom cabinets and stone counter tops, double wide fridge, glass cook top and floating island. Dishwasher, washer and dryer. View and quick walk to Creekside Clubhouse. $328,000

BEAUTIFUL MONTEREY Two-bedroom and 1 bathroom, completely updated with many updates to the kitchen. Enclosed balcony. Pleasant views. .................. $335,000

VERY NICE SONOMA MODEL Convenient location for this 2-bedroom and 1-bathroom unit. Neutral colors throughout and a pleasant view from the balcony. Built-in microwave, dishwasher, front-loading washer and dryer, shutters, mirrored closet doors, smooth ceilings. Carport close to the unit. .................. $220,000

YOSEMITE MODEL Beautifully remodeled Yosemite with 2 bedrooms and 2 full bathrooms conveniently located just steps away from the carport. Inside laundry, skylights and more. Large side patio. .................. $365,000


LUXURIOUS YOSEMITE No steps to this luxurious single-story, end-unit home. Two bedrooms and 2 full bathrooms. Freshly painted, staged and move-in ready. Remodeled kitchen with granite counters, glass tile backsplash, skylight, custom maple cabinets with under-cabinet lighting, and all stainless steel appliances. Both updated baths have heated tile floors. Inside stack w/d. Large private patio. .................. $365,000

SEQUOIA WRAP RENTAL Sophisticated unit with 2 bedrooms and 1 bathroom. This Sequoia Wrap is completely remodeled. Granite counter tops, recessed ceilings and lighting. Dishwasher, microwave, washer and dryer, stall shower and open wrap deck. Close to Creekside Clubhouse, Pro Shop and carport. Nine-12-month term. Contact office to speak with the agent. .................. $1,800 per month

CONDOMINIUMS

UPDATE TO EXPANDED KENTFIELD Expanded Kentfield. Great floor plan with one of the largest master bedrooms in Rossmoor. Features 2 bedrooms, 2 bathrooms and a den. Expansive tile patio with pleasant surroundings. Remodeled throughout with gorgeous kitchen and bathrooms. Absolutely beautiful! .................. $459,000

BEAUTIFUL BROOKGREEN UNIT IN THE WATERFORD Convenient first-floor location close to elevator. 2 bedrooms and 1 bathroom. Tile backsplash, skylight, custom maple cabinets and stone counter tops, double wide fridge, glass cook top and floating island. Dishwasher, washer and dryer. View and quick walk to Creekside Clubhouse. $112,000

LOVELY TAHOE Lovely level-in Tahoe condo right on the golf course. Two bedrooms and 2 full bathrooms. This ground floor property is accessible for all and features a pleasant patio surrounded by golf course and hill views. The kitchen and bathrooms have been updated and the home is in pristine move-in condition. Garage parking. .................. $589,000

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1950 Tice Valley Blvd., Walnut Creek
The holidays are over and it’s that time of year to make your New Year’s Resolutions for 2014!!
If one of those resolutions is to SELL your home and MOVE up, down or away, you need to talk to someone who CARES about YOU!! Prudential is committed to excellence and we’re dedicated to you, our clients. In this complex and challenging market, we want to make sure that you have all the help and information you need to make this an easy and satisfactory experience. That’s our goal, that’s our PROMISE! Contact your Prudential Agent for the winning formula!

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**CURRENT LISTINGS**

**ROSSMOOR’S MOST POPULAR MODEL**
This 2-bedroom plus den, 2-bath upper Tahoe features a spacious layout with approximately 1,550 sq. ft., vaulted ceilings, lots of light, a spectacular view and a garage and carport. With new paint, carpet and vinyl, you have nothing to do but unpack!! $649,000. 

**RARELY AVAILABLE GOLDEN GATE**
A single-row home with open atrium and rear fenced in deck. Offers fresh semi-custom paint, built-in microwave, washer/dryer, new carpet and eye pleasing laminate flooring at entry and kitchen. Other features include an updated bath with stall shower and large skylight. Carport parking is just steps from your front door. ......................... $299,000

**SPECTACULAR EXPANDED PIEDMONT**
Don’t miss this latest total remodel by Toupin Construction. Expense has been spared in bringing this amazing 3-bedroom, 3-bath home with almost 1900 sq. ft. up to the latest design standards. This fabulous townhouse-style end unit is located in a park-like setting with absolutely no steps to the front door. ......................... $575,000.

**EXPANDED VILLA NUEVO**
Spectacular “hill top” location with sweeping breath taking views! This immaculate top-floor home offers approximately 1,750 sq. ft., volume ceilings, 3 bedrooms, 2 baths, huge living/dining room, kitchen skylight, excellent storage plus a garage and carport. ......................... $615,000.

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**COMING SOON: UPDATED GOLDEN GATE**
Completely painted throughout, new granite kitchen and bathroom counters, new vinyl in kitchen and bathroom, new electric range and refrigerator, kitchen sink and faucet. New entry designer vinyl tile, all new door and oiled bronze hardware, new light fixtures in dining area and bathroom. Bathhtub and tile surround refinished by Miracle Method, new carpet and baseboards throughout. Price to be determined.

**VIEW SERENE HILLS**
From the patio of this 2-bedroom, 1-bath Kentfield condo with updated kitchen and bath, granite, stainless, crown molding, washer, dryer.

**COMING SOON: A SEQUOIA WRAP**
Two-bedroom, 1-bath with smooth ceilings, new paint and carpet, crown molding, newer kitchen and bath, window in kitchen and bath, washer/dryer, mirrored closet doors, wooden blinds, raised paneled doors. Enclosed veranda and open wrap.

**GOLFERS DELIGHT**
Two-bedroom, 2-bath Greenbriar condo with garage, eat-in kitchen, on golf course yet very private. Walk to Creekside Clubhouse and the new Event Center.

**LOWER KEN TFIELD CO-OP**
Two-bedroom, 1-bath unit with a large very private patio set up for great summer barbecues and parties. This home has fresh paint, new carpet and terra cotta tile. The bedrooms are bright with sunlight. Heat pumps in each room. ............... $179,000.

**FEATURED LISTING OF THE WEEK**

**A SPLENDID SEQUOIA REMODEL**
The newest complete rebuild by Toupin Construction. Reminiscent of an upscale San Francisco Penthouse apartment, this 2-bedroom unit features BIG rooms, huge Skylights, a large terrace, hill views and is located close to everything Rossmoor. ......................... $369,500.

**WATERFORD**

**JUST REDUCED: A SPECTACULAR SHELBURNE**
Two bedrooms and 2 full baths in a sought-after location with views of the fountains, pond and courtyard. Sunny, well-lit third-floor condo near two elevators. Move-in ready, new paint and carpet, carport, with underground garage parking. This one’s a winner! ......................... $315,000.

**A PRISTINE CHATSWORTH HOME**
Nestled in the canopy of lovely and fragrant Magnolias, this offers new spacious living and custom window treatments! Very convenient to transportation and common area. Master suite with walk-in closet! One-bedroom and 1-1/2 baths. ......................... $229,000.
Notice of Sale

The undersigned Trustee disclaims any liability with respect to the rescissions and redemptions which may occur in connection therewith.

THE RIGHT OF WAY CONTAINED IN THE ROADWAY BETWEEN WHEATLY AND RANCH HOUSE ROADS AS NOW DEFINED SHALL BE FOR THE USE AS A ROADWAY FOR VEHICLES OF ALL KINDS, INDUSTRIAL AND ANIMALS, FOR THE PERIOD OF 10 YEARS FROM THE DATE OF NOTICE OF SALE.

The sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a person in whose behalf the mortgage is held, as provided by law.

The following persons are doing business as: 1/L El Niño Hacienda, 2805 Encina Camino, Walnut Creek, CA 94596

Gary M. Soto
167 Tharp Drive
Moraga, CA 94556

Business conducted by an individual. The registered owner of this business was interviewed in person by the Department of Corporations for the purpose of transacting business under the fictitious business name listed above.

This statement was filed with Joseph E. Campanilla, County Clerk of Contra Costa County, on date indicated by file stamp.

Joseph E. Campanilla, County Clerk
File No. F-000245-00

ATTORNEY IN FACT STATEMENT

By: Jill Wilcox, Deputy County Clerk

The registrant(s) commenced to transact business under the fictitious business name listed above.

This statement was filed with Joseph E. Campanilla, County Clerk of Contra Costa County, on date indicated by file stamp.

Joseph E. Campanilla, County Clerk
File No. F-000246-00

Mail Delivery

In order for mail carriers to deliver mail to mail slots, the opening must be clear and unobstructed. When slots are blocked, carriers must bring mail back to the post office and reattempt delivery at a later date. Residents should occasionally check mail slots to ensure unobstructed access.

Legal Notices
LEGAL NOTICE

CONTRA COSTA COUNTY CLERK
555 Escobar St.
P.O. Box 350
Martinez, CA 94553-0350
FILED: Dec. 30, 2013
M. Neal, Deputy County Clerk
Contra Costa County
FILE NO. F-000780-00

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

TO ALL INTERESTED PERSONS:
Petitioner: Kathryn Jeanne Risa filed a petition with this court for a decrease in business name as follows: Present name: Kathryn Jeanne Risa aka Kathryn Jeanne Paul; Proposed name: Kathryn Jeanne Paul.

THE COURT ORDERS that all persons interested in this matter appear before the court at 9 a.m. on February 5, 2014, in the courtroom in Department 14, Room 212, located at 725 Court Street, Martinez, California, to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the Rossmoor News, a newspaper of general circulation printed in the County of Contra Costa.

Dated: Jan. 2, 2014
Judge of the Superior Court

FILED: Dec. 30, 2013
M. Neal, Deputy County Clerk
Contra Costa County
FILE NO. F-000780-00

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

TO ALL INTERESTED PERSONS:
Petitioner: Anamercedes Hernandez filed a petition with this court for a decrease in business name as follows: Present name: Anamercedes Hernandez; Proposed name: Anamercedes Yanez.

THE COURT ORDERS that all persons interested in this matter appear before the court at 9 a.m. on February 14, 2014, in the courtroom in Department 14, located at 725 Court Street, Martinez, California, to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the Rossmoor News, a newspaper of general circulation printed in the County of Contra Costa.

Dated: Nov. 27, 2013
Judge of the Superior Court

FILED: Dec. 30, 2013
M. Neal, Deputy County Clerk
Contra Costa County
FILE NO. F-000780-00

BUSINESS SERVICES

Rossmoor News - January 29, 2014
CONSTRUCTION

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Rossmoor Realty Congratulates the Top Producers 2013

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No.1 LISTING AGENT

ROBERT PARRISH
No.2 TOP PRODUCER
No.2 LISTING AGENT

CONNIE ROGERS
No.3 TOP PRODUCER

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1641 Tice Valley Blvd., Walnut Creek, CA 94595. Telephone. (925) 932-1162
www.rossmoorrealty.com
Seven courts now open at Buckeye Tennis Complex

By Dave Kern

Club correspondent

The Rossmoor Buckeyes, one of the two women’s Bay Area Ladies League (BALL) teams of the Rossmoor Tennis Club (RTC), competed against the Harbor Bay Tennis Club on Jan. 20 in Alameda. The Rossmoor team lost 7-5 with two of the four matches being decided in a super tie-break.

Because the Rossmoor courts are still under construction and the Rossmoor team was scheduled to host Harbor Bay, the match was instead played at Harbor Bay with the Rossmoor team assuming host duties by providing food, drink and tennis balls.

Mary Jane Kiefer and Dee Luce won easily at 6-0, 6-1. Gery Yearout and Barbara Schwartz split sets 6-2, 4-6, but lost 11-9 in the super tie-break.

Cheryl Patterson and Christie Maxwell also split sets 6-1, 4-6 and lost 10-3 in a super tie-break. Carol Pittsburh and Debby Mayer (the newest member of the team) lost 6-1, 6-0.

Buckeye

After the beginning of construction last July and many subsequent delays, the two courts nearest the Buckeye parking lot were opened for use on Jan. 16. Five more courts were opened for play a week later on Jan. 23 when staff decided that they could be safely used without impeding further construction work.

Even though the new social area remains incomplete and one court is still unusable due to nearby construction activity, the men’s and women’s teams can now host home matches on seven Buckeye courts.

The Pacific Inter-Mountain Division (PIMD) Lawn Bowl- ing Club’s winter league play was scheduled to host Harbor Bay, the match that day also marked Potozkin’s 88th and Ross’s 86th birthdays.

Play on seven Buckeye courts began Jan. 23. Longtime RTC club members, from left, Joe Potozkin, Walter Ross, Barbara Schwartz and Dick Northington were there to see it play on one of the new courts that morning. That day also marked Potozkin’s 88th and Ross’s 86th birthdays.

Tennis Club women lose to Harbor Bay

By Dave Kern

Club correspondent

Because the Rossmoor courts are still under construction and the Rossmoor team was scheduled to host Harbor Bay, the match was instead played at Harbor Bay with the Rossmoor team assuming host duties by providing food, drink and tennis balls.

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Even though the new social area remains incomplete and one court is still unusable due to nearby construction activity, the men’s and women’s teams can now host home matches again, many of which in the last six months have had to be rescheduled.

Undefeated team leads in Lawn Bowling Club’s winter league play

At the half-way point in Rossmoor Lawn Bowling Club’s six-week winter league series, the team of Sandy Souza, Carlos D’Almeida and Carolyn Choy are the new leaders. Souza’s trio, with 6 game points and plus 15, is the only undefeated team.

Six other teams, each with one loss and 4 game points, are: Ed de Assis, Ozzie Ozo- rio and Jo Nunnelly, with plus 15; Frankie Napoli, Wayne Sampson and Virgin- ia Carion, with plus 11; Vera Belton, Sylvi MacDonald and Mel Fredlund, with plus 9; Rick Oliveira, Chris Yahng and Dave Peters, with plus 6; Pauline de Assis, Marcia Cov- ens and Sue Yahng, with plus 2; and Horatio Carion, Bob Lewis and Maria Gomes, with plus 0.

California’s drought has re- sulted in spectacularly beauti- ful, sunny days on the greens at Hillside. It is difficult to re- alize that this is winter league. Even the daffodils along the walkway by Hillside Club- house have begun to blossom.

Weather permitting, winter league bowling will continue for the next three consecutive Wednesday afternoons.

Board meeting

At the club’s first regular board meeting of 2014 on Jan.13, the directors agreed to continue the current dress code as set out in the annu- al directory for another year. Whoever is conducting the daily draw or the tournament director for all tournaments is responsible for monitoring the entrants as they check in.

Entry fees for the monthly Fun Social and for all tourna- ments was increased from $3 to $4. A fee for nonbowlers for the Fun Socials will be $1.

Coming events

Lionel Guterres has posted the sign-up sheet for the next Fun Social, scheduled for to- morrow afternoon, Thursday, Jan. 30. Remember, the fee this year has been increased from $3 to $4. Refreshments of wine and cheese will follow the bowling.

The Pacific Inter-Mountain Division (PIMD) Lawn Bowl- ing opening day will be at Rossmoor on Saturday morn- ing.

Golf Shop News from the golf pro

New Member of Staff

By Mark Hepzig, director of golf

After reviewing many resumes and conducting six inter- views, I have chosen a new assistant golf professional. Brent Mulanax comes to Rossmoor with a wealth of experience and ability. I believe he will be an excellent fit for the community and our staff.

Brent’s strengths include tournament operations, business administration, customer relations, finance and teaching. He will immediately make an impact on our day-to-day opera- tion and I look forward to his contributions.

Brent completed his bachelor of science in business ad- ministration from Cal State University, Fresno, where he was a member of the golf team. His roots in the game go back to his childhood and growing up next to a golf course.

His first job in the industry was joining the staff at the Chardonnay Golf Club in Napa as first assistant. After working there for four years, he moved to the Golf Club at Tierra Oaks in Redding for a short stint as head golf professional.

Brent then made a life-changing career move when he joined the staff at Crow Canyon Country Club in 1994 and became head golf professional there in 1996. He filled that role for 15 years before becoming director of tournament sales and golf ambassador. He now becomes an assistant here with his own stated objective of “functioning at the highest level as an assistant golf professional at a private facility where my extensive experience and abilities can be applied.”

Please welcome Brent to the staff. The plan is to have him start Saturday, Feb. 1.

Water conservation

Everyone is talking about the lack of rain. It is a major concern as we move through the winter without any mois- ture. California has not had any measurable rain since last December (2012) and the golf courses, parks and farm lands are suffering at this point.

Governor Brown announced that we are officially in a drought. How this will translate to upcoming water restric- tions is yet to be seen. But we all need to be prepared for difficult conditions if the situation doesn’t change soon.

For those who do not know, we rely heavily on our creek and water reservoir (lake at hole no. 1 Creekside). We have not used EBMUD water since Oct. 1. However, as it gets warmer, we usually supplement from EBMUD.

How much water will be available? Restrictions may mean we have to cut back several areas of the course from water- ing. At this point we need to pray for rain.

Trails Club announces Wednesday, Saturday hikes

Treks are in local open space

The Trails Club offers a variety of hikes every Wednesday and Saturday, and a walk around the golf course each Monday morning, when the course is closed to golfers.

Hikers are divided into four groups. Generally, Amblers hike three to five miles at a moderate pace with up to a 300- foot elevation gain. Ramblers hike five to seven miles. Trekkers hike six to eight miles. Scramblers hike six to nine miles. Each succeeding group may hike areas with more elevations gain or at a faster pace.

To join, go to trailsclubofrossmoor.com. Go to club information, then membership. Print the application packet and send it to the registrar. Orientation is required before participating in a club hike.

For club information and an orientation, call Zev Luria at 510-717-3504. No last minute walk-ups on hiking days will be allowed without prior orientation.

Hiking days are from 8:45 a.m. on the large patio between Peacock Hall and Gateway Clubhouse. Amblers, Ramblers, Trekkers and Scramblers meet Wednesdays and Saturdays be- hind Gateway Multipurpose Room 3 at 8:45 a.m. to arrange carpools to trailheads; departure is at 9.

Continued on page 2B

Continued on page 2B

Photo by Dave Kern

Photo by Dave Kern
Lawn Bowling Fun Social tomorrow

Continued from page 1B

Bocce Club dues for 2014 are due now. Dues are $10 per member per year. Pay by Tuesday, Feb. 25, and have your cheque and contact information included in the member’s manual. All membership application forms are available in the club mailbox at Gateway. Dues are payable by check and should be put in an envelope marked “2014 dues” and placed in the club mailbox.

Membership application forms are available in the club mailbox at Gateway. Dues are payable by check and should be put in an envelope marked “2014 dues” and placed in the mailbox.

Current members need to fill out a membership application only if they want to make changes to contact information, league team or evening of play. Be sure the email address is current. Use the “notes” line for any special requests.

Morning open bocce play begins Tuesday, April 1, and is played every weekday morning from 10 to noon in April. From May through October, the hours change to 9 to 11 a.m.

Open play requires no experience, partners or teams; just come out and play. Group leaders will assign teams for that morning’s play. Instruction is available for all levels of experience.

Evening league play begins Tuesday, May 13, at 5. The league is made up of 18 teams that play on Tuesday, Wednesday and Thursday evenings. The teams are comprised of six members.

The Rossmoor Duplicate Bridge Club needs dues, announces play.

Tuesday day captain will open and run the morning open bocce play on Tuesday mornings at the courts. He will assist new players and coach as necessary. He will also qualify substitutes for the evening league.

The substitute pool director will maintain a list of qualified substitute players and will provide substitutes as requested by the evening league captain.

The telephone tree chairperson will lead a committee of three to four people who will call members who do not have email and provide them with the information contained in email communications regarding club activities.

For information or to volunteer, contact Jim Ford at 296-0622.

Lawn Bowling Fun Social tomorrow

Continued from page 1B

Bocce Club members will be ready to take hikers elsewhere if the scheduled hike is rained out or too muddy.

Hikers should bring cash to share gas costs with the driver. Most trips are $2 to $6 based on round-trip distance (and occasional park fees). Also, bring a lunch to eat on the trail. Hikers are usually back by 2 to 3 p.m.; some hikes return later and the leader will advise in advance. Pets are not allowed.

Bay Area weather is unpredictable, so hikers are advised to dress in layers and be prepared for heat, wind and rain. Wear comfortable hiking boots and bring lots of water, hiking poles and sun protection.

All hike destinations are weather dependent, but leaders will be ready to take hikers elsewhere if the scheduled hike is rained out or too muddy.

The hike schedule, along with changes and updates, is available on the web page, trailsclubofrossmoor.com. Go to monthly hike calendar, and click on agenda.

The hike schedule for February includes:

Saturday, Feb. 1: Amblers, Betty Gray, Joaquin Miller Park; Ramblers, Cheryl Bucht, Mt. Diablo foothills to Borges Ranch; Scramblers, Burt Rodgers, Morgan Territory; and Trekkers, Charlene Liu, with the destination to be determined.

Wednesday, Feb. 5: Amblers, Bob Virden, Shell Ridge; Ramblers, Beth Branthaver, Mitchell Canyon; Scramblers, Keith Alley, Black Diamond; and Trekkers, Don Gearhy, Mt. Diablo foothills, 11 a.m. at weather, and Walnut Creek Canal trails, if wet.

Saturday, Feb. 8: Amblers, Marilyn Lovett, Mitchell Canyon; Ramblers, Marvin and Rochelle Schulman, Tiburon Ridge; Scramblers, Song Kim, to be determined; and Trekkers, Inger Bjornsson, Rossmoor hills.

Wednesday, Feb. 12: Amblers, Marian Herndon, Tilden Park; Ramblers, Stanley and Janet Malecki, to be determined; Scramblers, Mary Prudhomme, Las Trampas, San Damiano Retreat Center; and Trekkers, Burt Rodgers, Morgan Territory.

Saturday, Feb. 15: Amblers, Earl Sawyer, Briones; Ramblers, Bruce Freeland, Mare Island; Scramblers, Diane Hinds, Briones; and Trekkers, Jim Woollett, Round Valley.

Wednesday, Feb. 19: Amblers, Mary Richard, Mt. Diablo; Ramblers, Dick Pierce, Mt. Diablo Juniper Trail; Scramblers, Jean O’Neill, to be determined; and Trekkers, Wayne Emrich, Mt. Diablo.

Saturday, Feb. 22: Amblers, Barbara Crane, Sunol Valley; Ramblers, Harriet Schwartz, Wildcat Canyon; Scramblers, Marilyn Raffinot, to be determined; and Trekkers, Frankie Wyka, Pleasanton Ridge.

Wednesday, Feb. 26: Amblers, Brian Healy, Briones, Hampton Road; Ramblers, David Rossington, Shell Ridge Loop; Scramblers, Ta-hsia Kuo, Rossmoor hills; and Trekkers, Alice Lau, Inspiration Point.
The Domino winners for Jan. 20 were: Bill Wilson, 333; Ron Weiser, 331; Joe Bylskall, 325; Wint Mather, 320; Jerry Leet, 320; John Huyler, 319; Mike Flanagan, 312; and Kent Crosswell, 312.

Domino winners for Jan. 18 were: Pete Tremblay, 346; Jennie Semrad, 328; Tillie Schiller, 324; John Huyler, 323; Bruce Thom, 321; and Jeannie Johnston, 312.

Domino Club dues for 2014 are $5 per year and are due by the end of January.

All levels of players welcome

The Domino Club meets regularly twice a week.

Experienced players meet on Monday evenings in the Oak Room at Gateway Clubhouse. Participants should arrive at 6:30 as play begins promptly at 6:45.

Beginners or rusty players meet Saturdays at 10 a.m. in MultiPurpose Room 2 at Gateway. This is the opportunity to learn and practice the rules and etiquette of Five-Up, the domino game played at the club.

Five-Up allows play on all doubles, making it a faster, higher-scoring game than other Five versions. Play is with partners, but it is not necessary to bring a partner. Five games (with a 29-minute time limit per game) are played each session.

A teacher is available for new players on Saturday, but all attendees are asked to commit to the entire 2½ hour session (breaks will be given).

Partnership Bridge

On Jan. 21, there were 38 players at partnership bridge in the Oak Room at Gateway Clubhouse. Bruce and Duncan Carter topped the winners with 4350 points, including 2 small slams in no trump.

Other winners were: Ruth Resch/Mariann Kessler 3830 including a small slam in clubs, John and Dolores Clark 3720, Bob and Ali Jornlin 3100, Anita Heyman/Marilyn Cunha 2870, Sam Rahner/Joyce Towner 2860 and Helen Field/Ellen Doerff 2850. Low score was 1250.

Directors John and Dolores Clark were assisted by Ted Austin. For information, call Dolores Clark at 330-8612.

Partnership bridge on Jan. 22 was won by the partnership of Valentine and Marion Groszinski 4150 with a small slam in diamonds, Pete Davison and Steve Lindgren 3200, Lyn White/Judy Lowe 3280, Eleanor Blanton/Jewell Ward 2780, Sara Eagle/Carol Sharon 2750 and Tillie Moehl/Lillian Katzberg 2520.

Partnership bridge on Jan. 23 were two winners: Lil Haral Gsiak Strick 4150, ViKi LaBatt/ Mary Keeler 3650, Virginia Pryborowski/Dawn Howell 3020.

Neal Monash/Edna Nebinger 2840, Vicky Chu/Luciana Young 2600 and Lou Horning/Bobbie Roh 2340. For information, call Neal Monash at 933-9425.

Each week, the Rossmoor Chess Club offers a chess problem or a clever opening variation on all 2014 Club Cars

The answer will be included in next week’s column.

Players at all levels are welcome in the Chess Room on the first floor back corner at Dollar Clubhouse on Fridays from 12 to 2 p.m. There’s a nice crowd on Saturdays at 10 a.m. to 2 p.m. Play is also on Sundays from 10 a.m. to 2 p.m. Call or email a player to meet you there.

Call Bob Dickson at 934-1405 with the solution and any questions or comments.

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Voices for Justice in Palestine on Tuesday, Feb. 18, at 4 p.m. in the Club Room at Creekside.

The group welcomes new members. Free educational materials about the Israeli/Palestine conflict.

Partnering with NGO’s (nongovernmental groups) in East Jerusalem, Israel, Gaza and the West, Baranski-Walker, an MIT engineer, sets up the details for each rebuilding project then invites Rotarians and their guests will meet at 11:30 a.m. for the social hour. There will be no host bar.

Lions Club hears about blood banks

The Rossmoor Lions Club luncheon meeting is Thurs.-day, Feb. 6, in the Dining Room at Hillside Clubhouse.

The featured speaker will be John T. Blount, a Rotary International director from 2009 to 2011. He will speak about “The Wit and Wisdom of Dan Quayle.”

The Golf Classic will benefit Ombudsmen Services, a donor-funded senior citizens’ advocacy group that serves the 9,000 residents of long-term care facilities in Contra Costa County. Trained and certified volunteers make over 2,000 unannounced visits a year to investigate and rectify claims of abuse and neglect and provide information to residents and their families about their rights.

End of Life Issues Club asks for annual dues now

The End of Life Concerns Club dues for 2014 should be paid by Tuesday, Feb. 18. Checks for $10, made payable to EOLC, should be left in the club’s mailbox at Gateway Clubhouse.

The club has a 14-page calendar including speakers, movies and some interesting new discussion and support group meetings for its members. Questions can be directed to Bogaert at 933-1273.

Spinoza Group discusses concepts of God and ethics at next meeting

The next meeting of the Spinoza Study Group will be Part I of Spinoza’s major work called the “Ethics,” which includes his contro-versial concept of the identity of God with nature. The meeting will be held on Wednesday, Feb. 5, at 1 p.m. in Multipurpose Room 2 at Gateway Clubhouse.

Also on the agenda are Spinoza’s thoughts on why human beings believe in God and his view that order and disorder do not exist in nature. According to Spinoza, the imperfection we see in the universe is purely the result of a lack of understanding.

A special chat room has been set up on the Internet so that members of the group may exchange their thoughts between meetings.

For information call 933-3133.

Shalom Club to hold Valentine’s party

The Shalom Club of Rossmoor will hold a Valentine’s event on Thursday, Feb. 13, from 7 to 9 p.m. in Multipurpose Room 2 at Gateway Clubhouse.

The club will be open for refreshments of wine, soda, snacks, coffee and desserts.

For information and to RSVP, call Silver at 954-8823. Make checks payable to Shalom Club of Rossmoor.
The Rossmoor Travel Club will have its quarterly membership/potluck and trip information meeting on Monday, Feb. 17, at 5:30 p.m. in the Fireside Room at Gateway.

Grand Circle Travel/Overseas Adventure Travel representative Joan Thornton will make a presentation on the 2015 Japan Golfing and Culture Tour. The tour begins April 12 and concludes April 21, with dates to be announced later. Contact Jayne Askit at 937-1501 or 602-412-8152.

The club will discuss travel options for the 2014 trips and will provide information on opportunities for anyone interested in signing up.

The meeting is open to all members and residents who are interested in learning more about the club and trips.

Older Americans Day is an opportunity for anyone interested to sign up.

For information, call Judy Nixon at 286-6175 or email her at chnixon@sbcglobal.net by Sunday, Feb. 16.

Club members have expressed interest in domestic trips and this year there are two scheduled.

The first is Wednesday, April 9, through Friday, April 25, on a small (88 passenger ship) on the Blount Cruise Line. It cruises the Tennessee-Tombigbee Waterway, visiting Muscle Shoals, Ala.; Columbus, Miss.; Pickwick, Tenn.; and Kuttawa, Ky. It then goes down the mighty Mississippi southward stopping in Memphis, Tenn.; Greenville, Miss.; and the Mississippi River Black Belt. For information, contact Joan Thor at 954-7801.

The second domestic trip is a customized trip through Collette Vacations Tuesday, April 29, through Thursday, May 8, to the Deep South, visiting three lovely cities in the springtime with gardens in full bloom. See the arts and crafts of Asheville, N.C. and spend a day at the Biltmore Estate. Then it’s on to charming Savannah, Ga. and Charleston, S.C. with a stop in Columbia, S.C., the capital state.

For information, contact Hal Davis at 510-919-0037.

The Computer Club announces classes Learn how to find something on the Internet

By Jim Bradley

The Computer Club offers a variety of classes and seminars in its new format.

The classes include:

• Digital Photo 2: Mondays and Wednesdays, Feb. 3 to 24, from 10 a.m. to noon
• Windows 8: Tuesdays and Thursdays, Feb. 18 to Feb. 25, from 1 to 3 p.m.
• Internet Safety: Wednesdays, Feb. 18 to March 1, from 10 a.m. to noon
• Co-ops A and B: Fridays, Feb. 27 to March 18, from 1 to 3 p.m.

There are two seminars:

• Backup and Save Data: Tuesday, Feb. 10, from 10 a.m. to noon

Find it on the Internet:

• The first is Wednesday, Feb. 19, from 10 a.m. to noon

• The second is Thursday, Feb. 27, from 10 a.m. to noon

• The third is Thursday, March 6, from 10 a.m. to noon

There are seminars specifically designed to advance your knowledge of computer skills. Details are available from the club's office provided you are a member of the club.

Vantage Travel offers a Norwegian coastal voyage small ship cruise September 10 to 19. Contact Dawn Ming at 926-0899.

The third trip is Overseas Adventure Travel offers a Nepal and mystical Himalayas land tour November 7 to 19. Contact Barry Lay at 324-9131.

The club sponsored four trips in 2013. They were to Ma- cha, a Bolivian village; the Yucatan and Cuba as an Eastern Mediterranean cruise on Holland America Cruise Line. There were 54 travelers who shared these adventures.

Destinations for 2015 are now being considered.

Computer Club announces classes Learn how to find something on the Internet

The Rossmoor Mac Users Group (RMUG) welcomes new and longtime Mac users to its monthly meetings at Contact and Education.

The meetings are on the third Monday mornings of each month, in the Donner rooms in the new Event Center. Mac users can be found discussing varied topics of interest in the back of the building. It is a famous one. The print- er in the office provided this tip when someone left a copy saying how easy it is to find the answer to almost any question. Some examples are:

• Want to know the definition of a term? Go to www.goog- le.com and type in spam. It’s there. What about calculations? Type in 523+2345*5-234 and the answer is 6833. By the way, the * means multiply.

• Want to know how many centimeters is a foot? Type it in and the answer is 30.48. Looking for a stock quote? Type in Proctor and Gamble and the value of one share on Jan. 21, 2014 is $80.01.

“Google it” is the customary reply to those wanting a defin- ition or answer to virtually any question.

Other matters of interest

The Computer Club continues to seek computer literate volunteers interested in working in the Computer Center for two hours a week. Anyone interested can visit the center and talk to a volunteer about the work being done. It’s not a full time commitment, but it is an important one.

Telephone numbers and websites related to the club in- clude:

• Office: 280-3984
• Computer Center: 947-4527
• Website: www.carossmoorcomputerclub.com
• Email: rosso computercenter@comcast.net

Join RMUG to learn how to use Macs Facetime, iChat, Skype among this month’s topics

The Rossmoor Mac Users Group (RMUG) welcomes new and longtime Mac users to its monthly meetings at Contact and Education.

The first meeting of the Rossmoor Mac Users Group (RMUG) is on Wednesday, Feb. 19, at 1 p.m. in the Echo Room at the Event Center. The meeting is open to all members and residents.

The main subject will be problems with voting, both nationally and within Contra Costa County. The discussion will be led by Susan Ewell, and Mary Lembke with a na- tional overview.

The second meeting is on Wednesday, March 19, at 1 p.m., and will feature a special presentation on the 2015 presidential race and the candidates.

Progressive Voices meets at Creekside

Progressive Voices meets at Creekside Tuesday, April 15, July 15 and Oct. 21, which are held at Creekside Commons.

The meetings are from 3 to 5 p.m. The Solo events are to promote opportunity for anyone interested to sign up.

For information, call Jon Foyt at 322-3064.

Residents are invited to the meeting on the second Monday of each month. The meetings are from 3 to 5 p.m. in the Club Room at Creekside. The discussion will be wide ranging with all questions and comments appreciated.

Progressive Voices meets at Creekside Tuesday, April 15, July 15 and Oct. 21, which are held at Creekside Commons.

The meetings are from 3 to 5 p.m. The Solo events are to promote opportunity for anyone interested to sign up.

For information, call Jon Foyt at 322-3064.
**Religious Services**

**Congregational UCC**
Rossmoor Pilgrim Congregational Church of Christ’s Sunday worship service will be held Feb. 2, the Fourth Sunday after Epiphany, at 10:30 a.m. in the Vista Room at Hillside Clubhouse. The Rev. Dr. Daryl J. Clemens, pastor and teacher, will preach from Matt. 5:1-12, “The Beatitudes: Blessed and Blessing Others.” A social time will be held after the service. Bible study will be held on Tuesday, Feb. 4, from 10 a.m. to noon in the Malligan Room at Creekside; the Bible study will be on Matt. 5:13-20, “Good for Nothing or for Something?” What It Means to Be Like Jesus.” A cordial invitation is extended to all to participate in the activities of Pilgrim Church. For information or for pastoral concerns, call 287-1500 or email Dr. Clemens or any church board members at rossmoorcncrcc@aol.com.

**Lutheran**
Hope Lutheran Church invites everyone to gather for a spirited liturgical worship service in the Fireside Room at the Gateway Clubhouse at 10:30 a.m. on Sunday, Feb. 2. Pastor Jack Niemi will be preaching on Luke 2:22-40.

**Episcopal**
St. Luke’s Episcopal Church invites all Rossmoor residents to a service of “caring and sharing through inspirational worship and fellowship” on Sunday, Feb. 2, at 10 a.m. in the Diablo Room at Hillside Clubhouse. On this fourth Sunday after the Epiphany, the Rev. Anne Cox Bailey will offer a sermon titled, “The Presentation,” based on Luke 2:22-40. The service will include a Healing Eucharist; all are welcome to participate fully, and to stay for refreshments and fellowship at the potluck coffee hour following the service. St. Luke’s is at 11111 Vista Lane Clubhouse. Call 949-5111 for information or pastoral concerns, contact Pastor Niemi at 340-5111.

**Presbyterian**
Grace Presbyterian Church invites everyone to worship on Sunday, Feb. 2, at 10 a.m. The style of worship at Grace is traditional with hymn singing and organ music. The Rev. Roger Reaber’s sermon “Let Us Build a House Where All People are Treasured” is based on Luke 15:1-7, Hebrews 13:1-2. Everyone is invited to participate in the Lord’s Supper and Boy Scouts from Troop 302 will be worship leaders. At the conclusion of worship participants will be invited to contribute to a “Souper Bowl” offering that will support the creation of “Open Hearts, Open Minds and Open Doors.” For information about placing a free listing of 120 words. A sample is available. For information about placing an obituary, call 928-7800.

**Congregational Christian United**
Rossmoor residents and guests to the weekly Sunday worship service at 11 a.m. in Peachcock Hall. Sunday worship is wheelchair accessible with large-print bulletins and aids for hearing. On Sunday, Feb. 2, Pastor Joanne’s sermon will be “God Delights in Who You Are!” based on Isaiah 43:1-4. After worship, worshippers are invited to stay for fellowship and light refreshments in Multi-purpose Rooms 1 and 2. Everyone who comes is greeted with “open hearts, open minds and open doors.” For information, call the church office at 937-4535, 9 a.m. to 1 p.m., Monday through Thursday, or visit the website at tvumc.org.

**Catholic**
St. Anne’s Catholic Church schedule of Masses for the weekend of Feb. 1 and 2 are as follows: Fr. Andrews Ammons is guest priest, will preside at the 9 a.m. Mass and 5 p.m. Vigil Mass on Saturday, and the 9 a.m. Mass on Sunday. Fr. Jorge DaRoza will preside at the 11:15 a.m. Mass on Sunday. The Sacrament of Reconciliation is celebrated on Saturday afternoon between 4 and 4:30 or by appointment. The Rosary is recited each weekday, before the 8 a.m. Mass. Blessing of the Sick is on Wednesday, Feb. 5, right after the morning Mass. All are welcome in this church.

**B’nai Israel Congregation**
Friday Evening Service 9:30 p.m. (Sundays) 10:30 a.m. and 9:30 p.m. (Unitept) 3101 Pickwick Circle Rossmoor, CA 94550 (925-274-0304)

**Grace Presbyterian Church**
2100 Tice Valley Blvd. at Rossmoor Parkway 937-2900
Sunday: Worship 10 a.m., Pastors: Roger Reaber

**B’nai Israel Congregation**
Friday Evening Service 9:30 p.m. (Sundays) 10:30 a.m. and 9:30 p.m. (Unitept) 3101 Pickwick Circle Rossmoor, CA 94550 (925-274-0304)

**Hope Lutheran Church**
Worship: 10:30 a.m. each Sunday Fireside Room, Gateway Clubhouse For info. call the church office: 709-4673

**Glenda Guilinger**
June 24, 1933 ~ February 1, 2012

Always in my heart, a fabulous Rossmoor lady, former member of the quilters, Glenda Guilinger, my partner and copilot for 18 years, died on February 1, 2012. Glenda, you are remembered almost as if you are still with me. The battles that you and I fought are ongoing, helped by knowing you are with me. The story of your life is in a book and on the Internet, to be remembered for decades.

Also remembered is Bruce Guilinger, one of Glenda’s sons, who worshipped his mother and died within hours of hearing of his mother’s premature death, a probable suicide.

Rodney Stich
B’nai Israel Holds Schmooze

B’nai Israel of Rossmoor is sponsoring a Bagels and Schmooze event on Sunday, Feb. 9, at 9:30 a.m. in the Donner Room of the Event Center. Meeting, eating and schmoozing is the theme for this initial event. Light classical background music will be provided by accomplished pianist Ira Nemon, who started studying piano at age 9 in his native country, Uzbekistan. The cost for B’nai Israel members is $6; nonmembers $8. Make checks out to B’nai Israel and mail to Peter Gray, 2025 Oakmont Way No. 6 or write “Bagels and Schmooze” on the envelope and drop it into B’nai Israel’s box at Gateway Clubhouse. Reservations must be received by Friday, Jan. 31. There are only a few spaces left. Call before sending checks. Call Gail Strack at 925-0292. This is an opportunity to make new friends and renew acquaintances. All are welcome.

Religious Services

Continued from page 6B

emergency food boxes for families in the county. At 11:20 a.m. (details in a separate article in this section).

Grace Church Will Show Movie on Interfaith Cooperation as Five-Week Class

Grace Presbyterian Church will watch and discuss the video production “Embracing Interfaith Cooperation: Eboo Patel on Coming Together to Change the World” in a five-class series offered Sundays, at 11:20 a.m. beginning Feb. 2; and Tuesdays, at 7 p.m., beginning Feb. 4.

The topics of the five sessions are: Interfaith Cooperation in American History; Interfaith Literacy: the Science of Interfaith Cooperation; the Art of Interfaith Leadership; and the Role of Colleges, Seminaries, and Houses of Worship.

Pate1’s core belief is that religion is a bridge of cooperation rather than a barrier of division. He’s inspired to build this bridge by his faith as a Muslim, his Indian heritage, and his experience as an American citizen. He has spoken about this vision at places like the TED conference, the Clinton Global Initiative and the Nobel Peace Prize Forum, as well as college and university campuses across the country.

It is hoped that people of other faith traditions will participate in these conversations around this important issue.

For information, call the church pastor, Roger Reaber, at 935-2100. Grace Presbyterian Church is located at 2100 Tice Valley Blvd.

Bible Study Looks at James Tomorrow

The Rossmoore Bible Study class meets on Thursday, Jan. 30, at 9 a.m. at Dollar Clubhouse to continue its study of the Book of James.

The class meets from 9 to 10:40 a.m. The first 40 minutes are occupied with small group sessions. At 9:40 there is a general meeting of all members with hymn singing led by Dr. John Reppert.

At 10, Pastor Earl Fries lectures on James 2:1-13 where the emphasis is on living the religion one professes. Fries has extensive experience in teaching Bible classes, both in the academic environment and in meetings in many parts of the world. This is a nondenominational, evangelical study with the main and only focus being the text of Scripture and how these teachings apply to life.

Whether a member is a long-time student of Scripture or a novice doesn’t matter because everyone in the class is a learner.

For information, call Fries at 926-0307.

Charles Milo Root

Charles Milo Root, 92, died January 19, 2014 at Los Altos Sub-Acute & Rehabilitation Center. He was a member of Rossmoor in Walnut Creek. He was born to Helen Lucille Root and Charles Edwin Root in Phillipsburg, Kansas on September 13, 1921 and served in the Army in World War II. In 1949 he graduated from Boalt Hall Law School, University of California, Berkeley. He worked in the California State civil service for over 30 years, primarily on the legal staff of the Employment Development Department, retiring in 1980. He moved from Sacramento to Ross mooor in 1980 with his wife Kapsy Russell Webster Root, who died in 2005. He enjoyed travel, bridge, dancing, and jazz. He was a member of the Marin and Country Unitarian Fellowship of Sacramento, Mt. Diablo Unitarian Universalist Church of Walnut Creek, and several Rossmoor clubs. His stepdaughter Grace Katheryne Webster died in 1965. He is survived by his sister, Doris Greenroos, and several nieces and nephews.

Burial will take place at sea.
**THURSDAY, JANUARY 30**

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<tr>
<th>TIME</th>
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<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>9 a.m.</td>
<td>Meeting</td>
<td>Diablo Rm., H</td>
<td>Rec. Dept.</td>
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<td>9 a.m.</td>
<td>Open Workshop</td>
<td>Art Studio &amp; Back Rm., G</td>
<td>Art Association</td>
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<td>9 a.m.</td>
<td>T'ai Chi</td>
<td>Shasta Rm., DV</td>
<td>Chinese-American Assoc.</td>
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<td>9 a.m.</td>
<td>Watercolor</td>
<td>Art Classroom &amp; Gall., G</td>
<td>Art Association</td>
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<td>Zumba</td>
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<td>Masters Swim</td>
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<td>Health Gange</td>
<td>Shasta Rm., DV</td>
<td>Chinese-American Assoc.</td>
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<td>11 a.m.</td>
<td>Light Stretch</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>Mat Science</td>
<td>Shasta Rm., DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Meeting</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Oil and Acrylic - Beginners</td>
<td>Art Classroom &amp; Gall., G</td>
<td>Art Association</td>
</tr>
<tr>
<td>2 p.m.</td>
<td>Beg. Line Dancing</td>
<td>Diablo Rm., H</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>2 p.m.</td>
<td>Beginning Tap</td>
<td>Shasta Rm., DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>3 p.m.</td>
<td>Int. Tap Rehearsal</td>
<td>Shasta Rm., DV</td>
<td>Rec. Dept.</td>
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<td>3 p.m.</td>
<td>Meeting</td>
<td>EC</td>
<td>Democrats</td>
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<td>3 p.m.</td>
<td>Int. Line Dancing</td>
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<td>Rec. Dept.</td>
</tr>
<tr>
<td>3 p.m.</td>
<td>Open Play</td>
<td>Table Tennis, H</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>4 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>Beg. Moving to Music</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>6 p.m.</td>
<td>Swimming</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>6:45 p.m.</td>
<td>Circuit Training</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>7 p.m.</td>
<td>Duplicate Bridge</td>
<td>Oak Rm., G</td>
<td>Bridge</td>
</tr>
<tr>
<td>7 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>7 p.m.</td>
<td>Sing along Chores</td>
<td>MPR 3, G,</td>
<td>Acalanes/Rec. Dept.</td>
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</table>

**SUNDAY, FEBRUARY 2**

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<th>LOCATION</th>
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</thead>
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<tr>
<td>9 a.m.</td>
<td>Pool Open</td>
<td>MPR 2, G</td>
<td>Counselling Dept.</td>
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<tr>
<td>10 a.m.</td>
<td>Church Service</td>
<td>MPR 3, G</td>
<td>Siloam Comm. Church</td>
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<tr>
<td>10 a.m.</td>
<td>Play Chess</td>
<td>Chess Rm., D</td>
<td>Chess Club</td>
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<tr>
<td>10 a.m.</td>
<td>Pilgrim Sunday Service</td>
<td>Vista Rm., H</td>
<td>Pilgrim Cong. Church</td>
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<td>10 a.m.</td>
<td>Sunday Service</td>
<td>Fireside Rm., G</td>
<td>Hope Lutheran Church</td>
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<tr>
<td>11 a.m.</td>
<td>Mindful Mat</td>
<td>PE, G</td>
<td>PE, G</td>
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<tr>
<td>1 p.m.</td>
<td>Chair Sit/Stretch</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<td>1 p.m.</td>
<td>Round Dance</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>4 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
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<td>7 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
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**MONDAY, FEBRUARY 3**

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>ORGANIZATION</th>
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</thead>
<tbody>
<tr>
<td>9 a.m.</td>
<td>Group Cycle</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>ABS Back</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Meeting</td>
<td>Diablo Rm., H</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Luk Tung Kuen Exercise</td>
<td>Las Trampas Rm., H</td>
<td>Luk Tung Kuen</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Rhythrmobics</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Pickleball Play</td>
<td>Sierra Rm., DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Qi Gong</td>
<td>Shasta Rm., DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Men’s Exercise Class</td>
<td>MPR 1, G</td>
<td>Men’s Exercise Group</td>
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<tr>
<td>10 a.m.</td>
<td>Strength</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>10 a.m.</td>
<td>Kitchens Fit Club</td>
<td>Gordon Rm., D</td>
<td>AA/Alanon</td>
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<tr>
<td>11 a.m.</td>
<td>Quilbers</td>
<td>Sewing Rm., G</td>
<td>Sewing Arts Club</td>
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<tr>
<td>11 a.m.</td>
<td>Bridge</td>
<td>Oak Rm., G</td>
<td>Bridge</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>Sing-along Chores</td>
<td>MPR 3, G,</td>
<td>Acalanes/Rec. Dept.</td>
</tr>
<tr>
<td>12:15 p.m.</td>
<td>Cardiac Rehab</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<td>12:30 p.m.</td>
<td>Double Bridge</td>
<td>Oak Rm., G</td>
<td>Bridge</td>
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<tr>
<td>1:30 p.m.</td>
<td>Beg/Int Mat Science</td>
<td>Shasta Rm., DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>2 p.m.</td>
<td>Parkinson’s Group</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>3 p.m.</td>
<td>Beg. Tap</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>3 p.m.</td>
<td>Meeting</td>
<td>Ivy Rm., D</td>
<td>Poetry Circle</td>
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<tr>
<td>3 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Rossmore ORT</td>
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<tr>
<td>4 p.m.</td>
<td>Supert Club</td>
<td>Sierra Rm., DV</td>
<td>Rec. Dept.</td>
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<td>5 p.m.</td>
<td>Weight Watchers</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 p.m.</td>
<td>Round Dance</td>
<td>Las Trampas Rm., H</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 p.m.</td>
<td>AA Meeting</td>
<td>Vista Rm., H</td>
<td>Counselling Dept.</td>
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Excursions from the Recreation Department

**WEDNESDAY, FEBRUARY 5**

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>ORGANIZATION</th>
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<tbody>
<tr>
<td>6 a.m</td>
<td>Pilates Mat/Headstand</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>6 a.m</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>7 a.m</td>
<td>ABS Back</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>7 a.m</td>
<td>Party Bridge</td>
<td>Diablo, R. H.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>7:30 a.m</td>
<td>Fall Prevention</td>
<td>Shasta, Rm.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>7:30 a.m</td>
<td>Rhythmrobics</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>8:30 a.m</td>
<td>Tai Chi</td>
<td>Shasta, Rm.</td>
<td>Chinese-American Assoc.</td>
</tr>
<tr>
<td>8:30 a.m</td>
<td>Men’s Exercise Class</td>
<td>Shasta, Rm.</td>
<td>Men’s Exercise Group</td>
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<tr>
<td>8:45 a.m</td>
<td>Strength</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9:30 a.m</td>
<td>Duplicate Bridge</td>
<td>Oak Rm, G</td>
<td>Bridge</td>
</tr>
<tr>
<td>9:30 a.m</td>
<td>Knitters Group</td>
<td>Sewing Rm, G</td>
<td>Art Association</td>
</tr>
<tr>
<td>10 a.m</td>
<td>Water Exercise</td>
<td>Shasta, Rm.</td>
<td>Chinese-American Assoc.</td>
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**TUESDAY, FEBRUARY 4**

<table>
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<tr>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>ORGANIZATION</th>
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<tbody>
<tr>
<td>8:30 a.m</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m</td>
<td>Meeting</td>
<td>Diablo, R. H.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9:30 a.m</td>
<td>Aerobic Dance</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9:30 a.m</td>
<td>Masters Swim</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9:30 a.m</td>
<td>Tai Chi</td>
<td>Shasta, Rm.</td>
<td>Chinese-American Assoc.</td>
</tr>
<tr>
<td>9:30 a.m</td>
<td>Watercolor</td>
<td>Art Classroom &amp; Gall., G</td>
<td>Art Association</td>
</tr>
<tr>
<td>9:30 a.m</td>
<td>Women’s 4-Part Harmony</td>
<td>MPR 1, G</td>
<td>Acalanes/Rec. Dept.</td>
</tr>
<tr>
<td>9:30 a.m</td>
<td>Zumba</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>10 a.m</td>
<td>Beg. Tai Chi Chih</td>
<td>Diablo, R. H.</td>
<td>T’ai Chi Chih Club</td>
</tr>
<tr>
<td>10 a.m</td>
<td>Qi Gong</td>
<td>Shasta, Rm.</td>
<td>Chinese-American Assoc.</td>
</tr>
<tr>
<td>10:30 a.m</td>
<td>Ballet Club</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<td>11 a.m</td>
<td>Balance Clining</td>
<td>Diablo, R. H.</td>
<td>T’ai Chi Chih Club</td>
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<tr>
<td>11 a.m</td>
<td>Active Yoga</td>
<td>Shasta, Rm.</td>
<td>Rec. Dept.</td>
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<td>11:15 a.m</td>
<td>Cont. Tai Chi Chih</td>
<td>Diablo, R. H.</td>
<td>T’ai Chi Chih Club</td>
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<tr>
<td>11:30 a.m</td>
<td>Noon Mah Jong</td>
<td>Diablo, R. H.</td>
<td>Rec. Dept.</td>
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<tr>
<td>12:30 p.m</td>
<td>Senior Musical Chairs</td>
<td>Pool, DV</td>
<td>Bridge</td>
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<tr>
<td>12:30 p.m</td>
<td>Int. Adv. Acrylic</td>
<td>Art Classroom &amp; Gall., G</td>
<td>Art Association</td>
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<tr>
<td>1 p.m</td>
<td>Oscar Goes To</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
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<tr>
<td>2 p.m</td>
<td>Inter. Tap</td>
<td>Shasta, Rm.</td>
<td>Hot Flashes</td>
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<tr>
<td>2 p.m</td>
<td>Open Play</td>
<td>Table Tennis</td>
<td>Office Hall, G</td>
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<tr>
<td>3 p.m</td>
<td>Social Dance</td>
<td>Diablo, R. H.</td>
<td>Social Dance Club</td>
</tr>
<tr>
<td>4 p.m</td>
<td>Open Play</td>
<td>Table Tennis</td>
<td>Table Tennis Club</td>
</tr>
<tr>
<td>5:30 p.m</td>
<td>Moving to Music</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 p.m</td>
<td>News and Open</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
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<tr>
<td>7 p.m</td>
<td>Opera/ Ballet Club</td>
<td>Peacock Hall, G</td>
<td>Opera/Ballet Club</td>
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**THURSDAY, FEBRUARY 6**

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>ORGANIZATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 a.m</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>7 a.m</td>
<td>Pilates Mat/Headstand</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>8:30 a.m</td>
<td>Aerobic Dance</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>8:30 a.m</td>
<td>Open Winds &amp; Back Rm. G</td>
<td>Storm, Rm.</td>
<td>Rec. Dept.</td>
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<tr>
<td>9 a.m</td>
<td>Stickers</td>
<td>Sewing Rm, G</td>
<td>Sewing Arts Club</td>
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<tr>
<td>9 a.m</td>
<td>Tai Chi</td>
<td>Shasta, Rm.</td>
<td>Chinese-American Assoc.</td>
</tr>
<tr>
<td>9:30 a.m</td>
<td>Watercolor</td>
<td>Art Classroom &amp; Gall., G</td>
<td>Art Association</td>
</tr>
<tr>
<td>9:30 a.m</td>
<td>Zumba</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>10 a.m</td>
<td>Masters Swim</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>10 a.m</td>
<td>Open Play</td>
<td>Table Tennis</td>
<td>Table Tennis Club</td>
</tr>
<tr>
<td>10 a.m</td>
<td>Qi Gong</td>
<td>Shasta, Rm.</td>
<td>Chinese-American Assoc.</td>
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<tr>
<td>11 a.m</td>
<td>Light Stretch</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>11 a.m</td>
<td>Lunch Club</td>
<td>Diablo, R. H.</td>
<td>Lions Club</td>
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<tr>
<td>11 a.m</td>
<td>Mat Science</td>
<td>Shasta, Rm.</td>
<td>Rec. Dept.</td>
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<tr>
<td>12 p.m</td>
<td>Italian Conversation</td>
<td>MPR 3, G</td>
<td>Int. Conv. Group</td>
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<td>1 p.m</td>
<td>Osteo/Balance Rehab</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>1 p.m</td>
<td>Meeting</td>
<td>MPR 1, G</td>
<td>Writers Group</td>
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<tr>
<td>1 p.m</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
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<tr>
<td>1 p.m</td>
<td>Oil and Acrylic - Beginners</td>
<td>Art Classroom &amp; Gall., G</td>
<td>Art Association</td>
</tr>
<tr>
<td>1:45 p.m</td>
<td>Parkinson’s Group</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>2 p.m</td>
<td>Beg. Line Dancing</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>2 p.m</td>
<td>Beginning Tap</td>
<td>Shasta, Rm.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>2:30 p.m</td>
<td>Int. Tap Rehearsal</td>
<td>Shasta, Rm.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>3 p.m</td>
<td>Int. Line Dancing</td>
<td>Shasta, Rm.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>3 p.m</td>
<td>Open Play</td>
<td>Table Tennis</td>
<td>Table Tennis Club</td>
</tr>
<tr>
<td>4 p.m</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
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<tr>
<td>4:30 p.m</td>
<td>Beg. Moving to Music</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<td>5:30 p.m</td>
<td>Moving to Music</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>5:30 p.m</td>
<td>Strength Yoga</td>
<td>Shasta, Rm.</td>
<td>Rec. Dept.</td>
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<tr>
<td>6:30 p.m</td>
<td>Circuit Training</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>7 p.m</td>
<td>AA Open Meeting</td>
<td>Garden, R. M.</td>
<td>AA/Alanon</td>
</tr>
<tr>
<td>7 p.m</td>
<td>Duplicate Bridge</td>
<td>Oak Rm, G</td>
<td>Bridge</td>
</tr>
<tr>
<td>7 p.m</td>
<td>Sing-along Chorus</td>
<td>MPR 3, G</td>
<td>Acalanes/Rec. Dept.</td>
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</table>

**GUY'S AND DOLLS** AT THE LESHER CENTER IN WALNUT CREEK Saturday, Feb. 15, at 2 p.m.

Minimal walking

Diablo Theatre Company presents the musical "Gus and Dolls" at the Lesher Center in Walnut Creek. The show is a nostalgic look at an era long past. It is set in the 1940s and 1950s with a cast of characters from the 1930s. The music is provided by the San Francisco Symphony. The show runs through March 22nd. For more information, call 524-1120. Reduced rate tickets are available for seniors and students.

minimal walking

**THURSDAY, FEBRUARY 6**

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>ORGANIZATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 a.m</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>9 a.m</td>
<td>Gentile Yoga</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m</td>
<td>10:15 a.m</td>
<td>Tai Chi</td>
<td>Diablo, R. H.</td>
</tr>
<tr>
<td>9 a.m</td>
<td>11 a.m</td>
<td>Qi Gong</td>
<td>Shasta, Rm.</td>
</tr>
<tr>
<td>9 a.m</td>
<td>11 a.m</td>
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<td>Community Chorus</td>
<td>Las Trampas, R. M.</td>
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<td>Beg. Folk Dancing</td>
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<td>Meeting</td>
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<td>Ballroom Dance</td>
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<td>Diablo, R. H.</td>
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<td>Zumba</td>
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<td>Ballroom Dance</td>
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<td>7 p.m</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
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**A NIGHT AT THE OSCARS WITH SAN FRANCISCO SYMPHONY**

Saturday, Feb. 15, at 7:30 p.m.

Minimal walking

Walk the red carpet into an award-worship -worthy experience of great scores and movies at Davies Symphony Hall. Experience the best in cinema on big screen, accompanied live by the San Francisco Symphony. Edge-of-your-seat thrillers, epic dramas, and Hollywood classics to a new level with 2.65x anamorphic new 35mm prints. In the program are excerpts from "The Adventures of Robin Hood" (Korda), "Gone with the Wind" (Steinberg), "Ben-Hur" (Rózsa), "Citizen Kane" (Herrmann), "An American in Paris" (Gershwin), Piano Concerto in F (Gershwin), and "The Wizard of Oz" (Stothart). Great side orchestra and a leisurely tempo makes for a relaxing night. A limited number of tickets are available. For more information, call 528-1500. Reduced rate tickets are available for seniors and students.

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**DAY TRIPS**

**SWEET HONEY IN THE ROCK’S 40TH ANNIVERSARY**

Wednesday, Feb. 12

Minimal walking

Cal Performances presents the internationally renowned a cappella ensemble Sweet Honey in the Rock at the Zellerbach Hall. This ensemble performs stunning vocals. The group captures the complex sounds of blues, spirituals, traditional African-American songs, and spirituals. The band includes a variety of instruments such as guitar, piano, and percussion. The concert will feature traditional spirituals, African-American spirituals, and contemporary songs. The concert is suitable for all ages and is free to the public.

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**CONTINUED ON PAGE 108**
Excursions

Continued from page 9B

complished and versatile dancer/actress/singer. A recipient of the prestigious Ken- nedy Center Honors, Dia Walla has also been a Tony Awards as best leading actress in a musical and has received six additional Tony nominations. Her most recent performance was the title role in "Miss Saigon." Her history with the theater is long, dating back to 1957, Broadway history was made when her electric performance as Anita in the Broadway pre- mier of "West Side Story" brought her stardom. She has been in " Bye Bye Birdie," "Born Yesterday," "The Rose Tattoo," " Call Me Madam," " Sweet Charity," " Kiss Me Kate" and "Zor- ba." The bus leaves Gateway at 11:30 a.m. and return around 4 p.m. The cost is $77.

EMANUEL AX AND YO-YO MA
BRAHMS AND BEYOND
Wednesday, Feb. 26

Minimal walking

One of the 20th century's most highly regarded pianists, Emanuel Ax, brings a new season to the S.F. Symphony at Zellerbach Hall in Berkeley. The program celebrates one of most profound musical influences of his life, Brahms. He is one of the most exciting composers working today. Four composers were asked to be part of the project: a theme of Brahms in their pieces. Emanuel Ax is joined by his longtime duo partner, superstars of the violin, Isabelle Faust and Adi Goldstein, with the three performing cello sonatas and new works by Swedish composer Anders Hillborg and the Australian composer Brett Dean. The bus will depart Gateway at 6:30 p.m. and return at 11. The cost is $120.

"CLYBOURNE PARK" AT THE ELSHER CENTER
Saturday, March 1, at 2:30 p.m.

Minimal walking

Center Repertory Company presents a rich and lightning-quick comedy "Cly- bourne Park" at the Elshier Center in Walnut Creek. The play captures the essence of the theater and the same house rep- performance of "A Streetcar Named Desire." Two separate productions, including magnified botanical collection of Patsy Cline. This year's presentation of the spectac- larly produced, including magnified botanical florist, the studio of Georgia O'Keeffe. The bus will depart Gateway at 6:15 a.m. and return at 11. The cost is $59.

MODERN NATURE: GEORGIA O'KEEFFE
Thursday, March 6

Extensive walking

Visit the de Young Museum in San Francisco for a private docent-led tour of "Modern Nature: Georgia O'Keeffe and the American West," in celebration, in association with the Georgia O'Keeffe Foundation. This exhibit will examine the artist's lifelong dedication to the western landscape. During this decade, O'Keeffe created more than 200 paintings on canvas and paper in addition to sketches and pastels, more than Lake George, among the most prolific and transform- ative of her seven-decade career. The exhi- bition is in the large, high-ceiling space of the museum. The bus leaves Gateway at 7:45 a.m. and will return around 4 p.m. Cost is $37 for museum members and $47 for nonmembers. Smuin brings back the ballet "Dear Miss Cline," set to the music of Patsy Cline by Choreographer in Resi- dence Amy Seimetz. Featuring 19 NashvilleMouseMove and "Time of the Season." This year marks the orchestra's 95th an elaborate traditional Chinese wedding.

Travel to Chinatown to see a new play at the Bud- Sans. This year marks the orchestra's 95th anniversary and...
Excursions

Continued from page 108

Roatan, Bay Islands; Honduras and Costa Maya for a leisurely vacation as you dine, snorkeling, and diving opportunities. Visit the architectural treasures of the lost city of the Mayas. Be prepared for the hot and sultry climate in Roatan as you are teeming with marine life and home to some of the best coral reefs in the Caribbean. Roatan is a true paradise known as Costa Maya. The tour includes two nights deluxe lodging, seven-night cruise, three meals in New Orleans and all meals onboard ship, all port charges and government taxes, hotel and ship transfers. A deposit of $2,999 per person is due with application. The cost per person double occupancy ranges from $2,399 to $2,799 (depending on cruise ship room choice), with single occupancy ranging from $2,999 to $3,799 single. Stop by the Excursion Desk for a complete itinerary and reservation form.

BREATHTAKING ALASKA IS ONE OF THE MOST POPULAR DESTINATIONS FOR CRUISES. Spectacular glaciers, wildlife, glaciers, untouched wilderness and the state's star attractions are just some of the wonders offered on this cruise around the Star Princess. Alaska's Inside Passage is one of the most scenic sea-lanes in the world, home to halibut, salmon, sea lions, otters, brown bears, mountain goats and flocks of seabirds. Visit a variety of Alaska’s most historic and scenic locations. See the full of rich history and culture. Visit Butchard Garden in Victoria, experience the treetop adventure of the Jungle Gym in Juneau, cruise through the Glacier Bay National Park with massiv gales that create the most amazing scenery. The Star Princess is an ideal sized ship with many amenities and an itinerary that is guaranteed to please the most discriminating traveler. Alaska is an important settlement between Denver and San Francisco. This is an essential sightseeing experience in July for any traveler. The evening is free to relax, visit shops and have dinner in Downtown Los Angeles. The price is $1,424 per person double occupancy, and $985 for single occupancy. A deposit of $300 is due with application. Tour includes: deluxe lodging for five nights, eight hosted meals, transportation and luggage handling. A deposit of $50 is due with application. Detailed itinerary is available at the Excursion Desk.

NEW LISTING

NIAGARA FALLS TO NEW YORK CITY

Oct. 3 through 9

Tour highlights:
• Erie Canal Cruise
• Arcadia and Artic Railroad
• Niagara Falls Maid and Mist Cruise
• Historic Sennebend Gardens and Mansion
• Cooperstown National Baseball Hall of Fame
• Brewery Ommegang

The tour includes all transfers, roundtrip airfare, motorcoach transportation, six nights first-class hotel accommodations, touring per itinerary, nine meals (six breakfasts, one lunch, two dinners), sightseeing per itinerary, professional tour director, baggage handling. The cost per person is $1,424 per person. Stop by the Excursion Desk for a complete itinerary and reservation form.

Continued on page 128

EXCURSIONS FROM THE RECREATION DEPARTMENT

NEW LISTING

THURSDAY AND FRIDAY MOVIE NIGHT: SING AND FRANCOIS • Friday, March 31

The 1996 comedy “Spy Hard” starring Leslie Nielsen will be shown in Peacock Hall at Gateway at 7 and 10 p.m. The showings at 7 and 10 p.m. will feature language captions. This film is one hour and 22 minutes long and is rated PG. This free program is open to all residents and their guests.

SATURDAY MOVIE: Saturday, Feb. 1

The Delish Band will play music for Dancing in the Tahoe Room at Gateway from 7 to 10 p.m. Mixers and light snacks will be provided. This free program is open to all residents and their guests.

WORLD OF WEBBER: Saturday, Feb. 1

The popular World of Webber show returns to the Fireside Room at Gateway from 7 to 10 p.m. Tickets are $15 in advance or at the Excursion desk or $15 at the door. This is an Esses Production. This program is open to all residents and their guests.

OAKLAND YOUTH ORCHESTRA CONCERT: Saturday, Feb. 1

The Oakland Youth Orchestra under the direction of conductor Michael Morgan will perform in the Tahoe Room at the Event Center at 1 p.m. This free concert is open to all residents and their guests.

LISA ANDREA TORRES BAND “I WISH YOU WERE HERE” CONCERT: Sunday, Feb. 9

Lisa Andrea Torres and her band will perform classic love songs in a special Sunday Showcase presentation at 5 p.m. in the Tahoe Room at Gateway. The ticket price is $10 in advance or at the door. The ticket price will include wine, juice, and light appetizers.

MADS TOLLING QUARTET: Wednesday, Feb. 12

Two-time Grammy award winning jazz violinist Mads Tolling and his quartet will perform in the Tahoe Room at the Event Center at 7 p.m. This program is open to all residents and their guests. The ticket price is $10 in advance or at the door. The ticket price will include wine, juice, and light appetizers.

FROM ROSSMOOR CLUBS

FROM THE RECREATION DEPARTMENT

SUNDAY FUNNIES: Sunday, March 2

The 1996 comedy “Spy Hard” starring Leslie Nielsen will be shown in Peacock Hall at Gateway at 7 and 10 p.m. The showings at 7 and 10 p.m. will feature language captions. This film is one hour and 22 minutes long and is rated PG. This free program is open to all residents and their guests.

AND THE OSCAR GOES TO...: Tuesday, Feb. 4

The 1976 Academy Award winning drama “Network” starring William Hold- en and Best Actress Oscar winner Faye Dunaway will be shown in Peacock Hall at Gateway at 7 and 10 p.m. The showings at 7 and 10 p.m. will feature language captions. This film is one hour and 49 minutes long and is not rated. This free program is open to all residents and their guests.
Excursions

From page 11b

double occupancy is $2,795.00 (a single) and $2,500.00 per person, double occupancy is $2,689.00 (a single)

Club Trips
FROM ROSSMOOR CLUBS

p.m. Play bingo on the bus for fun prizes, take a free nature trip. Bring friends and neighbors. Casino gives $15 player credit and $5 food credit. For reservations, call Lynda Stack at 945-0950. Send checks for $30, made payable to the City of Hope, to Keefe at 1830 Rice Valley Blvd., Walnut Creek, CA 94598.

the News by Wednesday at 4:30 p.m. must submit a typewritten article to wishing to be included in this column. Do contact the person listed with each trip. The trips are open to all Rossmoor residents, not just members of the specific club. For information, contact the person listed with each trip. Do not contact the Recreation Department. Rossmoor clubs and organizations wishing to be included in this column must submit a typed/written article to the News by Wednesday at 4:30 p.m. Due to space restrictions, the News reserves the right to edit or delete the articles.

TRAVEL CLUB TRIP SUMMARY
At the request of the Travel Club, the News lists the following summary of upcoming Travel Club trips. Details of the trips are in the regular Club Trip listings.

MISSISSIPPI/TENNESSEE/TOMBIGBEE
April 9 through 24, 2014
Contact Joe Tracy at 954-7801.

RIO GRAND COASTAL VOYAGE
Sept. 10 through 24, 2014
Contact Dawn Ming at 926-0899.

CHINA AND THE YANGTZE RIVER
Sept. 10 through 24, 2014
Contact Judy Johnson at 933-6175.

FLORIDA’S BEAUTIFUL EASTERN COAST
Sept. 9 through 30, 2014
Contact Barbara Crane at 300-3358.

NEW LISTING
RENO SNOW TRAVEL WITH ST ANN’S SOCIETY
Feb. 25 through 27
St. Anne’s Society is sponsoring a trip on the Reno Snow Train. Abound the train they have seen the souvenirs, a ministrail, a piano lounge car, and a bar and grill in the Great Dome. The low price of $390 includes round trip transportation from Rossmoor by bus, a light meal aboard the train going and a deli lunch on return, two nights’ accommodations in Reno, breakfast and dinner in Reno and resort fees. Price is based on double occupancy. Single occupancy rate is $395. To reserve trip transportation from Rossmoor by bus, mail a letter to St. Anne’s Society, 1412 Stanley Dollar Drive, 18.

LONG CAYMAN ISLAND AND SANTIAGO DE CUBA
March 9 through 17
This trip is an intimate, up-close experience of the members and their guests who desire to participate. For information, contact Joe Tracy at 954-7801.

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ORT to hear from former teacher on education standards
Will discuss new Common Core

Rossmoor ORT will meet Tuesday, Feb. 18, in the Event Center. Refreshments will be served at 12:30 p.m. with the meeting at 1.

The speaker is Jeanne Wisniewski, a former middle school math and science teacher with a degree in microbiology from Penn State University. She will talk about state standards for English and math, and also called Common Core State Standards.

She became involved with educating the public about Common Core after witnessing struggling students and hearing from frustrated parents and teachers.

She currently tutors students and speaks to various groups, including state legislators, regarding Common Core.

She will cover the background and history of Common Core, why the standards are inferior, what the standards look like in a classroom, the intrusive data collection and loss of privacy and what can be done to stop Common Core in California.

Piedmont High Alumni Club dues now payable

It's time to renew dues for the Piedmont High School (PHS) Alumni Club of Rossmoor.

Include email address with the dues. Dues should be paid by Friday, Feb. 28, in order to be included in the roster and to be notified of upcoming events. Dues checks should be payable to PHS. Dues may be left at the Mason Lunch Group or mailed to Nancy Reilly at 3424 Rossmoor Parkway No. 3.

The first re-gathering of the club will be a luncheon celebrating St. Patrick’s Day on Friday, March 14, at 11 a.m. at Dollar Clubhouse. Lunch will be catered by Hamilton catering. Club members will receive an invitation in the mail. The new roster will be distributed at the luncheon.

The annual barbecue is Thursday, Aug. 28, at Dollar. Details will be announced later.

For information, contact Betty Hagstrom at 934-7250 or Reilly at 323-1504 or email at Reilly413@gmail.com.

Former Moraga Country Club members forming new club

An exploratory gathering of fellow Rossmoor residents who once belonged to Moraga Country Club, and their Moraga neighbors, will be held Friday, Feb. 7, at 3:30 p.m. in the Bunker Room at Creekside.

The purpose of the meeting is to discuss the possibility of forming an official Rossmoor club that would meet Golden Rain Foundation rules and guidelines. Come and share views.

For information, contact John Cooper at 938-3887.

Boomers hold Super Bowl party

The Boomer Forever Club is hosting its third annual Super Bowl tailgate party on Sunday, Feb. 2. This event is open to all Rossmoor residents.

The tailgate party starts at 2:30 p.m., followed by kickoff at 3:00. The party will be held in the Event Center.

With a screen that is about 25 feet wide, and a great sound system, it will be almost as good as being there except that it will be warm.

This event is a potluck. Attendees should bring their food to share. The club will provide soft drinks, but attendees may bring other beverages. Brings a glass will cut down on plastic waste.

Tailgate party admission, at the door, is $5 for members and $10 for guests. For anyone without a food contribution, admission is $20.

A feature of the afternoon will be a 50/50 raffle. Half of the money raised will be split between three winners and the other half will go to the Boomer’s Feed the Pig fund, which is used to help low-income Rossmoor residents. It is necessary to be present at the end of the game to win.

There will also be traditional “squares” available.

Boomer Forever is a social club for singles and couples of 50s, 60s, and 70s. Membership runs from January through December of each year, regardless of the date a person joins.

Dues are $15 per person and may be mailed directly at 1-800-353-6262 No. 2 or Larry Ramos at 939-6553.

For general information about the club, or to contact one of the board members, send an email to boomersforever1@gmail.com.

30s/40s/50s Book Club announces selection for new book to read

The 30s/40s/50s Couples Book Club meets the first Monday of the month at 7 p.m. in the Bunk Room at Creekside. The group reads interesting books that leads to discussions lasting around one hour.

The following books have been selected for reading and discussion: Feb. 3, “The Unlikely Pilgrimage of Harold Fry,” by Rachel Joyce; reviewed by Jill Alley; March 3, “The Amateur Marriage,” by Anne Tyler, reviewed by Joan Montgomery; April 7, “God’s Hotel: A Doctor, a Hospital, and a Pilgrimage to the Heart of Medicine,” by Victoria Sweet, reviewed by Lin Morgan; and May 5, “Orphan Train,” by Christina Baker Kline, reviewed by Sally Kennedy.

For information on the Book Club, contact Chairwoman Lynn Eklund, 683-1461.

The 30s/40s/50s Couples Club is a group of people born in the 1950s and 1960s with the purpose of allowing members to socialize with people of a similar age with similar interests. For information on joining this club, call membership chairwomen Patty Smith, 949-8525, or Judy Nixon, 933-6175.

Masons lunch group starts up again

Any Mason who lives in Rossmoor is welcome to join the Mason Lunch Group.

The next luncheon will be on Tuesday, Feb. 18, at 11:30 a.m. at the Rossmoor Diner in the Rossmoor Shopping Center. For reservations, call Dave Ramos at 939-6553.

Club Trips

Continued from page 12B

the traditional life in the Himalayas with visits to a home and a school and meet with local villagers. Pricing for Nepal is $5,995 including air fare from SFO and Bhutan ($2,445). Trip flyers are available in the Rossmoor Travel Club mailbox at Gateway. Expanded information is available online at 1-800-353-6262 No. 2 or Larry Barclay 324-9131 or email larrybarclay@comcast.net.

PT Cruiser Club ends club status

The PT Cruiser Club will end as of Jan. 31. This is due to the lack of members.

Those who remain will continue to meet informally. The next event is tentatively set for Thursday, March 20. The club hosts a weekly Schmooze, which will be donated to the Rossmoor Fund.

For information, contact Tose Grier at 287-0817.
Medical Marijuana Education and Support Club will change meeting room and day

The Medical Marijuana Education and Support Club will have its final meeting in Gateway's Multipurpose Room 3 on Wednesday, Feb. 5, at 7 p.m. This location has grown significantly and starting on March 11, meetings will be held on the second Tuesday of each month in Hillside's Vista Room. The 7 p.m. time remains the same.

February’s guest speaker is Israeli-trained physician Gordon Raskin. Raskin received his bachelor’s degree from UC Berkeley, attended the pre-med program at Mills College, and then went on to Sackler School of Medicine, Tel Aviv University in Israel. Raskin is certified by the American Board of Family Medicine and is a founding member of the New York State Pain Society.

Raskin has a primary care private practice in El Sobrante, where he does medical evaluations, substance abuse treatment, alternative medicine and pain management as part of his general practice. He also serves as the medical director/program physician for the Berkeley Addiction Treatment Services and he is president and medical director at On-Site Healthcare Medical Services Inc., where he provides preventive health services to corporate clients, substance abuse prevention and treatment.

Raskin’s topic of discussion will be “Marijuana: Neither Pa riah nor Panacea,” in which he will present his philosophy of using cannabis like any other medical tool. There will be time for questions.

All Rossmoor residents and guests are welcome to attend these educational meetings. For information, contact club President Renee Lee at 979-9068.

Fitness Center offers Strength Training classes

The Fitness Center will offer a six-week clinic, Strength Training 101, on Tuesdays, beginning Feb. 4, from 1 to 2 p.m. in the Aerobics Room at the Fitness Center.

Taught by personal trainer and fitness instructor Bob Huff, the clinic is designed to help residents get the most out of their strength training programs.

In keeping both lecture and practical application, it will help residents answer basic questions, such as how hard should I train, how much should I train and how often should I train?

Residents will learn about how the human body responds and adapts to exercise and about the importance of recovery in their training. Residents also will learn proper form and technique on basic exercises and how to design their own programs and evaluate their progress.

Both beginners and seasoned exercisers will be challenged to reevaluate their thinking regarding exercise and come away with practical tools to help them maximize their strength.

The cost is $10 per session, payable by check only to the Golden Rain Foundation (GRF).

For information, contact Huff at bhuff@rossmoor.com or Mary Hardy, front desk coordinator, at mhardy@rossmoor.com or at 988-7850. Register in person or call the front desk.

The Fitness Center Super Sunday Speaker Series will feature Jorge Rosenblatt, who will speak about “Mindfulness for Quality of Living” on Sunday, Feb. 2, at 10:15 a.m. in the Aerobics Room at the Fitness Center.

Mindfulness is the practice of living life with increased awareness, attention and intention. Mindfulness provides the tools to decrease stress, anxiety and depression, while also strengthening the mind/body connection thus allowing one to feel more in control of emotions, health and present-moment experience.

Mindfulness has been scientifically proven to have an increase in overall quality of living.

Rosenblatt, a Bay Area mindfulness educator, will speak on the benefits of mindfulness and will guide the participants through an experiential practice. In addition, she will provide specific tools on how to integrate mindfulness into a way of being and how to adopt new strategies for coping with the many stressors of life.

Jorge Rosenblatt

Mindfulness and meditation taught

A new series of six Mindfulness Through Meditation and Movement workshops is being offered on Saturdays from Feb. 1 to March 8, from 10 to 11:30 a.m. in the Shasta Room at Del Valle Clubhouse.

Mindfulness is the practice of present focused awareness. When practiced regularly, mindfulness helps one experience the present and brings about a sense of purpose, control and calm.

Mindfulness can improve symptoms of anxiety, depression and pain. Meditation and Movement will promote a sense of well-being and balance in the body and mind.

Dr. Marie Home Rossi is a licensed mental health counselor in New York State, a registered Expressive Arts therapist, a certified hynother aapist, and a certified yoga for health teacher.

She has researched and taught expressive arts at several East Coast universities, and presented on Expressive Arts at many professional conferences.

She is a contributor to several well-known books on Expressive Arts in counseling and supervision. In private practice, she has focused on working with women, individually and in groups, using Expressive Arts.

This new series of workshops is open to everyone and no experience with meditation or focused movement is necessary. The cost for the entire six-week series is $100 payable to Rossi by check or cash.

Each workshop will consist of one and one-half hours of guided meditation, movement and discussion.

For information, contact Rossi at 315-263-4692. Register in person or at the front desk in the Fitness Center with Mary Hardy via email at mhardy@rossmoor.com or phone, 988-7850.

Creative Visualization Support Group offered

Counseling Services will offer a new support group to help residents lead happier, healthier lives by using imagination to create desired attributes and will also address blocking beliefs.

A background in meditation is desirable to participate in the Creative Visualization Support Group.

The group will meet for six Thursday afternoons starting mid-February. It is very important that group members plan to attend all six sessions.

The group is facilitated by Ann Pagliaro, a Counseling Services social worker. There is no charge.

Sign-up is limited and registration is required. Call Pagliaro at 988-7753.

Health & Fitness

Fitness Center congratulates Holiday Challenge participants

Potluck held on Feb. 6

The annual Fitness Center Holiday Challenge has come to an end. There was a great turnout of class participants and staff wants to congratu late everybody.

The Fitness Center would like to thank all participants to a potluck featuring prizes and entertainment on Thurs day, Feb. 6, at noon in the Sierra Room at Del Valle.

The goal of the Holiday Challenge was to maintain weight throughout the holiday and it included an op tional walking challenge. Pe dometers were given out to motivate and help keep track of activity levels.

Having a pedometer as a reminder motivated residents to get moving, and once in the habit of taking little walks around the block or big walks on hiking trails, it became a regular habit to get outside and move.

The four 10,000-step hikes (about five miles) led by Fitness center trainer, Kaeleen Lumpyard, was the challenge in creating a venue for new walking buddies for some participants, and encouraged everyone to look for joining the Trails Club. Because of this, the Fitness Center feels its mission was accomplished.

Fitness staff is happy with the outcome of this latest Holiday Challenge and the energy it generated to get everybody moving.

Fitness Center’s Super Sunday speaker topic is ‘Mindfulness for Quality of Living’

The Fitness Center Super Sunday Speaker Series will feature Jorge Rosenblatt, who will speak about “Mindfulness for Quality for Life” on Sunday, Feb. 2, at 10:15 a.m. in the Aerobics Room at the Fitness Center.

Mindfulness is the practice of living life with increased awareness, attention and intention. Mindfulness helps one experience the present and brings about a sense of purpose, control and calm.

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Sign-up is limited and registration is required. Call Pagliaro at 988-7753.
Tai chi chuan classes held Wednesdays

A new tai chi chuan class will be on Wednesdays, starting Feb. 5, from 10 to 11a.m. in the Sierra Room at Del Valle (note the change of location). The class is open to all levels and abilities. Class will be ongoing and students may join at anytime.

Instructor Adam Wallace is a certified student of internationally renowned Master Michael Tse. Wallace has taught private group classes and seminars in New York and New Jersey for 20 years. He has taught for major educational institutions, premier health clubs and corporations.

Tai chi chuan is China’s No. 1 morning exercise, practiced for centuries as a longevity skill. Its roots lie in the martial arts. While the movements themselves have martial applications, Tai Chi is renowned for its many health benefits due to its internal training for posture, relaxation and breath control.

Tai Chi, or the skeleton and joints; tones muscles; strengthens digestive and lymphatic systems; and improves circulation, balance and coordination.

This is the Simplified Yang 24 Step (Beijing Style), the most popular form. It is easier to learn and practice than certain other styles, but is taught with depth, clarity and precision.

The cost is $10 per session.

Workshop offered in February for family caregivers dealing with dementia

Comfort Keepers, a provider of interactive caregiving, will present a free workshop for family caregivers dealing with dementia on Thursday, Feb. 13, from 10 a.m. to noon in the Fireside Room at Gateway.

This event is sponsored by the Domino Club of Rossmoor.

The speaker will be Laura Wayman, “The Dementia Whisperer.” Wayman is a dedicated gerontologist, dementia expert, keynote speaker and author of the best-selling book “A Loving Approach to Dementia Care.”

The following topics will be covered:

- A new Qigong class will be held Wednesdays, starting Feb. 5, from 10 to 11a.m. in the Sierra Room at Del Valle Clubhouse.
- The class is open to all levels and abilities. Classes will be ongoing and students may join at anytime.
- The instructor is Adam Wallace, a certified student of internationally renowned Master Michael Tse. Wallace has taught private group classes and seminars in New York and New Jersey for 20 years. He has taught for major educational institutions, premier health clubs and corporations.
- Qigong is a system of ancient Chinese health exercises and meditation, or internal training, for disease prevention, self-healing, vitality, relaxation, resisting premature aging and prolonging life.
- This is the 18 movement Taiji Qigong (not to be confused with Tai Chi), created by Master Lin Hou Sheng. It is the most widely practiced and popular form of Qigong in the world today. Classes are suitable for all.
- The exercises employ breath control, movement, good posture and relaxation to mobilize and balance vital energy (Qi) and open the acupuncture channels.
- It is based upon the principles of traditional Chinese medicine and Chinese philosophy. Qigong provides relief from common complaints like back pain and poor circulation, and helps with more chronic conditions such as arthritis, hypertension and asthma.
- It is a journey of self-discovery and improves fitness, balance and brain coordination, and strengthens the mind-body connection.
- The cost is $10 per session.
- Cash or checks are accepted. Make checks payable to Wallace. Register with Mary Hardy at the front desk in the Fitness Center or contact her at 988-7850 or at mhardy@rossmoor.com.
- For information, contact Wallace at 212-330-8327 or visit www.dayqigong.com.

Qigong classes offered at Fitness Center

A new Qigong class will be held Wednesdays, starting Feb. 5, from 10 to 11a.m. in the Sierra Room at Del Valle Clubhouse. The class is open to all levels and abilities. Classes will be ongoing and students may join at anytime.

It is easy to argue that we need other people in our lives to be happy, but how many? While some people have many friends and contacts, it doesn’t mean that this is the standard for how we should be connected with others. Even having one person we count as a confidante can provide the connection to others we need and desire. Social connection is much more often a quality as opposed to quantity.

Loneliness can be relative. People tend to measure themselves against others, feeling particularly alone in communities where social connection is the norm. For the same reason, people may wish to bring in the group, including the latest videos used by them. An elevator is available for those on the lower floor (at Del Valle Clubhouse). It is time to pay dues to the Keeping Fit exercise class for the coming year. Pay by check or cash at the front desk in the Fitness Center or contact her at 988-7850 or at mhardy@rossmoor.com.

Pay Keeping Fit dues

It’s time to pay dues to the Keeping Fit exercise class for 2014. Dues are $10 for one year. Pay by check or cash at the club.

The Keeping Fit exercise class meets Mondays, Wednesdays and Fridays from 9 to 10 a.m. in the Shaarim Room (second floor) at Del Valle Clubhouse. An elevator is available for those who need to climb the stairs.

The exercises will follow one of several videos used by the group, including the latest produced by Jane Fonda, which are especially geared towards seniors.

Videos include warm-up stretching, low-intensity aero-
The “Longevity Revolution” will be explored Sunday, Feb. 9, at 3 p.m. at Congregation B’nai Shalom, 4405 Hickley Lane in Walnut Creek.

This meeting is part of a six-part series about the creation of an aging-friendly community.

The speakers include Janet Brush, a social worker from Sonoma Family and Children’s Services/East Bay; Dr. Nancy Bentz, an expert in geriatric medicine; Adam Rochmes, clinical psychology; and Avi Rose, the executive director of Jewish Family and Children’s Services/East Bay.

Future topics include community building on Sunday, March 23, from 7 to 9 p.m. at Beth Chaim Congregation, 1135 Lafayette Drive, Danville. There will be a town hall meeting on Thursday, June 5, at a place to be determined later.

The series is open to the public. Admission is free. For information on future presentations, go to www.jfed.org/longevityrevolution or call 510-318-6453.

The series is underwritten by the Jewish Federation and the Jewish Community Foundation of the East Bay in partnership with Beth Chaim Congregation, the Jewish Community Center of the East Bay; Jewish Family and Children’s Services/East Bay; and Reutlinger Community for Jewish Living.

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Capra explores the groundbreaking research of this quintessential Renaissance man. Fritjof Capra draws on the groundbreaking research of this quintessential Renaissance man.

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Submit an article by email:

When sending an article or letter to the Residents Forum via e-mail, a response should come within one working day of submission. If there is no answer, call 988-7800. For various reasons, messages do not always make it through to the News. The email address for submissions is: news@rossmoor.com.